



## Ray Edwards Show, Episode 401 Saying Goodbye

- Speaker 1: [00:01](#) Ray Edwards Show, episode 401 this is hard for me, but this episode is about saying goodbye and it's probably not what you think.
- Speaker 2: [00:17](#) [inaudible] Edward Show. This is the podcast for prosperity with purpose.
- Speaker 1: [00:26](#) Okay. Yes, it's true. I am saying goodbye, but don't panic. I'm not shutting down the podcast nor the website or the youtube channel.
- Speaker 3: [00:36](#) Although some people may be disappointed to hear that. They may have seen the title of this episode and thought finally rid of the guy. No, not that easy to get rid of, but I am saying goodbye. I'm saying goodbye to some very bad behavior patterns. This is going to seem like a very personal episode and it is. In a way, it's, it's a little embarrassing for me to reveal some of these things, but I'm getting all that out of the way. It's part of my new way of operating on the podcast on social media. I want to be just so real that if people meet me in real life, they won't be disappointed in any way. I mean nothing is worse than to have somebody meet you and say, man, you look a lot younger on your website or you look taller or I thought you would dress better than your dress right now at target.
- Speaker 3: [01:29](#) So I decided I just gonna I'm just going to be real and any secrets that I think I have, I'm going to go ahead and reveal them myself ahead of anybody else so that that way it can never be used against me. Not that anybody would use it against me, not that I'm important enough to anybody that they would care, but I think we, I'll speak for me, I think I in general have operated over time was a sort of fear that if not sort of, it was a fear, a muscle, eliminating softening patterns for my language. So softening patterns or when we say things like kind of sort of a little bit kind of like that's all ways of softening the truth we're trying to tell. So I've operated with a fear of that. If people knew the real me and didn't only see the manufactured image of me that I wanted them to see that they would not like me, they would not respect me.

Speaker 3: [02:25](#) And I know that's a lie and I'm just determined not to participate in something like that. So I'm just telling the truth and sometimes the truth is too much for some people and they unsubscribe after leaving me a nasty message. But as they say, good riddance to bad rubbish. So what's the deal? What am I quitting? The bad behaviors that I'm quitting? What is it? I have not been taking the best care of myself lately. No, by the time you hear this episode, I will have taken care of all this, but still I'm counting on you to help hold me accountable. So I practice what I preach. It's one of my core values. When I finally realized, woke up to the fact that I just really wasn't solving these problems of taking care of myself on my own, I knew I needed to get a coach. So I thought, who's the best coach I know? And one of the best coaches I know is somebody who also happens to be a friend of mine, cliff Ravenscraft. And so I sought out cliff's coaching. Now this was a little complicated or so I thought, because cliff and I are very good friends. In fact, I would say he's my best friend and he would say the same of me.

Speaker 3: [03:46](#) So going to him as a coach and telling him about these weaknesses in my character, these shortcomings that I felt I had was a little intimidating, but I felt like he's the best. He's my friend. If I can't trust him, who can I trust? So on Saturday, July 20th at 1:25 PM during my coaching session with cliff Ravenscraft, I made the following declarations, number one, to live a ketogenic lifestyle starting that day and every day for the rest of my life. Or you might say that's just not a big deal. You're going on a diet to lose some weight. Why makes a big fuss about it? Well, it's not about losing weight for me that that will undoubtedly be a side effect. But the truth is it's about my neurological health. You may or may not know, you may or not, may not care. You may or may not be sick of hearing about it, but I have Parkinson's disease and I'm determined to slow or reverse the progress of that disease.

Speaker 3: [04:51](#) I'm determined to get rid of it altogether. Now, in case you don't know, it's progressive and degenerative and incurable, which means the official word for medical science today is ray. You can't do any of those things. You can't slow it. You can't stop it. You can't reverse it. To which I say, bull, watch me. So the Ketogenic Diet has been demonstrated scientifically and there's enough evidence, there's enough studies to show to my satisfaction that this is the way for me to eat, not only for me to eat. Frankly, I think this is the way for everybody to eat. I think it's the natural human diet, but that's a discussion best held for another podcast because this is about my decision to live a ketogenic lifestyle. I'm not going on a ketogenic diet. I'm adopting a lifestyle of

health, of energy, of good sleep, of consistent blood sugar levels of healthy brain chemistry of healthy hormonal balance.

Speaker 3: [05:54](#) That's why I'm doing it. Number two, I declared that I would exercise everyday starting that day and everyday for the rest of my life and the reasons are the same as the reasons for the above. Yes, I'm sure I will lose weight and I will look better, but that's not my main purpose. Now I don't think there's anything wrong with that. If you're going to diet and exercise because you want to look better, good for you. I'm happy that you don't have more serious problems that have prompted you into diet and exercise, so lose weight, look better. That's a perfectly valid reason. Want what you want my friend, you do you.

Speaker 3: [06:35](#) My reason is for better brain health exercise, especially for someone with my condition is really good because it releases the hormones and neurotransmitters that result in a feeling of wellbeing and not only that, they promote the production of BDNF, brain derived neurotropic factor, which is the stuff that brain cells are made of and brain cells are something I need an abundance of. So I'm doing everything I can to manufacture them and to stimulate the production of dopamine, which is one of the primary problems. When you have Parkinson's, you run out of dopamine. Dopamine is what allows you to move normally. Most people know dopamine as something that elevates or decreases your mood that controls the reward system that helps you enjoy things in life. That's all true, but dopamine is also the thing that allows you to move smoothly and normally something that Parkinson's patients have a little trouble with.

Speaker 3: [07:33](#) So I need more dopamine. Great Way to get it exercise. The third declaration I made when I was in that coaching session was cliff was to get more rest, more sleep, and more margin in my life starting that day and for the rest of my life. This last one is a little more complicated than the first two because it's not just a matter of me being a workaholic. There are real physiological problems that I have because of my condition that make it more difficult for me to sleep, but this is fixable. Everything is fixable, even this, so I'm definitely not using my medical condition as an excuse. I'm just saying it needs a little bit more work and I'm working on that. I'm working with my health optimization specialist, Dr Gus Vickery. If you don't know him, you should get to know him. He's helping me dial in the formula that I need from my physiology and my blood chemistry, my neurotransmitter levels, my specific situation so that I can get the sleep that I need. That will help form the foundation for all the other factors of

health that I'm trying to. I'm not trying to, then I'm optimizing.

Speaker 3: [08:51](#)

So I went through this coaching session with cliff, which if you haven't done it yet, I highly recommend you do it. You can get in touch with him through cliff ravencraft.com or I believe a mindset answer man.com either one of those links will lead you to cliff Ravenscraft. You can get in touch with him and if he has availability you should coach with him. I made a commitment to him that I would let him know what plan I formulated for getting more rest and more margin in my life. So one of the first things I did was I contacted my executive assistant and told her the week of the 12th of August, I'm taking that week off. Something I haven't done in, I don't know how long, taking the entire week off. I just told her, clear my schedule, renegotiate my commitments.

Speaker 3: [09:45](#)

This is non negotiable. This is what I'm doing. I also committed to cliff that I would inform my wife Lynn Edwards and my son Shawn Edwards and my social media following of these commitments and I did it that day. You may have seen the Facebook posts, which went kinda kinda crazy, kinda nuts, got more leverage on me. And I also committed to sharing this new commitment with my team and with the attendees at the copywriting academy live, which I'm actually on my way to copywriting academy live. I'm boarding a plane and um, let's see, about three hours from the time I'm recording this. I'm recording this before I leave town for that live event in Franklin, Tennessee. So if you're listening to this on publication day, copywriting academy has already happened. It was a great success. We had a marvelous time. Everyone agrees you should've been there. So why am I sharing all this with you? One of the key takeaways I had from my coaching session with cliff is I knew exactly what needed to change before we got on the phone or for, we got on Zoom for the coaching session because cliff asked me, he said, come to me with three things you want to work on, things you want to change.

Speaker 3: [11:05](#)

And I sent him a list and we spent the time with him asking me questions, which basically resulted in May me explaining why I chose those three items to work on, why they were important to me. How committed was I to making them happen? Why was I so committed? What would be the outcomes if I did not make the commitments and how was I going to deal with the inevitable challenging situations that came up, attempted me to break the commitments. So we played each of those things out. I mean, cliff asked me, you know, what are you going to do when somebody offers you a piece of Pie? And they say to you, Ray, you've been in Ketosis now

for 12 months. Having one piece of Pie won't hurt just one slice of pie. But cliff and I knew through our discussion that I have addictive behavior patterns around carbohydrate rich, sugary foods.

Speaker 3: [12:10](#) And that one piece of pie for me is like one bottle of booze for an alcoholic. So I practiced my answer, which at first it was so funny. Cliff said, what are you gonna say? I said, well, I'll think I'll say something like this. I think I'll say, why would you do this to me? I, you know that he said, stop. They're not doing anything to you. This is not about them. Says about you. What would you say to them? And it was like somebody turned on the light in a dark room and I realized, Oh, I'll simply say no thank you. And if they persist, Clare said, if they said, oh, just come on, just one bite. Come on, everybody's doing it. And my answer would be, well, it's not for me, but thanks. Enjoy it.

Speaker 3: [13:02](#) So easy. So simple. So we played out those different conversations that I would have, how I would remain accountable and to whom. And the weight that was lifted from my shoulders was, there's like a thousand pounds off my back. What's interesting was I knew, I started saying this a moment ago. I knew what I needed to work on before I went to that call. I basically knew all the stuff that Clifton walk me through. But up until then, nobody had walked me through it out loud. So that I had to commit to these decisions to another human being. You know, the silent commitment is no commitment at all. You know the silent commitment. You've tried to start to die it so many times and you failed or you falling off the wagon within a week or so that now you've come to the point where like you say, I'm going to start to diet on Monday, but you say that to yourself.

Speaker 3: [14:00](#) You don't tell anybody else. You don't tell anybody else because you don't want anybody else to know when you fail, which you know you will stop doing that. Get serious about why you want to say goodbye to the bad behavior patterns and say hello to the new life. That is really just one decision away. You're really saying, well, let me just bring it home to me. You can apply it to you if you think it applies. I'm saying goodbye to a version of Ray that was not worthy of the man God created me to be. I'm saying hello to the man God intended for me to be. You know, ed, my lead, I, I feel funny. I feel like a fan boy. I'm con kind of man crushing on him right now because I talked about him last week and I'm talking about him again this week and my podcast, but I've been listening to a lot of his material lately and I just love, he speaks my language.

Speaker 3: [14:58](#) I feel like we're from the same tribe and he, I said this last week, he and I are good friends. He just doesn't know

it yet. He's going to find out. But ed talks about how when he gets to heaven, the words he wants to hear from the Lord are well done, good and faithful servant. And Ed said, I have this feeling that what might happen is the Lord might then say, now I love the man that you are, but let me introduce you to the man you could have been. This is the man I designed you to be. This is the you that took advantage of every opportunity I put before him, including the adversities which were opportunities in disguise. This is the man who was a good steward of every gift I gave to him throughout his entire life. And Ed says, I hope that man and I would have a lot in common, but I fear we would be total strangers and I'm paraphrasing ed now, but he says, my work is to be that man, to be the man who is a great steward of everything God has given him that just wrecks me, just works me over.

Speaker 3:

[16:10](#)

I want that same thing. So I'm focused on this like never before and I'm not focused on the past. I talked about before, the fact that I, according to insurance, actuarial tables, my life expectancy of 78 years leaves me 24 years on this planet and it's possible I could get into a whole downward spiral of regretting the things I didn't do in the previous 54 years. The things that I did wrong, the people that I hurt, the chances I've neglected, but none of that matters now. It's all gone. It's out of my controller's Neff. There's not a thing I can do about any of that. The past is a myth. It doesn't exist. What I'm focusing on is what I'm doing right now because I'm not even focused on the future so much as what I'm doing right now because what I'm doing right now is the only thing I have control over. It's in this moment and I can say everything that has happened in my life did not happen to me. It happened for me. That's another favorite saying of Ed, my lifts in mind. It's a matter of my paying attention to the endless sea of opportunity God has placed in front of me right now and acting in such a way that when I'm standing there, once I enter into the next life

Speaker 3:

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that the man I meet who represents the man I was designed to be, will be my identical twin and we'll both look at each other and at the same time say, there you are. That's what I'm looking for and that's what I'm trying to convey to you in the most probably inept way possible. But it's so important to me that you get this, whatever the situation is that you face in your business, in your career, and your family and your health. There's a way to meet that situation from a place of abundance. I'm a guy who's been given a diagnosis that you have a disease, it's incurable, it's progressive, it's degenerative, and it's going to really limit your life. And so far it is only expanded. My life is only made my life more rich with experiences. It has only given me more empathy, more love, more patients, more kindness, more ambition, more peace. I

am more blessed than I ever could have hoped to be. That's a decision I was able to make and it's a decision you can make as well. Look, brother, sister, I emphasize with your pain, but I'm telling you, don't let it define you. You defy that spirit and you step up and be the person God created you to be and let me know about it.

Speaker 1:            [19:26](#)            I want to hear from you. What's your comments on the blog at [inaudible] dot com slash four zero one or on the socials, Twitter, Facebook, Instagram, wherever you hang out, I hang out. And until next week, I pray that you prosper with purpose, that you receive the wisdom that leads to wealth and that your house will be blessed by peace. See an excuse.

Speaker 2:            [19:56](#)            [inaudible]. Thank you for listening to the Ray Edward Show. Find the complete archives of all episodes@rayedwardspodcast.com or subscribe for free through apple podcasts and never miss an episode. This program, copyright Ray Edwards international incorporated all rights reserved. Each week we bring you a message of prosperity with purpose and freedom. Remembering the truth. Freedom is available to all through Jesus Christ.