



Darius Barazandeh presents,

You Wealth Revolution Shift 2012



Interview with Rhonda Britten

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Topic: Fearless Living: How to Take Risks and Live Free

Darius: Let's do a quick two minutes just to really get into being present with what life would be like if we could live totally fearlessly. What would it be like in your life if you could live fearlessly, if you could have the courage and the knowing that you are so powerful that your life can be anything you choose? A lot of times we talk about energy and we talk about possibility, but if we are still in fear, that energy that we've tried to clear or release, it always comes back. If we're still in fear, that energy will keep us stuck.

What I want to really connect with on this call and with our incredible guest is what does it mean to really be fearless and live the life you were born to live? What are the secrets to doing that, what are the things that can keep you literally stuck if you don't understand how that works and what are the things that you can implement right now, right now to make your life as fearless and amazing as possible?

Alright, so we are going to be starting here shortly so hold tight. It's going to be an incredible call and I'm so excited to have our special guest here who, actually, I'll begin tell you a little bit about her in just one moment. I'm just going to be checking one thing to make sure...alright, so hold tight and then we will get started. Alright and it looks like Rhonda is on so we are going to be starting here in one minute.

What I want to do is send us in your questions about what it takes, what you feel in your life fearless living would look like, what would it be like, what would it be like if you actually lived fearlessly. For each of you, that has a different meaning to be quite honest. It has a different way of manifesting in your life. What would it be like if you absolutely were fearless? What would your life look like, what would it be like, what would happen in your life? Just take a moment and be present with that and then we are now going to get started.

I am so excited to have everybody here. This is going to be such an incredible call. You are listening in to the *You Wealth Revolution Shift 2012*. I am totally excited and happy and our guest here today is Rhonda Britten and she is going to be sharing with us how you can totally live fearlessly. What that means, what it would take in your life and what are the things that actually keep people stuck from living fearlessly.

Now, Marian Williamson said of Rhonda that Rhonda Britten has risen from the ashes of genuine catastrophe. She has seen the deepest darkness and found her way beyond it. Hers was not an easy path by any means. What she has accomplished within herself and now helps others to accomplish is nothing short of miraculous.

Now I'm going to tell you Rhonda's story briefly and then she is going to give us some real truth about what it means to live fearlessly, but I want you right now before I tell you her story to just sit and think about what are your roadblocks in your life. What are the things that are holding you back in your life that seem insurmountable. Call those to mind, maybe just think about what those may be because I would suspect, in fact, I'm almost sure that the vast majority, at the end of this call, those will be just absolute illusions that you will see through and realize that – guess what – anything is possible, that you are that powerful.

Now our guest here today is Rhonda Britten, as I said before. She has devoted her life to one thing – to teach people how to master fear whether it's the fear of rejection or loss or the fear of failure or the fear of success or the fear of abandonment or pain. Rhonda has created a method for anyone anywhere to master the invisible insidious fear that we all have of simply not being enough.

After witnessing the horrific murder-suicide of her parents at the tender age of 14 years old, Rhonda went into a 20-year spiral of self-doubt, blame and addiction. When she woke up very much

alive after her third suicide attempt – everyone please note the significance of that – she realized like so many people here today that there must be another way.

What she discovered was a pathway of freedom that cuts through false beliefs, negative thoughts and the silent secret fears that rob nearly every human being on the planet from the life they were born to live. Now this simple yet life-altering method is called *Fearless Living*. She is an Emmy award winner and a repeat guest on the Oprah Winfrey show.

Rhonda was the first live coach on reality television and her show *Help Me Rhonda*. It was the first show of its kind. Rhonda also changed lives on the *NBC* reality show *Starting Over* and was also named its most valuable player by the *New York Times* and heralded as America's favorite life coach by *TV Guide*.

To date, Rhonda has significantly and magically altered the lives of over 600 people on reality television in more than 25 countries and all of this has impacted millions of people worldwide. She is a respected life strategist and she is going to inspire and teach us exactly how we can understand the number one thing that is holding you back and what it is in common with the things that hold back people throughout all time.

She's going to show us how if we are just trying to use positive thinking or we're stretching to think positive how that is simply not enough and it isn't the answer. She's also going to show us how to tackle the issue of not being enough. She's also going to show us how to be brave enough to take risks and embrace our real life. Lastly – and, well, perhaps not lastly – how to overcome self-judgment and really awaken to our true power.

Everyone here this is going to be one for the record books. I can already feel the energy the lines are filling up. Let's do our absolute best from the depth of our heart better than our past to

send our guest who's here today Rhonda Britten our love and unconditional welcome at the *You Wealth Revolution*. Rhonda, welcome to the *You Wealth Revolution Shift 2012*.

Rhonda: Welcome, welcome, welcome me. Oh, I'm so excited to be here. I just loved your introduction. I mean it was so kind of you. What a beautiful introduction of me. Love your invitation to everybody on the call to talk about their roadblocks and what it would be like to live fearlessly. I mean I think Darius brought so many good points and I want to keep building on those because I love the question 'what are your roadblocks' and oh, by the way, my horrific story comes up and you get to go, *okay, wait a minute*, right, like let's talk about roadblocks, right.

My roadblock as you all heard is that when I was 14 years old I had literally the horrific experience of being the only witness to my father murdering my mother and then committing suicide in front of me. I was literally a foot away and when that happened to me I...as anybody I think would blame themselves. I was the only one out there. It was outside. It was Father's Day and my father was coming over to take us to brunch and as we're outside, he pulls out a gun and he starts yelling at my mother, "You made me do this. You made me do this," and I'm just yelling, "Dad, stop."

When it was all said and done and my mother had two bullets in her and my father had shot himself in the head and I was the only witness, I blamed myself because I didn't jump in front of the gun. I didn't grab the gun. I didn't say something magical to get him to stop. I didn't sacrifice myself, right, in some way to save my mother and to stop my father.

You mentioned my third suicide attempt. It's like I really started living in that moment two lives, Darius. I started living the life of I'm fine and I can pretend I'm fine and be a straight A student and pretend I'm fine. On the other hand, having that incredible guilt and self-doubt and just plummeted my self-esteem and I really

believed that I truly was not good enough and that it really was my fault.

For 20 years, literally, I had nightmares every night that my father literally would chase me and kill me with a gun and every morning I would wake up with bullet holes riddled in my body and I would literally wake up wondering. I mean literally I remember this so viscerally. I remember sitting in bed and just going, “How am I even going to get up? How am I going to walk, like how can I walk,” because it just felt like I had so many holes inside of me, right, and a therapist can do a heyday on that one, right?

The third suicide attempt is when I really realized no one was coming to save me. Regardless of how many people might or might not be in my life, I had to do this. What I had tried, the books, and the workshops and therapy and everything I tried were great tools, but they never made me feel like I was good enough. They never fundamentally changed how I viewed myself. They gave me a bunch of skills, but they didn’t fundamentally change me at the core of my being, right? I needed to be changed fundamentally at the core of my being not as an ‘oh, I feel okay because I’ve done enough affirmations,’ but like I really do feel enough like from the core of my being, right?

That’s when I decided that I had to create my own exercise and I started making exercises. That is now what *Fearless Living* is, but at the time, I wasn’t thinking about anybody, but me, right? I was thinking of just surviving and just figuring out how to live. That third suicide attempt I realized, *okay, you’re not going to die, Rhonda. You’re not going to die. It’s not working. You’re not good at it. You’re going to live and you better figure this thing out.* I devoted my life to figuring it out and this is what I know today.

Darius: Wow, we have so many people right now just writing in and saying, “Rhonda, you’re an angel. Thank you for living your life.

Thank you for being here. Thank you for showing us that there is more and that we can be more because right now there are a lot of people that are so hopeless and so scared.”

I know there is a triumph on the other side of this tragedy. I want to just go back to maybe was there a lowest moment during this whole ordeal of understanding fearless living and maybe for the people that are on the call that are wondering whether their life can turn around, what was your lowest moment and maybe you know walk us through what was going on? What were the surroundings?

Rhonda: Wow, great question. I’ve never actually been asked that ever in the 17 years that I’ve been interviewed about my life. I want to applaud you for that great question. The lowest point, I would say, in my life was when I was having nightmares every night. I was at the height of my alcoholism. I was in a relationship, an emotionally abusive relationship. I was literally making no money.

I remember thinking to myself. Actually, I’ve never said this out loud to anybody. There was a point in my life where I literally thought, *well, maybe I have to like sell my body to make money, right, like maybe I should just marry somebody and just basically use my body to get food and money.* I literally was in such an emotional state. I got so fragile that it was difficult for me to work.

I remember I was a waitress and I remember a guy ordered French fries and I literally I remember this so distinctly. He looked at me and he ordered French fries and I brought the French fries and he didn’t like the French fries. I remember looking at him like, “You don’t like the french fries? You don’t like the French fries.” I remember walking out of the restaurant because I couldn’t handle anything anymore.

I got to the point where I couldn’t handle any criticism. I couldn’t handle one thing, right? Alcohol wasn’t working for me. Then

occupying my time, my boyfriend at the time didn't make me feel loved and good enough. Everything I was doing in order to medicate myself to make myself feel better, to give me courage, by sleeping with my boyfriend.

On the surface I had a boyfriend, I was waitressing, I was really trying, but inside I was so fragile and so, yeah, it was the height of my alcoholism when I really realized that I was drinking, I was suicidal, I was just contemplating my third suicide attempt. I just really didn't want to live, like literally there was nothing for me to live. I was on the verge of going, *well, I'll become a call girl or I can kill myself*. I think I'll kill myself, right?

Actually, I was living with a friend...not even a friend. I was living with a guy who was like a friend of a friend and he kicked me out, right? I started sleeping on people's couches and I remember at one point I was so broke that I would literally rummage through the couch and rummage for money. I'd already totaled by car because of my alcoholism, so I was literally riding around Los Angeles on this acquaintance's bike before he kicked me out and took the bike back. That was me. So riding on a bike that wasn't mine, living with somebody who – I lived there for a few months – kicked me out. I didn't know how to get out. I didn't how to get out. How could I change if I...

Fundamentally, I think that all of us don't give ourselves permission to live fully or don't give ourselves permission to be successful or don't give ourselves permission to have money because we're supposed to pay this invisible debt, right, this invisible debt that's manufactured by fear. Isn't that just like, wow, like the invisible debt, like I had the invisible debt of my parents died in front of me so I couldn't be happy because you can't be happy if your parents are dead.

You definitely can't be happy if you're there and you didn't stop it, right? You have to pay with your life. Your life is your cost. You

can't be happy. I really believed that I had no right to be happy and it's like you cannot be happy and who do you think you are and it was a debt that I was paying and it took me that third suicide attempt when I realized nobody was coming, nobody was coming and nothing was happening and I wasn't dying that I had to let go of the debt. I had to let go of the fear. I had to let go of my past, right? Wow, that's the first time I ever talked about that, whoo.

Darius: I mean I feel a lot of stuff coming up and sort of like leaving. I mean when you said invisible debt, I sort of I saw...I've been on so many of these calls and I saw a part of myself holding an invisible debt and I'm wondering if maybe I could do something I've never done before. Everyone on this call, can you send in just your first reaction or your first thought. What invisible debt are you carrying?

You may not have the answer. We're going to ask Rhonda more about how to discover that. I just want to hear what comes forward for a lot of people here. If there ever was anything keeping us from our real joy and happiness, it's this unconscious invisible feeling like somehow we have to suffer because...

There's so many ways we could go here. I guess my next question, Rhonda, is you tried everything – you tried self-help, you tried all the positive thinking. Tell me about the journey. What happened and what was it like?

Rhonda: Well, I've been reading self-help books since I was 12. It's very ironic and you know how God works? It's so ironic that my favorite book when I was 12 years old is, *Why Am I Afraid to Tell You Who I Am*, right, and I end up becoming a fear expert, so why am I afraid to tell you who I am. I was reading self-help books when I was 12, okay. When I was 14, I was planning on being a minister and so I was like really close to God, really connected and then my parents died.

I really believed not only was it my fault that I was the only witness, but that somehow my relationship to God caused this because God doesn't give you a burden you can't bear is the whole thing. It's like, *oh, so God, is this a test? God, like is this a test, God? Like, oh, I'm supposed to bear this burden.* It's like that relationship with God, that's a whole story because I love God and I loved God and it took me 20 years to come back to God, too, and again, that's a whole story.

Really, what I started doing is I read books and as I got older, when I was...I remember the first time I tried to go to therapy I was in college and I remember I lived two lives. On one side I was still accomplished. I got a scholarship to college. I was doing okay if you met me. I went to the therapist and I said I'm doing all these amazing things and I just sort of bragged about myself, right, and kind of minimized my parents' death. She looked at me and she goes, "Well, it sounds like you're doing okay." Literally, inside I was screaming going, "Save me, save me. No, I'm not doing okay. Please tell me I need help."

When she told me 'it sounds like you're doing okay' like my heart was broken like, oh my God, right? Then I started discovering workshops and, of course, miracles and energy work and rebirthing and natures synergetic and, oh my gosh, you name it, I've done it. Again, they were all wonderful tools and I just kept reading and studying and it would support me a little while, like it would make me feel good for a little while, right?

Then it wouldn't make me feel good forever. Then I would read a book and when I read a book I would be like, yes, that's how we're going to feel and it would say, *oh, you're supposed to love yourself.* Like my first response, too, right, Darius, like love yourself. It's like exactly how are you supposed to do that if you don't know how, right?

When I created my work, when I do my work, I give hows. I don't sit there and say, "Well, just love yourself." You know what? If you've never loved yourself, if you haven't had self-confidence for a while you don't know how to get it back. You don't know how to do that. I would read a book and feel really good while I was reading it and then I would shut it and I would feel horrific because I didn't know how to do it. Then I would take these workshops. Again, it would make me feel great for a while and I'd learn some skills that would make me feel good, but then it would always dissipate.

After that third suicide attempt, I realized that I had to find the crux so I literally started making stuff up and really discovered, really discovered that is between fear and fearlessness, fear and love, right? We talk about, of course, miracles and a lot of our spiritual books talk about fear of love. Again, that's a great concept, but how does it actually show up in our lives and how does it work with your brain and how does it really work on an everyday basis? How does fear or love work, really, and how do you interrupt the fear mechanism, really. You can't just have a loving thought if you're having a fear thought. That's just not that easy to turn around, right.

Really, how does it really work and I literally used myself as a guinea pig and just studied myself and watched myself and processed and learned how fear works and learned how to shift into fearlessness and learned the mechanism. I literally created the only model that exists in the world today to master emotional fear, learning how it really worked. Not just kind of fear and love and just being more loving. Hey, you know what? If you've got some judgment and some pain and some failures, you can't just go boom. That's not how it works, really, right. Everybody makes it so cliché and makes it so do it today. No, no, there's a process.

I've devoted my life to make that process simple and easy and doable and step-by-step so that I don't care where you are in life. It changed my life. I mean *Fearless Living* changed my life and then people started noticing and then it worked on them. Unbeknownst to me, I didn't know it would and it did and then now thousands and thousands and thousands of people have done it, right. Like, wow, it's really a solid model of taking you from wherever you are to where you want go step-by-step-by-step.

Darius: It's incredible to me because I'm reading a lot of the things on one of your website pages right now. I was just reading some of the different testimonials from people and these really were people that had really lost hope that had really felt like they had to constantly choose fear.

I'm reading about this one gentleman, Michael Goonan, who said "I stopped looking for things and worries and things to control and limit me in my life." I think that's one of the things we do quite a bit and many times, even I'll be honest, some of the times we have people come on the series and you feel pretty good for a while and then maybe something creeps up and it comes back even harder the more you try to suppress it. It's like keeping that beach ball down under water.

What is it that keeps us locked down in fear and then I also want to read some of these invisible debts, too, because a lot of people have been writing them in and I just want to be present to that. Keep writing them in because I do want to share them, but Rhonda, what is it that keeps us stuck in that fear state and why is that so dismal for us when we really want to create something new in our life?

Rhonda: The number one thing is that fear is as smart, educated and spiritual as you are. Fear is invisible. It's insidious. It works in a split hair second and we all know this. You don't even see it. Like what you think your fear is, I guarantee you it's not. People aren't

working on the core fear level. They're working on belief systems, which is awesome and wonderful and they're working on behaviors like, *well, if I just quite procrastinating then my life will get better*. Belief systems are a symptom of fear and your procrastination is a symptom of your fear.

It is not the fear itself, right, because fear is as smart as you are, as educated as you are, as spiritual as you are, as clever as you are. The point is it's always one step ahead and fear doesn't not want to be seen or caught. Fear does not want your core fear to be revealed to you because the only way that fear has its way with you and that it keeps you because fear only has one job is to keep you safe.

The only way fear can keep you safe is by being invisible. It wants to stay invisible, so it keeps you busy with the behaviors, beliefs. It keeps you busy on thinking that you have all these problems. That's why you feel like you're moving chairs on the Titanic because it's like you go, *well, gosh, I just solved this problem and now this other problem comes up and, well, I just handled my marriage and now my career. Wait, now I'm handling my weight, but now I notice that I'm unworthy over here*. Things just keep popping up and you keep following them thinking as you solve each one of these problems that somehow you're going to get better or feel better, right?

The joke is that we've all experienced this that just another thing happens. I'm going to fundamentally and I just got a note from a client, one of my clients and she just sent me the most beautiful note. She said, "Rhonda, I've been doing what you told me to do," because I literally tell people just do what I say, just do what I say for a period of time and I promise you and that's what I told her. I said, "Do what I say. Just do this and then it will be effortless and it will work effortlessly. You won't even have to think about it. It will work."

She emailed me literally just a couple days ago and she said to me, “Oh my God,” and she described this whole thing like she’d never felt powerful like this in her whole life, but she got it. She was like, “Oh my God, Rhonda, I feel so powerful. Oh my God, Rhonda, I can tell the difference between them and me and, oh my God, Rhonda...” and she just went on. She just told me this whole experience she had and she said, “Rhonda, you were right. Without any effort I’ve had this breakthrough and am literally seeing the world through different eyes.”

That’s what happens when you really understand fear. You literally, literally use different eyes to see the world, so you’re not caught in the same conversation because you’re literally seeing the root fear and you only have one core fear. You only have one core fear. Everyone just has one core fear that drives all those other fears.

Most people just focus on all those little sub-fears and all the symptoms and they’re not really getting to the core because the core doesn’t want to be seen. Shockingly enough, me, little Rhonda Wheaton and Britten have...God has given me the opportunity to really share it and show it and really see that so you can literally understand how fear works.

You’re never going to get rid of fear. That’s not the point. The fear then becomes your greatest ally and you know how to work with fear. It never owns you, right. I’ll just give a quick story. I went through a really difficult time myself a couple of years ago and some people will think, *well, Rhonda, if you’re fearless, why would you have such a difficult time?*

Things happen, right, like the economy happens, businesses go up and down, you get divorced, you get married. Different things happen so you can go through a challenging time, right. I remember sitting with a friend of mine and her husband who’s a therapist and he looked at me and he goes, “Well, Rhonda, where

are you stuck?" I looked at him like I'm not stuck and he goes, "What do you mean you're not stuck?" I go, "Well, I'm not stuck. I know exactly what's going on." I said, "It's just a challenging time. It's really calling me forth a new way, but I'm not stuck." You should have seen his face because he immediately thought there was something wrong because my life wasn't looking exactly the way that I thought it should.

I went, no, life is life and, yes, you can be more successful and you can have more love and all those things, absolutely, but even if you're in a loving relationship, you go through challenging times even though you're making a lot of money. I mean that's just life. It's literally are you looking through the eye of fearlessness and living your life fearless or are you looking through fear?

If you're in fear, you're always going to choose the path of fear and cause more feelings of worthlessness, low self-confidence, low self-esteem, not count on yourself, not keep your promises to yourself, not forgive yourself or others, never be able to say I love you in any real sense and I can go on and on and on. Keep the anxiety going, the procrastination, the overwhelm, the frustration and it doesn't have to be that way. Doesn't have to, Darius, it doesn't have to.

Darius: One of the things that I got from this that I really think was probably the most shocking to me was that behind everything that we think we need to clear or the memories we have or the belief we have or the this or the that is one key central fear. I imagine sort of like this reverse pyramid of cans that if you can knock out, I would assume, that bottom pivot fear all the cans in this reverse pyramid like in the old grocery stores where they'd stack up the cans in a pyramid. If you flip it over all of those beliefs and fears and not worthy and this and that would all just collapse.

Rhonda: That's exactly what people say to me all the time. They go literally when they discover what their core fear is that their life literally

like unfolds. Like they literally look at their whole life and go, *oh my gosh, now I know why I did this and why I did that and why that happened to me. Oh my gosh, my gosh, my gosh, my gosh* and literally it's like their whole life just...and all the guilt and shame. Like I said, the client that wrote to me, she goes a burden has been lifted.

Like literally it falls away because, you see, it's not you. You are not the problem. There's nothing wrong with you. There's nothing wrong with you. It's just fear that's had its way with you. Once you see fear you go, *wow, I'm innocent*. I'm not this person who is mean or I'm not this person who got trapped. No, that's not me. You see your innocence and you see that just your lack of knowledge, your ignorance...nobody taught us this, nobody taught me this in elementary or high school or college nobody taught this. We didn't know this.

We didn't know this and the scientists can talk about brain theory, right? They can talk about our amygdala and everything, but again, that's nice information, but how does it apply to my life when I can't talk to my husband, right? How does my amygdala...how does it relate to what I really do? What do I say – hey, amygdala, back off? No, so the brain has all these wonderful components, but all that knowledge doesn't necessarily give us, again, information and it's wonderful information, but it doesn't help us in a practical sense in our real lives, right?

I made a practical model of how we work automatically with our fear mechanism and created something that's doable. That you can do today that you can literally do today and remove the burden and guilt because you're innocent. I didn't do anything. I did not pull the trigger, right? My father, I have forgiven my father. I have forgiven my mother and I have forgiven myself. I have forgiven my father and my mother and myself for that day and everything that happened before that day.

I am not alone and I know, like I say, not only has it happened for me, it's not just me. It's thousands and thousands of people. It unfolds your life so you can see your innocence and you are ready to begin again from this whole new eye's perspective and see yourself differently and see the world differently.

Darius: This is incredible. There are a few things you said there in realizing that we are innocent and separate from our fear and somehow it's all gotten intertwined. I think that actually shifted a big part of my thoughts for the moment right now. A lot of people have written in with these invisible debts and with these things that they are incredibly touching. My producer even said you've got to read these. Some of these are so personal I don't want to put it on the air, but it definitely is something that struck a chord.

Rhonda, what is the one thing that people need to know about that invisible debt as we now know that hundreds of people have this. They've been writing in. What was the one thing you could tell them about it to maybe give them some separation or ease from this weight they've been carrying around?

Rhonda: I just want you to know that invisible debt has been created. It's an illusion, as Darius said earlier. You're going to see that it's an illusion. It is an illusion and I know it feels real, but I really want to honor how it feels real. I just really want to take a moment to honor that feeling of realness that literally that feeling, that invisible debt has been running your life. I just really want to honor that. That has put you on a path to bring you on this call to help you discover more of the truth of who you are, right, the real truth of who you are. I just want to honor you first, right.

We so quickly sometimes forget to honor ourselves. I just want to really honor that. Then once that you look at that and go, wow, okay, wow and also want to validate that there's a real reason you have that invisible debt. The other thing is that the reason you

have that invisible debt, there is some sort of fact associated with it. There's a seed in there of fact.

Like when I was abused by my boyfriend, emotionally abused by a boyfriend, he would tell me how fat I am, right? I would, of course, feel bad and he he'd be like, "Oh, I'm going to be with you and you're going to gain weight. You're just going to get older and gain more weight, but I'll still be with you," just the whole manipulation abuse, right?

There was a seed of truth in there. I had gained weight. I had gained weight, right. That seed of truth, that seed of a fact, you have taken and believed it and twisted it. Your fear has twisted it to make it more real than the reality of who you are. I didn't have to be with that boyfriend, right? I didn't have to stay with that boyfriend because I was gaining weight, but what he was doing, he was hooking up that I was gaining weight so I better stay with him, right, like he was hooking that up and I was like, *oh yeah, I better stay with you because you don't care if I'm fat.* I want to honor that this isn't made up in your mind. There is a seed in there that something did happen, right? I want to honor that.

Now you get to change your relationship with that seed. You get to look at that seed and go, yes, that's a seed and now I've created a story and, oh, by the way, fear did that for you. You didn't even do that. Fear did that for you. Fear did that for you because fear did not want you to be hurt ever again. Fear absolutely loves you, it loves you, it loves you and it doesn't want you to be in pain and hurt, so it thinks that if you don't date again that then you won't get hurt. If you don't prefer that job, see, then you won't get rejected. If you don't try to lose weight then you never have to be vulnerable, right? Fear tells you this and it whispers in your ear and it uses that seed of truth to convince you to follow it, right?

You haven't been stupid. You haven't been stupid. There's nothing wrong with you. You haven't been crazy. The pattern of fear is

insidious and trickster and it knows everything you know. It is as smart as you and it has been doing in service to you to keep you safe. It doesn't know that you're 23 and 46 and 57 and 48. It doesn't know you've grown up. It treats you as if you're a 12 year old, an eight year old, a 15 year old, a two year old because isn't that how you feel when it comes up for you. Isn't that how you feel? You feel 18 years old again or 14 years old again or 21 years old. You don't feel your strong, powerful 46 year old self or 58 year old self. You feel like a little kid again, right?

Fear is treating you as if you are that little kid and you have an opportunity to retrain fear and to look at fear. Again, it's not even about facing fear. I don't believe in facing fear like, oh, you got to throw fear down. No, it's not about that. It's about building a relationship with fear and working with it because once you build a relationship with fear, you are re-educating fear. You are evolving fear.

Just like the brain chemistry is the amygdala to the frontal lobe, right? The frontal lobe uses rational thought. The amygdala is based on just instinct and triggers and all the genes from our parents. My God, the amygdala goes off based on a history of our parents and our grandparents, right? Our amygdala doesn't know the difference between emotional fear and a physical fear. It doesn't know the difference.

Our frontal lobe, we can actually use to educate our amygdala. We actually use it to train our amygdala not to be reactive, like it's so cool. So there is that invisible debt that you're carrying. I just want you to hear it's not your fault. There is nothing wrong with you. There is nothing wrong with you. It's just fear. That's all it is and, again, there is a seed of truth. You're not crazy. You're not stupid. There is nothing wrong with you.

Darius: You know what I think when...there's so many things every time you say something, I just go, oh my gosh, this is such truth. I can

feel it vibrating. We're getting a lot of people saying, "Everything she's saying is just like hitting me to the core." When you say there is truth in it, there's some grain of truth in it, it's almost like I can begin to feel some fears begin to leave. Yet, when people try to discount the fear or diminish it and say, oh, you have nothing to be afraid of and you just need to think positive or you need to just do this thing or this incantation and it's going to go away or this affirmation, it's almost like it's gone for a little while and then it comes back.

Rhonda: It's a Band-Aid. It's not...

Darius: Yes, I get it.

Rhonda: I didn't mean to interrupt you, yes, go ahead.

Darius: Oh, that's okay. I've got so many questions. Another question I have is, okay, so your journey to this to where you are now, there were some bumps in the road, many things learned. You tried virtually everything – it got worse, it got worse, it got worse. We're seeing that with a lot of people who are reporting back. "I'm trying everything, it's getting worse." When you finally unlocked this how did your life change? What happened?

Rhonda: Oh my gosh, oh gosh, oh my gosh, I just want to start crying, right now, my eyes are filling with tears. It's like, oh my gosh, my life, oh my gosh. The first thing that happened is just as I shared about my client, it's true for myself as well. It's like the burden, the guilt, the shame, the past, the self-betrayal, right, all of those feelings that keep you stuck in 'I'm not good enough so I better try harder,' I've got to become successful. I've become this and if somebody loved me, then all that stuff that we silently say to ourselves, right, all of those conversations, all of those stories, all of those feelings of guilt, overwhelm, the burden, the betrayals, all of those literally just like melted from me because now I was face-to-face with my innocence and myself.

My life turned around really quickly. It wasn't this long process, right. Very soon after, I met a man and ended up getting married. I started my own PR company and started my own small company before I started coaching. My life started turning around and I owned a business. I started having the confidence to own my own business.

After I owned that business for just a very short time, I realized, oh, this is what I'm meant to do – what I do today – and so I transitioned that, but it's like I have the courage to like open my own business and I was waitressing. I was waitressing and I tried mortgage brokering and I tried all these different things and nothing really worked. I did some acting and some success, but not real success. I literally waitressed until I was 32 years old.

It wasn't until I really started that this whole thing kind of just unfolded that I was able to have the courage to open my own business and really learn what I had to learn and become successful. Then open and start talking to people about what I knew and that was scary and yet I knew that I knew that I must, right?

I started doing that and had gotten married. Within like – what is it – within two years I owned my own home. People ask me about...we'll talk about the past versus the present. I barely remember her. Like this might sound weird, but I think of my former self, it's so different because I used to be so much like blaming and shaming myself and others and being defensive and pretending I was okay when I wasn't.

Really, what the real big change for me is I'm completely authentic. That is being fearless and being authentic. I think of my former self, my past self, and I'm really proud of her. I'm really proud of her and so the whole shame, like I said, went away. What she endured, what she/I endured, 14, 18, the alcoholism, the bad relationships, I'm so proud of her that she just kept going and she

kept fighting and she just kept trying to be a good person, trying to be successful, try to get love and try to be loving.

She just kept trying. Her effort of just keeping going no matter what is what gave me me today, right? Who I am now is because of her effort, so I no longer look at my past and go, oh, I was a horrible person, oh my God. I don't look at my past with shame or embarrassment or humiliation. I look at it and go, *wow, she was so amazing*. She was so amazing and I think can you look back on yourself, everybody on the line right now, just look at yourself and go, wow.

Just think of looking at yourself at 14 and 15 and 18 and you're going, oh, I'm so proud of her for making an effort in her worst moments like she just kept trying or he kept trying. He wouldn't be on the line if some part of you didn't keep trying so let that part of you keep trying, right. It's that fearless part of you that wants to be unleashed. That fearless part of you has lived inside of you all these years and just need permission, right, just needs permission and a tool and guidance. That's all it needs and it's right there for you.

If you have any shame about your past and you haven't forgiven yourself, it's like you don't have to carry that anymore. Leave it here. Leave it here with me. Leave it here, right, like it doesn't have to own you. You don't have to live with that burden and shame anymore. It doesn't have to happen, right. It's just such an honor. It's just such an honor for me to be able to witness the transformation in others that I get to witness and watch the unfoldment.

The most exciting thing for me in my life and what I honor more than anything else is a soul unfolding and that somebody trusts me with their precious self and say, "Okay, Rhonda, I hear you and I am going to choose to trust you and I am going to follow your path. That is to me the biggest honor, the biggest honor a human

can have. I don't know what's more honoring than that. I don't know what's more miraculous than being given the honor of supporting somebody's soul unfolding. That to me is breathless, breathtaking.

Darius: I want to ask one thing just because I know a lot of people are curious and they are asking. You were on the Oprah Winfrey show, correct?

Rhonda: I was. I was. I've been on a couple of times, yes.

Darius: A couple of times, so what was it like and just for everybody here that maybe has the feeling my life is not going to get any better, my life is over, I can never get out of this mess, you saw where Rhonda started from. You saw that it wasn't just like an instant snap and it was done she went through years, but there was that moment when you reached something, an amazing milestone, I think for many people, I think would be being on that show. Was there a moment that encapsulated the shift that represented in your life or anything you can tell us about that?

Rhonda: What's fascinating is that when I went on Oprah because I've been on a few times and the very first time I went on, I went on to share my story of my life and talk about the change in me. It was the first time that I was on TV sharing my story, right. Again, remember you want to build a relationship with fear, so do you think I was petrified at some level, right? Of course, there was some level of me petrified like, *oh my God, I'm going on Oprah. I'm going to tell my story.* It wasn't even like being on Oprah. It was telling my story to 20 million people, right?

I know for myself, this is the same thing that happened when I published my first book. I get the first book in the mail. The publisher sends you your book and I had actually nine publishing houses bid for my first book and I had a four day bidding war on my book because they just wanted to share my story, which I was

so blessed with. The publisher that I ended up choosing, six weeks before the book comes out they send you your hard copy in the mail and I get it and my assistant brings it to me and says, "Oh, I think this is your book."

I literally remember thinking *I can't open it. You open it.* She looked at me and she goes, "I'm not opening it." I go, "No, you have to open it. I can't open it." She goes, "No, you open it." I'm like, "No, no, you open it," right? She goes, "I'm not opening this. You must open it." I'm like, "Okay, okay, okay." So I open the book, right? I open the envelope and the book. I look at the book and it was literally in seconds, I throw it on the ground and I go, "What have I done," and I start crying. Like what have I done, what have I done, right?

I was like, *oh my God, how can I buy all 20,000 books in the first printing back?* How can I get them all back because the moment of realization when I booked for Oprah and I was going on Oprah and this book coming to my door, realizing that the first print run was 20,000, which if you know anything about publishing is a huge first book run for a first time author. It's like a big deal. It's like, oh my God, all these people are going to know my story, oh my God. Like, oh my God, how exposed, oh my gosh, oh my God, right?

It is that feeling of vulnerability, exposure and that is really where you stepping out and where I stood out or stepped out into who I am today, right, because each time an opportunity presented itself, I didn't turn away. Yes, I allowed the feelings of fear and to move me through the process that I use on myself, what I call the real fear and real freedom that's called *Fearless Living*.

I used the process and allowed that feeling to move through me, engage in it in a way that I do and I was able to go on Oprah and share my story and Oprah actually talked to me individually on the break. Came up to me and said, "You're amazing. This is an

amazing story,” like almost like who are you, right, and how did you get through this because most people that have gone through something like my story don’t fare as well as myself. They are crippled for a long time. It really cripples their life.

Yeah, it’s that willingness to step out, right, but when you understand how fear works, just because I have a moment of fear doesn’t mean that fear owns me. It’s now just part of the process and I can use it to my benefit and use that real freedom to jump on and be able to go on Oprah and be able to take that book and go on...I think I was on a 25-city book tour.

They sent me to Australia. They sent me to England and Ireland and Scotland. They sent me all over the world for my first book and subsequent books. They send me on book tours in order to share that message and to really step out and don’t get me wrong. It was scary the first time, right?

Again, it’s not about that you’re never going to bind up. It’s never about that you’re not going to be scared. It’s about you’re going to know what to do about it, right? It was miraculous. It was miraculous and it was an amazing experience and then I went on to different shows and I had the good fortune of winning an Emmy and being on 600 episodes of reality television, *Changing Lives*, in 25 countries. It’s just been a miraculous journey.

If you would have asked me 20 years ago, like I should say the height of my low, if I was capable of doing this I would have looked at you like you are a crazy person, like are you nuts? I can’t even barely get out of bed, are you nuts? Are you nuts? It was all fantasy. It was all fantasy, but what you discover when you really have a relationship with fear is that whole thing of anything is possible, you really, really start understanding how that’s true. Not like an affirmation or a little mantra that anything’s possible. No, like you really get how it’s true, right? It’s not just something

you say to yourself to make you feel good. You really get it at a core level. It becomes part of your being.

Darius: What's coming up for me and a lot of people, people are sharing some of their really difficult invisible debts and it's just incredible the response we've been getting. I want to ask, I mean perhaps one of the things is what is the mechanism or tell us a little bit more about the mechanism or the cycle that keeps so many people stuck in fear and unable to create their life.

Rhonda: I'd be more than happy to. I created something called the *Wheel of Fear* and the *Wheel of Freedom*, right. Let's just talk about the *Wheel of Fear*. The *Wheel of Fear* is that mechanism on how fear works. The *Wheel of Fear* is that thing that makes you feel and maybe you've felt this, Darius, of two steps forward one step back. *Oh, I'm doing really good, but why is this happening to me again? Oh, I thought I was done with this and I can't believe this is coming up again*, right, that whole I can't believe it again.

You think you get a handle on something and that's the thing, that's the difference between fearless living and anything else. There's no getting a handle on it. I don't use the word manage your fear. I don't say handle your fear. I don't use the word handle and manage. That's for fear people, right? It's like if you want to be fearless, it's like you build a relationship with and master...it's a relationship and master. It's not managing or handling.

I don't believe in managing your stress, right, that just...again, I understand that there's a reason to use that word, but I really want people to get beyond managing and handling, right. I want them to really build a relationship with their fear and that fearlessness that true fearlessness is already within them and I want them to be able to unleash that.

The way to unleash that in the beginning and to start seeing that you have a capacity to unleash it is to understand how fear holds

you back. So let me just kind of give you kind of just an overview of what I've created on the *Wheel of Fear* and if everyone has a pen and paper in front of them, this might help you with the visuals.

I just want you to create a circle and I want you to just put four lines – one on top, one on bottom, one on the right, one on the left and so you have a circle four lines – one on the right, one on the left, one on the top, one on the bottom – and I want you to go to the left line, the one basically on the west side of your circle. I want you to write the word 'trigger' there, just the word 'trigger.'

We all get triggered by things. You all know this, right? You get triggered by your husband, you get triggered by your kids, and you get triggered by your boss, right. Well, the way that people use the word 'triggered' now is kind of is more like what sets them off. Let's just put it that way, like events that trigger you are what sets you off. The way I use the word 'trigger' here is much deeper. The trigger on the *Wheel of Fear* is that core fear, that core fear that gets triggered by your husband, that core fear that gets triggered by you kids, that core fear that gets triggered by your boss, right.

The core fear that gets triggered, right, and then how it gets triggered is all those events in your life, right, but it stems from that core fear. So the trigger is your core fear and that core fear stems from something that you don't want anyone to think about you, know about you, say about you. You don't want anyone to think this about you. You don't want it so bad that you don't even know what it is, okay? That's why I've had to create exercises to help people uncover it because it's invisible to you.

If you think that I know my core fear, it's lazy or I know my core fear is I'm loveable, I know my core fear is, oh, I'm stupid and I'd ask you, "Well, why do you think that?" "Well, because that's what I think of myself all the time," or "That's what my mother said," or

“That’s what I feel.” Trust me, that is not your core fear. That falls in the second line, which is the very top of the circle, which is north, which is what I call fear responses. Go ahead and write down the words ‘fear responses,’ right.

All the things you think it is, is really just fear responses. Fear responses are when we procrastinate, when we call ourselves lazy, when we beat ourselves up, when we know we need to be taking care of ourselves and we say yes when we mean no, right, when we give too much, when we get anxious, when we start shutting down, right.

The challenge with fear response is when we get triggered by our core fear, it moves us immediately into fear responses and some of our fear responses are actually things we do to get love, okay. So we people-please to get love, right? We say yes when we mean no to get love, right.

We compromise ourselves to get approval. Some of the things in our fear responses are things that we believe because fear has told us this because we’ve been listening to fear. We think that if I don’t do these things, then these people are going to leave. If I don’t do these things, I’m going to lose my job. If I don’t do these things, then I’m going to be left behind, right. Some of the fear responses that we’ve created for ourselves actually get us praise. That’s the tricky part.

Darius: For attention.

Rhonda: Yes, for attention, right, more approval, right, more appearing to be loved, right? So the fear responses sometimes are detrimental in the sense of we know we’re beating ourselves up, we know we’re compromising ourselves, but other times, they look good and we think to ourselves, *well, man if I give that up I’m screwed*, right. Like how am I going to get love then? How am I going to get a job then, right?

Like I said, fear uses everything you know against you. It uses your education, your spirituality, your intelligence, your likes. It uses everything against you to use in service to keeping you small and safe because that's the only way it can keep you safe is to keep you the same. It's the only way fear can keep you safe because it knows what to do the way if you stay the same, it knows what to do. If you go in the unknown, fear doesn't know what to do and it can't guarantee your safety.

It is literally run by keeping you safe, so it wants to guarantee safety so it has to keep you the same. That's why you perpetuate relationships. You may change the man or change the woman, but it's the same relationship at the end of the day, right. That's why you keep on having the same problems because fear at least knows what to do with that and so it keeps you in that same spiral, right. So, again, let's just step back from...is this good? You like it?

Darius: I love it. I mean because what's blowing my mind is so many of the things that are fear responses are what we spend a lot of time working on and that's why some of these fears never go away. Actually, the deeper thing that we need to really uncover, unroot and heal or somehow manage is just below the surface. So deep we can't even get to it under the traditional models and tools.

Rhonda: That's right. That's right because it's not like you can just...mostly I always say that fearless living unleashed all the work you've done previously, right, so all the good work you've done previously...it's all the good work you've done. Like every workshop you've ever taken, every book you've ever read, all the good work that you have done previously, you will now be able to access and understand it because if it hasn't worked for you and it didn't really work past a certain point or because now that you have the underlying foundation of fear versus fearlessness, fear

versus love, you can really start seeing the benefit of some of those skills and use them in the right way.

All our value systems and all our belief systems can be used in service to fear of freedom. Just because you have the value of – I value integrity and authenticity doesn't mean those are used in service of fearlessness. You can be authentic and fear. You can be into integrity and fear, right, so just because you say you have a value doesn't mean that you're actually using it in the way that is best beneficial for you, right.

When people throw out values, it's like, well, yeah, but where's it motivated from, where is it intentioned, where does it lie, where is it seeded from, right. Everybody knows somebody that has integrity and brags about integrity, but you know they're really rigid. They're close minded, right, because their integrity is based in fear.

Same thing with love, right, some people use love and it's based in fear so what do they do? They give love by guilt, by shame, right. They go, *but I'm just loving you*, but they're using love in service to fear. Everything that you have ever used in your life, everything you've ever learned in your life, everything will now be able to be used in fearlessness and in freedom to yourself rather than being mutated and used in fear and you haven't been able to get the benefit of it. You haven't been able to get the real goodness of it, the real juice of it because most people work on surface levels they don't really go down and really fundamentally alter the foundation in the world you're going to see, right. All the work you've done will be for our benefit and it will all be catapulted. I'm knowing that to be true.

Darius: Incredible, this...what, Rhonda?

Rhonda: That's not a side bennie.

Darius: Yeah, what a lot of people are getting and what I'm seeing coming in overwhelming is just this understanding of their life and why they're stuck. Like Vicky wrote in and said "Oh my gosh, this explains so much of my life". Some people who are writing in – "She's talking to me. This is opening my eyes. I'm understanding exactly what's been going in my life" – yet a lot of people are really and still in a really rough place because they've been living under the old paradigm of fear for so long.

I'm wonder if maybe we could maybe just have people send in maybe some of their questions and we could just sort of do some Q&A or something. If you're listening in here on the webcast at www.youwealthrevolution.com/now, send in your questions so that we can be sure to get you some help and get this started.

One question from Marilyn, a really great question, oh my gosh, in Kansas City, Missouri –never heard this one before –"It's so hard to know the difference between fear and excitement when confronted with a new situation. How do I do that"?

Rhonda: She's kind of building on...I always get the question how do you know the difference between the voice of fear and my intuition or the voice of God versus the voice of fear, right. Like how do you know that, right? I'm going to give you just a quick little test that I give people, right. The voice of fear versus the voice of intuition or the voice of fear versus the voice of God or the voice of fear versus what she's calling it, like excitement, right. I would categorize those kind of all the same.

Excitement is awesome, right, excitement, if you're fear is addicted to excitement and thinks that excitement is when you say yes. Like excitement isn't the reason you say yes. If the way that you operate in the world is getting excited all the time, right, and, mind you, I get excited all the time so I totally get it and you also have to use your discernment, right.

If it's just excitement and you're just going to where the excitement is then that's going to be driven by fear because you're just going to the next adrenaline rush. You're not really using all of your beingness, you're not using all your discernment, you're not using all your skills and tools, you're not using all of you, right? You're just using your feelings and what you're going to discover when you do this work in fear is that feelings, again, just like values and beliefs, a lot of our feelings are based in fear.

That's where some of the work of the Law of Attraction, you have to be really attentive because if you just focus on your feelings...that's why I love this question. If you just focus on your feelings, sometimes your feelings are based in fear and it's really leading you down the wrong path for you because the feeling is this fear.

So unless you can discern that feeling based in fear, based in freedom that feeling may not be the trueness. That feeling may not be coming from your true nature. That feeling may not be coming from your true nature. You want to come from your true nature.

Let me just give you a really big hint and really good tool, a good way to ask yourself, *wait, am I in fear or freedom right now. Is this the voice of fear or the voice of freedom?* This is what I want you to do. Just think of anything that you want to do, like you should I go on this trip or should I take this job or should I start dating or how should I lose weight, whatever is up for you right now just think of an area of your life right now that you really want to focus on maybe in the next week to 30 days.

Just listen when you think of that coming up like something that's risky for you. Don't pick something that's easy. Pick something that's risky, right. What do you hear? What is that voice telling you, right? Many times the voice says something like this – "I don't know if that's a good idea or you don't know enough or well how

are you going to do that?" I love how fear always says, "Well, how are you going to do that," right. "How are you going to do that," right?

Freedom may ask the same question, but it's going to ask it differently, but it's going to have something like, "Gee, we'll have to figure out how to do that," right, but this is the difference between fear and freedom – simple, simple tool. If you feel shame, guilt or blame, if you feel bad about yourself, it's fear. Freedom, God, intuition based in your essential nature never makes you feel bad about you. The voice of freedom may say, "Hah, you might want to think about this a minute," but it doesn't make you feel shamed or bad. It might say to you, "Oh, we have to research that." It doesn't make you feel bad. It's just inquiring.

The voice of fear always says, "Well, how are you going to do that? That's dumb. You don't know how to do that." There's always a level of shame attached to it, a level of *you're not good enough, who do you think you are thinking this thought, having this idea trying to think you're going to do it? What are you nuts, stupid, crazy* and whatever your language is.

The voice of freedom, the voice of God, the voice of your intuition may also say like, "Huh, let's think about this," but it doesn't make you feel bad. It's just saying, "Well, we've got to get more information. Let's find something out. Let's ask more questions." See, fear doesn't want you to ask more questions because it thinks that you should be able to decide with no questions. That somehow you should just know, right.

Freedom isn't afraid of inquiry. Freedom isn't afraid to ask questions, freedom isn't afraid to say, "Well, wait a minute. How much money will I make and when will I get paid and how will that work and, wait a minute, what are the requirements of the job and, well, where exactly are we going to go for our date?"

Like it's not afraid of the inquiry, it's not afraid of the opportunity to connect. Fear absolutely doesn't want you to ask any questions because you're going to look stupid and you're dumb. You should know what your problem is. If it was your intuition, you should know. So, ha-ha, you don't, so therefore, you're dumb.

Darius: I've got to say this, Rhonda. This is really something I notice a lot in the spiritual community is this idea of, well, if you question it then you're questioning the universe. Someone says, "Well, I want you to come on this show and I'm going to interview you and if you say how many people are going to be there, what do I need to do, oh well, if you question it you're questioning the universe trying to bless you and you're going to shut off the flow." Therefore, anything that would be a questions would be a bad thing and so many people have said our staying locked into this, *oh my gosh, my mind had this question. I'm so bad. I should just like flow with it and I'm making it difficult and...*

Rhonda: Right. No, oh, I would love to talk about this because really it's a breakthrough. One of the big breakthroughs came for me, when I first started opening my business is that I really understood why spiritual people have no money and why we project onto rich people why they aren't spiritual. I really started seeing all of this.

I see how spiritual people...and I'm very spiritual myself. I'm a course miracle student. I'm a frank mind practitioner, read Bible for years. I wanted to be a minister when I was 14, so I have dabbled and I understand a lot of spiritual principles and lots of different modalities and different religions and I love God and I love spirituality, I love the whole process of what that is.

What I know is that, remember, fear uses everything against you and that includes you're spirituality, right. So fear uses your spirituality against you. Fear wants complete faith, right. Fear wants complete faith and you should not ask questions and you

should just do what it says and you should follow and do what so and so says because if you don't then you're not having faith, right.

Anybody who questions your faith, anybody who says that you're not being faithful, right, by asking a question or that you're not being a believer because you're having doubts or that you're not on a spiritual path because you're not only living in love. That's all fear based. That's all fear driven. That is not based in God. That's not based in spirituality in the real essence of what God means and that's not based in fearlessness. That's not the fearless God within us, right.

Spirituality for many people can get skewed. How many people do we know that have the lingo of spirituality – they know what to say, they can whip out an affirmation – but their life, their life is not free. They're not free, right. They judge themselves and like cancel, cancel, cancel, right? Oh, cancel, cancel, cancel, I'm a bad person. I had that thought.

Okay, gang, you're going to have thoughts and they're going to move through you. It's just the way it works. It's raised consciousness. You do not manufacture your own thoughts, right. Like when the Law of Attraction says every single thing you create and every single thought it's like, okay, yes and no and yes and no and yes and no. There is a no there. No, not really. No, not all of them, no, that's not quite how it works.

It's like there's more gray. It's not black and white. If you've been beating yourself up because you've been thinking these thoughts and, therefore, you have this life and it's your fault. No, no, that's now how it works. It's that fear has been running your life. You have been participating with it because you didn't know until now and, yes, have your thoughts supported the life your living?

Yes, of course, because the thoughts haven't given you the courage to move on and do things yet, but a lot of those thoughts were

implanted in you by your parents, by life experiences, by teachers, by the raised consciousness, heck, by your ministers, by your leader. They weren't your thoughts that you created when you were five and eight and ten. Those thoughts were given to you and you were defenseless.

You didn't know. You didn't have the wherewithal. You didn't have the discernment. You didn't have the skills. You didn't have the backbone. You didn't know. You didn't know. I didn't know. We didn't know. We didn't know and we just took them on. Remember, there are seeds of truth. Remember before we talked about seeds of truth? So we take those seeds of truth and then we're told to have blind faith, otherwise, we're not a believer and that is just false.

The greatest believer of all has a relationship with God and says to God, "I'm in pain, God, help me. Support me," like it has the relationship. So, yes, sometimes our spirituality is the very thing fear uses to keep us stuck. It's the very thing that fear uses because they know that you value being spiritual, that you value your relationship with God, the spirit, the energy whatever you call it – Allah, Buddha, whatever you chose to believe. They use that against you, right.

My definition of success – personally, me, Rhonda Britten – is self-expression. How full of expression am I? How fully expressed am I? How fully am I living Rhonda Britten? How fully am I Rhonda Britten? How am I being fully myself, right?

If you're living in the rigid world of what you think spirituality is then you're focused on being spiritual under somebody's else guise rather than the spiritual sense, which is being the real manifestation of God within you, which is you are responsible to be fully you, fully you, quirks and all, quirks and all, fully you in order to serve God in freedom, right.

I could go on about that. I have a lot of really deep feelings and it breaks my heart. All the places that we're trying to be good people, that we're trying to be loving people and we actually tricking ourselves and actually our demise is happening because of that desire and that...

Darius: We're feeding the fear. We're feeding the fear sometimes through improper spiritual teachings that are keeping us in fear and it's actually getting worse and worse. I ask a lot of people, I say since you heard about *The Secret* has your life action – not to be bad against *The Secret*, but when you got whatever that message was and you took it 100% without questioning certain things that maybe you didn't think made sense, has your life gotten that much better?

A lot of people are actually more challenged now than before they even started being so conscious. Before they used to just go out and, oh, I wanted to do a project I just did it and I felt good and now it's like I second guess myself because I got an offer to do a project and I had a negative thought and then I thought, *oh my gosh, God doesn't want me to do that.*

Rhonda: No, no, no. Negative thoughts are not about God and roadblocks are not God telling you no, okay. Everybody uses that, too, like well, it's getting to be hard. I guess God doesn't want me to do it. No, God wants you to have a backbone and get some skill and get some courage and go for it, right. No, you having a negative thought is not going to be the demise of your project. It is natural. It is natural. It's part of our inquiry, part of us being adults, part of us being fearless to ask the question, to wonder. It's part of our curiosity, right.

The challenge is that people are beating themselves up more and the point is to not beat yourself up ever, right? Beating yourself up is not having doubt...I clean up people beating themselves up all the time. They go, "Oh my God, I'm having a judgment." I go, "No,

you're not. That actually wasn't a judgment thought. You were just asking a question."

People have actually now equated asking a question with judgment. No, you just asked a question. That wasn't judgment. "Oh, I shouldn't have asked that question." No, that question is fine. I literally have to tell people all the time, "No, no, that's not judgment. You're not judging. You're just questioning and that's okay."

Darius: Rhonda, what are some of the transformations you've seen through people. You've transformed people on reality shows, through your private work with clients, I mean people all over the world. What are some of the things that you see happen in people's lives as they go through this transformation? I already feel a difference just in kind of how my whole world is being processed now with some of these distinctions here. What are some things you've seen?

Rhonda: Oh my gosh, wow, I just had somebody email me from the training program and they told me they weren't even working on weight loss and they've lost 17 pounds, right. Like that's just an effortless effect, right, just by facing and looking at and having a relationship and building that master muscle of fearlessness. Just things happen start unfolding.

Literally, I have worked with people that came to me and said I want to be married within a year, I want to be loved, I want a good loving relationship and within one year they were married. I've worked with people that have lost 30, 50, 100 pounds. I have worked with people that had relationships with their children that were really challenging and that were able now to talk to their children differently. One of the benefits of understanding your core fear is that you see everybody else's core fear, too, so that's a real cool thing.

Not only do you start seeing yours, but you see your husbands' and your wives' and your kids'. Then you can start speaking to them differently because you know their fear and you can start really talking to them through – what I call – their wheel of freedom, talking to them through their wheel of freedom so that they can hear you, right, that they can hear you and interact with you.

That's a huge side benefit is that you're communications are going to alter and you're going to be able to see people's fears so that defensiveness goes away, reactionary goes away, beating yourself up for the past goes away, forgiving yourself goes away. Literally, I've had people kill their relationship with their parents. I've had people forgive themselves of ways that they blame themselves for a rape that they experienced. They thought that they were responsible for that rape and they could see now like, wait a minute, that they weren't.

I've had...oh gosh, I could just...I'm just thinking of all the stories so it's like people have opened their businesses and gone from making minimal money to tripling their income within three months because that fear just kind of held them back from really unleashing all their greatness.

Darius: It's almost universal the different ways it can affect people. It's just one thing after another after another after another. It sounds like there is this light inside of us that if we can get to the fear and we can do what you've done, Rhonda, with it and what you take your clients through, there's really...you said anything was possible.

I'm so curious it's like how we go from that breakdown to anything is possible and I know that you actually take people through that and that's part of your life mission, isn't that correct? Did I lose you, Rhonda? Are you there or did I go...hold on one

second. We may have lost Rhonda. I'm going to hold tight here and she will come back. Hold tight, let's see.

I want to hear people's questions because we're a little bit getting close to time. I want to hear any other questions people have and we'll see...Rhonda will definitely come back in. I'm going to refresh the...

Rhonda: I'm here. I'm here. I'm here.

Darius: Oh good, okay. This is cool. I wanted to ask like, really, I know your work is going and helping people on a deeper level and taking them through this. In terms of like how people take the next step with you to really eradicate the fear or just manage the fear or get it out of the way what would be the next step for most people who really want to have that limitless life?

Rhonda: If they're really serious about wanting to make this change and because fearless living, you've got to say to yourself that I'm willing and ready, right. You need to be willing and you need to be ready. How do you know that you're willing and ready is that something's stirring within you right now, like something's stirring within and you're curious and maybe even you're a little excited and you're thinking, *wow, maybe this is it*, but there's something happening within you right now. If you're sitting and you're like ah dah dah dah, then fearless living is not for you. There has to be a level of curiosity, interest, like something moving stirring and it shows up differently for different people.

If that's happening for you right now as you're listening to me speak then I would say you're willing and you're on the phone then you're also saying you're ready. You wouldn't be listening if you weren't willing and ready and something stirring. If you're willing and ready and only if you're willing and ready, I have created a special thing, a special package for your listeners, for

your summit. It's just for you, so it's just for the people on this call right now who are listening to my voice right this minute.

It's the Fearless Living Training Program and it's my baby. It is my work. I spent a year, literally, a year out of life putting this program together and videotapes and audio tapes and eBooks and there's a comment section, so you and I interact and I get on with you. I answer your questions and there's this whole process and I literally take you step-by-step from the very first module of What is Fear and explaining how fear works and the process of fear in the brain so that you really understand the foundation of what fear is both chemically and biologically to removing expectations and focusing on intention to removing complaining and excuses, to helping you discover your wheel of fear, your personal and unique wheel of fear because everybody's wheel of fear is different. Nobody's wheel of fear is the same.

I have created exercises and support, like I have a special secret eBook for secret triggers and actually I taught a wheel workshop something to help people identify wheel and I usually charge \$995 for a two-day workshop to help you know your wheel better, right. I took all of those notes. I took all of those notes from the years that I taught that and turned it into a secret trigger book to help you identify your triggers and that is part of this program.

I used to charge \$995 for that knowledge that I have now compiled and created so that when you are in the class and discovering your wheel of fear, you just go to that book and you will find all the secrets of all of those years that I taught that to help you get to the best one for you so that you can really unleash your brain, really unleash your fearlessness.

I help you literally identify your wheel of fear and wheel of freedom and then we build a support team. My fundamental philosophy is no one can be fearless alone. No one can be fearless alone. No one can be fearless alone. No one can be fearless alone.

We need each other so I help you learn how to build a support team because one of the things I found is that a lot of people don't really believe that anybody has their back, really. They might have one maybe good friend or maybe a couple of friends, but we really want to build a fearless team. You're going to get a fearless team. You're going to learn how to build a team around you, then, of course, how to create the next phase of your life and move into action.

Darius: I'm going to let people know really quick, Rhonda, where this is because a lot of people are asking. It's at www.youwealthrevolution.com/rhonda and let me just spell that right. It's R H O N D A www.youwealthrevolution.com/rhonda. You have to type in the coupon code shift, S H I F T, because there's some special pricing that we're going to talk about here in a moment. Shift - S H I F T. Rhonda, keep going.

I'm looking at this page and it's incredible even on your site Oprah says, the Oprah Winfrey - I don't think I've ever gotten to say this - "Everyone needs fearless living," and that's on your site. Oprah said that. That is quite an endorsement and I'm reading these stories and the people and their faces of what happened with them and it's just amazing from starting businesses to losing weight to feeling happier to finally feeling peace.

Obviously, everyone's results are going to be different, but it is just pretty universal that something got better somehow and it's just amazing. It's at www.youwealthrevolution.com/rhonda. Keep going, Rhonda. I'm sorry. I just had a lot of people asking about where it was.

Rhonda: Oh absolutely. That's a privilege and honor that people ask. Thank you. I spent a year and there are videos in every module, so it's ten modules. It's really comprehensive. It's not a light program. It's not like, oh, I'm going to go in and listen to a couple audios. No, that's why I say you must be willing and ready because I'm

actually going to take you through the process that I take my private clients through and that I have taken people through at my \$795 and my \$995 workshops and my \$2,500 workshops. This is the same process I take them through.

It's going to be a little different. I'm really thorough. That's one of the things, hopefully, that you've heard about me already is that I'm very thorough and what I mean by thorough is that I've taught this and I understand the questions that are going to come up for you every step of the way and I'm answering them for you together. We're going to do this together. I'm right there with you and you're going to watch a video.

You got a PDF filled with the transcripts. You're going to have – what I call – fear buster exercises. The same exercises I give my private clients. Yup, every exercise I give you, I do the exercises with you on the video. Literally, I don't say, "Oh, go to Page 12 and do the exercise and come back to the video when you're done." No, no, no, we'll do it together. I literally take you through as if we're together in a workshop one-on-one.

The thing that I hear the most from people is that they go, "Wow, I feel like you're right with me, like you are literally talking to me and I go that's what I want, right. That's what I want. I am right with you. I know what it's like to go through this program. I've had thousands and thousands and thousands of people go through this program. I have taken the best of the best and, like I said, there are bonus videos on there.

There's eBooks that are bonus. There's also an audio of my *Fearless Living* book. Not only are you getting the program, not only are you getting like the secret trigger book that's normally at a workshop for \$995. You're also getting my audio *Fearless Living* book so you're getting the workshop *Fearless Living* and you're getting the book *Fearless Living*.

They're going to work together and what I really encourage everybody to do is download those audios right away. Get those into your iPad, your iPhone, your smartphone. Get them on your computer so that you have those for life, right. You have those for life, so download those audios, download those audios and listen to them while you're going through the program.

Let's say you're on Module One. I want you to download those audios, put them on your iPad, your iPod, again, your iPhone your smartphone you're Android, whatever it is and while you're going through you're day, you're driving in the car to the market put those tapes in so that you're reinforcing the message, you're reinforcing the message, you're reinforcing the message, reinforcing the message.

I had a client recently shared with me and you're going to be able to read this, right, in the comments section because I leave all the comments so that you're going to be see all the people and all their comments and you're going to learn from them as well because you're going to see the questions that I answer from them.

One woman wrote to me in Module One the very first week, okay, first week she wrote to me. She goes, "Rhonda, I've only watched two videos," I think she said. "I watched two videos and then I went and spent the weekend with my sister. When I usually spend time with my sister, we don't get along. We don't get along. It's difficult. There's problems," right.

She goes on to say that she only watched two videos, right, and that the weekend she was writing this, I think on a Monday or Tuesday when she got back, her weekend...she goes, "The weekend I had with my sister, I don't know what happened, but my sister's a completely different person." Of course, she laughed because she knew she was the completely different person, right, because she was seeing through these new eyes and so literally

just watching two videos altered her lifelong relationship with her sister.

Get that lifelong relationship, adversary relationship, changed by watching the first two videos. That's miraculous, right, because she was willing and ready, right. She was willing and ready. She was willing and ready, right. She went on a phone call and she got stirred and she got curious and she got on and I'm like, *okay, this calls to me and I'm doing it.*

She went on and she started doing the work and did the fear buster exercises and I'm just super excited. I'm very proud of this. I'm very proud. This is my baby and thousands and thousands and thousands and thousands of hours were spent on this and I'm just so proud of it. I'm just so proud, so proud that this works and it works for the people that are in the program and having amazing results.

Darius: Incredible. I'm going to let people know again where it is and then I want to kind of run through the different models because there's a lot here and this is actually a very comprehensive program. It's at www.youwealthrevolution.com/rhonda.

Rhonda, there's basically all these different models. I'm going to read through them. Module One is *Defining and Busting Fear* so people will get to realize why they never have to blame themselves again. They will have the power to make new and different choices at will and be ready to thrive instead of just surviving.

Module Two on this page is *Your Dreams are Possible*. There's a new language that people are going to learn that will begin to activate this truth of their dreams being totally possible. Module Three is about the *Power of Feelings*. That inner critic that we all have, I mean I'm thinking about, gosh, I just heard that little inner critic today. I want to definitely take a listen to that.

Module Four is about the *Peace of Mind* so that people can discover the solution to no more negative self-talk and it looks like here when people get that peace of mind, they have like more acceptance, but also maybe even more creativity and inspiration because you've got a lot of these things...

Rhonda: Absolutely.

Darius: I'm not inspired to do anything. I don't feel good. Who was that that wrote that in? Why does that happen?

Rhonda: Of course, because fear is a damper like fear is like water on a fire, right. It dampens you because, remember, fear is wishing it could keep you safe. Creativity and inspiration are filled with passion, that's passion, right. That's possibility. That's aliveness, right. You're being alive. You're being ignited, engaged, excited.

Of course, if you're that beaten down by fear, of course, and remember your innocent fear is just the mechanism that's come upon you and we can separate you from it. If you don't feel inspired, if you've been battling, battling motivation like you haven't felt motivated, you haven't felt inspired, you don't feel creative, that's just all fear, right?

As you start working through the program and just this new information and doing fear buster exercises, I absolutely know that you will literally feel just this weight fell off you and you will start being stirred inside. You'll start feeling that passion, start feeling that. I know somebody on the line right now are thinking, *well, that's kind of scary to feel that passion and inspiration and creativity again.*

Darius: Well, I don't know.

Rhonda: Yes, I know for some people it's like, oh my gosh, right. I'm being stirred. I haven't felt stirred for so long. I want to have excitement, but on the other hand, like the question we got, I believe, from

Marilyn, its excitement, yes, but it's scary. It's like, yes, it's exciting and scary, right. It's exciting and scary.

It's about using that wheel of freedom and what you learn module after module to support you and really setting yourself free. Don't worry. I've got your back and I've got the tools in there to support you so that when that fear comes up, trust me, the next video and just stay on that video and do that exercise. I'm am going to support you through that.

Darius: Wow, well, we had people like Karen who said, "I'm unemployed. I feel unworthy. I can't turn things around." Trent said, "I have a note from Pittsburgh, Pennsylvania. I have no courage to do anything." This is the real thing and so that what's this peace of mind piece.

Module Five is *Mastering Fear Forever*. They're going to get to use and apply the wheel of fear and everybody has their own, so it's very unique to you and this is interesting be able to get closer to the people that you love. How does that work when we lose the fear we actually can we really start having real deep relationships again or maybe for the first time for some people?

Rhonda: Yeah, yeah. I'm just thinking of a client who has had family relationship issues, right. The mother and the father, the sisters, they just have had the relationship and so as she started going through the program, the holidays were coming up and this was this particular client and she was working through the program and she started realizing that the way she was talking, she was talking to her parents and her sister, her family, was so fear based that she was adding to the fire.

She was putting gas on the fire of their adversary relationship, but she was part of the problem, right. It's easy. Fear tells you it's them, right? It's like, oh well, they just got more self-help and just did what I did, we'd get along, right. They're just screwed up and

don't get me wrong. It might be in fear, right, that might have again the seed of truth, but how are you contributing based on your language? Are you speaking to them in fear of freedom and how are you holding yourself up in freedom?

She went and it was right before the holidays and she decided to go to the holiday dinner and really practice her fearlessness and really speak from that fearless place. It ended up being completely different. I mean she ended up having conversation with relatives that basically before she just felt attacked or judged her. She didn't feel attacked and judged anymore. She got where they were coming from so she could literally sit there and talk to them. She got along better with her parents than she had in years and she ended up with that courage.

She hadn't been dating for a while. She had gone through a very horrific divorce, a really challenging divorce, and after this really wonderful experience with her family and she actually felt closer to them than ever before, she started thinking, *well, maybe if I do this with my family, maybe I can find love again*. Not only did she start dating, she's engaged and she's actually getting married this September, getting married in a little bit of time.

She's now ready to plunge into a long term relationship and if you would have spoken to her before this family dinner and this holiday, the thought that she'd be married in just a short period of time within just a few years, she would have looked at you like you're crazy. She wasn't even dating. How could she get married?

That's the whole point is once you start experiencing some results in one area of your life, it gives you courage for more areas of your life. I have created this program so that I can really support you through every stage of fearlessness and be with you every step of the way.

Darius: Amazing. I'm going to tell people where it is again it's at www.youwealthrevolution.com/rhonda and mention the coupon code shift, S H I F T, and include that. They are different options. This program is actually a tremendous, tremendous, tremendous value. It is actually a \$10,000 value program – \$10,457.00. This is all of the work Rhonda does generally with her high-end clients and she is going to give you access to this at an incredible rate. It's actually three payments of \$97.00 and all of that information is on here and you can choose a payment plan or another way to do this. It is at www.youwealthrevolution.com/rhonda. Did I spell that right?

Rhonda: I chimed in. I have even better news because for your group, if they put in that shift coupon code, so you're on the page, right, and it says add to cart. So when you click the add to cart, you're going to go the shopping cart page. On the right hand side, in the corner on the right hand, you're going to see coupon code box. Put that shift in – SHIFT – and when you hit apply code, that three payment of \$97 turns into one payment of \$97 for your group.

Darius: Oh my gosh, yeah, it just did it right now. This is, oh my gosh, this is just incredible. I was thinking, well, this a great deal at three payments of \$97, so one payment of \$97, I mean this is just astounding. There is so much here, Rhonda. I am so honored that you let us get this for that amazing, amazing price and what a gift. Wow, wow.

Rhonda: I can see based on what you do, Darius, with your folks that the people that listen to you and that are part of this group are committed to their evolution. They're committed to their process and I really want to support that commitment and support, that willingness and readiness. I don't want money to get in the way of that, right. I absolutely want as many people as possible to join me and help them master their fear and on this process.

If you join today and you ask me a question today, I'll be in the comments section answering it within 24 hours and usually earlier I'll be in there and interacting with you. Yes, it's normally three payments of \$97, but for your group, for the You Wealth group, for the people that put in the word that coupon code shift – S H I F T – and hit apply that code, they will receive the Fearless Living Training Program for \$97.

Darius: Wow, wow and if you need help or you have questions, Rhonda is there answering questions on the post section. So you get to connect with her through those questions and she talked about having a team and having support in your life. You're connecting to someone that went from challenges, things that many of us may have never been able to come from to being on the Oprah Winfrey show several times, to being an Emmy award winning person on television in her work on these shows and helping people all over the planet.

I've really got to say if you're really wanting to transform and see your life unfold and maybe find out for the first time who you are without fear, who you are when you're not controlled by fear then this is something I would definitely take a look at.

Rhonda, how would someone know if it's time and I know we're way over, but God this has been fun, but how would someone know if they're listening now that it is time, time to go...?

Rhonda: Seriously, if you're on the phone, if you're listening right now, if you're still with us, if you're still with us and you're wanting to hear more, then it's time. It's time. This is something that is calling to you. This is something that you are curious about, that you are interested in and I really encourage you to take advantage of this opportunity. It's like if you're still listening, if you're still curious, it's time. You know what? This is what I promise you. This is what I know to be true is that...watch the first set of videos in the next couple days. Watch a couple. You have nothing to lose right.

Okay, so if you after a few days, say to me, “Well, yeah, Rhonda. It’s not what I thought it was. I mean I loved you on the phone, but you know...” I actually have had no one, no one, no one return the program because when you get on there, you start watching the videos, you start reading the PDFs, you start listening to the audios, you start looking at the comments, you start reading my answers to the questions and you start going, “Holy bolognaers. This is the real deal, right, like oh my gosh.”

Like I’m reading something that somebody wrote me. They say, “Rhonda, I just feel so amazing being able to apply your skills to my everyday life and not let my fear take over anymore.” Wow. She goes, “I really had doubts about myself and then now, I don’t.” I mean literally I just got this email right before this class started and it’s like, okay, wow. It’s like that every day and you’re going to see it every day.

If this is still curious to you, if you’ve got like could it? Maybe – it’s time. It’s time. Give yourself a gift, give yourself a gift. Do not let invisible debt and the invisible voice of fear run your life. It wants to keep you safe and small. It wants to keep you the same. I believe there’s a payment plan on there even for the \$97 so jump on there no matter what.

Darius: Wow, wow. I’m going to verify that as well, but so let me be just real clear. It’s not three payments of \$97. It’s one payment of \$97. Rhonda, I’ll double check that if there is a payment plan for the \$97, but it is \$97 so that is just a huge thing.

Rhonda, any final words for people if there’s somebody here that really is...yeah, you can do three payments of only \$36. I mean this is such a, gosh, such a generous thing because there’s nobody here I think that couldn’t find a way to make this a reality in their life so three payments even, \$36.33 if you couldn’t do the \$97, Rhonda, but you must use that shift – S H I F T – code.

Rhonda, for someone here who I never know how people are coming to this show, I never know what's going on in their life. Sometimes things are great, sometimes they may be having the worst possible day of their life right now while we're talking. For someone in that most awful place or feeling like the bottom has just fallen out because there very well could be someone like that right now on the phone, do you have any words for them?

Rhonda: Yes, I do and I want you to hear me and I want you to hear my voice right now. If there's any noise around you, I want you to walk away and I want you to get in a quiet place and I want you to listen to what I'm about to tell you and I want you to take it in. I want you to imagine in this moment that I am speaking to your soul, right, that I am the truth in this moment for you. This is what I want you to know above all else. If you receive nothing else today is I want you to know this.

There is nothing wrong with you. If it is the worst day of your life, you did not cause this. This is just a bunch of a series of things that fear has had a day with and played with and it has given you permission to beat yourself up and put yourself down. Fear is a mechanism that has come upon you and it has worked in your favor to keep you safe because it loves you, but there is nothing wrong with you.

There is nothing wrong with you. There is nothing wrong with you. It's just fear. When you start understanding how fear works and understanding how to process fear in a really healthy empowering and powerful way, you will learn how to master fear. You will learn how to do it and I'm going to support you every step of the way.

Now if it's the best day of your life today and you think, *hey, this is just a great education, but I don't need this because I'm fearless*, I say, hallelujah, God is good. That's awesome and what I know to be true is before I understood how fear works, I would have great

days, too, and I have everything be working in my favor and then things started going bad and I would lose all my confidence. This is a gift for fearless living is you don't lose confidence. You don't get stuck, right, because what is confidence? Confidence is saying that you doubt yourself, that there's some problem that you have, that you're a problem, right?

That doesn't happen with Fearless Living. It's not how it works. You're going to see a whole other way to see yourself and the world. So whether it's the greatest day of your life, which is great, hallelujah, doing Fearless Living is going to support you in keeping that level of manifestation and attraction and light and love and it's going to keep you focused on that and help you even be more and take more risk on your life.

If it's the worst day of your life, it is going to help you forgive yourself and show you the pathway home to give you hope again and to give you release and to know that there's really nothing wrong with you and that there is another way and there is a way home. You can come home. You can come home to yourself and I know. I have people there because they'll say to me, "Well, Rhonda, I'm scared to go home and I don't want to me. I don't like who I am," and it's like, ah, but that's fear talking. You haven't liked who you are in fear. I guarantee you you're going to think you're the greatest people of wonderfulness when you see yourself in freedom.

Whatever your judgment is of yourself or what your opinion is of yourself, anything less than brilliant, wonderful and amazing, it's fear. So don't listen. Listen to me. Listen to my voice right now, follow my voice right now. I have walked in your shoes. We've walked in the same shoes, may not be the exact same pair and it might be red, yours might be blue. I might have three-inch heels and you might have four-inch heels, but we understand we both felt pain. We both felt lost. We both beat ourselves up.

I've been suicidal. I've tried it three times. I've been an alcoholic. I mean I've been there and done that and it's so much better over here. Man, it's so much better over here because I want everybody, Darius, to wake up. This is my goal is I want everybody to wake up in the morning saying the following words – I get to be me today. I get to be me today. How right is it that I get to be me today? I get to be me all day. That's how I want you to feel about you and your life. You get to be you all day – how cool is that? Life is good, people. Life is good. Life is amazingly, miraculously good. Ah, yes.

Darius: Wow. That was beautiful. I mean, really, I'm going to be honest with you. I'm getting the program so as soon as I get off the phone and that's no joke and I want to invest in it myself. I have only done that one other time on this show so that shows you I listen to a lot and I appreciate everything, but sometimes things really pull me in a direction and so this is the second time I've done this in like six months or five months so this is just something I feel will be of value in my life as well.

Rhonda, thank you so very much for being here for, gosh, being your gift, sharing what you've shared, just preserving down the path to open the door for all of us, transmuting your life and the challenges into something beautiful and magical that we can use to be more of ourselves and get ourselves back.

I would love to have you back for maybe a Q&A and we just do straight questions. We just continue transforming people, but I love what you said. I'm rambling here, but I love what you said of just it's not their fault and they are okay. They are great. They are all capable of amazing things and a limitless life. Thank you so much.

Rhonda: My pleasure and, everyone, please know that you are fearless, so be fearless. Thank you, Darius. This has been an amazing experience and whenever you'd like me back on, I'm here. You're

amazing and I look forward to connecting with you in many more ways and connecting many more people with you alongside you, so it's been an honor. Thank you.

Darius: Thank you.

End of Transcript