



Ray Edwards Show, Episode 335

Seven Lies That Are Destroying Your Life

Voice-over: Coming up on the *Ray Edward Show*.

Ray Edwards: Here's another sophisticated piece of philosophy. This comes from a movie character played by Anthony Hopkins in the movie *The Edge*. What he said was, "What one person can do, another person can do."

Voice-over: *Ray Edward Show* episode 335, seven lies that are destroying your life.

Voice-over: The *Ray Edward Show*. This is the podcast for prosperity with purpose.

Ray: There are lies that we believe. All of us, we have certain lies that we believe and we operate as if they're the truth. This causes results we're not happy with. There are seven lies that I think are very common, and we're going to examine those today. Starting with the premise that everybody lies first to themselves. In the words of Dr. Gregory House

Dr. Gregory House: It's a basic truth of the human condition that everybody lies. The only variable is about what.

Ray: I don't necessarily buy all of Dr. House's philosophy. He's a bit of a cynic.

Sean Edwards: What?

Ray: He's a bit bitter. The famous physicist Richard P. Feynman in a lecture once famously said, "The first rule of science is, you must not be fooled, and you are the easiest person to fool."

Sean: Oh yes, ain't that the truth?

Ray: We fool ourselves. Why do we do that? We're going to examine that and what the seven most common destructive lies that we tend to believe happen to be, and how they're destroying your life.

Voice-over: Do you wish you had Ray Edwards' personal help to grow your business? That you could get his personal guidance to get you from where you are to where you want to be? Now, for the first time ever, you can get unprecedented personal access directly to Ray. His knowledge, wisdom, connections, and guidance. For a very limited number of people, this is the answer you've been looking for. To find out how Ray can help you build your empire, go to rayedwards.com/empire.



Voice-over: Does anyone want to live a life that is long prosperous? Spiritual foundations.

Ray: Spiritual foundations. Let's think about something, let's think about Jesus for a moment.

Sean: What?

Ray: I know it's surprising but-

Sean: Weird.

Ray: - I think we should think about Jesus for just a moment and the fact that he healed the sick. He never gave them a sermon first, he didn't examine their inner conditions.

Sean: He did spit on one guy.

Ray: He did do that, put some mud in his face. He never asked him what sins they had committed, never asked them to do confession first.

Sean: Even when the disciples were like, "What sin did this person commit?"

Ray: Which we've discussed before on this very show.

Sean: He's like, "That stupid thinking."

Ray: So, why not? I think it's because if he had done these things, it would have not only been harsh, but it would have hurt the sick person even more.

Sean: Interesting.

Ray: It would have inflicted injury. Jesus was about compassion, and compassion looks at the need of the person. It doesn't look for ways to continue to destroy them. Just saying.

Sean: [laughs] If you find yourself looking to destroy other individuals, you might want to check yourself-

Ray & Sean: - before you wreck yourself.

Ray: Why is it we're so quick to judge the sick? We look at them and we try to figure out, "Well, how did you do this yourself? What sin have you committed?" For some of us, we might ask that question. I think there's a belief that more Christians than would like to admit it is, "Well, you're getting what you deserve." That's not how Jesus thought.

Sean: Some Christians really like that.



Ray: They're really into it.

Sean: They're really into it.

Ray: They like to make signs and march up and down the sidewalk and make people feel bad.

Sean: Yes, because that's definitely how Jesus won people over.

Ray: Signs and wonders, man.

Sean: Signs that make you wonder. [laughs]

Ray: Signs that make you wonder. My favorite meme on Facebook in a long time was a picture of a bunch of protesters outside an abortion clinic. They had very hateful messages on their signs. There's a guy dressed totally like Jesus in the middle of them with a sign of his own that says, I'm not with these guys. Even though Jesus didn't do any of those things that we typically might do before he healed them, he just said, "Whoever comes to me, I'm not going to reject you."

That's why I believe it's always wrong, always wrong, to assume that an illness is a, "Blessing in disguise." It's totally wrong. Now, you've heard me talk about how life happens not to us, but for us. You've heard me talk about how we can derive a blessing out of a bad situation. I've never been confused about whether the illness is in itself a blessing, because it's not.

Sean: It's not. You really need to, again, check yourself when you start calling evil things good, and good things evil.

Ray: Yes, because there's something wrong in your thinking. Right thinking will be rewarded. Wrong thinking-

Sean: I love how we've just completely co-opted that, it was for--remind me the show it came from.

Ray: *Star Trek*.

Sean: Yes, right, *Star Trek*.

Ray: The original series.

Sean: Yes, the original series. First episode, the original pilot. Because it was totally meant as like this-

Ray: Sinister.

Sean: - statist, everyone has to think the same way kind of mentality. But now because of our philosophy, it really fits.



Ray: It's because when you do stuff, stuff happens.

Sean: We believe that we live in reality-

Ray: That's correct. I'm with you so far.

Sean: - and that reality operates-

Ray: Wait a minute, what is reality?

Sean: Reality operates on a certain set of logical and causal related systems.

Ray: They're repeatable.

Sean: They're repeatable and they're unviolatable. I mean, you can't just stop gravity from functioning because you don't want it to.

Ray: If you have some wrong thinking like, "I'm going to step off the top of this 20 story build-"

Sean: Because gravity will obey my thinking, then wrong thinking will be punished. Right thinking-

Ray: Will be rewarded.

Sean: There you go. Now you know why we find that so funny.

Ray: It's not God doing the punishing by the way.

Sean: No, no. It's really reaping what you're sowing, which kind of fits with what we're talking about.

Ray: Certainly does. So, to think that an illness is a blessing in disguise reveals a flaw in your logic, because just think about this with me carefully. Which is more beneficial? Sickness or health?

Sean: Which is good? Life or death?

Ray: We can carry this into theology. No, I don't have a master's in theology, but I understand this. Good things come from God, bad things come from the devil.

Sean: This is really high-level philosophy and theology here.

Ray: This is the kind of content you get from us. God welcomes every person who comes to him with compassion.

Sean: How many pastors need to know these simple-



Ray: All of them. Compassion. What happens when that occurs? The blind see, the mute speak, the lame walk. Everybody who came, and all those who brought the sick and lame to Jesus, had a great deal of faith and hope and it was always rewarded. He healed them all. It says that in the book. You say you believe, check yourself.

Sean: Or you wreck yourself.

Voice-over: Now, simple hacks that make life cheaper, easier, and faster. Ray's tip of the week.

Ray: Tip of the week, this is a very practical tip. It gets to the root of why we have things like mastermind groups or accountability bodies, or I've got an app that I use to help keep me accountable to my health regimen. It's called the HabitShare. In HabitShare, I can keep track of whatever habits I'm committed to and I either check the green box or I check the red box.

Sean: I thought it was like a timeshare where you got to rent out a piece of a habit.

Ray: If we could figure out how to do that--

Sean: Of a habit.

Ray: That's not the kind of habit I'm talking about. So back to what I was actually saying, accountability, mastermind groups, coaching programs that we have to report on our progress, it's all about increasing your performance. The way to increase performance is-- this is, again, it's a very high-level episode full of--

Sean: Very hard to understand concepts.

Ray: If you want to increase your performance, increase your expectation.

Sean: And activity.

Ray: Oh, that needs to be added.

Sean: Now that doesn't mean work, you always need to work harder, but activity is always required to make something happen.

Ray: So, if you expect to make just enough to get by in your business, just enough money to get by, "Just my daily bread. What I need to eat today." If that's what you expect, then that's probably what you'll get. If you expect to get a multiple of that--

Sean: Well, I mean, if that's your expectation, your actions are going to follow your expectations.

Ray: Exactly.



Sean: If you think you're just going to skate by, then your actions are going to--well, it's going to be a self-fulfilling prophecy.

Ray: To increase your performance, increase your expectation and your activity.

Voice-over: And now, our feature presentation.

Ray: The seven lies that are destroying your life. Now, you probably don't believe any of these lies, but you probably know somebody who does. Probably somebody you know very, very well.

Sean: Right. So we're going to help you help this person.

Ray: Yes, because we're compassionate like that. So, not for you, but for the person you know who has these problems.

Lie number one. I know that already, that's common knowledge. Why is that lie number one? Because things to which we respond in that way are usually things that we "know," but we actually don't do. Here's a for instance. There's only one way to lose weight. There's only one. Thousands of diet books and theories and--but there's only one way to lose weight, that's to reduce your caloric intake.

Sean: And/or-

Ray: Increase your activity, your physical activity. Burn more calories.

Sean: How much energy you're burning.

Ray: The trick is to burn more calories than you consume.

Sean: High-level, again. Really high-level thinking.

Ray: No matter what diet you think you're on, I'm on the zone diet, I'm on the Atkins diet, I'm on-

Sean: I'm on the catalyst diet.

Ray: - the ketogenic diet.

Sean: I'm on the raspberry diet.

Ray: I'm on the blood type diet.

Sean: I'm on the strawberry ketone orange juice pig fat diet.

Ray: I'm on the lemon juice cleanse for 30 days diet.

Sean: You're really all on one diet.



Ray: Which is operating at a calorie deficit. That's it. All that other stuff is designed to trick you into doing that. So, saying, "I know that already," like to that idea that it's common knowledge, that's fine, but are you doing anything about it.

Sean: Are you overweight?

Ray: If you are, then you don't really know it.

Sean: Then you don't. You only theoretically know it.

Ray: You think that there's some magical diet or machine or drug or something that's going to happen that if you meditate on it long enough your belly will shrink. There's actually a program out there for sale that teaches that very thing. Lie number one, is I know that already, it's common knowledge. It may be common knowledge, but if it is common knowledge, it's often not common practice. How do you get rich by the way? You spend less than you earn and you invest some of difference. That's it.

Lie number two, or we'll never get through the show. I disagree, that's totally wrong. Now, you could be correct, but often we get trapped into thinking that something's wrong and we don't really know why we decided that, and we begin to defend our position because it would put us at odds with our peer group if we didn't. We've talked about this before.

Sean: Yes. Sometimes we'll defend our position, because on a subconscious level, we feel like our identity and value as a person is being threatened if this concept and/or position is being challenged.

Ray: What this looks like in real life is somebody brings up the opposite of the idea that you believe is correct. Your immediate reaction is to start formulating your rebuttal.

Sean: You're a traditional evangelical Christian, creationist, all sorts of stuff.

Ray: No, I'm not.

Sean: No, I know you're not, hypothetically. You're this person, creationist, all the sort of stuff you've been taught, everything, and then someone comes before you with a really like legitimate presentation on why the theory of evolution is true.

Ray: Well, wait a minute brother. You've been listening to Satan.

Sean: But see, they'll respond irrationally. I will argue that it is both related-- it is not related to the idea, it is related to being accepted by their peer group and even on a deeper level, it is because by questioning evolution, the way that they've integrated their knowledge and their ideas and their worldview, you are actually questioning their entire faith system. You're questioning their identity and you're questioning their eternal hope for an afterlife.



Of course, this person, if they don't know all of these things about themselves, they're going to get irrationally defensive.

Ray: It's all because they made incorrect linkages to ideas. Not based on thinking, but based on assumptions, feelings-

Sean: And wishes and wants, and hopes and fears.

Ray: Just being the automatic I disagree person, formulating your rebuttal, is probably not healthy all the time. Maybe sometimes you should stop and examine the opposite viewpoint.

Sean: I am not great at that. I mean, I've actually gotten pretty good at this, but sometimes I'm not great at it. When I feel that knee-jerk, "Whoa, I do not agree with that statement," I have to take a second and step back and go, "Okay, why did I have such a visceral response?"

Ray: Yes, why am I so emotional about that? My summary of this idea would be this, you cannot construct an accurate practical philosophy based only on refutation. If your philosophy consists of you just refuting what other people say, let me tell you 10 reasons why that's wrong.

Sean: Well, let me tell you a statement that I think is absolutely true. Reaction to error breeds more error. You got to react to truth.

Ray: Now that's crazy talk, badger. Lie number three. My business, my situation, my relationship, et cetera. Insert your zone of life here. My business is different.

Sean: Yes, [unintelligible 00:15:15] doesn't need that.

Ray: Marketing thing.

Sean: Right or whatever.

Ray: Whatever. Here's the news that is going to be a little disturbing to you, special snowflake. Plus or minus 5% to 10%, we're all the same. We're made of the same stuff, we have the same basic structure internally, neurologically, we live in basically the same society. There's different areas of intensity of somewhere on the globe, but 5% or 10%, we're the same, which means you're not that different.

Sean: You're not that different.

Ray: Remember this piece of-- here's another sophisticated piece of philosophy. This comes from a movie character.

Sean: We're so good. [laughs]

Ray: Played by Anthony Hopkins in the movie *The Edge*. A low budget film you should see.

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Sean: It's a great movie.

Ray: Yes, it is.

Sean: That bear fight scene?

Ray: Exactly. What he said was, "What one person can do, another person can do.

Sean: Absolutely. Speaking of this, working with my book group, Ayn Randian book group, from-

Ray: Okay, you got to explain what that is or people will be like, "What-"

Sean: I have a group now of one, two, three, four--four or five, I can't remember. I can't count my disciples. Students from my church that have decided that they like Ayn Rand, too, and want to integrate her philosophy into their world view.

Ray: Do they know what they've got themselves into?

Sean: They do now. We had a great conversation.

Ray: They've began to interact with other people.

Sean: Well, it's having a real dimension of effect on them, which is really fun to see. It's maturing them.

Ray: What were you going to say?

Sean: I was going to say I'm so off track, I don't even know what we were talking about. [laughs]

Ray: Well, let me help you.

Sean: It was Ayn Rand book club.

Ray: What one person can do, another person can do.

Sean: One of the things I was telling them, we were talking about metaphysics, which in the philosophic world metaphysics is what is the nature of reality. Is it an interlocking system of cause and effect, natural laws, is it an illusion? Is it a contradictory mass of a dreaming God, is it-

Ray: Wow, wow. It just blew my mind.

Sean: It just blew my mind. So, we're talking about metaphysics which then you get into because you're talking about nature reality and epistemology, how humans think, we're talking about the nature of man. One of the things we're saying is along these lines as we're all fundamentally the same on a metaphysical level, on a basic



level. We have different expressions through our genes of hair color and things like that, but we're all basically the same on the metaphysical level.

What that means is if one person can do it, so can you, but in a practical sense, given enough time and enough information, you can do anything another human being has done.

Ray: And enough practice.

Sean: Yes. Well, that's what I meant by enough time and enough information.

Ray: Okay, got it.

Sean: I included that. But now some people will be like, "Oh, what about like autistic savants?" I would put them in a different category. They are metaphysically different.

Ray: Yes, totally.

Sean: So, no, they are going to have capabilities that you're not, but someone who doesn't have a demonstrative thing that makes their mental capacities different, if they are human and they don't have one of those conditions. Anyway, I just think it's really interesting. If someone has done it, accomplished it. You see a piece of art that impresses you, you see a piece of music that really inspires you, you see this movie or-

Ray: And you say to yourself, "I wish I could do that."

Sean: - you can.

Ray: Yes, you can.

Sean: The truth is given enough time and enough information. In information I include the practical knowledge of practice. You could do it.

Ray: This is one of my core beliefs.

Sean: Yes, absolutely. That's why when you-- I think when you look at a piece of artwork, that's implicitly why some reason why you're like, "Whoa, that's amazing," Because it's a piece of you that knows. Well, if he did it, I could do that.

Ray: I could do that. I could do something like that. I believe you can do anything you want to do if you're committed enough to it. Anything. You're always capable. Number four, Lie number four is destroying your life. I have plenty of time to pursue greatness, or happiness, or joy, or peace, or whatever it is that you're after, someday. When? I'll retire when I have enough money, when my kids are grown up.

Sean: Now, why do we want to put off like the best years of our lives to when our bodies are functioning the worst?



Ray: The cemetery is filled with people who died with a long someday list.

Sean: Yes, it's a downer.

Ray: But it's true

Sean: - to quote [unintelligible 00:20:01], "No one makes it out alive."

Ray: Wants me to tell them something pretty. Lie number five that is destroying your life. You may be surprised to hear me say this one. The lie is, money will solve all my problems.

Sean: Okay, but if someone is surprised to hear you say that, they-

Ray: They weren't listening?

Sean: They are really bad at integrating their knowledge.

Ray: Oh, nobody is bad at that. So you're right, probably nobody misunderstood me. I'm always interested when I encounter people like--I've been to all these conferences lately, and they'll say something like, "Oh, my favorite podcast episode was where you said this," and they feed me back some total distortion of what I actually said.

Sean: Yes, and you're like-

Ray: "Oh, that's what you got out of that?"

Sean: "I did not say that." I remember I haven't blogged in over a year, but when I was blogging regularly on politics and philosophy-

Ray: I do not blog, except once a year, but when I do.

Sean: I do not always blog, but when I do, I piss people off.

Ray: That's the truth.

Sean: That is true. I would get people making comments, it is the same sort of thing. It was totally eye-opening.

Ray: What are you commenting on?

Sean: Right. Like, "This doesn't have anything to do with what I said," but their comment is like logical. It's not like they're just someone off their meds spewing craziness.

Ray: No, it's logical, but it doesn't have anything to do with the post.

Sean: It's like you read my post, but you read an entirely different post.

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Ray: This is something that demonstrates that we see the world as we are, not as the world as it is.

Sean: It's real. We need that.

Ray: We totally do. All right. So, money will not solve all your problems. Money is not a solution to a spiritual problem.

Sean: No. To quote Ayn Rand, "Money is the car, but it will never replace you as the driver."

Ray: Lie number six that is destroying your life. I have mastered this or I understand this or I know this.

Sean: Oh, man, this one, even me at my ripe old age of 31.

Ray: Wait a minute, you're 31?

Sean: I am. Bites me in the ass a lot.

Ray: Yes, me too. I hate to admit it-- because we never word it like that to our selves.

Sean: It might be why I don't have a butt.

Ray: We never word it like this to ourselves. We never say, "Oh, I've mastered that. I know everything there is to know about that." What we say is something that's the same, but it sounds different. It sounds better. We say, "I've heard that 100 times before. I've heard it before. Tried it once."

Sean: Didn't work.

Ray: We don't factor in the fact that maybe we didn't hear exactly what was being said or that we didn't possess the knowledge, wisdom, or experience, to make use of it.

Sean: Or we didn't execute it properly.

Ray: Or we just said, "I've heard that before," and never did it. Well, I heard Bill Johnson one time say, "The day you think you have it all figured out is the day you choose to level off." I would make that a little different and say, the day you think you have it all figured out is the day you start to die.

Sean: Yes, and I would even say the day you-- because what you're really saying is, the day you decide you no longer need to learn-

Ray: You're done.



Sean: - I'm saying you're done. I mean, all living organisms, every single living organism, faces one alternative that no other entity faces, the option of existence or non-existence.

Ray: #truth.

Sean: #truth. You have to choose life, and you have to choose. There is no steady state in life. There's no living organism that just reaches a point and then just stays there. You either grow or die. In humans, that means you either learn and act or die.

Ray: If death is the final appointment, we're just all in the waiting room.

Sean: Thank you, fall out boy.

Ray: Mastery is a path, not a destination. Lie number seven that is destroying your life. This is a big one that I think everybody falls victim to at some point or some level. This lie, it goes like this, There's nothing I can do, I'm powerless. This happens to me. That is called victimhood. You possess something no other animal in the kingdom possesses. Something happens to you, there's a stimuli, and then there's a response. That's how it works for all the other animals. For us-

Sean: Something impinges upon your sense organs and then the animal or plant automatically responds.

Ray: Either this thing's going to eat me or I'm going eat it. The difference between us and the other animals in the kingdom is we have a pause.

Sean: There's a break, or at least there can be. There doesn't have to be.

Ray: There often isn't, but there could be. With practice, you could learn to stimulus happens. Like somebody says something that triggers you, for instance, you could just react or you could pause for a moment and say, "Okay, what are my choices here? What can I say or do? What will be the result of what I say or do? I think you can begin to see how, if you make the right choice, right thinking will be rewarded.

Sean: Wrong thinking will be punished. Tagline under that, for nature to be commanded, it must first be obeyed. We so need that.

Ray: The point is there's one freedom that you have that cannot be taken away from you no matter what happens to you. Whether you're injured, whether you're sick, whether-

Sean: You're tortured.

Ray: - everybody loves you leaves you out in the desert buried up to your neck with a bunch of fire ants all around you. Not that I've thought about that.

Sean: What inspired that?

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Ray: I think it was the *Scorpion King*. It doesn't matter what happens to you, there's still a freedom you have that cannot be taken away from you, and that is how you will mentally respond to what has happened.

Sean: How internally you will respond to your external situation.

Ray: If you really want to understand this and find an irrefutable argument that this is true, Read Viktor Frankl's *Man's Search for Meaning*. He was in a Nazi concentration camp. Top that, and yet he survived with a sense of purpose. Just read the book. *Man's Search for Meaning*. Those are the seven lies that are destroying your life.

The assignment for you now is to decide, do I believe any of these lies at any level? Is it affecting me? How is it affecting me? What different choice could I make that could cause the effect to be less if I want it to be? The seven lies are, number one, I know that already or that's common knowledge. Number two, I disagree, well, that's wrong. "You're wrong. You're a Democrat. You're republican." Lie number three, my business is different somehow. I'm a special snowflake. Number four, I have plenty of time to do whatever it is you wish to do someday, when?

Sean: I got more important things to worry about right now.

Ray: It's like having kids. People say, "We'll put that off till it's a good time to have kids." Guess what? There's never a good time to have kids because they take over your life, but you'll be glad you had them. Someday they'll be sitting in a room doing a podcast with you.

Sean: There you go.

Ray: Lie number five, money will solve all my problems. Lie number six, I've mastered that, I've heard that before. Lie number seven, there's nothing I can do, I'm just a poor pitiful victim.

Sean: No one ever gave me a chance.

Ray: I'm just a little guy.

Sean: All those big guys just-

Ray: It's not fair.

Sean: - not fair.

Ray: Dog eat dog. That's it I'm done.

Sean: Well, if you found the show helpful-

Ray: And encouraging, and it made you happy.



Sean: - please subscribe to it in the Apple Podcast Directory and leave us a review in iTunes. Those are always very helpful. If you'd like the transcript and show notes, you can go to rayedwards.com/335. Anything else?

Ray: A quote worth note, what lies behind us and what lies before us are tiny matters compared to what lies within us. Ralph Waldo Emerson.

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Voice-over: Thank you for listening to the *Ray Edwards Show*.

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

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