

## AJR Marci Shimoff Transcript

0:00:01 - Annncr

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.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. Could happiness be a vibration of the soul, an energy we tune into rather than pursue? Marci Shimoff, world-renowned teacher and bestselling author, joins me today to explore how consciousness, gratitude and grace form the foundation of true joy. Join me and together we'll uncover how to raise your frequency, align with divine love and be happy for no reason. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Marci. Marci, welcome to the show. I'm so thrilled to have you join us today.

0:01:36 - Marci

Oh, Julie, I am so thrilled to get to be here. I know we've gotten to talk before and I've just had a blast getting to talk with you and you're just, you're awesome, so let's have a fabulous conversation.

0:01:49 - Julie

I got questions for you, girl Pages of them. You've inspired millions literally through your books the Secret and your Year of Miracles. How do you define a miracle and do you believe miracles are something we create, attract or simply allow?

0:02:09 - Marci

Oh, what a great question. I've been talking about this for years and it's never been asked that way. So a miracle? I'm going to use the dictionary definition of a miracle, which is a surprise and welcome event that can't be explained by science and that's often attributed to divine grace. So with that definition, we can't create miracles. They are a gift of the divine. What we can do is we can put ourselves in the flow of miracles, so we can put ourselves in what I call the miracle zone, which is that place where, when you're vibrating at that energetic vibration of the miracle zone, then all the amazing things that are out there and available they show up, that you notice them, they're there and you can receive them. So I think it's really a matter of us putting ourselves in that place where we are open to all of the miracles that are around us all the time.

0:03:12 - Julie

So miracles are happening, what I'm hearing? See, if I'm understanding this correctly, miracles are happening all around us, all of the time. We need to be tuned to a specific frequency, if you will, in order to really understand and witness that they're happening.

0:03:31 - Marci

I absolutely. Yes, that's a beautiful way of saying it. I mean, life is a miracle, the very fact that we're breathing right now and a gazillion things are happening in our bodies to allow us to be alive that we're completely unaware of, you know. So everything is a miracle if looked at that

way. You know, Einstein said there are only two ways to look at life. One is as though nothing is a miracle. The other is as though everything is a miracle. I think the everything is a miracle is definitely the way to look at life. But, yes, to be open to being in that place where you're vibrating at the frequency, where the miracles, where you see them, where you're noticing them.

0:04:09 - Julie

Is that a frequency or a vibration of joy?

0:04:13 - Marci

I would say joy and unconditional love.

0:04:16 - Julie

Yeah, Is it possible to stay there most of the time?

0:04:20 - Marci

You know it's been recorded throughout history that there have been beings. You know it's been recorded throughout history that there have been beings, often referred to as saints, who live in that state all the time. I actually believe that we are alive now on the planet at a time when it's available to not just the people that are, you know, meditating in a cave for 20 hours a day, but those of us who are living in this exact society, and the conversation is up everywhere. I mean, you have it every day with people and this is not an accident. This is like thrilling.

We are at a time on the planet where it's up for those of us who are interested in this conversation which means everybody who's listening to this right now, where it is accessible and available to each one of us. And I see more and more people who've grown up the way we grew up. I mean grew up just not unnecessarily the purest of lives. I grew up eating McDonald's, and there are people so many that are waking up left and right, and it's delightful to be in this conversation and to actually be experiencing more and more awakening all the time. Believe me, I'm the last person in the world that I ever thought would be speaking this way.

0:05:43 - Julie

We'll get back to that in a minute.

0:05:50 - Marci

Do you think that joy is our natural state? Absolutely, I believe that we are the divine, we are infused with the divine, and the divine is the state of unity, of oneness, of love, of joy. Those beings that, throughout history, have been referred to as the ones that were living the miraculous. They lived in that state of joy, bliss, truth, love. And that is our nature, and I think the reason that we incarnate on the planet is to wake up to that true nature of ours.

0:06:32 - Julie

I agree with you. I think all we have to do is look at a baby. Babies are happy, Unless they need to be fed or changed, or they're in pain or they're sleepy. And it's been my experience Marci I'd love to hear your take on this that when we sleep every night, we go back to the frequency of joy. We go back to the factory preset frequency of joy because our brains are rested and that's why spirit can communicate with people through dreams, sometimes more easily than when they're up and around and awake. Do you have any thoughts on that?

0:07:09 - Marci

Well, I've never actually considered that that is how spirit can come through people more easily. I can say for sure, I've certainly had that experience where, when the conscious brain is at rest, the openings happen more easily. I also think, though, sleep is, in addition to being that

opportunity for us to open to those states, I think it's also an opportunity for us to release stress as well. I think there's different parts of sleep where it's really a mechanism for releasing stress. Our dreams sometimes are more stress-released dreams than they are awareness dreams.

0:07:52 - Julie

I heard somebody a psychologist I believe say when you sleep at night it's kind of like your brain's getting washed. It's like going through the car wash for your brain, and I agree with you on that. I think there's been all kinds of research on that that our brains get cleansed and reset. I just say it goes back to the factory preset frequency of love and joy and spirit. You say happiness is 90% internal and 10% external. Is that right? 90% internal and 10% external? What do you mean by that?

0:08:30 - Marci

Yes. So, by the way, I just want to make one more little comment on that last thing we were speaking about, because, you know, is joy our natural state. It's so interesting when you hear the stories of people who have had near-death experiences and they consistently say that you know that there's really one question that we're asked at the end of our life is how much did you expand your capacity to love or to know that you are love? And then they speak about this just beautiful, incredible state of joy and love and light and all of that, and I think that so many people come back from those near-death experiences and their lives have shifted. I've always said wouldn't it be awesome? I'd love to have a near-death experience with that, I'd love to have the benefits of the near-death experience without having to go the near-death part. Let's take that part out.

So, yes, I do think that joy is our natural state. And so when you ask about happiness, so, yes, I do think that joy is our natural state. And so, when you ask about happiness, there's research on happiness that has shown that we all have what's called a happiness set point and it's like a thermostat setting and no matter what happens to us, whether it's good or bad. We will tend to hover around that set point unless we do something consciously to change it. So people win the lottery. You think, oh, that's all I need to do to be happy is win the lottery. Well, you would be happier for a few months, but within less than a year they found you would return to your original happiness set point. And the same is true of people who have tragedies. They tend to hover around the happiness set point. You come back to your set point. So the set point is the key, and here's how that set point is determined.

It is 50% your genetics, and you might right now be thinking, oh, what a bummer, I didn't get the good genes. Well, I'm going to come back to that in a minute, don't worry. Okay, it's 10% your circumstances. That is such a tiny piece of the pie, yet that's what everybody is running around trying to capture get better circumstances so I can finally be happy. But it's such a tiny piece of the puzzle.

The other 40% is your habits of thoughts and behavior, and that's what we can really shift to raise our happiness set point. Now I want to come back to that 50%. That's genetic. There are a lot of scientists in the field of epigenetics, like Dr Bruce Lipton who wrote the Biology of Belief, and they say that your genes can be changed or influenced by changing your habits of thoughts and behavior. So that means 90% of our happiness set point can really be shifted by what we do internally, and there is a whole lot more leverage in doing that than there is in trying to get that 10%. That's your circumstances to look perfect, because that'll never happen. And then it still doesn't matter. You can get all your circumstances working and you still are likely to not feel any different in your happiness level.

0:11:50 - Julie

That's a monumental statement that only 10% of our circumstances, that circumstances determine 10% of our happiness level Wow. So back to the genetics thing. Is that what people who practice ancestral healing are talking about? That it's in our DNA. We hear about Holocaust victims who died in the camps during World War II and they have grandchildren that have trauma that mimics people who lived through the camps and lived many more years afterwards. And we think, well, how can that be? Because those grandchildren never met their grandparents who died in the camps. Is that what the ancestral part is? Is that what the genetic part?

0:12:40 - Marci

is. I definitely think that is a part of it and you know, I I it's so interesting because I came into this life. I was born depressed. I came in. I came into this life with what I call existential angst. I had a great family, great parents, wonderful circumstances and I felt this dark cloud around me and I couldn't understand it and I have come to since get that.

I came in with, I think, ancestral PTSD or perhaps past life PTSD or a combination of the two, and so many people have told me that they've had that same experience, that you know their circumstances couldn't explain why they felt so depressed or why something happened to them and it just triggered, you know, such deep pain, even though that had never happened to them before in this life. So I do think that a lot of what we carry is the ancestral lineage and I also believe that we carry it so that we can heal it. You know there's so many of us who are in this conversation are healing the traumas of generations and they say, when we heal ourselves, we heal seven generations back and seven generations forward. I've heard other people say it's 14 generations. No, who knows what it really is, but I love that we are doing this and as we do it, we do the awakening for ourselves, the healing for ourselves, but it also serves all the generations, for so many generations.

0:14:26 - Julie

Did you find any kind of drama and trauma in your ancestral line? Have you looked into that Well?

0:14:34 - Marci

so I'm Jewish. I did not have direct descendants I mean direct ancestors who were in the Holocaust, but of course I think anybody. My parents lived through the Holocaust in America, but still it was very traumatic. But I also believe that it was my own experiences in other lives as well that, um, that is really cast uh, uh, that kind of that kind of uh, you know trauma on this life. But I also look at it now as an amazing blessing, because it's what drove me to deeply study happiness, because I wasn't happy. Had I been born happy, I probably wouldn't be doing what I'm doing. Who knows?

0:15:21 - Julie

You'd be a librarian or something. Yes, maybe. Yeah, who knows Well? And the part about the Holocaust, too, with the Jews. I mean, for heaven's sakes, the Jews have been persecuted since the beginning of time, so it didn't have to just narrow down to World War II. It could have been back in the days of Jesus, really, or even before that. You know Moses, yeah.

0:15:44 - Marci

Moses and I have kind of memories of that kind of situation. But you know what Every lineage has, that there isn't a lineage that doesn't have the trumpet in it. It just looks different, and so we're here for that healing.

0:16:05 - Julie

You have memories of being a slave in the Egyptian, back the ancient Egyptian times. I do Wow.

0:16:16 - Marci

Can you tell us about one of the memories that you witnessed? I've never spoken about this but I'm happy to. But it does bring tears, actually, because I, from the time I was young, I was kind of haunted by this image of being a slave in Egypt, having to keep on going and being exhausted and being whipped. But I, you know, to keep on going and keep on going, and so much of my life I felt so pressured to just keep on going. I would be on hikes when I was in Girl Scouts and I felt so much pressure that if I like stopped and rested on a hike, something would happen horrible. And so it's just I felt those kinds of images. I saw those kinds of images from a very young age and I never told anybody because it was too weird.

0:17:13 - Julie

And now it's cool. I think past lives are so much fun because we can oftentimes validate information that we receive in those past life scans. I don't do regression, I do what I call a past life scan and we can validate and corroborate the information we get with online historic documentation. I always say you can't make that stuff up, there's no way. When you get that validation, why are so many of us unhappy, even when life looks good to everyone around us?

0:17:47 - Marci

Yeah, because we were so mistaught. We were taught that we would be happy. You know, I call it the myth of I'll be happy when and it's always about something circumstantial. We were taught that our happiness is out there. So all of our attention goes out there when I get this and when I get that, and when I and Julie this. You know, I'm incredibly fortunate because I went down that path.

I was, as I said. I was born unhappy. I came out of the womb depressed, and when I was a kid, the only thing that would make me feel better was sugar. So I became a sugar addict because I felt better, I felt happier for a short period of time, and then I'd have the sugar dip and then crash, and by the time I was in high school, I was 35 pounds overweight. And so when I was in my early 20s, I decided I want to be happy, I want to get this thing that ever. You know, I this is why I'm I want to be happy, I don't want to be miserable. So I did what most people do, and that is I set goals for myself and I set five goals and I figured once I reached those five goals, that's it, I'll have everything I need to be happy, and I'll share with you these goals because I think a lot of people can relate to these. I wanted to have a successful career helping people. I wanted a wonderful husband or life partner, fabulous friends, a comfortable home and the equivalent of Halle Berry's body a comfortable home and the equivalent of Halle Berry's body. Now I got four out of the five. I have Halle Berry's body, but I have a healthy body, for which I'm very, very grateful. It's working very well for me. I'm almost 68 and it's gone strong. So I worked really hard, Julie, to get all my ducks in a row so I could finally be happy.

And I will tell you I had a turning point moment. It was in 1998. I had three books in the top five on the New York Times bestseller list all at the same time. I had just given a speech to 8,000 people and I had autographed 5,432 books. In fact, a client had hired a massage therapist to keep massaging my hand so I could keep on signing and on one hand I felt like an author rock star.

But I remember after signing that last book I went back to my hotel room, which was the penthouse suite that my client had gotten for me and I walked over to these huge windows overlooking Lake Michigan. I was in Chicago and I took in that view and I turned around and collapsed onto that bed and burst into tears. And I burst into tears because I realized that I had done everything I thought I knew to do to be happy and it did not work. I still had that emptiness in my heart that I had had as a kid and I realized that I could no longer fool myself into thinking that just that next thing would do it, because I would get that next thing and it would do it for a day, a week, a month, and then I'd be back at square one.

So that's when I said I am going to dive headfirst into the study of happiness and I interviewed a hundred unconditionally happy people and I started doing what they were doing. And I interviewed all the top researchers and I started doing what they suggested and within a fairly short time I started getting happy, truly deeply happy, and that was so thrilling to me. Within a few years I felt like my life was completely different from the inside out, and that's why I decided to write Happy for no Reason, because I saw that that stuff out there that we were taught was the Holy Grail is not. And if it were, if money, fame looks success. If all of that was the key to happiness, we'd have a lot more happy people right now in Hollywood.

0:22:03 - Julie

Well, good point. Do you think that part of the equation is that we're here to create and that's why we finish a project and then something else comes up, and then we finish another project and then something else. We come up with something else, even to the point where, when we die and we all go to heaven, we're in heaven. What are we doing? We're creating our next incarnation. Is it a possibility that that's just part of human nature is to create.

0:22:38 - Marci

I think definitely that it is part of human nature is creation, but I think it's a question of where are you creating from? Most people are creating from the ego. I need to create. I need to have this happen so that I feel better about myself. People who are living more in the miracle zone are creating from the soul. They're creating from a space of alignment with what is in there, what they're being called to, not from that place of ego, but from a place of love, and so the difference is I call it the difference between ego-based intentions and soul-based intentions. You can achieve an ego-based intention you know I want to make X amount of money or whatever. You can achieve an ego-based intention, but it likely won't bring you the fulfillment with it that a soul-based intention will, and a soul-based intention is something that makes you feel expanded. Oh, I'm doing what I'm here on the planet to be doing having this conversation with you. This is expansive versus when you're feeling contracted in what you're doing. That's probably from ego-based intention.

0:24:01 - Julie

I want to come back to that and do a deep, deep dive on ego-based versus soul-based. Back to the circumstances determining our happiness. Why is that line of thinking so problematic?

0:24:18 - Marci

because we expect the fulfillment to come from out there and it never does, just like the research on happiness shows it's 90% internal. So you can see and I know everybody who's listening I know that you have had the experience of meeting someone who is deeply joyful inside. They may have nothing and there's just this inner joy. And then you've met people who have everything and they are some of the most miserable people on the planet. So it's not about those circumstances that will dictate this experience. You know, when I was in the Secret, I was interviewed in the Secret. I don't remember the question, but I said this and I just it speaks to this point. We think that success is going to bring us happiness, but it's the opposite. Happiness is what brings us greater success and what it does is it brings us the fulfilling kind of success. You can get success, but not fulfilling success, unless you're coming from that place of greater alignment and joy.

0:25:40 - Julie

What's success to you at this point? What was it when you first started on this journey and what is it now?

0:25:48 - Marci

I would say that when I first started on my journey it was the outer stuff. I would say that when I first started on my journey, I would say that when I first started on my journey it was the outer stuff. It was what I had been trained. Success was the getting on the New York Times list and speaking to lots of people and how many books have you sold and all of that. Now, success is truly doing exactly what I know to be doing and living for me and living in a place of joy and alignment and where this moment is joyful. It doesn't matter what this moment involves, it's just this moment.

I am in the state of joy. It's not about the what. It's about the who am I being? And ultimately we want to get most cosmic on it. It's about who are we identifying ourselves to be. If we are identifying ourselves to be this personality, this person that's in this body in this lifetime, that's kind of limiting and I don't think we'll ever have that kind of joy that we're speaking of. But the people that I've seen that are experiencing like the true joy of bliss of life, they recognize, they have an experience, not an intellectual understanding, but they have the experience of being one with life, of being the divine, of being love, not getting love, being love.

0:27:31 - Julie

Speaking of moments, was there a personal moment when you realized success wasn't enough?

0:27:40 - Marci

you realize success wasn't enough. Yeah, I would say that moment, when I had just signed all those books in a penthouse in Chicago, a penthouse in Chicago, that was the moment where I went this is not going to do it, I can't fool myself. This kind of success, it's great I'm not saying that it's bad but that kind of success, when it's come from a place of, ah, this is just my joy and my destiny to do, and without an attachment to the results, that's where there's true joy. I mean, that's a high bar to not have it, you know it's. It's, it's um high intention, low attachment, it's. I do what I'm here to do and I can't control what the outcome's going to be. People may like what I say, people might not like what I say. I just know that I'm saying what I'm here to say, and and, and I don't have an attachment to what, what, what the outcome is, because my worth doesn't depend on that outcome. Looking a certain way, Right.

0:28:47 - Julie

We find that in communicating with spirit too, people oftentimes, when they want to talk to a deceased loved one's spirit in heaven, they have a preset idea of what their loved one's going to say and they think it's going to be something that's really going to be so profound that it'll give them guidance for the rest of their life and they'll come in with something that's just seemingly so benign and oftentimes hilarious. And I tell my clients I say I couldn't control what they said when they were alive. I certainly can't control what they say when they're deceased. I'm just the reporter and I just give you what they're saying and it may be a vision of something, it may be a statement or a phrase. Certainly, when we get the conversation going they speak in sentences, but they're big about images and they're big about making their loved ones laugh, especially if they're in grief, which goes back to our discussion earlier. Of all, spirits are pure love and joy.

0:29:52 - Marci

May I share a story about my father that I again. This is not something I've often shared, but because of who you are and what you do, Julie, I thought you'd appreciate this. So my dad was my hero. He was the happiest guy I ever knew. He just he woke up every day. He said he said every day that I'm breathing was a good day, and he lived to 91, just great, great guy. And when he died I had always wanted to have a sign from him. I wanted to be communicated with, and so about a week after he died I was going to sleep and I said to my husband I haven't gotten a sign yet. He hasn't talked to me yet. My husband said you know you're a little impatient. It's only been a week.

So we go to sleep and we're awakened at 3.33 in the morning. Now we have a cosmic number. For us it's 3.33. I don't even know where it came from, but we wake up to an alarm at 3.33. And my husband and I we look at the clock and go oh my God, what's going on? And we try to fiddle with the clock and that wasn't the alarm. And we go through every room in the house and we can't figure out where this alarm is coming from. Finally, we get to the foyer area and there was front door where I had set up an altar, a little picture of my dad and some flowers. And I looked at my dad and I said dad, is this you? And as soon as I said, dad, is this you? And as soon as I said dad, is this you? The alarm stopped. It was like wild out of nowhere. We didn't touch anything, nothing happened. So I'm like, oh, that was so cool, so I go back. We go back to bed and I said to my husband that was so great, but I want another sign, just to make sure. And my I goes oh, come on, you gotta be kidding. But we go to sleep and 15 minutes later the alarm goes off again. This time we don't go through all the rooms to find out where it's going off, we go directly to my dad's picture. I said, dad, is that? Because I needed a second sign. And the alarm stops.

Next morning I had a contractor at the house who was working on a totally separate project and I told him about the situation. I said you know, can you fix? There must be a short in this alarm. And he goes to look at the whole alarm system. He said, marcy, your alarm system is not set up. There is no electricity going to your alarm system. It is physically impossible that the alarm would have gone off. I said, well, that's my dad, so I'm sure you hear stories like that all the time and I just, it was my first true experience of knowing really life. Man, it just keeps on going. I knew it, I had thought it intellectually, but that was my own experience of wow, that's so cool, and I'm sure you've heard thousands of those stories.

0:32:44 - Julie

I have, I have, and they're always fun, and I always think you can't make this stuff up.

0:32:50 - Marci

There's no way. How does that affect your life knowing this? How do you live your life differently, knowing this?

0:32:59 - Julie

Well, that and my 12 phases of transition. What happens as we're passing? That we're surrounded by angels and the spirits of deceased loved ones and pets and they lead us and they greet us and lead us into paradise, and then we're in paradise, with them in heaven. That's what I call paradise. So how it's changed my life is it's kind of like bring it on. If that's the worst thing that's going to happen to me is I'm greeted with angels and my loved ones and my deceased pet spirits that I loved so much and I'm going to be with them in heaven, okay, whatever I'm going through is not that big of a deal, because if that's the worst thing that can happen, okay, bring it on. Yeah, yeah, it really helps negate the fear. I think of so much of the fear that we experience as humans. It's just irrational, it's fake news, it's false and we suffer over it.

0:33:58 - Marci

It's in the cells, which is why we need, I think, the healing, because it's fake, but it's somehow stored somewhere. I'm just curious what your thoughts are.

0:34:10 - Julie

Some of it is A lot of it is just using our imaginations to envision things we don't want and we get in this hamster wheel of well, if that happens, then that's going to happen, then that's going to happen, and then I'm going to live my life homeless and starving on the street. Really? No, you're not. And it's a matter of thoughts don't have a meaning, so we nip them in the bud when they're all. Thoughts that feel badly are based in fear. So we discern is this a real fear or a

fake fear? And 99% of the time it's a fake fear. So keeps us out of fight or flight, because the body doesn't know any differently between real fear and fake fear, and we lose clarity. Not to mention we're in a chronic state of inflammation, which is the root cause of all disease and illness. And when we lose clarity, then we go in that black hole of if this is going to happen, then that'll surely happen and it's just nonsense.

0:35:08 - Marci

We're making it all up. You know what's really helped me. Along those lines I agree with you completely. One of the principles I have in Happy for no Reason is don't believe everything you think, and research shows that the average person has 60,000 thoughts a day and for the average person, 80% of those are negative. It's the negativity bias we inherited from our caveman ancestors, who needed to remember the negatives in order to survive. But we don't need that the way they did. My friend Rick Hansen calls it the Velcro Teflon syndrome. Our minds are like Velcro for the negative they stick, but they're like Teflon for the positive. The positives slide off, and what I found is that happy people have reversed that tendency. They Velcro the positives so that they are more sticky and they Teflon the negatives more.

0:36:04 - Julie

Well, and you talk about developing a life of joy as a habit, developing joyful thoughts as a habit. Tell us about your philosophy on that point.

0:36:16 - Marci

Well, what I found is that there are seven main areas. I found there were 21 happiness habits. There are seven main areas that they fall under, and I created a metaphor or analogy. I call it building your inner home for happiness, because I know it's hard for people to remember seven of anything. So I will go through this metaphor and what I'm going to ask you to do, and I'm going to ask you to do, and I'm going to ask everybody to do, is to identify where are you the weakest? Because wherever you're the weakest, that's your Achilles heel and that's where you need to work on to raise your happiness set point. So a home has seven main components. It's got a foundation, it's got four corner pillars, it's got a roof and it's got a garden. And here's how this relates to the seven main habits of happiness.

The foundation is taking responsibility for your life and your happiness. So are you showing up as a victim in life? You know you're a victim when you're blaming, shaming or complaining or are you showing up as a victor in life? Or you know a co-creator of life? So that's the foundation. Then there's the pillar of the mind, our thoughts, what we were just talking about, the pillar of our heart. Are you living open-heartedly? I've never met a happy person who had a closed heart. Happy people are generous, they are loving, they are compassionate, they are loving, they are compassionate, they are kind with others and with themselves. Really important point, and that's a big point. Yeah, that's a big point.

Then there's the pillar of the body. Do you have the biochemistry of happiness? Do you have enough endorphins, serotonin, oxytocin? That's, by the way, that was my Achilles heel and where I needed to start. And then there's the pillar of the soul. Do you feel connected to the bigger energy of life, whether you call it God or creative intelligence, or the divine, or nature, doesn't matter. Then there is the roof, which is your purpose in life. Are you living an inspired life, doing what you're here to do? And then, finally, there's the garden, and the garden is who you're surrounded by. Do you have a lot of roses and gardenias? The people who uplift you, or do you have some weeds? Those people who are choking out your happiness? So those are the seven main areas.

0:38:34 - Julie

Is it possible to have both achievement and fulfillment? Absolutely.

0:38:40 - Marci

That's the whole point in life. If you have the true kind of achievement, the achievement that is that soul-based achievement that's coming from that inner listening to the soul and that love and joy, you're going to have fulfillment along with it. So that's the whole point. What's the point of having achievement without having the fulfillment that goes with it?

0:39:08 - Julie

Yeah, I agree. You say we want to live in the frequency of love. What's the frequency of love?

0:39:16 - Marci

And I would probably even refine that and say the frequency of unconditional love. So it's not the love that we, you know, it's not the pitter-patter love of, oh, I'm in love with my partner or whatever. It's the state of love. It's that love that life is at, life is vibrating at the state of love, and I don't. It's one of those things that's really hard to put words to, things that's really hard to put words to, but you know it when you're around it, Know when you're in a field.

I have had the great blessing to have been with some very high beings who are living the state of love and there is no mistaking that, the energy that's around them. I remember once I was in a small group meeting with His Holiness the Dalai Lama, and before he came in there was a guy in the room that was really there was maybe 25 people there. There was a guy that was really negative and I remember thinking, oh, wow, how is this going to go up when you're meeting with the Dalai Lama? Dalai Lama walks in and he's so beaming, there's just so much love. It's an energy field around him that you cannot not feel and within a few minutes, even the really negative guy just had this big smile on his face and it's just. It's an energetic field. That is the basis of what life is, and I think all the other stuff is superimposed over it. That's the best I can do to explain it.

0:41:01 - Julie

And back to babies. Babies are joyful, you know, people are around babies who are laughing and cooing and smiling, and that are around babies who are laughing and cooing and smiling and that. And you put babies with puppies or babies with dogs and their tails are wagging. And I saw a video online, I think on Instagram, maybe yesterday, and it was about bringing babies home from the hospital after they're born and their first meeting the family dog. Oh, those dogs are going nuts. Their tails are wagging off their bodies and they're so excited and they're sniffing the baby and they're just. It is pure joy to watch that.

0:41:41 - Marci

I have to go to those videos, you know. Yeah, and one of the happiness, one of the top happiness chemicals is oxytocin, and oxytocin is what helps us feel bonded or connected with each other. And babies and puppies, man oxytocin. I heard that just I have a new puppy, fairly new, she's two, she's just awesome. And I heard that petting a dog for five minutes just creates an enormous oxytocin rush.

0:42:14 - Julie

I feel it, so do hugs, yes, hugs. Hug your partner, hug your spouse, hug your children. In the morning, start your day that way. My husband Tim, I always that's first thing in the morning I get great big hugs from him. It's great, it starts my day off, you know, better than any breakfast cereal ever could.

0:42:38 - Marci

We actually have a practice that we do most mornings and that is it's an appreciation practice, Such a simple thing. We play the appreciation game, where we tell each other a couple of things that we appreciate about each other, and it's what starts our day. And I'll tell you that turned our relationship around. We were having a rough patch and we were on a walk with the

beach with some friends who had been married 35 years, so happily, and we said what's your secret? They said well, you're not going to do it because it sounds so silly. We said no, we'll promise we'll do it for 30 days. Tell us what it is. And they said we just tell each other every day, for two minutes when we wake up and when we go to sleep, a couple of things that we appreciate about each other.

0:43:22 - Julie

Oh, how wonderful, Really awesome. I do that on my own, but I try and hug Tim all night long. He says I'm like a heat-seeking missile in the bed. You know this big California king bed. There have been a couple of times since all these decades we've been together where he's gotten out of the bed and gone over to the other side because we sleep on about a quarter of the bed. He's on his side and I'm on his side with him. About a quarter of the bed. He's on his side and I'm on his side with him. She's like a heat sinking missile. But I say that's just because he's a radiator man I'm snuggled up next to him all night. How funny. Back to the happiness is a habit concept that you teach. Where and how do we begin to make happiness a habit? It's a good thing to talk about it, but how do we do it?

0:44:17 - Marci

Yeah. So the first step I tell people is to find out where are you the weakest, because that's where you need to start. So, different people some people it's their thoughts, some people it's who they surround themselves with, some people it's their heart they need to do heart opening things. For me, it was the body. I didn't have enough happiness, chemicals, and there are some specific, simple things that you can do for each of those, and I'll give you an example. This blew my mind, but it works. There's a practice. It's called a sunning meditation.

I learned it from a Chini Tsong master named Gilles Marin and he said if you do this twice a day for two minutes, within a week you will reset your serotonin levels, and your serotonin is what makes you happier. But your serotonin also feeds your melatonin, and melatonin is what helps you sleep well. And when you sleep well, then you wake up in the morning. The quality of your happiness is more dependent on the quality of sleep you got last night than it is on your marital status or your income level. So what you want to have is a healthy serotonin and melatonin balance, and this exercise will do this for you. So if you have any trouble sleeping or if you find yourself feeling just a little bit this isn't for heavy duty depression, but if you just find yourself feeling a little down, try this and what you do is you go out in the sun and I'll tell you what to do when you don't have any sun in just a moment. But you go out into the sun and I'll tell you what to do when you don't have any sun in just a moment. But you go out into the sun and you face the sun with your eyes closed Super important. Close your eyes, okay, so close your eyes, face the sun and imagine the sun's rays coming in through your closed eyelids and going into the middle of your head, hitting the pineal gland, warming up the pineal gland, warming up the pineal gland, and then you allow that warmth to warm up the whole, your whole body, through the central channel of your body. If you do that for two minutes in the morning and two minutes in the afternoon, for a week, you will have reset your serotonin melatonin levels.

If anybody comes to me feeling slightly down, that's the very first thing I tell them to do and it just, it works like a charm. It's quite simple and remarkably effective. Now, if you don't have sun. Even if it's cloudy, you can feel the sun's rays coming through. So even if there's clouds and you see like a little glimmer of sun, allow that warmth to come in. It doesn't have to be bright sun, but if it's raining or you can't get outside, you look at something beautiful in nature. So that could mean looking at flowers or looking at trees in front of you. So nature also helps produce greater serotonin. It won't do it as powerfully as the sun will, but it's a good. Second.

0:47:17 - Julie  
Sunglasses off?

0:47:19 - Marci

I'm assuming Sunglasses off all glasses off. You want the sun's rays, the energy from those sun's rays to pour in through those closed eyelids into stimulating the pineal gland.

0:47:32 - Julie

I go for walks in the morning and I always say I'm such a sun lover, I need to have the sun, and even if it's for 10 minutes, you say, oh well, it helps you be healthy, it helps my mental health, and then that helps the rest of my body. But yeah, I do it every morning. Unfortunately, I live where the sun shines most days of the year, or if it's not out, it'll be out before the end of the day, whereas I grew up in Ohio where it's gray, a lot in the weather and I just I need the sun.

0:48:05 - Marci

Yeah.

0:48:05 - Julie

Yeah, that makes perfect sense. I'm gonna adopt that. Does community play a role in?

0:48:12 - Marci

happiness Huge. We are so impacted by the people around us. You know there's some research that shows that we're influenced by the top five people around us. You know who you spend the most time with. There's also research that shows that we emit chemicals in the atmosphere that people pick up on all day long. You know, you walk into a room where two people have been fighting and the fighting is over and you can still feel the tension in the air. It's because there's chemicals that were released into the atmosphere that we pick up on. So how we are emanating impacts us. They say that your happiness affects at least five people out, meaning the people you don't even know. So you being happier impacts your neighbors, sons, school teachers, cousin. So it's not just us, it's. Who are we surrounded by and how are we emanating out to the world?

0:49:13 - Julie

Are those chemicals the same thing as pheromones? Yes, okay, because I always think of pheromones as like sex hormones or something.

0:49:23 - Marci

I think there's more than just the pheromones. So I'm not knowing, I'm not remembering the exact name of all of the chemicals, but yes, I think that those are amongst them.

0:49:33 - Julie

So it's a chemical and a vibration. It sounds like, yes, interesting. You say energy is contagious. I agree with you. How do we stay in a high vibe when others around us are snarky or depressed or feeling blue?

0:49:52 - Marci

Yeah. So the most common asked question I get is just that. And I say there's two things. The first thing is you build up your emotional immune system. You know if you are around a bunch of people that have a cold and you don't want to catch that cold, what's your best bet against catching the cold? You have a strong physical immune system and then you can be around those people and you're not going to catch it. It's the same thing emotionally.

If you're around a whole lot of people that are negative, but you've got a strong emotional immune system, you've built your own inner sense of happiness, their negativity is going to bounce off of you more. It's going to be more like water off a duck's back. You will not absorb it as much. So the most important thing is that Build your own happiness level and then it's just it's not going to, it's not going to grab you. It's just it's not gonna grab you, it's not gonna

trigger you. But the second thing is boundaries. You know, take care of yourself. If being around certain people for a long period of time is challenging, limit your time or limit the conversation. You know you don't have to sit there when somebody's complaining to you for 10 minutes about what happened to them at the bank. You can say I'm happy to listen to your story for a couple of minutes and then we need to move on and I can't stay in that mode of complaining. So you get to choose how you are around other people. We're not a victim of other people's states.

0:51:34 - Julie

Well, and that's so prevalent at the holidays, when Uncle Harvey comes in and Uncle Harvey is just like Debbie Downer and everything he talks about, let's say, is a complaint of some sort.

And where I go with that now and at this stage of my life is I listen to him, but I come from a place of compassion and I think what got him to this place in his life, this loneliness I find is hugely responsible for a lot of the medical illnesses, especially in the elderly. They're lonely and as they're lonely, they're depressed a lot of them. So what I find is helpful is to go back and ask them a question about their life, maybe as a young person, as a child, tell me about what it was like to grow up in Poughkeepsie, and it changes their frequency instantly. And people with dementia too, you know. You go in and you talk to them about most of them have long-term memory that's still intact, a lot of them depending on where they are in their illness progression, and you can just see the joy on their face when they're talking about something that's in their past that brought them joy, and it changes the mood instantly, yeah. Or you turn on music.

0:53:06 - Marci

That will change the mood faster than any. Yeah, I agree with you completely. The question I love to ask people when they're off on a tangent is I'd start many conversations with people saying what are you most excited about right now in your life? Yeah, great conversation going.

0:53:26 - Julie

Yeah, yeah. Well, and back to music. I always joke. I grew up in the disco era. You can't listen to disco music and be in a bad mood. It's not possible. You can't, I know, I know it's hilarious.

0:53:41 - Marci

I grew up in that same era.

0:53:42 - Julie

Yeah yeah. I was a sorority advisor at the University of Alabama, a volunteer sorority advisor, for many years, a dozen years, and one night I was at the house and 450 girls in the chapter and they were going to some frat party and it was a disco party and they were dressed in disco clothing. I said I don't know where you guys are getting your information. I grew up in the disco era. We didn't look like that. It was so funny, oh my gosh. A couple more questions as we're winding down here. You say happiness isn't selfish, it's a service. How is happiness a service?

0:54:21 - Marci

The happier you are, the more you are giving to the world. I think it is the least selfish thing that you can do is to raise your happiness level, because as you are happier, everybody else around you becomes happier. There's a beautiful Chinese proverb that I love to share. That sums up, I think, why we're having this conversation, why all of us are here, and it goes like this it says when there is light in the soul, there will be beauty in the person. When there is beauty in the person, there will be beauty in the person. When there is beauty in the person, there will be harmony in the house. When there is harmony in the house, there will be order in the nation. And when there is order in the nation, there will be peace in this world. And my prayer and my

wish for every single one of us is that we know that light in our own souls and through that we help create more peace here on this planet of ours. That certainly needs that.

0:55:16 - Julie

Beautiful For those who want to start today. Yes, what's the simplest science-backed first step?

0:55:25 - Marci

Oh, the simplest one we've just spoken about is gratitude. Let's, just right now, in this moment, where you are sitting, what can you be grateful for? In this moment, I can tell you, I'm grateful that I, that you and I got to connect a few months ago and we're having this lovely conversation, because I feel like I've I've met a soul sister. You know there's so much. I'm grateful that there's gorgeous trees outside. What are you grateful for right now? Because I tell you what us sharing our gratitude, everybody else feels that they catch the gratitude bug. So what are you grateful for, julie?

0:55:58 - Julie

Well, I'm grateful for this conversation and I'm grateful for the technology that allows us to not only have it, because we're in very far away places from one another, and grateful that it can go out to people all around the world through that technology.

0:56:18 - Marci

I'm grateful that there are so many people that are interested in these conversations these days as well. Right, right, this awakening that's happening on the planet.

0:56:27 - Julie

I agree. Last question, ms Marcy why do we incarnate?

0:56:32 - Marci

We incarnate to remember the truth of who we really are love, joy, the divine. That's the whole reason for being a human being is to recognize the divine within.

0:56:46 - Julie

Fabulous. I have a new name, a new nickname for you. You can poach it if you want. Okay, all those big seminars you do with all those people, I think you're the fairy godmother of happiness.

0:56:59 - Marci

Oh, thank you, I love it. I need a little wand. I will find a wand.

0:57:08 - Julie

I know, wings. Thank you, you're the fairy godmother of happiness. I wore a wingy kind of outfit today yes, you did, and it's beautiful for those of you that are listening and not watching. You have boiled down something that eludes so many people in this world and it's sad that it eludes so many people in this world, and it's sad that it'll lose so many people and you've been able to simplify it in a way that's actionable by anybody. It's free, it's convenient, it works in any situation and it's going to help people, not only themselves, but everybody that's around them. So to me, you're the fairy godmother of happiness.

0:57:52 - Marci

Thank you, I so appreciate that and you know, that's why I actually call all my work happy. For no reason. It's that unconditional happiness, that for no reason, just the being of happiness, being in that state. So well you are. I wish I had a moniker for you, but I'll come up with one,

because you are the fairy godmother of fabulous, instigating, great questions and fabulous conversations. So thank you. Thank you, thank you.

0:58:22 - Julie

How can people learn more about?

0:58:23 - Marci

you and your work. They can go to [happyfornoreason.com](http://happyfornoreason.com), or [youryearofmiracles.com](http://youryearofmiracles.com), so that's where I talk about living a miraculous life. And then happy for no reason.com is all my work on happiness, and there I actually have a free gift for everybody. That is, all 21 of the happiness habits, along with specific practices that you can do for each one of the happiness habits, along with specific practices that you can do for each one of those happiness habits and the happy for no reason assessment. That tells you where you are on the happy for no reason scale.

0:58:59 - Julie

Wow, that's a great gift. Thank you for providing that. Alrighty everybody, let me know how you're being happy. Let me know what techniques you've learned from Marci and you've integrated them into your daily life. That'll be fun to see what kind of comments we get from all those great suggestions you made Marci. In the meantime, sending you lots of love from Sweet Home Alabama, and from California too, where Marci is. We'll see you next time. Thanks for joining us.

0:59:32 - Annncr

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](http://AskJulieRyan.com).

0:59:45 - Disclaimer

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