

HUMAN POTENTIAL AT WORK

Host - Debra Ruh



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Debra: Hello, this is Debra Ruh, and you're listening to Human Potential at Work. I'm very, very excited today about our guest. He has been a man that I have followed his work for many years, and he's been very instrumental in my life. And so just absolutely thrilled to have Dr. Joe Vitale on the program. And I'm also being joined today by my producer and partner, Doug Foresta.

And so welcome, both of you, to the program. Joe, we are just thrilled to have you on the program today.

Joe: Oh, thank you. I've been looking forward to this. I've been ready to rock and roll and talk about miracles.

Debra: One of the first things that I wanted to ask you is about this idea of many people are familiar with you from The Secret. In your new book, The Miracle, which by the way I want to let people know they can go to MiracleBook.info to check out the book we're going to be talking about.

One of the things I know that you talk about is this idea that the missing secret. Can you say a little bit about -- many people are familiar with The Secret, but you talk about how The Secret was great but people didn't realize it was missing some things. Can you say a little bit more about that?

Joe: Yeah, I'd be glad to. I talk about it at length in the new book called, The Miracle, but this is something I don't think enough people have heard about, let alone talk about, let alone implement. I love the movie The Secret, and whether I was in it or not I'd still tell people, go watch The Secret, go learn about the law of attraction.

But I also know we have to go deeper than that. And the missing secret is the understanding that the law of attraction and your desires and intentions work on your unconscious beliefs, not your conscious thoughts. So when people are watching the movie The Secret, or they first learn about the law of attraction, they think to themselves, "Well, all I have to do is sit and visualize and meditate and

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maybe do a few affirmations and then my soulmate will show up, my new car will show up, my bike will show up," and they don't have to do all that much.

And that could happen. I don't dismiss that at all. I believe in magic and miracles. That could happen. However, most people have a counter-intention in their unconscious mind, that vetoes their intention. So they may sit there and say, okay, I watched The Secret, I know the law of attraction, I'm visualizing more money, but where's the money?

And the reason it's not there is that they have unconscious limiting beliefs about money, like money is bad, money is evil, money corrupts, money will hurt me, money will change my life, make me lose my friends. There's all kinds of beliefs that they may have unknowingly. And if they have those beliefs, they will stop themselves from attracting the very thing they want, whether it's money or anything else.

That's the missing secret. We have to go deeper than just the conscious thoughts. We have to work with the subconscious/unconscious mind, and that's what my work has been mostly about. Because when you take care of the unconscious/subconscious limiting beliefs and counter-intentions, the things you've been wanting show up almost instantaneously. It's accelerated. Why? Because there's no longer any blocks in you.

Debra: Joe, once again, I followed your work for many, many years, and I of course am very, very interested in having as big of a social impact as possible, especially when it comes to making sure that all of us are included, including people with disabilities. I remember watching The Secret over and over again, and being fascinated by it, and then people around me were fascinated. I found some people were really focused on just materialism. I'm going to get that new car. Nothing wrong with having things, but I was very curious about how do you use it for great social good.

And so at a time, especially in the United States, where a lot of people are feeling very scared, very troubled, very worried about the future, I sometimes almost wonder if we didn't all participate in the -- all the media and social media that got President elect Trump in office, if that wasn't the power of attraction, some unconscious things as you were saying. And I hope that he's a great president, I really do. I just want the United States to really grow.

But I'm curious with the new book, and I am so excited about reading the book, I think it's really powerful work, how do you apply it for great social change, great social good, especially when a lot of people are feeling disenfranchised?

Joe: Yeah, it's a great question. It all begins inside. And what we really have to do is take back our power. Too many of us are feeling like victims and we feel disempowered because we looked on the outside and we give our power to it,

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thinking it's what's controlling us. My message and the message of many of the self-help authors and success authors, is all about working from within. Working from within. And that's what this new book is about, *The Miracle: 6 Steps to Enlightenment*.

It's all about working from within. So if we're looking on the outside and we don't like something out there, we're not approving of some of the things that are going on, we can't fall into the trap of thinking that we have to change the outside. We have to come from within. Now, this is advanced thinking. It may be more metaphysical than what most people want to go, but we can look at it as purely psychological as well.

Because everything that we perceive on the outside, we perceive within ourselves. It isn't on the outside; it is within us. If we judge it as good, bad, indifferent, needs to change, does not need to change, I wish this was different, all of that stuff, these are all decisions that we are creating within ourselves. We have to begin to look at life as a kind of mirror reflection of our consciousness. When we look out there and we don't like what we see, it's a reflection of our belief system.

So we want to change our belief system. When we change our belief system, we get a different reality. Now, each person has to do this, but only a segment of the population doing this together can change the entire planet. There's 30-some studies that prove that group meditation, group conscious change will influence the entire population many times bigger than the group that's practicing the meditation or the affirmations or the change.

So this is really a time of individual leadership and self-responsibility. We need to quit giving our power away and hoping that somebody else will lead us out of the muck, and we need to be the light that we were looking for. And that all begins within. I know this is a short interview to convey all these thoughts, but that's why I wrote the book. *The Miracle* is all about us taking our power back, going through these different steps, these different processes, to eliminate the beliefs that are creating a reality we don't like, and now start to consciously, intentionally create a reality that we prefer. It all begins with us, now, today.

Debra: I'm going to just say something and then pass the mic over to Doug. But I think that is why every one of us need to go out and buy your book, *The Miracle*, because as the election unfolded, I got myself a little afraid and I started realizing that, wait a minute, Debra, you can still add great value. And I think this is a very powerful time in the world and in the history of the world, and I was so excited to get an advanced copy of the book because it is something that sometimes when I get really afraid, I just need somebody to help me step-by-step-by-step, and I love the steps, and I think it's very powerful.

Doug, I'm going to turn it over to you.

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Doug: Sure. Well, Joe, I really think that this is a book, it's just the right time for this. What you were saying reminded me of something that you say in the book, about the meaning you give an event is actually the belief that attracted the event. I was really curious about what you meant by that.

Joe: Yeah, I'm proud of that thought. It's like a Zen Koan. It makes you stop in your tracks and you go, what? I've sent it out over Facebook, I've Tweeted it over Twitter, and I've seen people stop in their tracks and really have to meditate on this idea that the meaning you give an event is actually the belief that attracted the event to you.

And so I explain it in the book, The Miracle, and what I'm really saying here is when you have something that occurs to you, and it could be what Debra was talking about with an election and you get somebody that you may or may not have wanted in office, what meaning do you give that? How do you describe it?

Or take another example. Maybe something happened at work or happened in a relationship, and then later that day you have a beer or drinks or wine with a friend, and you start relating the drama and you tell the story. And then you sum it up by saying something, and it could be, "This always happens," or "I knew this was going to happen," or "I've never had good luck with men," or "I've never had good luck with women," or, "I can never bring enough money in. It always works out that way."

That explanation was the very belief that attracted the experience you are talking about. It is your unconscious mind trying to cause or trigger an awakening within you. It is bringing the event into your life experience, so you can become aware of the beliefs you have in your life. At that point, when you focus on the beliefs, you can then use some of the processes I talk about in the book, The Miracle, to change it. But this is the whole point, that the things that are showing up in your life are often reoccurring. I knew a guy who got married seven times, and two of the times was to the same woman. And it becomes obvious at a certain point that there's something playing out here. And when something reoccurs in particular, like somebody still has money problems all the time, well why? What is the belief that's showing up?

When that person starts to explain their behavior or explain their situation, their explanation reveals their beliefs about what caused it. This is something that sometimes you need somebody else to listen to you. This is why I invented Miracles Coaching many years ago, because I found that you get faster results when you have somebody who can listen to your story and reflect back to you some of the beliefs that you didn't even know you were saying.

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I mean, I was a musician, as you may or may not know, and recently I went to Melissa Etheridge and I had a songwriting lesson with her. And I'm sitting in her home and I'm in her home studio and I'm talking about music, and she looked at me at one point and she said, "I'm hearing a limiting belief in you." I didn't hear it. I didn't hear it. An observer, who is detached from me who was listening in present time with me, was able to hear it and reflect it back to me and at that point I went, oh, wow, I didn't even know that was there.

So sometimes, you may need a coach, like I've got Miracles Coaching people can check out at MiraclesCoaching.com, but the whole point of this, I think life is about awakening. And what we're awakening to is how we're constructing our own reality out of our beliefs. But we can become aware of our beliefs, we can change our beliefs, and as a result we can have a different reality, a better reality, a happier, loving, more bountiful reality. And this is all what I explain in the book, The Miracle: Six Steps to Enlightenment.

Debra: So Joe, how does it work if, say that you are an individual with disabilities and you believe that the world just doesn't value you? It's sort of the same thing because it's a belief that I have. I could turn that belief around and also say -- so I'm going to say this and then I'm going to disagree with myself. I can turn the belief around and say, well, I actually do believe that many people in the world do understand that I'm a human being, I'm a person with great potential.

And so I think sometimes we all get caught up in society and as individuals of trying to figure that out. Somebody said to me when I was visiting Norway a couple of weeks ago, they said, well, one thing I noticed with your presidential elections, neither side listens to each other. And I thought, oh, that's a really good point. And he said, so you have a lot of followers on social media, Debra, but I bet you a lot of those followers believe the same things that you do, that we all add value, there's human potential in all of us.

Is there a social consciousness belief that we have to worry about? Once again, I understand you wrote the book to help with some of these really in-depth questions and beliefs, but how do we get out of our individual way, and do we need to worry about getting out of the collective belief way at the same time?

Joe: Great questions. Well, there are such things as collective beliefs, and most of us are unaware of them because we attract people into our lives that are somewhat on the same wavelength. That's the law of attraction there. And we tend to attract things we love, we hate and we fear. And so sometimes we attract things into our life or other people into our life because of our hate, because of our fear or because of our love.

All of this is in the realm of beliefs. We still have to go within each individual. This is an individual job; each person needs to do it. But as they are looking

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within themselves and changing their beliefs, the individuals affect the collective. They affect the little groups that they've already been in, they affect the social arena that they are in, they end up affecting the entire planet itself. But it all begins by working within.

For example, I saw the movie the other day, there was a television remake of the famous book, Pollyanna. Now, Pollyanna came out in 1913, and it made an impact in the world. It started getting people to believe in hope and possibility. And the book and the movie is all about the glad game, and I loved it. I thought, why are we not doing the glad game now? What we need to be doing, each one of us, is looking for the good in all the situations that we have been nervous or fearful or doubtful about, whether that's in politics or society or any dimension that we happen to be. It could be in your workplace. Whatever it is, we want to play the glad game. And the whole focus of the glad game is not whitewashing reality and saying, oh, all of life is great. It's not that at all. It's looking at situations that you may have deemed bad or other people have deemed bad, and you find the glad in it. You find the good in it.

I have a piece of art I bought a couple of months ago at a restaurant. I just love the slogan on it. It said, "Train your mind to see the good in every situation." Train your mind. And I loved it because of the phrase "train your mind". It implies that you have control over your mind. You don't need to fall into the victim mentality that says it's all bad or this leader is going to destroy the free world or us. You can train your mind to see the good. And that's what I think each one of us needs to do.

As we do it, we change our life individually, and we change the society and culture that we happen to be in, and as more and more of us do it we actually end up elevating and awakening the planet. But it all comes back to the individual. I need to do it. You need to do it. Doug needs to do it. Your listeners need to do it. Individually, we affect the collectively.

Doug: For me, one of the things that just was a real kind of -- the thing that really clicked for me in reading *The Miracle*, as you said, there's nothing wrong with *The Secret*. *The Secret* was intended to give people a beginning point of view, right? It was an introduction. It was not the last word. Would that be fair to say?

Joe: Absolutely. I've said that many times. I think I say it in the book, *The Miracle*. I love *The Secret*. I love the law of attraction. But these are introductions to laws and principles that we need to look at more deeply. We need to go to school on this and actually learn how to create our own reality. *The Secret* introduces a principle. It doesn't even fully explain the principle. It just says, hey, there's something called the law of attraction. It can help you have, do or be what you want in the world. 20-some experts are in there, including me, reconfirming and explaining that whole concept.

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But that's like kindergarten. We've still got to go through first grade, through junior high, high school, college, all of that, to actually -- well, life is continuous learning anyway. I'm still reading, learning, getting coaching. I'm still working on myself. I think we all need to do this, because life is the process of awakening. We don't just suddenly stop because we think, "Oh, I got it now." We're not done. We're still sharpening the saw. We're still improving ourselves. And that's what I'm trying to explain and help people do in the book, *The Miracle*.

Doug: It's funny, the other day I was pulling out of a parking lot, as you do, put the car in park and hit the gas, and the car was just really sluggish. And I'm like, what's wrong, what's wrong? It's not working. And I realized I had the parking brake on. It took me a minute, but I realized I had the parking brake on.

To me, that's kind of how I see -- one of the things I think is so wonderful about *The Miracle* is that you helped me realize this idea that I could be visualizing things but I've got the parking brake on in my thoughts.

Joe: Yes. Oh, that's a great story. In the book, I tell this, I think it's a hilarious story, about me driving home from a dinner at an event and noticing and even complaining about all of the other drivers not seeming to see me. They're pulling out in front of me, it's at night, even bicyclists don't seem to notice that I'm driving. So I'm driving at night, going and complaining. On the highway, people pull out in front of me. And I'm driving 40-some minutes until a cop pulls me over. And then he pulls me over, and I'm perplexed. I'm like, why in the world is he pulling me over? What's wrong with all these other drivers? And I roll down my window and he says, this is a really beautiful, luxurious car to be driving without your headlights on.

And it was all me. It was all me. All that time I was complaining about everybody else. They weren't doing anything wrong. It was me. And I think it's a fantastic metaphor for life. That we're driving through life, driving our own little life bus, so to speak, and we complain about leaders, we complain about work, we complain about other people, not realizing we're the ones that didn't turn on our headlights.

Debra: So powerful. That is so, so powerful. Wow. I have just started reading *The Miracle*, and I can't think of a better time to have it. I know we're running out of time, and so what I want to make sure is people -- I think you're very well known, but I want to make sure people know how to connect with you.

Joe: The book is available in print as a paperback. There is a Kindle version of the book, and there is an audio version of the book. They're all available on Amazon. But I've created a website, it's at TheMiracleBook.info, and if people go to that website and buy the book through that link, they will be rewarded with \$6,300 in

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bonuses. These are real-value bonuses, including a video training that I made, called "The beginners guide to miracles". That and \$6,300 worth of other bonuses by 20-some contributors, authorities, authors, speakers, all of them helping to get the word out about the book, The Miracle. All of that is free. All of that is yours to have, if you just go get at least one copy either in print or the audio version or the Kindle version of the book, The Miracle. So again, just go to the website, www.TheMiracleBook.info.

And as for me, I'm on Twitter, I'm on Facebook. My website is MrFire.com -- it's my nickname. My Twitter handle is also Mr. Fire, and I'm on Facebook. There's a professional page under Dr. Joe Vitale, and my personal page is just under Joe Vitale. So I'm easy to find. But I would love it if you got The Miracle in time for Christmas, for holidays, the New Year. In fact, one of my assistants said all people need for the New Year for 2017 is a copy of The Miracle and those \$6,300 worth of bonuses.

Debra: I agree.

Joe: All you need is The Miracle and \$6,300 in bonuses and 2017 can rock the house.

Debra: I agree, and I think that we can all just really come together and have much better lives for ourselves and for all the other people that we care about all over the world.

So Dr. Joe Vitale, thank you so much for being on the program, and, Doug, thank you for joining the program today, too.

Doug: Thank you. Thanks so much.

Joe: Thank you. Oh yeah, thank you both. Godspeed to all your listeners. You're doing something great here. Let's make a difference. Let's shine our light and turn on our headlights.

Debra: I agree. Well said. Thank you.

Hello, thank you for listening to Human Potential at Work. If you're interested in exploring a conversation about my work, I would love for you to visit me on my website at www.RuhGlobal.com, or you can follow me on most social media platforms at Debra Ruh. I'm available to speak, to provide strategic consulting, and certainly to talk to any brand about the social impact you're having as a brand influencer. Thank you so much for your time and for helping me make a difference in the world.