



## Ray Edwards Show, Episode 366

### You Don't Need Easy

- Announcer: [00:01](#) Coming up on the Ray Edwards show:
- Ray Edwards In 2011, I was diagnosed with a neurological degenerative progressive disorder, meaning I have Parkinson's disease, and according to medical science, there's no known cure. There are treatments that are mostly effective for awhile, but the prognosis I was given was it's only gonna get worse until you're completely disabled and there's nothing I can do about it and you've got maybe 10 years until you are in a wheelchair and need help with everything, and that was one of the best things that ever.
- Speaker 2: [00:48](#) Perhaps this is the podcast for prosperity with purpose. Hi, it's Ray Edwards. Welcome to episode three, 66 of the Ray Edwards show. The title of today's episode is you don't need easy and that is the truth.
- Speaker 1: [01:18](#) So even though the way I began the show sounds like a bummer anyways. It is. I mean, it's something I never would have chosen to have happened to me. How could I possibly say it was one of the best things that ever happened to me. Well, the revelation that I had because of that is actually one of the best things that ever happened to me. Make no mistake. If I could eradicate this problem in my life, I would do it instantly. I would prefer that I had found enlightenment some other way, but this is the way I found it and I have a core belief that life happens for me, not to me. So when presented with a situation like the one I described, I have to look at that after I get over the initial emotional shock. I mean, I feel like you need to feel that. You need to feel those feelings while you're feeling them, but don't feed them and then figure out what will I do with this? How will I turn this into something I can use? It won't be easy, but I've come to believe you don't need easy. You just need worth it in the words of the late great Jim Rohn.
- Speaker 1: [02:34](#) So fast forward to 2013. I was on the ropes business-wise, physically, mentally, spiritually. Most of my relationships outside my home were tents or nonexistent. Life was

looking bleak and I was cynical. I had tried every motivational program out there, every goal setting program out there. I had failed so many times I was. I felt like maybe you felt this way too. I was willing to do the work, but it wasn't working. I won't say I was desperate because I think I was past desperate. I think I was just cynical. I was just close to being resigned, but something in me drove me to keep looking for an answer to my problems. My problems were I was at that time maybe 75 pounds overweight, out of physical shape. My cardiovascular condition was pathetic. I couldn't walk up a flight of stairs without being out of breath.

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At the top. I was wrestling in and out of depression. We were over \$400,000 in consumer debt as a family and I mean just every box in my life that you could think of. How do I check this box? I was not able to check the boxes because they were all screwed up, but I was still willing to do whatever it took to get out of that hole and that's when I ran across the quote by Jim Rohn. I don't need easy. I just need worth it, and what I had felt up until that point was it just wasn't worth it. As I have talked to many people, especially lately, I've learned that it's not just me who's been to that place. I've heard a similar story, really the same story with different details from so many people. I meet thousands of people each year at the conferences where I speak or where I'm in attendance as a student and there's a constant theme.

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I hear the same story from so many people. I'll give you three or four examples just from the last month. Now I've changed the names of these people so that they are not recognizable. They can't be identified by the information I'm going to give, but I'm going to give you the essence of what they said to me that made me realize you're in that same place where I was. There's James, James and I were talking about setting goals for the new year and what he said to me was, I don't want to set goals because I keep setting the same goals over and over again and I keep failing. So goal setting makes me feel like a failure. That's a very common attitude because I think the way most people set their goals sets them up for failure. So eventually you come to associate the activity that causes you to fail.

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You associate that with the emotion of failure. Then there was Larry, Larry and I were talking and he was telling me about all the problems he had in his life and he actually came to me with the question, can you help me? I don't know how to deal with all this. So whenever I hear somebody say something that blatantly open and transparent and vulnerable, I think this is good. I have a chance to help this person, so we sat down to have a conversation and as he presented his problems, I began

giving him possible solutions and eventually he kept cutting off everything I said. He's like, well, that won't work. I tried that. That will work for me in my situation. I don't believe everything you believe, so that's not going to help me. So finally, I mean I've. I just addressed with him the, the challenge of his overall attitude about life and what he said to me made me realize he's in a place where so many people are.

Speaker 1:

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He said, don't give me that happy Mr Rogers crap that won't work with me. So if you have that feeling about solutions that are being presented to you, that could solve one or many of your problems, it's not gonna work for you because you've decided in advance it won't. There was a Debbie, somebody I spoke with recently about. She was having financial trouble in her business and in her marriage and I began to present her with some tactical solutions because that's what she asked me for. She said, what do I do about this? And finally she, her response to everything I recommended to her was, well, that all sounds good, but I'm not really materialistic so I don't really. I'm not excited about those solutions. I'm not materialistic. Well, you seem materialistic to me because you're made out of material and you're wearing material as clothing and the bag you're carrying, his material and the computer. The laptop you have on the table in front of us is material. So in what way is it your right here in a car that was material you live in a home that is material. In what way are you not materialistic? This kind of clap trap talk drives me nuts because that's what it is. It's ridiculous. It's jabber that people spout because they've heard it from other people and they think they know what it means, but they've never thought through what it means.

Speaker 1:

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Now, if what you mean to say is I don't assign my ultimate meaning and worth in life to the physical possessions that I own. I'm with you on that, but make no mistake. The physical possessions that you own are important and money is important, especially for the things that only money can do. So do me a favor and do yourself a favor and strike the phrase. I'm not materialistic from your lingo because it's meaningless. It just as an aside, the only way it has any meaning is if you subscribe to the platonic view of reality. Plato, the philosopher who came up with this concept that the material world is evil and only the spiritual world is worthwhile and pure, so we must despise everything that is material and that as we would say, where I grew up in Kentucky, that bulldog don't hunt.

Speaker 1:

[09:02](#)

So then there was Dan and Dan is the person who inspired me to actually do this episode of the podcast because as we were having a discussion about similar matters which

was he had life circumstances he was not happy with and he wanted to change them. So I was suggesting a course of action that he could take to change them. And frankly I've talked to so many people who kept shooting me down. Basically he came to me, asked for help and when I presented the help that they needed, they would say, well, that just sounds too hard. I don't want to do it. I said to Dan, well, this is not going to be easy, and he said to me, well, if there was an easier way, I would take it, but there doesn't seem to be so I'm willing to do this because I need to change these things. And that phrase from Jim Roan came to me. Again, I don't need easy. I just need worth it.

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When I heard what Dan said, the lights came on for me and I, I've realized that that little quote from Jim Rohn that I saw on somebody's mean, but they publish on facebook was so powerful, so life changing, so transformative that if we could internalize that, it could change everything in our life because really achieving goals is hard. It's not easy. It's hard by definition because you don't have the stuff you're dreaming of having. When you set a goal, you're saying to yourself, my life and my work so far has not yielded this result, but I want this result and it's important enough to me to be intentional about it, to have a systematic way of writing it down and pursuing it so I know it's going to be hard, but I'm willing to do it. In other words, you're saying, I don't need easy. I just need worth it because it's worth doing the work to get this result.

Speaker 1: [11:02](#)

It's worth my putting in the effort and doing the hard thing to pay off the debt, to lose the weight, to get into shape, to improve my health, to improve my relationship, to improve my mental state, my mental hygiene, to to fight for my joy, for my happiness. It's worth it. It's going to be hard, but it's worth it. Isn't that true? Don't you already believed that? I think you do or you wouldn't be listening to this podcast, so let's talk about how our brain works and how we process stuff in our lives and how we get off track and how we can fix it. The fact of the matter is, each of us is running a program. It's like we are stuck in the matrix and we don't even realize it, which is the nature of the Matrix. If you haven't seen the movie, the Matrix, go back and watch that movie was Kiana reefs.

Speaker 1: [11:54](#)

Uh, just the original. The first one, I forget the other two. The first one is the one that matters. Neo, the protagonist in the matrix had a choice to swallow the red pill or the blue pill. One would let him stay in the matrix in the illusion. The other would make him wake up to reality and he chose to wake up and it was hard, but it was worth it. And that's what we need to do. And the way

it works for us, the way we can tell we're in the matrix is this is what happens for a lot of people. But I would say for most people in the western, in the modern developed world, we wake up at a certain time and the first thing we do is we take in where we are and we start to feel that little bit of anxiety that starts off our day because we know we have so many things to do that are going to be unpleasant and we feel disconnected from everything and everybody in her life.

Speaker 1: [12:48](#)

So we want connection. So we reached for that magic box, that little thing we call our smartphone that's super computer that we keep in our pocket and by her bedside and we fire it up and we look at instagram and we look at facebook and we see if somebody liked our post or gave us a heart or made a comment or told us how smart we were for something we said or posted and we feel connected. So we feel that feeling of connection. So we get that sense of interaction with other human beings. When we've had no interaction with human beings and we get up and we walked through our routine for the rest of the day. We do pretty much the same thing we do everyday. We deal with the kids the same way we do it. The kids would get out of the same side of the bed that we normally get out of.

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We brush our teeth, we go to the bathroom, we have our coffee, we have our breakfast, we read our newspaper and we do all of this. We drive to work. We do all this and pretty much the same way we do it every day. We take the same route. We make the same turns. We think the same thoughts over and over again. Each day. I mean 90 percent of the thoughts you have today are the same thoughts you had yesterday and the day before and the day before, and correct me if I'm wrong, but I'm not, unless you are awake and I submit to you, I propose that most people are asleep. Most people walk through their life asleep. Most people go to their grave asleep. We deal with work the same way. We have the same reactions to the people we work with. We say the same thing to them.

Speaker 1: [14:17](#)

They say the same things to us. We have the same emotions every time it happens the same way everyday. We take the same route home, we think about the same depressing, alarming fear, increasing anxiety, producing depression, enhancing thoughts that we thought yesterday and we get home and we deal with our family and we have the same arguments with our children or with our spouse and we go to bed and we dream the same dreams or have the same nightmares and we get up tomorrow. It all over again and somewhere in there we have these moments of wakefulness. Just little pieces of Wakefulness, like five minutes. We're awakened. We say to ourselves during those five minutes, I should do

something about all this stuff. I need to change my life. I had set some goals and we say the word goals and that triggers anxiety and we think, I don't want to set goals because it makes me feel like a failure and we're right back in the matrix. Maybe this doesn't happen to you. Maybe it's only other people. So you could let them listen to this episode and maybe help them. So what do we do? Why does this happen anyway? Because this is the way consciousness seems to work. This is just a bottle. It's just a model. So the mathematician George box

Speaker 1: [15:33](#) said one time something on, on like this. I'm paraphrasing him now because I haven't taken the time to look it up, but he said something like, all models are wrong, but most of them are useful. So this is a model of how your mind works. You have circumstances in your life, a situation, it could be anything and it is everything in your life and when you encounter those circumstances and you recognize him as a circumstance, your brain has to question what does this mean? So you have a thought about the circumstance and that thought creates a feeling. So if the circumstances, one that makes you think of the worst possible activities that could occur out of that circumstance, you began to feel fear and anxiety. So the circumstance triggers the same thought that you had 100,000 times before, which triggers the same emotion you had 100,000 times before, which is fear and anxiety. And then the feeling that you have controls your behavior, that's what causes you to act, and the action that you take causes a result. So if you operate out of fear, scarcity, depression, anxiety, self protection, hiding from things, you'll get results that are commensurate with those feelings and actions, and the result will reinforce the circumstance has started this whole chain reaction in the first place and it becomes a self reinforcing cycle of negativity and poor results. So not only are you in the matrix, you're helping reprogram the matrix and strengthening its power over you.

Speaker 1: [17:19](#) So what do we do to escape the Matrix? I can tell you this, it's gonna. Be Tough. It's going to be difficult. It's not going to be easy, but it is worth it.

Speaker 1: [17:36](#) So here you are. Now with the choice of do I take the red pill or the blue pill? Do I choose to continue living in the illusion, in the preprogrammed, automatic automaton that I've been living life up to now? Or do I wake up? Do I choose to come out of the Matrix and face reality? Which sounds harsh at first, but then you realize once you've unplugged from the Matrix, you finally get to make some choices in your life for yourself that are not driven by an illusion or a program. I don't know what you choose to do, but as for me and my family, we choose to live in reality, to escape the Matrix, so the questions that face you now

knowing that you've got to decide reality or illusion, the questions you need to ask yourself are so what? And now what? So the so what is so now that I know that so much of what I do is living on automatic pilot, being a robot, really a puppet for the neurological patterns that are in my brain that I didn't even choose to make.

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They just happened to me. If I'm no longer gonna, be controlled by that and I'm going to wake up and make my own patterns than the now what is, how do I do that? How do I move forward with the new approach to life, the intentional conscious, awake approach to life? That's a big question and let me tell you what happened for me when I found myself at that crossroads that I was talking about at the earlier part of this episode, at the beginning of this episode when I was looking at life and realizing it looks bleak and that I was cynical and that I had tried every motivational goal setting life improvement program out there. I'd gone to psychiatrists and psychologists. I had tried to set goals over and over again so many times. I failed every time. I set the same goals year after year and nothing changed until I was faced with this life altering diagnosis that I could not live in denial about.

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I can't deny it. It's not a silent disease. It's one that shows up every day that makes us reality known. It puts and impossible to ignore imprint on my life, so I have to choose how to deal with it and what I chose to do was to wake up to face reality and realize that if I'm ever going to make a change in my life, it has to be now and if I'm going to make a change, it has to be by doing things, uh, have done in the past. And so right about this time I encountered Michael Hyatts five days to your best year ever. And for me this was the tool that I used to get past my own programming, to reprogram my own brain. Now I've done all the other programs. I've done Brian Tracy's program, I've done Zig Ziglar's program. I've done Tony Robbins program time and time again over and over again.

Speaker 1: [21:01](#)

And, and everybody else you can think of is how to goal setting program. I've done it. This one was different for me. Now is it because the program itself is so different or because I was different. Now you guys have to leave that to your decision making, but I feel like it was both. I was different and this program is different, so I walked through the five days to your best year ever system and I made some decisions about what I wanted to change in my life and what that change would mean to me. So by going through this program of Michael Hyatts, I was able to lose 67 pounds, payoff more than \$400,000 in debt and my business broke the million dollar revenue mark for the first time ever. And that has happened now. Two years in a row. We're going on year number three. I fully expect to



crack the million dollar mark again this year and I've got even bigger goals for next year in terms of my health, in terms of my wealth, in terms of my relationships, my spirituality, my contribution, how I show up in the world, the new habits that I want to form and I have confidence that I'm going to be able to meet or exceed those goals because I am awake in a way I never had been before.

Speaker 1: [22:20](#)

And part of the reason is this program forced me to do something that in the past I had always just avoided doing, which was to complete the past. This is something I've just avoided like the plague because completing the past felt to me like reviewing the past, which was never something that left me feeling great. I didn't look back at my past and feel good. I looked back at my past and I only looks to bad stuff and I just felt bad about it. So in Michael's program, he suggested that looking back at the previous year, the things that were uncomplete unsatisfying, it felt like failure looking back was a chance for me to learn, to be aware and to analyze what had happened and what I was going to do about it from going forward. So that's what I did. And admittedly it was a little uncomfortable. I wasn't accustomed to being very clear about things that happened that I was not satisfied with. I was pretty good at feeling bad about them, but sweeping the specifics under the rug. Even from my own view, this exercise put me right in front of the things that I was unhappy about for the past year and forced me to confront them and to decide what did I learn from this, how can I use this and what am I going to do about this going forward

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and that has made all the difference.

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So whether you use Michael's program five days to your best year ever, and I will include a link in the show notes@RayEdwards.com forward slash three, six, six, a link to this year's version of the program. I buy it every year. It changes every year. It's upgraded and improved every year, so it's worked for me so well. I just buy it every year. Yours, no questions asked on my part. If you want to invest in the program through the LinkedIn I'm giving you, it's going to be my affiliate link so I will make a commission, but I will give you some cool free stuff. I'll be talking more about that in the future in the next week or two about the stuff you're going to get from me. If you happen to enroll through my link, but whether you use that system or not, take what I've shared with you in this episode and put it to work and most of all, I would encourage you to do that exercise that Michael recommends on the second day of his five day program and that is to complete the past. Look back at the stuff that you feel is incomplete, unresolved unsatisfactoriness that was unsuccessful in the past year, and analyze it,



learn from it, and decide how you're going to deal with that situation or problem or challenge in the future and how you're going to use what happened to you this past year

Speaker 2:

[25:03](#)

to empower you in the coming. It is possible. It does work. It's not easy, but you don't need easy. You just need. Thank you for listening to the Ray Edwards Sham. Find the complete archives of all episodes@RonnieEdwardspodcast.com, or subscribe for free through apple podcasts and never miss an episode. Is Prep and copyright Ray Edwards international incorporated all rights reserved. Each week we bring you a message of prosperity with purpose and freedom. Numbering the true freedom is available to all through Jesus Christ.