

AJR - Bill Murphy Transcript

0:00:01 - Intro

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:44 - Julie

Welcome to the Ask Julie Ryan show, where we blend spirituality and practicality to help you live a life of purpose and joy. Today we have a remarkable guest who's not just defined by his achievements, but by his resilience and determination to thrive against all odds. Bill Murphy, a nationally recognized businessman and athlete, joins us to share how spirit helped him on his journey from a turbulent childhood to phenomenal success. Get ready to be inspired, as Bill shares easy to implement tools that can help you enhance your life. So join us here on the Ask Julie Ryan Show. Oh, and remember to subscribe, comment and share with your friends and family. Hi, Bill, Welcome to the show.

0:01:33 - Bill

Hi, Julie, I'm excited to be here. Thanks for having me.

0:01:36 - Julie

You bet. You're a little bit out of our realm of normal. You know near-death experiences and people that do woo-woo, but your story is so compelling and I know that Spirit helped you get to where you are now. So I thought it would be fun for everybody to get to know you a little bit and let's see how you've been guided to the life that you're currently living. So tell us a little bit about your history and what you're doing now.

0:02:04 - Bill

Oh, wow, where do we start here? You know history was, you know, just grew up in a pretty toxic environment home life, and I was always guided, you know, to either cower and give in, or I was motivated to show them or him that you know I'm worthy of something. So you know it. It was a little bit of back and forth with what I wanted to do there, um, in that toxic environment, and uh, and I, I think you know my whole life was, um, not the best, strongest, fastest, smartest, you know, gifted person, and it was always like, okay, well then, what is my gift? You know what is my core genius, if you will, my passion, you know, and it and it was like, all right, I'll just outwork everybody and I'll show everybody that, that I'll get it done.

And, um, that's been, that's been a strength. And so you know what, when you do things your whole life to and you're motivated to show everybody and prove the world wrong, well, when you get into your late 40s and hit 50, it gets exhausting to work that way. So you have to figure out another way, and that's what's happened, because when you're white knuckling to get through something, you don't enjoy the journey there, you're just running through the wall and there's a lot of people you knock down on the other side that are on your side, and so that became a problem. So it's been a constant inner dialogue, constant inner dialogue, and it's been a constant battle to find what ways I can enjoy the journey, to get what I want and accomplish things.

0:04:21 - Julie

What's that inner dialogue? Where's that coming from? Do you think what's that inner dialogue? Where's that coming from? Do you think, did you grow up in a religious house or a house where spirituality or religious values were taught?

0:04:44 - Bill

Yeah, well, so it was. Well, it was Irish Catholic, not really practicing, and my grandparents always went to their Saturday masses and dinner afterwards. That was kind of their thing and when I stayed there that's what we did as the grandkids. But in my house it was not really practice. But some of the stereotypes that follow, dinner needs to be on the table at 5 o'clock every single night. It was just kind of one of those things and it was old-school, barbaric way to act. And what I ended up doing, Julie, is Because I tried to be out of the house as much as I possibly could because it wasn't.

It wasn't the physical abuse, because the Physical abuse was was tolerable, like I would take my beatdowns. It was. It was the shaming, the ridicule, the, the excuse me, sorry the ridicule and the and the. You know you're not good enough, you're not worthy. That was. That was the part that grabbed me and never feeling, never feeling good enough.

So I used to try to lose myself at my friends and you know a lot of them were religious. You know a lot of my friends' parents were my CCD teachers at church, their catechism teachers and Bible study or you know whatever, and so they were all altar boys. So I was like I'll be an altar boy. It got me out of the house so like when I wasn't playing sports I would just go to the church. And then I was like, wait a second, we can make money because we could go serve at funerals and get out of school and be an altar boy at a funeral and we can go be an altar boy at a wedding. So it served that purpose. But I didn't really get that spiritually connected until I started getting a little closer with our CCD teachers some of the clergy got really close with and then I became more religious as we went on. But it was more of an escape, but it was more of an escape.

0:07:05 - Julie

It was more spiritual than religious, it sounds like to me, and you were being led that that was a safe place for you to be, and it got you out of the house and you were being led to start seeing your own brilliance. As far as, hey, we can make some money off of this, and it's safe. As far as, hey, we can make some money off of this and it's safe. And you're combining all of those different variables to put together something that was serving you in a lot of different ways. That's guidance from spirit. That's how it works. You know, it's not like you just are in bed and St Peter shows up at the foot of your bed and goes now Bill, or St Patrick Irish, now Bill, you do this, this, this and this, and then this is going to happen, and all of that. That's not how it works. You have a thought and then you follow it, and then it leads to another thought and you follow that and it goes on and on, and that's how you're being led. So what's your definition of success? I?

0:08:12 - Bill

believe we're all capable of way more than we ever thought possible, and so when you set your goals and achieve them, that could be mild success, but what I really strive for is significance. So when we hit our goals, yes, there's some taste of success there, but the significance is when you can. Success is individual can. When you can reach significance, you're impacting others and you're helping others. So, like, how can I make a difference in someone else's life? And that's beyond. That's beyond the success role I believe. So I I shoot for beyond success. Um, because we all hit our micro goals all the time.

0:09:01 - Julie

Yeah, and you and you said that you were going to show him who was at your dad, I would assume Maybe that was giving you a hard time at home.

0:09:12 - Bill

Oh yeah.

0:09:13 - Julie

Yeah, and so you were going to show him, but was it ever satisfying to you when you achieved the things that were going to show him, and did he ever acknowledge you?

0:09:26 - Bill

No, no, not really. It was very, it was very hypocritical that it was. It was, um, you know you get the beat downs for for not getting the A's and B's in school or the C in conduct, and and yet, um, you know, your grades are, your grades are below average and you get punished for that, but yet there's no, there's no representation at parent teacher conference night ever. Or all the ball games, all the football, baseball games. There's no representation there. You look the football, baseball, uh, games, you know there's. There's no representation there. You look in the stands as a little kid, and you don't see. You don't see your, your parent, you know. You don't see your dad, or you know there. But so it was. But you were expected to give, give your all in everything you did, but then there was no one. There was no one there to give you, give you a nod of acknowledgement, and so that was pretty hard. And so when I say you know, I'll show you, I'll show him, it was so I didn't go down the wrong path. And because I'll share with you, Julie, like when I was in my late 40s and remember I said I did everything, everything without acknowledging the journey. Well, I, you know, I probably hurt a lot of people along the way. And when in 2019, um, I would, I had, I had uh, hadn't I had my best year ever in my business. I've made the most money I've ever made. I had done a lot of physical feats ironman's and marathons and and black belts and in martial arts and I've done all these things and on paper you'd be like man that that dude's so successful. He's really so successful. He's really on top of the world.

Well, in 2019, when I finished in November, I finished the Ironman in Florida. A week later I checked myself into a psychological counseling facility in Arizona intensive because I knew I was depressed, but for 48 years I never used the word depressed. Once I never told anybody. There was no crying Like I never cried, there was no sharing that because we were brought up to, you know, to hide it, to hold it in, to suppress it, don't show anything. And so that's when I realized that I can't be doing everything to prove everybody wrong. I need to do it and enjoy the people there that are supporting me, and I'll never forget the clinician.

The psychologist had me take this test it was called the ACE test Adverse Childhood Experience and you're on your head. So I took this test and he looks at the test, looks at me, and he says you should be dead or in jail based on your scores. He said if not, most people turn to drugs, alcohol, gambling, food addiction, pornography, violence, drug abuse, alcoholism, whatever, and the list goes on. Alcoholism, whatever, and the list goes on. And he said you're a workaholic. And he said let me ask you a question what are you running from or towards?

And the light bulb went off and I said I've been running from my whole life. I've been running from my whole life. I've been running from my dad to show the world that I could amount to something right. And that's when I figured out that, with a lot more of therapeutic intervention, that's when I figured out that I need to be bringing along people on my journey.

So when we were talking about success earlier, it's like I need to bring people along and get their permission to come along and ask them to do you mind if I put in this time for this event?

Do you mind if I do this? Can I give up? Can I sacrifice? Will you be okay with it, rather than expecting everybody to do that? And when they do that. You can bring them along the journey, and it's so much sweeter when you can see the colors and smell the roses and all the way along through into the finish line and celebrate with people that love you and support you. And I never, I never. I always took it for granted, and so when I was running from, I said I'm not running from anymore, I'm going to run toward. And so it's not the success toward, it's the significance toward.

0:14:43 - Julie

Yeah, do you have your own family now? Are you married? Do you have kids?

0:14:48 - Bill

Oh yeah, my son's 24 today. April Fool's Day, oh, happy birthday. Yeah, yeah, and my daughters are 20 and 18.

0:14:59 - Julie

And I bet you parent them very differently from how you were parented probably the opposite end of the spectrum.

0:15:05 - Bill

Oh, it's so interesting. You just said opposite, because I always said I will be opposite. But this is where I started to realize that not everything was opposite. What I ended up doing, Julie, was I said I'm going to be opposite of my dad. And what that meant was I mean, I'm going to give, you're going to play sports and you're, I'm going to coach you in your sports. I'm going to show up and be present, I'm going to, I'm going to support your schools and you can go to private schools and you can get lessons and you can go to the clinics and you can do all these fun things that I never had, or or or was or was provided with. And I'm going to do this for you because that's what I didn't have and I want you to have that. But where I missed, where I missed and this is where I've been evolving over the last few years is I was still in the mode where I'm providing for you. So you owe me. And when I come home at 6 or 7 o'clock at night from working all day and I go to my office to work and that TV's too loud, I'm going to come out screaming and yelling. Turn that TV down, go to your room, get out of the house, go outside. So that's where I was replicating and duplicating some of those behaviors.

But I was, in my mind, okay with being a jerk of a dad because I was providing and I was doing things that he didn't do. It took a little while to figure that out. That man, that's not what our kids need. That's not what they want to hear, that's not loving. Of course we're human, we're going to lose it every once in a while. But it was an expectation for them to be quiet. It was an expectation for them to serve, in a way, my work because I'm providing. So that was the hypocrite we talked about earlier. The hypocrite kind of followed me a little bit and I had a little piece of that and I had to let that go, and so it's constant. It's constant to keep working on that.

0:17:10 - Julie

Well, and that's why we're here to create, and when we know what we don't want, it helps us create what we do want. And your frame of reference was your life experiences in growing up in the family that you grew up in, and so you're continuing to create and you will we do, I believe, till the end of time, because that's why we're all here is to create a life of joy and to give love. And then what happens? We do that our whole lives. We're creating all day, every day, and then we die. And what happens? We go to heaven. And then what happens? We do that our whole lives. We're creating all day, every day, and then we die. And what happens? We go to heaven. And then we create our next life that we want to come back and experience and explore.

So creating never stops and people say, yeah, but do I have to have such a dichotomy of the really good times and the really bad times? Well, it's a motivator, certainly. Look at you. There are some schools of thought, Bill, that say and I espouse to this after many years of thinking about all of this that we choose where we're born, when we're born, to whom we're born, so our lives can have a basic trajectory that will allow us to experience and explore the thing our spirit wants to come in and explore.

And when I first heard that I thought, eh, that's a bunch of nonsense. Why would I choose this? And I came from a good family. I mean, certainly there were some potholes along the way, as everybody has, but nothing like what you went through. And yet I find that that statement resonates with me and it motivates us. Where would you be? What would you be doing had you been born into a different family? You know, can you see that at this stage in your journey, that perhaps you did choose those parents so that you could get to where you are now and the realizations that you're discovering along the way?

0:19:20 - Bill

Well, I guess you were led to me because I was thinking I have a talk and it's a scholarship where we do for my old high school and it's pretty rough, rough stuff going on there. It was rough stuff going on when I was there and I wasn't afforded some opportunities in college because I had to work in college. Because I had to work and, um, we have a, we have a. You know, I have a talk about the scholarship that we're providing that the senior, one of the seniors to go to a local college that I went to and I was a commuter and I couldn't. I couldn't play, I couldn't play football, and that was like a dream of mine to go to school and play football, but I had to work and I had no help from. I had no help. Family support and financial aid was pretty tough to come by. But I don't think I would trade the horrific stuff I went through for anything, because I feel like it's allowing me to make that much more of a difference in the world, to give back. And here's where I'm going with this. Remember, we talked about this, Julie, about being opposite, and I was raised that if you gave somebody a dollar, no matter who it was. You were out a dollar right, don't give, that's a bad thing. So it took me a little bit a while and then we can go back to the word success. When I started to realize a little bit of success in business and some achievements and some financial gain, I was like we need to help support some different things here to make a difference. And so, by being brought up in such an ungriving family environment, ungriving family environment, it taught me to always want to give and make a difference. So everything that I do now that we are making a little bit of success here, it's all about trying to give back and make a difference. And I'm on some board of directors, doing some charitable stuff, started my own nonprofit and some things where I do want to make a difference. And if I wasn't raised that way, I don't think that I would have made such an impact to this point, because this is part of being doing the opposite of what was right and wrong.

And in my heart of hearts and you know, I think and if we go to spiritually or or religiously I mean tithing is giving your first 10 of your, of your, of your earnings. Well, if you try to analyze that a little bit. It's to the cost of God, to church, to wherever you practice your faith. But I kind of took that a little step different and I hope I'm forgiven. But I give and I tie where I get my spiritual nutrition from.

And so my spiritual nutrition is seeing these kids at Make-A-Wish with these critical illnesses that don't have a choice but to battle and go through their fight, and then sending them to Disney and watching, no matter what's going on, whether it's the chemo, they're in the wheelchairs, the walkers and they're shaving heads and they're tie-dye shirts with their families. When you go to Disney and you see those make wish kids in there and their families, I don't care if there's a month to live or a hundred years to live the families are smiling from air to air, creating memories that that they wouldn't have had. And so to be able to make a little bit of an impact and help with some of those things you know that's that's my tithing. You know that's part of my tithing is giving back to where you get your spiritual nutrition from, and so

you know that's, that's what. That's what really drives, drives me from that, that success point to the significance that we were talking about earlier.

0:24:10 - Julie

Yeah, well, that's beautiful. And you know that whole 10% of your income, that game, was originated by humans needing to keep the institutions running. You know, do you think God came down and gave Moses a tablet that said tie the 10% of your income first? No, didn't. But all we can do really, at the end of the day, is send love and there are a lot of different ways to send love because we can't control anybody else's thoughts and nobody can control our thoughts.

When you were going through tough times as a kid at home, well, you might've been beaten, but you might have been thinking about what the last touchdown was on the high school football team while you were being beaten. You know they can't control, nobody can control your thoughts. I want to unpack a little bit about how you feel led to do things, that spirit communicating to you, putting ideas in your head, and I want to know how that feels and how that works for you. You just get an idea and then you go explore it or kind of walk us through what happens when you get one of these ideas and can you tell when it's an idea that's going to have a huge impact on you and on others?

0:25:42 - Bill

I get ideas when I'm. A lot of times, when my mornings or my training, my workouts, my long runs, my long bikes, my long swims, for example, in my training, I just get incredible ideas and I journal. I journal those ideas and then I start to. I start to implement ideas. I mean, that's how I wrote the book. It was all my journal entries from my, from all my training, pretty much in that you know my realization about my depression and my realization about how things, how things come, so I try to be well. Here's why those ideas come to me. Well, here's why those ideas come to me. When you're participating in training and workouts and things like that, your dopamine, your adrenaline and your endorphins are really on a high right, or even if you're on a hike in nature. So your clarity, things just come, and I feel like if you're able to enjoy that scenery, you're able to bring some of those ideas in and for me, that's my best ideas. I want to go back. You mentioned something within the question about sending love and and part of these ideas came. I was trying to figure something out. It's is as bad as my upbringing was. I said I would never trade that for anything and that's the truth is as bad as it was. I never, ever wished I had someone else's parents. You talked about that. I never wished I had someone else's family, but I did want to learn from that. I did want to understand the dynamic and what was going on in those households. So the first chapter and this came with some of these ideas.

The first chapter of my book is called Unfinished Business, and the unfinished business is two parts, and one of the parts is if you've been wrong, if something's happened to you, if you've been through a traumatic experience, first of all, forgive yourself. We're so damn hard on ourselves I mean, listen to our self-talk sometimes and we're pretty mean to ourselves too, right. So forgive yourself. And then, if you feel wronged by someone else or something else or something else, forgive that person or those people. And that's hard, so it's a process. But send that person forgiveness, right. And then, if you can take it a step further and this is really hard but send love and blessings, because what that does for you is it releases all this angst and bad energy and it frees you, because what I hear from people a lot of times is that SOB wronged me, they're going to get theirs. And you know what you're creating in the universe You're creating some bad. You're not creating bad momentum for them, you're creating it for yourself because you're holding that First of all, illness, and then the emotions that come with that the anger, the resentment, the hostility.

And you talked about Julie, you talked about creating right. So if you're angry and you're upset and you feel that in the pit of your stomach and you just want to be the victim and because you've been wrong, okay, fair enough, feel those feelings. But if you're not going to get rid of them and you're going to let them churn and cycle, you will get sick, you will get diseased. But where you can create is when you're able to release that and give that away and put those blessings out there. And now can you be thankful for your own blessings? Your own blessings are free, right, love, happiness, the air we breathe, the roof over our heads, our career, whatever it is. And then, when you're able to have this gratitude taking place, I'm joyful for this Creation, I'm loving for this Creation, I'm happy, I'm at peace, I'm in bliss, I have enthusiasm for life. That's where you can create.

You change your physiology within your body, you got rid of that angst and stuff you've been putting in your belly where you can actually feel sick. How about this? I feel sick because of what happened. I feel sick because of him or her. I feel sick. Well, you're making yourself sick and you're keeping it in. Release it and that will change your physiology. When you can give it away and bless man, it changes everything. This is where you create. You create from that high level.

0:30:49 - Julie

Well, what you've just described is how energy works, and emotions are an internal GPS system that we all come in with, and something that feels neutral or good is a high vibration. It's usually true. Things that feel badly are always based in fear 100% of the time, and it's a low vibration and it feels bad when we are human. We live in an attractive universe and to your point, you're absolutely correct and I concur completely when you feel bad, you attract more bad feeling things. When you feel good, you attract more good feeling things.

And people say to me sometimes that is just too simple. Well, it's designed to be simple. We make it complicated and you lead right into. My next question is why are we all hardwired to be victims? What's that all about? I get that we're always hardwired for fear because it helps us survive as humans, but it's something that we need to learn and obviously you've learned it and many of us have that we can either create or we can be a victim. Why are people hardwired to be victims, and has that been your experience that most people are? Yeah?

0:32:09 - Bill

Yeah, because it's easy. It's easy, it's easy to complain, it's easy to blame, it's easy not to do hard things Right. So guess what we do. We play victim. I'm going to get up and I'm going to go for a walk, or I'm going to go for a run, or I'm going to compete here. I'm going to do this, I'm going to make extra calls. It's easier to sit back and say you know what? The interest rates are too high, there's no houses on the market, people are going to take my call anyways. No one wants to talk to me.

You know, it's easy to start to blame our circumstances and on conditions. Why our circumstances? And on conditions, why not just do the work anyway? And it's self-sabotaging. So it's the self-sabotage part. What that does is get you attention.

So when we self-sabotage, you go onto your social media and you see the rants. And the rants are can you believe? X so-and-so, did this and did that and did this, and I hope this happens and that happens. And like you see these rants and they go on for paragraphs and paragraphs, and paragraphs and you're like well, first of all, shame on me for reading it, I should not be reading these rants. And then you look at the comments and it's people that are like oh, I'm so sorry, or they'll get theirs.

And so you just brought on your tribe of negativity to bring you down some more and for them to wallow in their own issues and circumstances. And you're just spinning those tires more and

more. You're not going to get out of it. Because you don't want to get out of it. You want people to feel bad for you. So you have to let that go. You have to change that. So who are you going to hang around with? Who are you going to talk? To Keep the rants to yourself right. Process that somewhere else. Process your stuff in therapy. Process your stuff in a journal, but you start putting it out there to bring for other people to stay down with you.

0:34:15 - Julie

You're just creating more of what you put out there, right? Well, and I think human nature has been figured out by the news media, because if it bleeds, it leads. Something with a really controversial or provocative headline is always going to get more clicks and more views and more watches on the TV than something that feels good, and so it's almost an innate thing. I think that we have to learn. Okay, I can be a victim or I can be a creator, and it's a choice. Would you agree with that? Yeah, absolutely, it is your choice. It's your choices you make. Did you ever get to the point, bill, where you were able to have some compassion for your dad? And where was your mom in all of this too? Were you able to have compassion for her as well?

0:35:09 - Bill

Yeah, I don't have any ill will, remember those are the blessings, right? I could easily have ill will towards my dad and I've confronted him and we've talked and I still see him on holidays and I just ask him to be a good grandfather to my kids and he tries his best he can. I think with what space he's in, my mom, I think, blocked it all out, because in this story this is a true story, julie I called my mom. Remember? I told you I checked myself into an intensive. I called my mom and we had to do this thing. It's called a trauma egg and it was supposed to be like you start pre-verbal.

I'm like I don't remember anything. I couldn't remember anything from the age of five under. Like they want us to go below before the age of five. And I was like I don't really remember anything. So I called my mom and I was like Mom, do you? I was like Dad was a jerk and I know he did all this horrific things and the physical and the shaming and all this other stuff. I said, do you know what he did? And she's like I don't really remember, I don't, I can't remember what he did and you know. And so I was like all right, well, I need to do this trauma again, I'll figure it out. And so I hang up Within.

You know, 10 minutes later she calls me back. She's bawling in starvation. I couldn't even understand a word. She said she's like oh, I can't believe it, I was a bad mom and I wasn't there and he did this and he did that. And he used to, you know, harness you to the crib so you wouldn't crawl out, and he would, you know, waterboard you basically to get you to stop crying.

And she was just going on and on and she's like I used to yell at him to stop and and so, like all this stuff just started. But it just started pouring out of her and that told me that she never, she never. She put it all away like she didn't want to. She didn't want to, um, she didn't want to feel that, she didn't want to see that, relive that. And she's like I was a bad mom.

You gotta understand my mom lives vicariously through her kids and her grandkids. Like she would do, she could be laid up right now or in the hospital and she would find a way to come see you if you needed help. Like she just she just wants to do good for all her, all her um kids and grandkids and and so, like that was her putting it, putting some stuff aside, that that she didn't, that she didn't want to believe. So we had to, you know, we had to um come up with that stuff. But no ill will against that, no ill will against anybody. And so what does that do? If I had, if I had, if I continue to hold on to not continue, if I was holding on to resentment and anger and hostility, and where's that going to get me? I'm not free, there's no freedom there. So, in order to be free, you got, you got to give that stuff up.

0:38:11 - Julie

I agree. Well, and it makes me wonder what were they? What did they go through as children? What did they and their ancestors? Because this is multi-generational. What you're doing is you're breaking the cycle, so you're helping them heal, you're helping their ancestors heal, you're helping their ancestors heal and you're helping your future generations, your children and your grandchildren, heal, by you addressing this stuff. It's called ancestral healing.

It's a big thing that is interesting from an energetic standpoint, because when we can get to the place of saying, okay, here's why this person acted this way, and then we can talk energetically and telepathically to their relatives and their relatives and their relatives and you can see the pattern going through the Irish were so abused for so long.

Through the Irish were so abused for so long. And then, even when they came to America to build a better life, all of that was in their DNA all that suffering and how they were treated. And that's their only frame of reference, because a lot of them weren't well-educated. So you had the privilege of being educated and you had the privilege of knowing that you could create something differently. And it looks like you're doing a good job of it and continue to do that wonder and compassion and say, okay, what did they go through that made them act like that? And it's all fear, it's all based in fear. Your mother hid all that stuff away because she was afraid I'm sure I mean I'm surmising here for her own safety, for the safety of you guys and probably afraid, if she stood up to him, that he would abuse you even more, perhaps, and her at the same time.

0:40:19 - Bill

Yeah, that was very possible. It was a verbal thing between my parents. I didn't witness physical domestic abuse. It was shaming which to some extent, can be worse, longer lasting. Well, there are no bruises. When we were kids, Julie, when we were kids, our friends, it was kind of a joke, it's how we grew up. They'd get a spank on the butt from being home late or whatever, and it'd be like I wouldn't want to be Murph. He gets spanked and he gets punished and we don't see him for two weeks. So his dad's rough. It was that kind of thing. So it was. Yeah, it's just how it was. It probably goes back way, way back generations.

0:41:14 - Julie

Yeah, yeah, that's how it was taught. And in the Irish you go into the potato famine and you go into all those wars and all the other stuff. And then you go into the Celts and all those ancient cultures there that were all annihilated because of their beliefs. And it's really interesting when you go back that far and you see, okay, here's where this has all come about. And I think too and Ryan Irish, I believe that the Irish in particular, that's part of the reason why they have all that magic, you know, the rainbow, the pot of gold at the end of the rainbow, and the woodland fairies and the leprechauns and you know, and all of that because they needed something to help dissipate some of that struggle and suffering and all of that. And I think it's in every culture. Yeah, we have things along those lines. But Lucky Charms, magically delicious, right. But you know, you got the leprechaun on the box. It's so gross though it's disgusting, but it wasn't when we were five, you know, it was pretty good at that point, great marketing, great marketers, right.

Exactly. What are some basic tools that anybody can use to improve their lives? I know you teach this stuff. Can you give us just some basic things that people can use to help better their lives?

0:42:42 - Bill

Yeah, have a good routine, Get up early, go to bed early, switch out your bad habits. I coach a lot of people. We use the word success, successful people in mortgage and real estate. It's amazing, they need their two to three glasses of wine or their three or four beers, four, five, six

beers every night and it's, it's like but you're saying, yes, you're having some success in the, in the business, but you're, you're, you're missing your workouts, you're missing, you're, you know you're getting up late, you're, you're playing reaction game instead of being proactive. So, get your routines right.

And I always try to say get up earlier, go to bed earlier, bookend your day and swap out habits. So, if it is, maybe it's eating before bed, maybe it's snacking, maybe it's some things that you just you want to change. You know, swap out your bad habits. I'm going to give up sweets for 30 days and replace it with healthy snacks. Or I'm going to make sure I have a routine for 30 days where I work out every day and I'm going to go to bed earlier and I'm not going to binge watch Netflix. So, swapping out habits, having that routine Within that routine, that's my, my um, my, my solid.

So my routine is. You know, I get up early before everybody else. I, I, I, I, journal, I do journal, I, I do pray, I do, I do read a scripture, um, and I get my workout in every single day, every morning, usually before everybody is awake, and that way I'm not reacting to the world, I'm not reacting to the day, I'm proactive. So then, when stuff comes at me now, I also build a fortress up. Like you want to throw some adversity, some challenges, some things. Well, you know what I'm prepared. I already had my workout, I already had my prayer session, I already had my journaling. I did the things that have strengthened me, built that foundation for what life is going to throw at me today. So the routine is very important and the habits certainly are great tools.

0:45:05 - Julie

That's one of the things that grief counselors tell people when they've lost a loved one and they're really going through a tough time with grief is get in your routine. People thrive on routines. Babies thrive on routines. Little kids thrive on routines. Grownups thrive on routine as well. You talk about the power of everyday decisions. Is that where the routine comes in, or is there more that you can expand on about the power of everyday decisions?

0:45:37 - Bill

You know our choices. You know what are our choices. Are we making good choices or bad choices? You know, like I mean, if you're committed and you're sacrificing some things like how bad do you want it and what do you need to give up so you know it's like don't make a bad decision. Like you know, I'm in the middle of training for an Ironman in less than 30 days and like I'm not going to have alcohol. But you know, yesterday the family was all having some wine and I wanted to have some and it's like that decision to have it I would have regretted today and I'm glad I didn't. So commit to your decisions and choices every single day, because you need that. If you keep falling down and falling into the things that are going to take you off your goals, then you're not going to hit your goals and then you're going to justify why you didn't hit it. So it's important that you do make the right decisions and choices every day.

0:46:48 - Julie

You talk about nine principles to help people overcome any adversity. Can you give us a sneak preview? I know it's in your book, but can you give us kind of a sneak preview of a couple of them that you think can help anyone and everyone? Yeah, the unfinished business.

0:47:07 - Bill

That's the first chapter. We talked a little bit about that. The unfinished business is about forgiving yourself, forgiving others and sending blessings to yourself, sending others. The second part of the unfinished business is, you know, we live with regrets. I wish I did that back then.

I wish I did this, and one of the things is, if there's something that you wish you did, maybe you might be a little bit too mature and too old to do it now. But is there a version of something that you can do? Like you know, I should have been a dancer. Well, you know what? Maybe go take some lessons, maybe go sign up for some dance things that you can do. Maybe it was. You know, I wish I played sports in high school or college or whatever, and I didn't do that. Well, maybe you can get back into maybe some marathons or 5Ks or whatever you can get back into. Maybe some marathons or 5k's or or whatever. It's not too late. I wish I played that instrument. Well, why can't you try to take some lessons and play an instrument? I wish I did some artwork. I was really talented and I never really got into it. Go to go to a pottery class, like.

There's things that you can do that you wish you did, that you can still do some version of. So that's the unfinished business and that's kind of that'll soften the blow of anything any regrets that you're living. That's, you know, that's chapter one. We talked about building the routine and building your fortress. That's super important. The superpower of positivity we were talking about that. I mean it's the emotions and the feelings that we have. I mean, if we allow these negative emotions to overtake us, it's really hard to create. So the superpower of positivity is really going to help you be in creation mode. And when you are a victim, that's when you are feeling those tough feelings down below in your belly and you've got to break out of it. Feel the feeling, move on and get to that place of elated and higher emotions where it is the love, the joy, the peace, the happiness, the enthusiasm, the zest for life and that's where you can create the life that you want.

And we talked about success to significance. You can have all the individual success you want, but when are you going to start thinking about a legacy? Who's watching you? Are your kids watching you? Are your family watching? You want, but when are you going to start thinking about a legacy. You know who's watching you. Are your kids watching you, are your family watching you, are your peers watching you? Like, what are you doing to make an impact in leaving this place? You know, leaving this world a better place, you know. So start to think about what you can do to leave that legacy. And I think that's, you know there's. There's some of the some of the principles that we talked about.

0:50:06 - Julie

Okay, thanks for that. How can people learn more about you and your work and your philanthropy, and also your book? So tell us about those.

0:50:20 - Bill

Yeah, the book's called Thriving in the Storm. Uh, nine principles, uh, to help you overcome adversity any adversity. Um and uh, the website is thrivinginthestorm.com, or thebillmurphy.com. You can learn a little bit about, about me and what we're doing. Some blogs, some some of our podcasts are on there. Um, some of the some of our speaking uh engagements are on there. Some of our speaking engagements are on there and some of the things we're doing.

0:50:48 - Julie

Okay, One last question for you before I let you go, Bill. Why do you think we incarnate?

0:50:54 - Bill

I think we incarnate to bring a better version of this world. And, yes, there's some bumps and some things along the way, but it really does keep improving and society does keep getting better. Look at longevity, look at our aging process. We were ravaged by disease back in the day and we still live longer. Every generation still lives a little bit longer. So how can you live a life to be productive, not just for yourself, but for others?

0:51:32 - Julie

That answer. All right, everybody. That's it for this week. Thanks, Bill, for joining us and imparting some of your wisdom, and congratulations on how you've overcome all of these challenges in your life and continuing to do so and then sharing your wisdom with us. Everybody sending you lots of love from Sweet Home, Alabama, and from Massachusetts, too, where Bill is. We'll see you next time.

0:52:00 - Disclaimer

Thank you. Thanks for joining us. Be sure to follow Julie on Instagram and YouTube at AskJulieRyan, and like her on Facebook at AskJulieRyan. To schedule an appointment or submit a question, please visit AskJulieRyan.com.

0:52:15 - Disclaimer

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