

THE TRULY AMAZING LIFE SHOW

with Aaron Kennard

EPISODE # 29

MICHAEL MATALUNI'S LIFE IS TRANSFORMED BY GRATITUDE FOR THE DARKNESS OF THE PAST

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Aaron: Alright. Welcome to the Truly Amazing Life show. I'm excited to have a recent friend for mine here, Michael Mataluni. We met at the New Media Exchange I believe this year. And I'm really looking forward to having Michael on the line. How are you doing today Michael?

Michael: I am excellent. How are you Aaron?

Aaron: I'm doing fantastic. Thanks. Thanks for being on here. Michael had me on his podcast actually the other day and he runs a company that's a holistic wellness company and he's out of Orlando, Florida. And he is basically interested in teaching parents how to put the oxygen mask on themselves first so they can be better parents and live better lives. And, I want to dig in to that on what his company is, what he does and he runs this other podcast and everything. But Michael, I'm going to let you share a little bit about that. Tell us a little bit of what you're doing, what you're up to today.

Michael: Yeah. I actually started the podcast just as something I was passionate about doing. It wasn't anything I was planning on going to business with. It was just, I had a friend who actually mentioned that he had been you know, watching our family on Facebook and wanted to know what we were doing to have so much fun and get out there and so, it kind of stuck me and I was like, what are we doing? You know. So, I have always been kind of a personal development junkie. I'm always about, how can I get to some of the root causes of my beliefs and how they're affecting my life and how are they making my life better and so, I'm always challenging myself to be better and do better. And I wanted to get out there and share that with world. And that's kind of how it started. The idea is that you can't be a great parent unless you really begin to be happy with who you are.

Aaron: That's cool. So, you started from this as passion you just want to share and turned into your business. Is that what you're doing for the most part now for most of your time?

Michael: I'm sorry you cut off there a little bit.

Aaron: Sorry. So it started with this passion of just kind of sharing. When people are asking you why are you so happy and stuff and then it's built in to you now. You're running a whole business partners and everything to on this mission is to help people right?

Michael: Yeah. We have a big (inaudible) goal and we really believe in the big why. You have to have a huge why to drive your smaller goals and your smaller tasks. So, our big (inaudible) goal is to create community centers in our city to help kids, you know, teach them about art, music, dance, sustainable agriculture. Really give the society back to the people who need it the most and so that was my driving force and kind of starting this in helping people to do the personal development. And that is what has given rise to the business and now, all of the products that we offer. And it's just been this huge insurgence of people and ideas and products that had given us kind of a life and you know, put some wings on our business.

Aaron: That's really cool. I want to hear more about that. But I want to talk about, first off, what is it that makes life truly amazing to you right now?

Michael: Having the ability to do what I love to do. I love talking to people I love. And that's the most fun part for me in our show. It's just like I'd get to speak with people who are doing amazing things and connect with people who are you know, just make me better and, so that's really what I'm passionate about. And so, having the opportunity to do that on a daily basis. And then, you know, spend time with my kids and we just have a whole lot of fun and then my wife is an amazing woman. She's a blogger and so, you know, getting our ideas out there and really looking at the world as it is and say, okay, accepting the world as it is and going, okay, there has to be some positive change, there has to be more energy and life injected into this planet than there is now. And that's really what wakes me up every day.

Aaron: That's cool. I love that. That wakes me up every day. Why does having the ability to do what you love to do makes you happy? I'm curious (inaudible)

Michael: Yeah. Well it's funny you mentioned that. I actually with my first interview is it with this gentleman named Jay Forti. And he developed an

entire program called “The Greatness Zone” and the idea behind “The Greatness Zone” is that you’ve got to know in life what you’re passionate about. Okay, for example. If you are in your office and somebody comes to you and says, hey, they’re doing this thing for volunteers. And you go, oh, and you just have to do it even though you’re not getting paid. That’s how you know you’re passionate about. That’s important. In addition to knowing what your passion is, you got to know what you’re good at. So, you know, a lot of times, people will be you know, you’ve seen a lot of American Idol that they’re hugely passionate. They love to sing, they’re so passionate about it but they suck unfortunately. And so, you know, you’re not good at it. So, you’re not going to show up big in the world. You’re not going to be your happiest and your greatest when you’re showing up to a job every day that you’re not passionate about or that you’re not good at. So, the idea is to figure out how do we begin to uncover, not create, uncover, because everybody’s got within them, what you’re passionate about. So, we’ll take people through a whole process of figuring out what they’re passionate about. And then, we’ll take them through a whole process of figuring out what they’re really good at. And then, we help them figure out, okay, so now that you know what you’re passionate about, now that you know what you’re good at, let’s put those two things together and let’s take a look at what an amazing life looks like to you. So, that’s where that big why comes in. You know, what do you want to see yourself doing 10 Years down the road if finance were not an issue? What would that life look like to you now that you have that vision for an amazing life for you? You know what you’re passionate about. You know what you love to do. Now you’re stepping up big and greatness zone. But, there’s still a problem. You don’t know what the world needs. And so now, what we do is, we help people take a look, okay, what are the big careers or what are the big jobs or what are the big businesses or what are the big movements or what are the charities that you can plug in to or what’s going on on your community that you can plug in to that is a perfect fit for your passion, for your potential and for you purpose? That’s where we really think we could see the big change in the world.

Aaron: That’s really cool. So, that is essentially what you’ve gone through is the focus of your business then?

Michael: Correct. So that’s one of the focus for a holistic company do we believe in mind, body and spirit healing. So, we give the podcast away for free just to help parents. We have a 5 Parent Technique Chatter which is our free ebook on our site just to help people of persona development. You know, so that’s kind of the mind aspect and then, the mind spirit aspect is what we

do with the greatness zone and we teach life's possibilities program. We teach people how really step up into the world in a big way by uncovering what their inner purpose is.

Aaron: Is that a live program you teach?

Michael: Yeah. It's a live program. It's a 4 Hour program. It's \$129. We will come live for 4 Hours. And, we're also looking into doing that as a live webinar as well. And then from that, you can take those tools and run with it or we offer coaching program that we walk you through it on a consistent basis. So, we offer live support. I'm a certified greatness coach and the person who certified me is a certified APEC Coach. So, we're very grounded and solid coach principles. Well, we add in this element of greatness zone. This element of you know, you may go to a greatness coach and that's wonderful and to get something specific. We want to help you get to the deeper, your deeper purpose and then coach you on that. That's kind of the only difference from a certified life coach that we offer. And then so, that's a live program. And then, we do the coaching as well and that's kind of our mind, spirit portion of our because we incorporate meditation, we incorporate affirmation, virtuosity or gratitude into that. So that's kind of our mind, spirit approach. And then we also offer that body approach and we believe that, you know, I've got one of my team mates or one of my partners, a certified fitness coach, and then we also offer you know, some of those extraordinary nutritional products on the planet to help people get that aspect of their life under control, reduce toxicities, flush their systems, you know, really create great health, and you know, when you're aligned on mind, body and spirit, then you are in a place where you can really step up into your greatness. And that's kind of our approach to our business.

Aaron: That's really cool. Very broad, I mean, kind of like you said in the beginning, a very holistic and that's what that means is, is your focus on the mind, the body, the spirit, the whole view of the person and wellness. Is that right?

Michael: That's exactly right.

Aaron: That's super cool. Loved to hear about what you're doing. Tell me Michael, has it always been, have you always felt like you've loved what you do and you've just absolutely loved your life and thrilled to wake up every morning or has there been a time when you felt differently than that for you?

Michael: Oh yeah. It's definitely been different than that. Well, I'll kind of walk you through backwards a little bit. A restaurant manager by trade, I have been a chef, I have done pretty much everything you can do from dishwashing to serving to busting tables in the restaurant industry and I love the restaurant industry. Got to love hospitality, I love taking care of people, you know, I'm an empathizer, I really love understanding and looking at people from all different walks of life and I'm fascinated by sociology and psychology and so, all these things in my life you know, that was my major in college was psychology and philosophy. You know, I was totally passionate about sociology. And so, I'm just am a huge, you know, I'm really interested in people and how they interact and how they engage in the world. And so, I'm always looking for a better way, right? How can we engage better? How do we act more peacefully? And all that sort of stuff and so, that really came from a childhood of going through some significant mental trauma. You know, I've been through a lot of things and, I would never change anything in my past because it gave me everything that I have today. But, there are a lot of challenges in my childhood that caused me to begin to question what was this life really about and you know, so I got into drugs and alcohol when I was a very young man and you know, it was kind of numbing.

Aaron: How come?

Michael: Because I was numbing the pain.

Aaron: From what? Take us, tell me more, why were you in so much pain? What was going on?

Michael: Yeah, very similar circumstance. My brother was into drugs and alcohol. And so, I walked right down her path and so, what drugs and alcohol tend to do is they take you on this high highs and these really low lows. And so, I was used to that growing up.

Aaron: So, how old were you? Like, when you were talking about that.

Michael: Well, when I started getting high, I was probably 15-16 Years Old.

Aaron: Yeah.

Michael: And then, and you know, before that, just having observed my mother go through her rollercoaster of ups and downs caused me to not have a very consistent of understand of what was expected of me as a child. So, one day, something is acceptable and the next day, it's not. And I was very confused about that. So, I went to, I did the same thing. I just went to the

drugs and alcohol as a crutch and used that to, and I actually found some amazing things down that road. You know, I really, to be quite honest and pour on the table, that put me into psychedelic and psychotropic drugs and I did MDMA and acid and LSD and you know, so I got into all those drugs and you know, what kind of expounded in me was this idea that this connection and you know, this energetic level of you know, who we are and what our humanity is and then going into philosophy and psychology and beginning to study these things in a very deep level and looking at the quantum physics, the nature of reality. And so, I got really deep into these stuff and I was still using the drugs and alcohol and sort of that crutch. So, it wasn't until later in life that I was able to step away a little more from these things and take a deeper look at what was the true nature of reality and what our connection was and is to each other that begin to meditate and take a more holistic approach to this very esoteric yet practical understanding of the world.

Aaron: Interesting. So, when you mentioned, there was a lot of mental trauma caused by that confusion and those ups and downs of how you were raised. Is that was causing the mental trauma?

Michael: That, oh, absolutely, absolutely. You know, I was always safe. And you know, that was the biggest things my parents thought me was, my dad was all about safety and security, always had a good house (inaudible) to live in. He always had a good job. He wasn't necessarily happy in those jobs, but he always hits his safety and security was number one for him. He always provided for us. And then, my mother always offered unconditional love no matter how wild or crazy the party was or what was going on in our lives. I always knew I was loved deeply. But there is this, it's spiritually I was okay. But mentally, I was just on this rollercoaster of I don't know what the (inaudible) to do. I don't know what the expectation is of me. I don't know who I'm supposed to be or what I'm supposed to do. And I'm just kind of feel like I've been hung out there to dry.

Aaron: And what did that do for you? Like, when you say mental trauma, what was the resulting, what was your life like because of that? You said, you're using drugs and alcohol as a crutch but, was there this deep sadness or happiness? What was it like?

Michael: Yeah. There is a deep fundamental sadness. It was, again, I felt that unconditional love but I just, I felt a disconnect from the world. And you know I was a little kid, I was a small kid, you know, I have braces, glasses, when I got on the bus going to high school. You know, I'm this little brown Italian kid with glasses and braces because I look Indian. And, you know, I was like 4

Foot nothing and the first thing I hear is, are you on the right bus? And then I remember tripping all the way to school and I just remember this, my childhood being so out of place. Like I never felt like I belonged anywhere. And so that, it made me have to go inside. Like, I couldn't rely on being a popular kid, I couldn't rely on being cool, I couldn't rely on an emotionally balanced home life, I couldn't rely on any of that to really help me and so, I had to go inside and start to really ask some profound questions of myself and you know, who I am and what I am in order to start to feel some confidence in my life. I wasn't able to rely on anything superficial.

Aaron: When did you start asking those questions? Was that before or after using the drugs as a crutch to get through it?

Michael: I think I start, for as long as I could remember, I can remember looking inside the mirror and saying, why am I me? Like, I think that was one of the first memories of kind of that internal look into perception and reality. Like, I remember as a probably a very, very young man you know, looking, thinking in the mirror and saying, why am I me? Who am I? What is this? And so, you know, it was that curiosity when I was very young, that kind of led me into these more psychedelic drugs and trying to understand the world in a new way. And that's what ultimately led me unto studying Hinduism, Buddhism, Daoism, Christianity, Islam and I wanted to get to the bottom of why all these religions, where they came from and what was the center of each of them? what do they have in common? what's different? And why is it causing the world not to live this one and united in love when that's the basic core message of them all?

Aaron: That is a great question. Why is it causing the world to not live in love but that's the core question of them all which is great.

Michael: Right.

Aaron: True. So, we could explore what you've found out on that. I wanted to keep doing on this vain of, so, you went to the drugs and then at some point, sounds like you moved that off and into other ways of exploring. Tell me about that transition.

Michael: Yes. So, that was pretty much. I mean, I was doing both at the same time. And so I was getting into college. You know, I had friends who just had ridiculous amounts of LSD at all times. And so, you know, we were doing a lot of that you know, I was at the same time studying philosophy and studying psychology and quantum physics and I was trying to bridge this gap between

my perceptions and what was being understood in the rational world and the logical world. And so, you know, beginning to take an experiential journey and a rational journey, a logical journey around this phenomenon of perception and reality. You know, it's struck a within me very deeply and so, as I was doing this, I'm starting to do the drugs less as I get older and continuing on this path of understanding, that's what led me in to, I actually dropped out of college and hiked the ablation trail in order to go "find myself" which I later realized is very, very silly because we're already found. It's just a matter of, what am I creating in the world. And so, you know, I did this trail and I had the most amazing experience and I ended up, I met a yoga teacher from New Jersey, Keith Barkwood. He was an amazing guy and he was also a marine so, we're hiking a trail while trying to find ourselves. And so, we're about 8.

Aaron: While trying to find yourselves. Isn't that kind of a funny image? I'm like, I'm hiking the trail. I'm trying to find myself. Wait. Here I am. I'm right here the whole time.

Michael: Yeah. Wherever you go, there you are.

Aaron: It reminds me of this video game like, when you're playing those racing video games, sometimes you can change the view of where you're actually. Like, you see yourself out in front of you in the game or you can change the view towards like real-time where you don't see the actual player, It's like you're in the game. That's what's that reminded me of when you said that. It's like you're playing the video game of life. You're in real-time. You don't know where you are because you can't see the player. You're always like looking for him. But if you click that view button, you can kind of like, cast yourself outside, you can now see the player. Oh, there he is, he's playing the game.

Michael: That's such a great analogy. I love that. And you know, maybe I was going to find myself, but I was really going to find these other people.

Aaron: Yeah.

Michael: These amazing people. And so, we met and we hiked about 800 Miles and I did 100 Miles barefoot just for fun.

Aaron: Wow. Love it.

Michael: Yeah. So, and then, we ended up hitch hiking.

Aaron: Did you get like major injuries from going barefoot for 100 Miles?

Michael: No. No, no. We did about 8 to 10 Miles a day. So, you know, it wasn't too bad then we would take whole days where we would just sit around on a mountain top and just shoot the shift for an entire day.

Aaron: People are always like, harassing me for running around town barefoot and they're like, you're going to get hurt, stuff on a bottle, like, I guess. But it feels pretty good.

Michael: I hate shoes. Literally, if I play football with a kids on the street barefoot. It does not bother me at all.

Aaron: I hope we're turning away all sorts of people that think we're total whackos. No, I hope we're not turning you away. But hey, we're okay with our whackness. So, don't worry.

Michael: I have learned to embrace my weirdness. I learned to embrace it.

Aaron: Exactly

Michael: So, yeah. We're like 800 Miles into this trail and then my buddy, he sets up, I swear to God. We were like laying in a hospital. He sits up in the dead of sleep and he says, Buckingham, Virginia. And I'm like, Keith, what are you talking about? What's in Bucking, because we're in Virginia and he says, Buckingham, Virginia. And he goes, there's Yoga Asham in Buckingham, Virginia. It's like, 50 Miles from here, let's go. Let's ditch the trail and let's go. I said, okay, that sounds good. So, we hitchhiked like 50 Miles to this Yoga Asham and we show up unexpected and they're like, don't know what to make of us and we just tell them who we are and Keith who would knew somebody who'd been there before. So, they let us come in. And this is an expensive place. Like, you have to pay some money to go here. And, so we actually end up going there and they let us just work and we get to Yoga classes, eat vegetarian food, and there is this beautiful temple in the middle of the lake and it's just incredible. I learned how to meditate. So, that was like, one of the precipice of me moving from the drug and alcohol. Stay away of altering perception into this kind of more holistic approach to alternate perception.

Aaron: And so now, that's a lot of, I appreciate you for sharing that experience. It's so openly and helps us just feel more deeply. Who you are, where you've come from and the journey that you've done. I think it's really helpful for me to hear that and understand deeper. So, when I hear you talking, it gives me the lens or the perspective to hear it from and don't know

where you're coming from. And so, you moved into meditation and stuff. How did that shift? How did that change for you since then? Since making those changes.

Michael: Oh. It's absolutely enormous. I think that my thinking is changed because one of the things that I always use is to feel is that, okay, you know, if I could just stop drinking or if could just stop smoking then I could move on with my life. And then I could do better and it feels like, I think that's backwards thinking. It's a matter of mind shift. So, for me, it's the thought I think. It's the meditations I do, it's the vision board I create. You know, and so, as I begin to redefine who I am mentally through the use of I am statements, through the use of gratitude in meditation. So, you know, when I sit in meditation, I'm not just trying to empty my mind, I'm literally trying to create something new and re-create who I am based on my thinking pattern. So, you know, I am at one of my biggest affirmations is I am happy, healthy, wealthy and wise. And so, by thinking that, then I take actions that are based on that and other experiences, the other behaviors that begins to fall by the way side as opposed to me, doing something that I didn't want to do. Let's say, my goal is not to drink today. And then, I have a drink and then I feel ashamed and depressed and these different things. I think that's that shame spiral that people get into and what I help people with is to change their minds and say, you know, to think healing thoughts, to think beautiful thoughts of themselves. To look in the mirror and say I love you. And by increasing that sense of self worth and that sense of self confidence, then the behaviors that bother you less and they fall away more. And you can begin to change the way you live, not by chastising yourself or the things that you don't like about yourself by thinking more and be more appreciative of the things that you do love about yourself or the beliefs that you can create about yourself.

Aaron: And I love that. So for you, focusing on this discovery of who you are. These "I am" statements. Focusing on the truth of who you are allows these things that are less desirable to just fall away. Is that what happens?

Michael: Yeah. Exactly. And it's like, that's the thing like, the truth of who you are. If you believe you're a scumbag. That's the truth of who you are from your perspective. And so, you're going to live that life, you're going to live that out. And so, if you believe that you're a passionate, loving empathetic person, then, that's the life you're going to lead. And that's the truth for you. So, you know, everybody's got their own truth but it's not this you know, that's where I say, you know, you can't find yourself because if you try to peel away and find yourself, then, whatever beliefs you have, that's what you're going to find. So

instead, why not create yourself. And I think that's where we have this huge opportunity as people and as a society to really transcend these old beliefs and create something beautiful and new.

Aaron: Interesting. So for you, when you kept asking yourself that way, you're younger, who am I? What am I? Have you discovered for you what that is who you are? Or what does that mean to you now when you ask that?

Michael: Yeah. I think it's an evolution every day. I think there is a core spiritual absolute truth. I think we're all connected and we are one and we're all existing as individuals in this sea of energetic reality. And so, at the end of the day I do believe there is a world of the absolute. But, I believe that this world is subjective. It's based on perception, it's based on what is hot versus cold, good versus evil. So, there are these dualities in the world we exist in. And so, you know, understanding that, gives you an ability to make a choice, give you to choose how you exist in this world. So now, that I have experienced the darkness, now I can make a choice to you know, be the light. And so, that's where I think we have this extraordinary opportunity moving into this brave new world is we have a choice. Are we going to continue to go down the path of darkness or are we going to choose the light. And so, yes, I do know who I am. But who I am changes every day in this reality.

Aaron: That's a very interesting perspective and I like how you said that you believe there's an absolute truth, this feeling that we're all connected, we're all one. This feeling of love and unity that we all share. Kind of like the Aspen Grove that is one individual tree but it's all connected underneath the ground but in a spiritual sense I guess. And then, that whole subjected world piece where you get to choose your reality. And you get to decide what you're going to believe and not becoming your truth. I think sometimes people can hear if they're close like, no, this is absolute truth. Well, you know, I like the way you put that. Well, there are some absolute truths but there are also some subjective truths that depending upon what you decide to believe, right? Like, what's true for you is maybe not true for somebody else because it's a different perspective.

Michael: Well, that's exactly right. And I've (inaudible) of these spiritual teachers and you know, it's like, you look at Jesus and I see so many things that Christians accept as absolute truth that Jesus never said. And so, you know, when you look at some of the things that he actually said is the kingdom of God is within. Well, you're not saying that the kingdom of God is within the Bible. He's not saying that the kingdom of God is within your perception of your reality saying it's within. So, instead of trying to deduce

everything based on one spiritual text or one person's principles, if we begin to look within, then we find those that sincere connection within humanity and within all of existence. That is where we can begin to find common ground because saying that you know, my book or your book or your book is the absolute truth. That's not what the greatest spiritual teachers in the world said.

Aaron: Well, in an interesting analogy I've used for that and I love that by the way. I find it kind of just crazy when some people who are supposedly Christians who supposedly live, how Christ, you know, who preached love, unconditional love and lived that way will then be like, no, I hate Buddha or this person because he wasn't a Christian that this doesn't make any sense to whatsoever to me because that doesn't line up with the Christian belief.

Michael: No. You're right. It's absolutely mind boggling. And then you go, okay, so, I can't remember Christ being a Christian. I'm pretty sure he wasn't. Anyway, sorry.

Aaron: I was going to say, the analogy, we could open up a whole can, we take up for another hour so we can get to know this, but I love this discussion and the openness with which we come from different beliefs because we both come from such different very backgrounds (inaudible). What I'd like in the analogy which I've heard recently. Or heard just kind of recently, it's just like, if you think that column or like a pillar, say, there's a pillar standing right in the middle of the room. And I'm standing on side of the room looking at the pillar. You're standing on the other side of the room looking at the pillar. What is this pillar? Like, what's the truth about this pillar? Well, from my angle, it looks like this and it's got this light shading on it right now or it's got this mark or scar. From you angle, that scar doesn't exist. It's the same pillar. We're looking at different limited beliefs. We almost have to see. I have to look at it from your perspective, the other person's perspective, to look at from all and I can't see it all from every angle. It's the same core truth in the sense that we're talking about this absolute truth of love and unity. We all look at that. We're looking at it from those different perspectives in order to really have this empathy and love for each other. I think humanity, we didn't have to go around the pillar and look from the other person's side and see what they're seeing.

Michael: Yeah. And I think that's exactly right and it's that empathy that the greatest spiritual teachers in the world never shared. And so, you know, to that point, it's interesting to me because you know, you hear a lot of people from very rigid religious belief system say that, there is no subjectivity, there is absolute truth and I agree, I just don't think that what we failed to

realize is exactly what you just said is that we're all looking at that from a different perspective. We're all seeing it from a different angle, from a different perception. And I think a lot of times, the reason that people are so rigid in their belief systems and why people need to believe what they believe in order for their beliefs to be, in order for them to feel whatever they need to feel is because they don't necessarily believe it enough.

Aaron: There is some kind of fear there.

Michael: That's fear. That's right. So, if I'm fearful, then I need you to believe what I believe. You know, it's like,

Aaron: I need you to validate what I believe because I want to make sure that it's right. And then, there's something in that, this is cool stuff, fascinating stuff. I want to get into, a kind of a wrap background around the beginning. We talked about how this affects your life and we started off by talking how you're doing things rather. So, I want to finish by giving people your contact information. How they can get in touch with you and the great work that you and your company are doing. But, I just want to wrap it by saying, so, you've come through this process of a lot of trauma, a lot of really difficult challenges that it seems like your grateful for because they've made you, they've given you what you have and your perspective and I just want to say give your final wrap up thought of just what you've learned, your experience in general that has led you to being able to live in peace and live what I can see is a truly amazing life. Living these principles of love and remembering who you are and being happy and this perspective that you've given. Tell us what kind of advice you'll give to people on getting that path and give us your contact information of where people can find you.

Michael: Yeah. Thank you. I guess for me, it would be to say, whatever your darkest hour is, whatever your most tragic or tormented experience in life is, take a leap of faith and give thanks for it. And I found that by giving thanks and gratitude to the darkest of days of my life has given me so much more appreciation for the experiences that I've had and how I can begin to make that shift into something better for myself, my family, my community, my kids. And so, I would just say, find a way to be grateful of where you're at and by doing that, what you'll notice is that you can begin to see opportunities, things will jump out of you that you never thought were there and I think, we have a significant possibility and you know, I believe in universal enlightenment. I believe it's possible. And so, in order to move through the past, we've got to appreciate it and begin to let it go and we've got a lot of tools and resources

in our work in our free podcast, in our free ebook that walk people through these processes of exactly how to do that.

Aaron: That's awesome. Thank you so much for sharing that. I get that consistent theme on the Truly Amazing Life show is the theme of gratitude for every single thing and I guess that makes sense because every time I hear that, it proves the statement that everything is conspiring for your benefit and you can find, everybody that I talked to affirms that thing. Through their experiences they see how those things are there to help them somehow and they find gratitude for them. And I love to encourage people to do find that gratitude for the past as well as to start to move to a place of being grateful for everything in the moment of that because that's where you can move to, you can even be going through pain and challenges and find a level of gratitude while you're going through some intensely difficult things once you've reached that point, so.

Michael: Yeah. I absolutely agree and you know, we live in that relative world, we live in that subjective world where by experiencing pain, pleasure can be experienced, you know, without that pain, it's very difficult to understand and what pleasure truly is. So, there's so many ways of understanding but being grateful I think is the absolute key or bottom line. So, you can find us at kickassdad.org or you can download our free ebook, 5 Parent Technique Myth shattered from there. You can check us out on, you can check the podcast there at the site or you can go to iTunes, just search kickassdad in the searchbar, you can find us on Facebook, Twitter at [kickassdad1](https://twitter.com/kickassdad1). We'd love to hear from our listeners, we love to kick it around and we have a really good time.

Aaron: Yeah, you guys do. I've loved your attitude, your friendship approach, you're just, it's enlightening, it's encouraging. So, I encourage people to check them out on the website and I'll put all the links to this and the show notes on the podcast. So, if you go over the trulyamazinglife.com/podcast as well, you'll get all the links right over to my site. Thanks so much for being in the show Michael. A really cool conversation and how it twisted and turned. We talked about all of the stuff and we held off on talking about some stuff but we could be gone into for a long time right?

Michael: Oh yeah. Oh yeah.

Aaron: But it was fun.

Michael: We can do this all this.

Aaron: Yeah. I know. It's super cool having you here. Thank you so much for sharing and though, some of the insights you've shared from your experience I think is very valuable for people to hear. So, looking forward to sharing this with everybody and with that I'll let you go and have a fantastic day everybody.

Michael: Thank you Aaron, you too. It's been a pleasure.

Aaron: Alright.

The Truly Amazing Life Podcast showcases inspiring people who live a Truly Amazing Life.

They share their transformational stories and key insights that enabled them to start living a life full of passion, love, fulfilment, and joy.

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Thank you in advance!

- Aaron Kennard