



## Ray Edwards Show, Episode 321

### The Devastation of Toleration

**Speaker 1:** *Ray Edwards Show Episode 321, The Devastation of Toleration.*

[music]

**Speaker 2:** It's the *Ray Edwards Show*. This is the podcast for prosperity with purpose.

**Ray Edwards:** I have a proposal for you in today's episode and that is that you have in your life what you tolerate. What you tolerate is what you receive in life, in all areas of life. I already know that there's a lot of people who are coming up with examples to prove me wrong. There are people saying, "Well I have a genetic disorder that I had no control over. I could not have stopped it. I did not want this." No, but the way you deal with it, the way you process that, and the way that you experience it is up to you.

That's not genetic. That's not something you can blame on your ancestors. That's all you, my friend. If I sound fired up, I am. I'm not angry but I am on your behalf advocating for a different view. That is, that if you're unhappy in your life if you're dissatisfied with any part of your life, the thing you most need to do is stop tolerating that. That's what today's episode is about.

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**Speaker 2:** Now, simple hacks that make life cheaper, easier and faster, Ray's tip of the week.

**Ray:** My tip of the week is another geeky, techno tip. It's a piece of gear that I'm using these days. I know I've said in the past and it's really popular today to title your blog post or your YouTube video, the gear doesn't matter. Well, that's true to an extent. If you are a master guitar player then you can pick up any guitar, it's going to sound great. If you are a terrible guitar player and you haven't put in the practice you can pick up the finest musical instrument that has ever been made in the form of a guitar and you're still going to suck.

There is a truth to the idea to gear doesn't matter but there comes a point when you reach a level of unconscious competence, even conscious competence where the gear does matter, what you're using makes a difference. There's a reason why there are more expensive guitars and more finely crafted and tuned guitars than some others are. There's a reason why some cameras are better. Today I'm talking about cameras. I'm doing a lot of videos these days.

We have a big product launch release that we're doing soon. We're shooting some video. I was going to hire a video crew and I just decided, "You know what? I enjoy this darn stuff so much. I'm just going to do it myself." I may fall flat on my face but I

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don't think so. I think it's going to be fantastic. One of the tools that I'm most excited about that I'm using these days, you've heard us talked about it before in the show, is the Panasonic GH5.

This is a mirrorless DSLR, mirrorless camera. It's not really DSLR if it's mirrorless but forget about that for the time being. It has the capability of shooting 4K video at 60 frames per second. There's very few consumer level cameras that are able to do that. That means you get this fantastic resolution, this crisp, sharp pictures and video. Even more exciting to me, lately I've just discovered that I'm able to shoot 180 frames per second slow motion video which means it is crystal clear and buttery smooth.

This camera is really a technological marvel. It's like having a million dollar studio in your camera bag that you only paid a couple of thousand dollars for. If you're into shooting video, there's all kinds of cameras that are good. The Canon has some good cameras. Sony has some good cameras. But in my mind for the prosumer market, this is the best camera you could possibly use to shoot your videos especially for marketing for YouTube. I know there's a lot of controversy over the auto-focus. It's not great auto-focus. It's not.

The Canon auto-focus kicks this camera's butt all over the place. Panasonic auto-focus blows but there is a solution to fixing it. Don't use the auto-focus. Set your focus manually and dial it in crystal sharp and problem solved. Check it out, the Panasonic GH5. Do not get the GH5S. That's the new camera. It's got a fancy red ring around the lens collar which lets you know it's a flagship model.

For some baffling reason, Panasonic degraded the in-camera stabilization which is one of the greatest advantages of the GH5 other than the 4K and the super slo-mo. They degraded the level, they took out the in-body camera stabilization. They pumped up the ISO capability so you can shoot low light video, which is good but why did they destroy the in-camera stabilization? I don't understand the logic behind this.

My opinion is, don't get the GH5S, get the GH5 which is not the latest model but it's the next to the latest model at the time we're recording this which is I'm recording this on January 12, 7:23 AM on Friday 2018. Undoubtedly your will listen to this in the future. It will be different but that's the deal for now. Panasonic GH5, the kit lens that you get with it is like a glass it is super sharp. This is just a fantastic rig if you're looking for a camera with video, this is the one.

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**Speaker 1:** This episode of the Ray Edwards show is brought to you by the Prosperity Academy. In the Prosperity Academy, you get one-stop help from Ray when it comes to starting, running, and growing a prosperous online business. Find out more at [rayedwards.com/tpa](http://rayedwards.com/tpa).



**Speaker 2:** Does anyone want to live a life that is long and prosperous? Spiritual Foundations.

**Ray:** For Spiritual Foundations, I'm just going to grab a little segment from the Book of Revelation, light-hearted and fun, encouraging reading for most of us. I'm sort of tongue in cheek joking about that. There's a lot of controversy over this book. A lot of people use it to construct weird, creepy, end of the world scenarios. Totally a misinterpretation of it in my opinion but I'm not here to talk about all that today. There's a part of the Book of Revelation where Jesus is writing letters to the seven churches.

The churches, they were actually real churches in the area at that time. Many scholars and early church followers believe it. They also represent the church as a whole over time. Different parts, different phases of the church development or different kinds of churches, any way you want to look at it but there's one story in particular where Jesus write into one church. He says to them, "You are lukewarm. I wish that you're either hot or cold but you're lukewarm and I want to spit you out of my mouth."

If you translated this more viscerally like what was really intended in the original language, what it really would say was, you're lukewarm. You're like lukewarm water. You're not hot or cold, you make me want to vomit. What does that got to do with today's topic? Everything, because what I think Jesus was saying to this church is, "You guys tolerate everything. You don't get upset on either end of the spectrum. You're not like total libertines just doing whatever you want.

You're not crazy legalist who are looking for the smallest, little, tiniest, little sin you can condemn in people. You're just in the middle. You're not committed to anything. You tolerate everything, you make me want to puke." Now if Jesus felt that about His church, isn't that a lens that which we might look through, look at our life? I'm not suggesting that you should look at your life and feel bad about yourself but maybe it's time to question what you tolerate.

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**Speaker 2:** Now, our feature presentation.

**Ray:** I have this friend who is a professional. He is a professional practice. He's been very successful and I'm being careful in certain spec about how to describe this because I don't want to give away this person's identity for reasons that will become obvious. In his professional practice, he's done very well over the years. Then recently hit on some hard times through no fault of his own that I can discern.

Things happen and the question is not whether things happen. I'm not saying that you're never going to have bad stuff happen to you if you adopt my beliefs or if you adopt my message or my ideas. You're still going to have bad stuff happen to you. It's just a fact of life. I teach people that there is such a thing as divine healing and



I've seen it happen. I believe in it and I pursue health and wellness myself and yet I still have Parkinson's disease.

Do I believe that it is because I did something wrong? No! But the question is not what I got dealt, the question is, what will I do with it? Actually, how do I interpret the fact that I got dealt that hand? That's a huge thing. If you're a Christian, you know then Romans 8:28 it says, "God makes all things work to the good of those who love Him and who are called according to His purposes."

There's people who would want to tell you that only applies to select few, I think that's bull feathers. We're all called according to God's purposes. All of us, every single one of us even those who don't believe in Him. You don't believe in God, it's okay, He believes in you. That's my feeling on the subject. He makes all things work to the good which means if you think about it, that means that everything that happens to you in life does not happen to you, it happens for you.

That may or may not be accurate. I realized it, some of these things I may be wrong about. That may shock you. You may say, "Well if you're not certain why would I listen to you?" Listen, if you were listening to somebody who's always certain, you should be very afraid because what you've encountered is a scary cult leader. I'm encouraging you to question the things that I say. To think, use your brain. Those that have an ear, let them hear and those that have a brain, let them think.

But what if your model of the world was life does not happen to me, it happens for me. Then you would come up with a much different approach to things like you have a certain disease or something bad happens to your professional practice. Back to my friend who had some things happen with his professional practice that literally were threatening to take it down, to devastate it. He decided he was in misery for a long time, he was suffering for a long time.

We talked many times, late nights, afternoons, mornings. We had many discussions. Some impassioned, some were I was just compassionate, some were I felt I was beating him with a stick trying to get him to wake up. Finally, one day I saw the transformation. I saw the turn where he decided this is it, I'm not tolerating this anymore. I'm sick of this. In other words, he was saying, "This makes me want to puke."

He suddenly mobilized all his resources and his resourcefulness and in less than a month he's turned everything around. He made an amazing series of decisions that changed everything and I celebrate with him and you know who I'm talking to. You for whom this message is about in this particular section so my hat is off to you my friend. You are a true warrior of the spirit. I congratulate you. Now, what has this got to do with you, listener?

It's the fact that what you're experiencing in life, there's a really good chance you're experiencing it because you tolerate it. You get what you tolerate in life. Whatever conditions you're dealing with in your life right now that you're not happy with, if



you're not making enough money, if you don't have the kind of physical fitness or vitality or energy that you want, if your relationship sucks, if your job sucks, if you're miserable, you've got exactly what you want.

You have at this moment in your life exactly what you want. Now, what does this mean? What do we do? If we begin to ask ourselves the question what do you think? Do you think it's possible you're experiencing certain things because you're tolerating them? If so, what does that mean is within your power. What is that idea that you experience what you tolerate? What does that idea make possible?

Maybe there are things in your life that you don't like but you don't dislike them enough to change them. What if that were true? What if it was true that the reason you're fat, sick, broke, the reason that your relationship is empty and void of the passion you once knew, the reason that you're unhappy with where you live, maybe it's your home or your city or your region, the reason that your work is no longer satisfying or fulfilling to you, the reason that you're depressed and anxious all the time.

The reason that you find yourself in fear, the reason that you feel as though you don't know why you're going on or maybe you're not in that place, maybe you're just in a place where nothing seems to matter. It feels like you worked all your life and reach the point where you just don't care. Or maybe you're the person whose relatively happy with your life but you just have this vague feeling that there should be something more like everything has gone pretty well for you.

You've had the education, you've had the job, you've enjoyed the work, you've got the great relationship, you got the great kids, they've grown up, they've moved away, they're doing wonderful, you've got the money, you go do the stuff that you want but somehow, something is just not -- you feel like there must be more. Does any of that sound familiar? I should hope so because I think I just described about seven billion people.

What if it were possible to change all of that in a single day? What if you could shake up your life and not in a way that hurts the people that are closest to you that destroys your relationships, that destroys your family, not that stuff. That's not healthy. That's not what I'm talking about. That will not make you happy. But what if you made a list of all the areas of your life where you're tolerating less than your capable of?

You decided you are no longer going to tolerate that. All of it. I'm not talking about one of this feel-good Kumbaya, let's all gather in a circle and sing beautiful songs and turn on the fog machine and feel better for a little while on a Sunday morning. I'm talking about you drew a line in the sand and said, "I'm no longer going to tolerate any of this crap. I'm changing all of it."

Who says you can't change everything? Who is it that wrote the rules that said, "Only change one thing at a time. Only work on one new habit a month because



your psychology can't handle more than." Really? I know that to be false. You get a scary medical diagnosis. You get news that somebody you love died. You find out that the person you've spent your life with decided to go spend their life with somebody else.

They file papers and leave you sitting in the dust. You will change everything in your life. I'm suggesting don't wait for something like that, some external thing to happen. Make a decision to do it now. I'm suggesting you make an intolerables list. Write down the things that you just find are no longer tolerable in your life. You will no longer tolerate the level of dissatisfaction or the level of ambivalence you've tolerated up until now.

What might such a thing make possible? What if you decided, I'm just going to take a common list of things that people deal with that they say they don't want to tolerate in their life anymore. I've read you the list earlier. If you're fat and I'm not saying overweight, or you need to lose some weight or get healthier because those are the lies we tell ourselves to make ourselves feel better. You're fat. You ate too much crap, you do not do enough exercise so you're fat.

How do I know? Because I've been fat and I'm still a little fat but I'm getting less fat every day because I decided I'm not going to tolerate that anymore. I looked in the mirror and I said, "Ray, you are capable of better than this. I wish that you were hot or cold but you're lukewarm and you make me want to puke. Get control of your life." Just make the list. Write it out: fat, sick, broke, relationship, home, geographic place where I live.

If you hate the heat, you just suffer in the heat, it makes you miserable. Why would you live in Phoenix, Arizona? If you hate the entertainment industry, why would you live in Los Angeles? If you are tired of being depressed, if you're tired of suffering from anxiety, you're tired of suffering from insomnia or lack of energy, if you're tired of being unfulfilled in your work, if you're tired of doing what everybody else expects of you and not serving what you know is your own higher purpose and your own higher capabilities.

If you're sick and tired of not living up to the potential for your life, if you feel you've reached maybe the second or third act in your life and you still haven't know what you're put here to do, if you're tired of thinking that "maybe this is it, I'm never going to get there", maybe today is the day you say, "I will no longer tolerate this. This is intolerable." Make your intolerables list.

Then there's a question that Tim Ferriss asked in his book, *Tribe of Mentors* that I love. I absolutely love this question. You look at all the stuff you're no longer willing to tolerate and your natural question is, "Well, what do I do about that?" What is it mean you no longer tolerate it? It might be worth journaling that question. I mean it literally. People say you should journal this and nobody ever does. How about you be different, get a journal, and get a freaking pen and sit down and write.



What would it mean to no longer tolerate this stuff? Let's look at the fat thing because this is something that I've worked on. I've lost a tremendous amount of weight. I've still got another 50ish pounds to go but I'm going in the right direction, I'm going faster than ever before, and I'm super happy about it because I was sick of being fat. What is it look like to no longer tolerate being fat?

I can tell you, it looks like I no longer lie to myself and tell myself that one more bowl of ice cream won't hurt. I no longer lie to myself and tell myself, "It's okay to eat carbs today, I'll start changing my eating habits tomorrow." It means to no longer tolerate the idea that I don't have to work out this week, I'll work out next week. It means to no longer make excuses for myself. It means to when I step out of the shower in the morning and I'm totally butt naked, I look in the mirror and say, "Do I like what I see?"

It's not that we need to judge each other on external appearance, that's not what I'm saying. But I am saying that this is one area of your life that it's pretty easy to know how you're doing, how your discipline is. All you got to do is look at yourself naked and you know the answer. What it would mean to no longer tolerate this is one day I'll get out of the shower and look in the mirror and say, "Hey you look pretty good."

That's what it mean you no longer tolerate that. What it would mean is that maybe you could have a self-image that would be greatly enhanced. You'd feel stronger, more empowered, more capable, more disciplined, more proud of yourself. For those of you who have been taught that it's wrong to be proud, you need to get over that. There's a good kind of pride that comes from feeling the satisfaction of the accomplishments you've achieved, using your God-given resourcefulness, and the spark of your Creator that's inside of you.

Instead of constantly criticizing yourself and saying, "I have nothing to be proud of," stop that foolishness. If you believe in a Creator at all think about this; the way to compliment the artist is not by criticizing the artwork. Dang-dang, what would it mean to no longer tolerate being sick all the time? Look I know some of you are sensitive about this because you've got some sickness that you're not in control of, you can't make it go away.

I understand but you can control how you deal with it. You don't have to identify with it, you don't have to let it become your identity. It's just something you deal with and the way you deal with it can either contribute to the joy in your life or it can make you totally miserable. It's completely up to you, it's a decision that you make. I don't mean to minimize your suffering, I know about pain, physical pain, psychological pain. I know how it feels.

I have wept with you but only for a little while because we can mourn that stuff in the night time but we need to have joy in the morning. How do you do that? I no longer will tolerate being miserable because I have a physical condition that makes life sometimes a little less than convenient for me. I just refuse to tolerate that so I'm



really careful to cultivate gratitude. I'm grateful. Here's my requirements for having a good day, I have to wake up. If I can wake up it's a good day.

If I can wake up and do stuff I want to do today, it's a fantastic day regardless of what's going on in my body. What would it be like if you looked for the ways that this thing you're dealing with serves you? Teaches you? Makes you more powerful, more strong, more confident? More of who you really are? What would it mean if you no longer tolerated a relationship that doesn't fulfill you anymore? Again I'm not saying you destroy your relationship.

If we're talking about your marriage what would it mean if you dug in and you went to your partner and said, "I want you, let's go. Let's go deep with one another. Let's revive life as the grand adventure it was when we started this journey". Or if you're single, what if you went looking for a person who could be your partner in life at that level? Or if you're single, and it doesn't look like there's anybody around that you can readily identify who wants to do that, what if you formed a relationship with God?

What if you formed a relationship with yourself? What would it be like if you no longer tolerated being depressed? I know there's physiological reason, sometimes it's biological and chemical and there needs to be corrections made with medication. I understand that. But I believe that's very rare. I believe we're completely over-medicated in our society. But it doesn't make you wrong if you need to take the medication.

But what if you stop identifying yourself as depressed? "I am depressed." You are not depressed. You are a human being who sometimes feels the feelings of depression. What if there was a way out of that? What if there's a way out of the anxiety? What if there's a way out of the fear? What if no longer tolerating these things, in and of itself, just the decision to stop tolerating it, caused you to make a change in your life?

Where you suddenly discovered, "Well, I used to feel depression five or six days out of the week, now I only feel it five or six days out of the month." Would that be encouraging? Would you feel like maybe you'd made some progress? Would you feel like maybe it's possible that you can get to the point where you only feel that way five or six days out of the year? Is it possible to get to a place where you only feel it five or six minutes out of the year?

As Tim Ferriss asked, I think I've mentioned this earlier. I don't even remember if I covered this or not because this is totally been a total stream of consciousness. I just came into the studio this morning and I was filled with this. I just had to let this out. Tim's question is, "What would this look like if it were easy?" What would this look like if it were easy? Make your list of the intolerables. Your list is going to be different than mine. It's going to be different than your husband's or your wife's.

It's going to be different than anybody else. It's going to be your list. You don't have to show it to anybody. I have not shown you mine. I have mentioned one or two



things that I deal with. This is not a case of you show me yours and I show you mine. This is just for you. Make your list to the intolerables [laughs]. I'm just funning you. Make your list of the intolerables in your life and be serious about it. Then ask yourself, "What would it make possible if I no longer tolerated these things?"

Then as you're pondering, you're writing down what it would look like, all the things would be different in your life, in detail, as much detail as you can get. Then journal this question, "What would it be like if this were easy to accomplish?" What it could look like? I would move to Phoenix. Or could look like I would move to Anchorage if I hate the hot weather. It could look like I leave this lousy job I hate. It could look like I start my own business. It could look like I shut my own business down.

But you might say, "That's hard." But what would it look like if it were easy? There is an answer to that question. Come up with as many answers as you possibly can. Pick one of these items. Maybe it's the item about your place where you live in the country. There's a lot of studies now that show that some people are just not suited to live in a winter environment. It makes them miserable. What if you moved somewhere where that didn't happen?

You say, "Well, that's really hard. I've got a house. I've got a job. I got friends. We got a church. We got all these connections." Well, what would it look like if it were easy to do? Would it look like you just maybe start out by spending one month out of the year in this new place? Could it look like you did that through Airbnb, so you didn't have to even buy a place? What would it look like if it were easy? Make a long list. It might look like Airbnb. It might look like, "I'd stay at a relative's house." It might look like, buy a second home. It might look like get an RV and just travel there.

It might look like, "We have enough equity in our house to sell it completely, and go and buy a new house for cash in this new place. Because it's less expensive to live there." It might look like I have a business where I can live anywhere so why don't I just live anywhere. It might look a lot of ways if it were easy. If you write enough of those, long enough and you stare at them for a little while, one of them is going to jump out at you. You're going to realize, "Holy crap. I could actually do that." Then, here's my final question for you. What would it look like if you just did that?

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**Ray:** In life, you get what you tolerate. What are you willing to stop tolerating in your life? I'll see you back here next week. Peace to your house.

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**Speaker 1:** Thank you for listening to the *Ray Edwards Show*.

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**Speaker 2:** Each week we bring you a message of prosperity with purpose and freedom, remembering that true freedom is available to all through Jesus Christ.

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