



## Ray Edwards Show, Episode 497

### 3 Unpopular Rules For Optimizing Your Life

**Ray Edwards** ([00:01](#)):

Hey, good morning. Welcome to Friday morning-live with Ray Edwards. The start of something that may continue.

**Announcer** ([00:12](#)):

The Ray Edwards show. This is the podcast for prosperity with purpose.

**Kris Edwards** ([00:21](#)):

Hello, it's Kris Edwards welcoming you to the Ray Edward show. This is a special edition. Why is it special? Well, it's got really great content, but that's not the special part- that's just normal. The special part is that this was recorded live on Facebook. Now, Fridays at 7:00 AM Pacific time, Ray will be doing a live show, which normally will be separate from what we do here on the podcast, but it is a great way to participate in the conversation. We love the podcast format, but for live interaction, you know, not so great. Facebook and maybe eventually YouTube just gives us a new level of togetherness. Aw. All right. Let's jump right in. The following. Audio is from Ray's Friday morning, December 18th, 2020, broadcast on Facebook live.

**Announcer** ([01:03](#)):

And now our Feature and presentation.

**Ray Edwards** ([01:06](#)):

All right, welcome to Friday morning live with Ray Edwards. I'm so glad you're here. Today's topic is three unpopular rules for optimal living. I've been taking a lot of notes, been doing a lot of reading, studying, listening to audio books, listening to podcasts. Just soaking in information from places I don't normally get information because if we only dip into the river that we're used to swimming in, we are drinking the same water. Okay. That's a poor metaphor, but you know what I'm saying? If we only listened to stuff that we agree with, or that we've heard before, we're just in an echo chamber. We're actually consciously choosing our own cognitive bias. We're saying, this is how I see the world and I'm not going to listen to anything that doesn't reinforce the way I see the world, which can be good if you're guarding

your thoughts against negativity and hatred and anger, and those, those feelings that do not contribute to humanity.

**Ray Edwards (01:50):**

However, it can also be dangerous if you're not paying attention to reality. Maybe the things you're thinking about are not real. And if there's no other way for you to find out whether they're real or not rather than to test them. So some people say, well, do you apply that even to your faith, even think about questioning your faith. I've questioned my faith from the day I got my faith because any God that cannot stand up to questioning is not God. So far, he stood up quite soundly. He's still standing in the words, the Elton John song, kind of a picture of the Lord saying I'm still standing stronger than I ever did. So three unpopular rules for optimal living- don't know how I got off on that tangent, but let's start. Rule number one. Now, look, I'm not saying these are like the 10 commandments. I'm just saying these are guidelines that I've been making notes of in my journal that I keep on my laptop on my Ulysses note taking app. And these are just three of the rules I've written down. I've got lots more. If you want more of these, I'll share them. I'm just going to thought, I'd start off this week's broadcast with these three rules. I think are universally applicable to everybody. Number one, don't take on other people's homework, other people's problems, on other words. What's this all about? In the kind of business that I'm in, I'm in an online teaching business and maybe you are too. Maybe you're a teacher. Maybe you're a coach, a trainer, a consultant, but you work with people and you help them optimize their lives, their business. Yes? Is that you, then you probably have seen this happen in your own practice. People come to you with problems and somehow they manage to transfer their problems to you. Like it's now our problem. I have this relationship problem, Ray. Now it's our problem. I have this business problem, Ray. Now it's our problem. Do not take on somebody else's problems. You have enough problems of your own. I'm going to talk about how to reframe problems in just a moment, but you have enough of your own and those problems are actually lessons for those people to learn. Yes? Let's talk about this now. What's a problem. I think a problem is a surprise we did not expect, and we get to choose, respond to it. We can respond to it with either positivity and anticipation., and as if it's a gift. Or you can respond to it as if, Oh my God, my, my world is collapsing. I've got this problem. I've got this huge problem! What am I going to do? And we get to feed the habitual emotions we've grown addicted to. If you're a person who is addicted to always being in crisis, you love telling people your drama. Have you ever known anybody like this? Every time you talk to them there's a new drama. They got a problem with their house. They've got a problem with their spouse. They got a problem with their car. They got a problem with their job. They got a problem with their friends. They got a problem with this bill that they owe, that they don't owe. They've got a problem with the association that they're part of. They've always got some kind of problem. It seems they never get any relief and it just makes you tired to think about these kinds of people, right? What's going on with that? Are there just unlucky people who are like problem magnets?

**Ray Edwards (04:31):**

Well, they are problem magnets, but not because they're unlucky it's because it's what they're focused on. They love the rush they get from having a new problem. I get to tell everybody my problem. People empathize with me and sympathize with me. They listened to me. I get attention. I get love. I get reassurance, I get pats on the back, I get people coming to have dinner with me. They reinforce the addiction I have with these feelings and we don't even realize we become addicted to the feelings and we use whatever situation comes up, whatever drama is available, we'll use it. Even if it's a tiny drama, we've gotta have our drama feelings or else we'll be in withdrawal from our addiction. So maybe that's a clue for someone right now, listening. Maybe you think, Oh, could that be me? Could you be talking about me? Possibly. I've been there, ask me how I know. On the other hand, have you ever known anybody who's everything's always working out for them. Everything's going positively. Even

when they have "problems", they seem to turn out to be blessings in disguise. That's not an accident. It's not cause they're luckier than you are. It's not because God loves them more than he loves you. It's none of that. It's because they have become addicted to those positive feelings, those positive ways of looking at things. And because they look for the positivity, they find it. You got people on the one hand who find a silver lining in every cloud. And then you got the other people, which is the majority of people who can find a cloud surrounding every silver lining. Which one are you? You got to ask. Whatever the case. If you're a coach, if you're trainer, if you're a human living on earth, don't take on other people's problems with one exception, and even then you can't take on their core problems-your spouse. Because this is going to be controversial but your spouse is not the focus of your existence on earth. Your relationship with God comes first. If you get that relationship right and your spouse has their relationship with God right, then the two of you are united as one. That's the next relationship. But the relationship with God with the universal with Christ is first. I think that's right. Pretty sure it is. All right. So don't take on other people's problems. Problems- I like to think of them not as, not even as blessings in disguise, I think of them as puzzles- as gifts. What's the gift in this problem. Like if you get a diagnosis and you say, Oh my gosh, I got this terrible diagnosis. I got the virus or I got diabetes, or I got whatever- fibromyalgia or whatever you get diagnosed with. You can stop and say, my life is over. It's a wreck, it's ruined. All my plans are dashed now. Or you can ask yourself, what's the blessing in this diagnosis? What's the gift in it? And you, your first answer is going to be, there is no gift in the diagnosis. Really? Maybe it's enough of a red flag to get you to start taking care of your health. Maybe that's a gift. Maybe it's a gift that helps you get your finances in order. And you can feel better about your finances and suddenly your immune system response boosts, and you get better. Maybe you don't get better. Maybe he gives you an opportunity to prepare for your last days on earth. That may sound terrible, but guess what? We're all going to get our last days on earth. Wouldn't it be nice to be able to prepare for them and experience them with joy in the fullness of joy.

**Ray Edwards (07:20):**

Isn't that a gift? Maybe you can learn something from it. Maybe you could use this diagnosis or this problem or this gift. If you think of it as a gift and you start looking for what's the gift in this, you'll find the gift. If you think of it as a disaster, guess what you'll find- the disaster. Which do you want the gift or the disaster? You get to choose. It's your homework. It's your assignment to learn from. I'm not taking on your homework, pal. That's the bottom line. Don't take on other people's problems. And the way that people try to unload their problems onto you is different. There's different ways. The first ones are what I refer to as ask holes. A S K H O L E S- Askholes. The people who always call you and say, I got a question, let me ask you about this problem I got. And you, they ask you a question. You give them a solution because they asked for one and they don't do anything about it. Then they come back to you the next day with the same problem. And the next week is the same problem, the same problem over and over and over again in different guises. It's in the guise of different people, in the guise of different situations, but you recognize this is the same problem this person keeps having. They keep telling me they want to start a business, but they keep failing because they don't ever do anything. They're an ask hole. If you let them, they'll drag you down the askhole and you'll never get out. So don't take on askholes. You don't have to be a jerk about it, but you just can say, look, I noticed, I keep giving you these answers and you don't, you don't do anything with the answer, so I think I'm not helping you. Let's try a different approach. Why do you think that's happening? They may not like it. That may not be right for that particular client. I'm just giving you an example. Problem-A-Holics. Same thing I just talked about. Being addicted to your own feelings about the rush you get from having a problem, you have to share your problem with everybody. You know, these people. Oh yeah, you got a problem. Let me tell you my problem. My problem is way bigger than your problem. They get their significance from their problems- yuck. Not attractive by the way. Other people do not find

that attractive. You think they do because you get attention, but they're not looking at you saying, I like to spend some more time with that person. Who's always got those freaking problems. That's who I want to hang out with. Not happening. Complainer's people who love to complain. They don't necessarily love the problem. They just love to complain about everything. Have you ever noticed that somebody who complains about one thing tends to complain about everything, no matter what's happening. They may complain about stuff you love. And you're like, what's going on with that person now, you know, and for, for a lot of us, we get distracted and sucked into this, taking on other people's problems by damsels in distress. Now, this is something I first recognized as a guy in my online practices. I learned that I had this group of customers who fit in this category, damsels in distress. I'm not going to go too deep into this cause I'm going to step on some toes, I know, but I'm just going to say it. Women from broken relationships, women who have daddy issues, women who are looking for somebody to take on their problems because they're a woman and they can cry about it. And I'm not being unsympathetic. And I'm not, I'm not assigning gender roles to everybody. I'm just, I'm just saying in general, it's something I observed. And then I recognize that it's not just damsels in distress. It's also guys who are being damsels in distress. The damsel in distress is the helpless individual who is at the mercy of the evil King or the dragon-the problem. And you rush in as a white Knight on a horse and you can be a man or a woman in that, in that role. And you rescue the damsel in distress. But guess what? Now the damsel in distress is your baggage. Do you want to carry that baggage? There are no damsels in distress. There are merely students and process. Don't take them on. Do not take them on. So the number one rule for Unpopular Rule For Optimal Living is don't take on other people's problems.

**Ray Edwards (10:49):**

The second Unpopular Rule For Optimal Living: there is no simple answer to complex questions. Everybody wants a simple answer to a complex question. Ray, give me the ABC one, two, three, 10 minute version of how to write a sales page. No such thing, not an effective sales page. Ray, give me the step-by-step 30-day answer, to turning my business around, even though I went bankrupt in 2020. No simple answer to that question. It's a complex question. You've got a lot of thinking to do a lot of work to do. That's life. That's what the people say. You're riding high on Sunday, shot down in May. That's life. That's what the people say. I've been listened to a lot of Frank lately. No simple answers to complex questions. This phenomenon of seeking after shortcuts and hacks is kind of disturbing. It's kind of a disturbing part of our culture now. Robert Green, who wrote the book *Mastery*. If you haven't read, Robert Green's works, you should read them. They are masterworks. He's one of my favorite authors. Robert Green says "the very desire to find shortcuts makes you eminently unsuitable for any kind of mastery". Let me read that again. "The Very desire to find shortcuts makes you eminently unsuitable for any kind of mastery." I can talk about this without feeling bad about what I'm saying cause I lived in this world for so long. I wanted the shortcuts. I got a rush off being the guy who rescued the damsels in distress, both male and female. I love to take on other people's problems because it made me feel significant. I have eschewed all that. What does eschewed mean. It means I've ejected it from my life. I don't do those things anymore. I won't take on your problems. You come to me and tell me you have a problem. I'll say, Oh, that's that sounds like an interesting puzzle. I bet you're going to find a great gift when you unwrap that. You come to me and you have a complex problem and you want some help. I may give you a complex answer. It may be the answer you need to hear. And I may be the only one who tell you that, but I'm gonna tell you the truth. I'm not going to pander to you just to make you feel good. In the moment. Cheat codes, people are always looking for cheat codes. You know if you're, if you use cheat codes, guess what you are. You're a cheater. Think of it this way. Life is training. Training for reigning. Reigning in life, reigning in eternity. In weight training, the gain comes through the pain because of the pain. Thanks to the pain. That's how you get the gain. That's why they say no pain, no gain. So if you're in training, you, you get stronger by lifting heavy weights and the stronger you get the heavier, the weights

you have to practice with. And you say, well, when do I get to stop working out? Never! Not until you're dead. And even then I have a feeling we have a whole new set of lessons to learn. Uh, think on that for a while.

**Ray Edwards (13:32):**

The third Unpopular Rule For Optimal Living: don't trade short term pleasure for long-term pain. Oh my gosh. This is our culture today. Isn't it. Go ahead and eat that big Mac, French fries and chocolate shake for lunch every day. Cause it's just tastes so good and it didn't hurt you. You ate it today and didn't have heart attack. You've been eating it for the last five years every day, you haven't had a heart attack. But one day you'll have the heart attack. Cause you've been buying it in a sack- the heart attack in a sack everyday for lunch. You had the heart attack and that's the long-term pain you've been stacking up. The reason people don't change their diet, the reason people don't stop smoking, the reason people don't stop taking the addictive drugs. The reason people don't stop being in relationship with addictive people. The reason people don't get out of toxic relationships is because the short-term pleasure of being with that pretty woman or being with that good looking guy- that exciting guy. Or the pleasure of smoking that cigarette or that joint, or the pleasure of taking those drugs or the pleasure of eating that food that's not good for you. The immediate pleasure is more real to you and your nervous system. You believe in it more than you believe in the long-term pain. You just think that's 20 years from now. It's five years from now. It's not even real to me. It may not happen that way. They'll probably find a pill I can take to get all the pounds to magically melt off me. How's that working for you? Don't trade short-term pleasure for long-term pain. Instead, you'll be much happier if you trade short-term pain for long-term pleasure. Think of it this way. You're writing checks to your future self or you're piling up credit card debt for your future self, which do you , which would you prefer to do? Maybe, literally, maybe that's your literal problem. Some quick thoughts. Don't eat SAD. Standard American diet standard American diet is high fat, high sugar, mostly high sugar. It's mostly about the sugar. You don't need carbs to survive. Did you know that? It's a scientific fact? Your body will manufacture its own energy. It's called ketones- ketosis, keto-genesis. Standard American Diet is just that sad. SAD. Don't eat it. Invest in your health. Even if you don't agree with me on keto or standard American diet, figure out what's healthy for you. Go see your doctor. I invested in a health optimization specialist, a physician, a medical doctor who works with me personally. One-On-One I get my blood drawn every quarter. I get more blood tests, more parameters on my blood test. It looks like a PhD thesis. When it, when it comes in. It's just a stack of numbers that my doctor explains to me. We walk through everything that's going on inside my body is spelled out in numbers and data and we work on what supplements do I need to take? Why do I need to eat what I need to not eat? What exercise routines are working for me? I'm getting ready to start a 30-day continuous blood glucose monitor. I'm not diabetic. I'm not pre-diabetic but we're all affected by blood sugar level changes and high blood sugar levels. Even if you're not diabetic, it doesn't mean that sugar isn't damaging your brain. In fact, did you know that Alzheimer's and dementia is now referred to by many doctors as diabetes type three. What? As you put the doughnut in your mouth, yup. Invest in your health. I'm not trying to tell you what to do. I'm just saying, take some time, get a good physician that's outside the current system and understand science and mental and physical health you need to take care of. Read books, think thoughts, keep permanent notes. That's where this stuff is coming from. I used to take ephemeral notes. Notes would go in a notebook would be filed away. Now I'm organizing my thoughts, my notes very carefully, digitally so I can index them and find them. And I take time to write them out. I'm not just copying and pasting quotes from people like Robert Green. I'm thinking the thoughts that they think in their books and I'm rewriting them my own words and writing permanent notes that I can use as my own material, cause they're my thoughts, now. I've repurposed them through my brain, rethought them, come up with my own unique twist on the idea or my own unique disagreement with the idea. And I have permanent notes. That's thinking on paper. Writing is

the doing part of thinking. If you haven't done the writing, you haven't taken notes. You haven't written it down. You haven't completed the thinking process. You haven't done the work. So those are the three unpopular rules for optimal living. Number one, don't take on other people's problems do not take on other people's problems. Period. Number two, there is no simple answer to complex questions and number three, don't trade short-term pleasure for long-term pain. Those are the three unpopular rules for living and I hope you have a fantastic day and a fantastic weekend. I'll be back here next Friday for Friday morning live unless- is next Friday Christmas? I may not do it then. See if everybody's awake yet or not. Anyway, God bless you. Peace to you. Peace to your house. I will see you again very, very soon.

**Announcer** ([17:47](#)):

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**Announcer** ([17:59](#)):

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