

(#261) Fear, Anger, Guilt, Shame & Grief (what they are & ho...

📅 Wed, Jan 04, 2023 12:45AM ⌚ 1:42:34

SUMMARY KEYWORDS

guilt, fear, zebra, grief, thinking, feel, anger, called, life, emotions, training, angry, jon, bothering, longer, run, job, causing, session, mind

SPEAKERS

Dr. Jon Connelly, Kathrin Zenkina



Kathrin Zenkina 00:14

Welcome to The Manifestation Babe podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach and multiple seven figure entrepreneur, I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity and success, then you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development, to help you maximize who you are, and where you're going. Leave it to me to provide you with the tools, the resources, the strategies and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together. So thank you so much for pushing play today, and now let's begin. Hello, my beautiful souls, and welcome back to another episode of The Manifestation Babe podcast. Today's special guest is one that has been here before, but is back for more. Because when I tell you this man changed my life. This man changed my life. Dr. Jon Connelly, the founder of rapid resolution therapy is back for part two to talk all about the purpose of emotions, why they exist, how the unconscious mind processes them, and what fear, anger, guilt, shame, jealousy and grief. You might be familiar with these emotions, maybe, maybe not right, is from the rapid resolution therapy perspective. I'm telling you, this perspective does not exist anywhere else, it blows my mind every time I hear it from the rapid resolution therapy perspective, and it is totally a different way to thinking about and looking at how the mind processes information, and more importantly, how to clear the way it's been processing information. You may not agree with some of the things that Dr. Connelly says, especially since he really challenges traditional psychology and traditional therapy and things like that. But I would just encourage you to have an open mind, and just listen, take it in, see what has value, see what doesn't, and then ultimately take it with you or leave it there's literally no hard feelings whatsoever. A lot of you have also been asking me but Kathrin, why isn't Dr. Connelly going into the exact how of RRT in these episodes how how does it work? Well, not how it works, but just like how exactly do we clear the stuff. That's because RRT is ultimately experiential. It is something that has a massive effect in the experience itself. You have to experience it for yourself and go through the processes, which are tailored to and

unique to the individual to experience the effects of RRT. RRT is something that I've personally been adding into my programs lately so that all my students can experience it for themselves and use it to rewire their unconscious depending on the topic that we're talking about, and I also highly encourage you if you are a coach like me, and you love to get certified in different modalities to get trained in this modality, there's actually a training coming up on January 17, which is really, really soon, which I will drop in the show notes where you can take the four week introductory training, I believe it's called utilizing and understanding rapid resolution therapy to bring this modality into your toolkit, I'm telling you, it's going to rapidly transform the way that your clients, your students, your whomever mastermind members, clear, whatever it is that is coming up for them, it's just going to be gone. It's going to be something that revolutionizes how fast you can get results for these people. You can actually get 25% off of the training using my code. It's KATHRIN25. I'll also put that in the show notes. Don't you worry and no, I don't get a dime for this. I get absolutely nothing. It is not an affiliate code. It is literally just a discount extended solely to you. I personally love this episode because some of the things that Dr. Connelly shares in here has helped me completely clear myself of emotions like fear, anger, guilt, etc. Simply from hearing what they are and how they function in the mind and body. So, without further ado, let's dive in because this one goes deep. All right, Dr. Connelly, since the last episode that we did together, I've had what like three or four or more sessions with you? What can I say? I'm addicted to the shifts that you have brought into my life. You've helped me clear things so fast. It's actually been insane. How are you the magician that you are, I feel like I need to know everyone needs to know like, how do you do what you do? It's insanely, so quick, so fast. I don't know if you remember. There's a couple memories that I brought up to you from childhood, one being my English teacher telling me that I'm a horrible storyteller, and I carry that with me for so long. I used so many modalities. I'm trained in so many modalities, Jon, and I've brought them all to this specific fear specific memory. There's memories that I have of public speaking, and I literally grew up thinking that I was a horrible public speaker and that people just laugh at me and laugh at my voice, and there you are, you come into my life, and you just clear all of it in a single freaking session. Holy crap.

D

Dr. Jon Connelly 06:19

Oh, my goodness. Now you want made me feel good again. You just Keep doing that. I don't know what you're trying to do. But I know what you're actually done. You're making me feel good. So I gotta, like, totally be there for you more than you want. You're, you've unleashed the monster here, and you don't know what's about to pop up in front. Be careful what you wish for. Anyway. What I'm, the way I'm approaching stuff. It's No, I don't think it's me being a magician at all. I think that the way I'm approaching things is radically different than the way that people in the mental health industry are taught to approach things. So different, like wildly different. Yeah, and that's why we just get places faster, more quickly. Let me, Can I point out like a difference that comes to mind right away and talking through it.

K

Kathrin Zenkina 07:40

Yeah, of course.

D

Dr. Jon Connelly 07:42

When people, people in the mental health industry, actually don't think they're supposed to get

people who they're with better. They don't,

K

Kathrin Zenkina 07:57

I think you're gonna piss people off with that statement, but I love it keep going.

D

Dr. Jon Connelly 08:01

Well, but they don't, have you ever. I mean, you know, people all over the world, how many psychologists, social workers, counselors, how many licensed mental health professionals have shared with you that they didn't get you or somebody else better, because they didn't have the skill to do it.

K

Kathrin Zenkina 08:27

I have to say, a big difference. Like, I've heard you talk about this in your trainings, and I started working with a therapist, shortly before I met you, maybe by like a month or two and I did EMDR as well as a couple other things, and then I you know, Andrew finally convinced me to sign up for an RRT training, and then I decided to do one on one sessions with you, and I noticed how light and free and unstoppable I would feel after a rapid resolution therapy session, and I just accepted that as my new norm. Like, it's just, I'm gonna go see Jon, or I'm gonna go see Andrea, who is also trained in RRT, or anyone else who's trained in RRT and I'm just gonna get better right away, and I remember going back to my therapist for some couple stuff with my husband and I noticed how I started off the session because I was in such a good place. I started off the session in such a great place basically said, everything's amazing. Here's all the progress we've made. Here's how much better our relationship has been in the last two weeks or however long it's been, and I noticed that by the end of the session, there were certain questions that were being asked to kind of like resurface the past, and basically I went from feeling completely clear and free to the end of the session feeling totally resentful towards my husband and leaving that session having that anger in me all over going towards a situation that I felt clear about initially, and I was like, Wait, what the fuck is happening here, this is not how it's supposed to go, I feel worse leaving this session than when I started, and now I feel like I need more sessions to feel better. Like I either need more sessions to feel better, or I just need to stick with RRT because I'm not feeling good in any other modality right now except for RRT.

D

Dr. Jon Connelly 10:25

What, now we've got the point you made and the point I made in there, and they're, they're they're sort of running neck and neck, but they're a little different. What I'm hearing from you is that one difference here is that with this process, rapid resolution therapy, you end up actually feeling happy and good as a result of treatment and YAY on that, Thank you. Thank you. Thank you. I'm saying that. It's not, no, it's not that I'm a magician. I mean, that's sweet. It's that one big difference is, I think that if I meet with you, it's my job to get you better, and that if you don't get better, it's because I didn't have the skill to do it effectively. I think it's my job, and if I get it done, it's because I had the skill, and if I don't get it done, it's because I didn't have the

skill and then I would intend to become more skilled, and I believe that in the mental health industry, and by the way, in the education industry, they run neck and neck in that it's never the teacher's fault. Or the therapist's fault. Therapists have resistant patients that weren't, that lacked motivation, or weren't ready for change. They don't have. Well, I didn't do a good job with her. No, she was resistant, she wasn't really ready for change, and then it's up to you to get better. But I'm certainly here to support you, and provide you with a safe place in which it's up to you to get yourself better.

K Kathrin Zenkina 12:42

Jon, when there's resistance. Is that like, like in the affirm that RRT perspective, if there is resistance. Is it just the unconscious resistance then like, is it the way that the unconscious is just rejecting certain information.

D Dr. Jon Connelly 12:58

In RRT perspective, there is no resistance.

K Kathrin Zenkina 13:03

So if there is no, okay. Because I remember in your training, we talked about

D Dr. Jon Connelly 13:08

that's a big difference, don't you think?

K Kathrin Zenkina 13:11

It's it is a big difference.

D Dr. Jon Connelly 13:12

There's no resistance.

K Kathrin Zenkina 13:14

But hold on, in your training, we're talking about how in your trainings, you're talking about how like, you know, the way that you would utilize like languaging patterns and how you would talk to a client is so that their unconscious doesn't reject anything, so that the unconscious agrees, and that way you more easily get into the unconscious. So that's what I mean by like, if there is resistance, if there is that rejection, is it then like, just the way that we're communicating.

D

Dr. Jon Connelly 13:44

There's no resistance. So you tell me a joke. Uh huh, and you say and then, and then that's what happened what do you think? and I say, well, what do you mean? Well, what not funny? I didn't get it. No, it wasn't funny to me. What does that mean? Does that mean that you didn't do a good job as a comedian, or I or I did a bad job as an audience, and if I'm training you to be a comedian, and you're up there, and people aren't laughing, you can have this skill to get the room to laugh. Guy, you can say, well, everybody was tired. Everybody just broke up. Everybody's parents just died that morning. Maybe everybody was drunk and couldn't pay attention. But you didn't get them to laugh, and if I meet with somebody, and they don't get better, I didn't get them to get better, and so that's such a huge difference, because of course, people they're going to get better faster. If they see people who think it's their job to get them better.

K

Kathrin Zenkina 14:53

and that's true. I want to we talked about, like Jon is very similar to me where once we started talking, we can go into lecture mode and not shut up for five hours. So he kind of asked me to help him guide this episode and gently interrupt him if I want to go into specific topics. So I'm gonna go ahead and just forgot the frickin gentle part. Whatever, whatever. I want to dive into something that everyone can relate to that I remember making a promise in the part one of our episode together, which I will link in the show notes, so you guys can catch up on that episode. To make more sense of like Jon's history and more about RRT and more about some of the stuff that you already started to talk about Jon, but I want to go into like the meat and potatoes of emotions. There are emotions that you touch on in your sessions, in your trainings that you just talk about, in general that, from the RRT perspective just blew my mind. Like we all hear about anger, and fear and guilt and shame and grief and the personal development world. These are topics that are constantly being talked about, people are going to life coaches, going to therapists, mental health professionals to help them cope and deal with these emotions, and you are someone who has figured out a way to see these emotions, and I think such a refreshing, a new, just unheard of perspective. So I want to talk about each of these, I want to like break them down and just talk about like, how can people go about beginning the process of clearing them of just not being held back by them anymore? So what from your perspective is exactly, Let's start with fear. Okay, because fear is a number one reason why a lot of people don't go after what they want when it comes to like my work manifestation. A lot of people feel fear,

D

Dr. Jon Connelly 16:57

I'm gonna do that. I'm gonna go right into fear. But first, I want to all of them together for a moment, and that the way that people think about emotions, the normal way to think about emotions is situationally, meaning. Why is that guy so angry? Oh, well, that other guy just shoved them, or even why is she so nervous on her date with this guy? He seems so sweet. Well yes but she had gone out with a different guy previously, who became really abusive, and an either one would be an appropriate answer to the question, why is she nervous? Why is he angry? I'm going to suggest a different view than normal. I'm going to suggest that all emotions are being caused by the individual who's experiencing it. So if I'm afraid my mind cause the

fear. If you're pointing a gun at me saying, and a few seconds, I'm going to kill your uncle. Yes, and I'm afraid my mind cause the fear. If my mind wasn't there, you could be pointing guns at me all day, I wouldn't be afraid. I don't want to think that your gun caused my fear. I don't want to think that the world caused your emotion. I don't want to think that your frickin history is causing your emotion. Because if I think your history is causing your motion, Kathrin, then the best thing I'm going to do for you is give you a big hug and tell you how frickin sorry I am. That's so true. It keeps you thinking that you want to go in the past That would not make you a happy camper.

K

Kathrin Zenkina 18:57

No. No like going it makes it creates stuckness where you feel like you need to go in the past to change the past which is impossible.

D

Dr. Jon Connelly 19:07

Or even the present, like your current relationship or your current job or your current situation. Let's think I'm just giving it as a way of thinking. I don't know what that was true. People can't agree with it. But I can give you a point of view. Let's have the point of view, that the emotion is being caused by the person who is experiencing it, unconscious mind we can't consciously purposely cause emotions. It's been closed by the mind outside of awareness, and the purpose is always to serve the individual who's experiencing we start with that premise and that I can go into fear, anger, whatever you want me to touch on, but can we touch on it from that it's being caused within the individual feeling it. In other words, when when lion is chasing zebra, zebra's mind is reading the info coming in from Zebra senses, and zebras mind is causing zebra to be focused, alert, strong, that's fear, zebra his mind clears the fear, not the lion. If we will, can think that way together, then I can answer on these individual emotions for you. But the reason that I want to think that way, I'm not telling you it's true. But the reason I want to think that way, is because if you come to see me, and you're feeling jealous.

K

Kathrin Zenkina 20:57

Jealousy is a big Q&A question for you actually, from my people.

D

Dr. Jon Connelly 21:01

You're jealous, and I say what's going on? and you so what, what's going on is my husband's head almost falls off, he screws around having to see anybody who's a female, as if I wasn't there, that's what makes me jealous, and if I think so, then I have to do something with the way his head moves, and what if I, what if you didn't bring him, he's not there. What can I do about it? But if I believe the jealousy is being produced by your mind, guess what? You brought it with you. That puts it within the realm of something I can do something about, and I think it's my job to get you in better shape. So I like to think about things as things I can do something about.

K

Kathrin Zenkina 21:58

Right, something that really landed for me in the zebra and lion example is like it's an actually lion's best interest to make zebra lazy, and not be like, it's not the lion causing the fear and the zebra because from the lions best interest, it's for a zebra to be lazy and not feel free and not start running so that lion can eat zebra. So that lion can have his lunch. Exactly, So Zebra is mind causing an action causing an emotion to cause an action. So that zebra would survive. Okay, yeah, I love that. So, You asked me before about fear. Go ahead. Well, let's get into it. Why is it not sacred? Why is fear? I don't think any of them are sacred. But yes, I get your point.

D

Dr. Jon Connelly 22:56

Not so much. But some of them are treated as if they are in grief is hence I have my most recent book is grief is not sacred, I'm really wanting to question that and get people out of pain there. Yeah, here we'll get into an emotional and emotional physiological response to perceive threat designed to make the animal more likely to survive. So when a rabbit becomes afraid, one thing that happens is the rabbit's body dramatically changes. So the rabbit has become a much faster rabbit. In other words, a rabbit who's afraid, can easily outrun herself when she wasn't afraid. So actually, fear causes drink, enabling that animal to run quicker than it would otherwise physiologically be able to, not for a long, long time, but for quick enough to get away from something. So that's the purpose of fear. So what goes on, Circulation, heartbeat goes up, you know that, heart pounds when you're afraid. What else goes up? breathing, people breathe quicker when they're afraid. Why? more oxygen, more energy. So you've got the heart beating faster, more oxygen coming in, guess what else happens? Sugar is released into the bloodstream. Why? for energy. So what's going on now? The heart is beating fast moving the oxygen and the fuel to the muscles of the legs so that the running can be faster and quicker and better. Which is about whether or not you're going to be dead. If you're Betsy but right it's not a preference. It's whether or not you're going to be dead. So it does all of that stuff to make sure that that animal has the best chance of surviving a predator. So fear is primarily to get the animal away from a predator, a predator is another animal that has an interest in eating the first animal alive. So that's what fear is for.

K

Kathrin Zenkina 25:39

and so in humans, like we feel fear, but we're not regularly running away from lions. We feel fear when we step on stage, or when we put ourselves out there, or when we use money, or, you know, just like daily life stuff, putting ourselves outside of our comfort zone. So what can we do about fear when we feel it? Like, what's the point, then , you know?

D

Dr. Jon Connelly 26:06

Well, one question would be, if we're going to deal with it, Does it have some value? I don't think so. Can you tell me a value that fear has in your life?

K

Kathrin Zenkina 26:31

In the past, I would have told you long before coming into your world, that fear would have kept me focused on like, doing the right thing, or focused on not making a mistake or not screwing

up or something like that, but now I know that fear takes away.

D Dr. Jon Connelly 26:51
Why do you disagree with it?

K Kathrin Zenkina 26:54
Why do I disagree with that?

D Dr. Jon Connelly 26:57
Now you disagree with it.

K Kathrin Zenkina 26:58
Yeah. Because I've, you've, you've helped me come to realize that fear, actually all it does is sends energy to my legs, I can run faster. But it takes away energy, from intuition, from logic, from intellect, from creativity, from the stuff that actually would help me be a better performer, that would actually help me be more strategic when it comes to my finances, for example, or in my relationship, or whatever area of life, it is, like, if I don't have my intellect, my logic, my strategy, if I don't have creativity, if I don't have intuition, and I just have really fast legs, is that actually serving me in any way shape or form? Unless there actually is a lion chasing me?

D Dr. Jon Connelly 27:45
Yeah. Well, that's right. That's, I mean, that's what I think, I absolutely agree with the way you put it, that simple and elegant, and that's it. So fear is what enabled our ancestors who are out running predators to survive and reproduce. So we have a healthy dose of an ability to have it. Because if our great grandparents didn't have it, we wouldn't have been able to survive, because they had to survive, and they had to run from things, literally, not metaphorically, literally run from things, and if you're running from something chasing you, you're running from a rabid dog you will run faster. It won't be good to be afraid. But, but if you if you count up, how many times you've been afraid and the past 10 years, and how many of those times you were actually trying to outrun a predator. Probably it's like zero or if it's, or close to zero. So I think, let's understand, one fear is being caused by the mind of the person experiencing it, and two its, I believe, worse than useless.

K Kathrin Zenkina 29:31
Yeah, I agree. How does RRT, then clear fear for example?

D Dr. Jon Connelly 29:33

D Dr. Jon Connelly 29:39

Well, so it's my job to get you in better shape. So as I begin to notice, that there's fear that has been working against your life being it's best. It's not trying to, it's trying to keep you alive. That's what it's trying to do. But if we notice that it's having the opposite effect. Well, one thing that's gonna go on, is, as I meet with you, I'm going to really listen and pay attention to understanding whatever you think I should know, in order that I understand your experience and your perspective on it. So I'm not going to ask you a lot of questions about things that I might be curious about. I'm gonna answer this question, Kathrin, what should I understand. That's it.

K Kathrin Zenkina 31:03

Yeah. Which is how our sessions go in the beginning.

D Dr. Jon Connelly 31:06

I just want to know what you think I should understand about it. So that's one

K Kathrin Zenkina 31:11

Because it's like how my mind is processing. So you're not putting interpretation on what is bothering me what you think is bothering me, I'm just literally telling you what has been bothering me. Like I've been feeling fear in this area of my life. Like specifically, we went back to me doing a presentation in front of my class when I was like in third, or fourth grade or something like that, and I've had a fear, like an insane fear of public speaking ever since then, and I've worked on it for many, many, many, many years. I've definitely cleared it on some levels, but not on the deepest unconscious levels like we did together, and all I had to do is just say, Hey, I'm feeling fear around this, and you helped me, you helped take my mind to the exact moment to where this fear, really like seeped in, like really started where it originated, and then helped me clear it from that moment.

D Dr. Jon Connelly 32:08

Yeah, we got the mind to pinpoint first. So it's my job to close your mind to pinpoint what would be cleared for you to be having your mind work, what I would call optimally, and then it's my job to clear it. It's my job to clear it. So I'm not. In other words, if I'm really afraid of something, Kathrin, and I call you, and I say you got a few minutes for me. I'm shook up by this line, Jon, what is it? I'm really scared that I'm about to get into this situation. I'm going to miss handle it, and I feel like my emotions are going to take over and throw me off course. I would call you and say that to you, I would call you and say that to you. Now, why would I ask you when I already understand this stuff? In fact, you only understand it because you understand what I'm thinking, Because I've explained it to you. So I knew it before you, probably know it a little better than you. Why the hell would I ask you? If it was happening to me? Because you're gonna do a whole lot better job than me. Why would you do better than me? Because you have some distance. So you know what? If you're a pretty good hairstylist, I think I probably could give you a better haircut than you can give yourself, and if you're a really good massage

therapist, let's say you, you probably are, you're probably really good at given massages, but you know what? As good as you think you are, I can give you a hell of a lot better BackRub than you can give you.

K

Kathrin Zenkina 34:15

This is so true, and this is why to all my listeners, I always recommend working with somebody who is not yourself on your own shit because the way that your blind spots can be noticed by somebody else is like you can stay stuck and I stay stuck in my own issues for such a long time, and then finally, I'm like, wait a second, I need to I need to work with a coach. I need to work with an RTT therapist. I need to work with Jon I need to work with somebody who can just help me point out like what's going on, somebody who's not me who is not, just me in my you know, my repetitive thoughts that are just not thinking about the issue and a new unique strategic way. So that Yeah, that's so true. It's the best investment you can make as like working with someone else.

D

Dr. Jon Connelly 35:00

Yeah, that's why it makes me so crazy. When people in mental health industry are telling people, it's their job to do it. It's kind of like, I'm a good physical therapist, I'm an excellent massage therapist. I meet with you, and I tell you, it's it's your job to give yourself a really good back rub. It's not.

K

Kathrin Zenkina 35:25

Oh, my gosh, This is making so much sense.

D

Dr. Jon Connelly 35:27

You can't be good enough to do that. So one of the reasons you said What's the part of magic is based on that at least I know, if you're with me, and you're troubled about something that it's my job to fix it. That gives me a significant advantage over how it used to be in my mind, which was when I was told to everybody's supposed to fix themselves. I might not be very good at cleaning the room, but I can clean it a little better if I realized it was my job to clean it. So that's a start, and it's coming from I can see the way your unconscious is operating. Probably better than you can. In other words, if you take your hand, and you hold it six inches away from your face, notice the detail you can see in the skin, and move it even closer. Okay, if you're able to see even more detail, and now move it again. Half as close, and you started to just notice that you're losing detail. Now move it closer. Yeah, and you said do it now I can't see anything. I can't see my hand. I can't see this year, and I can't see a thing.

K

Kathrin Zenkina 37:02

This is so good. You're so good with metaphors.

D

Dr. Jon Connelly 37:05

I can still see your hand. Well, yeah. It's not in your face. So that's why I can tell you. Hey, Kathrin, this is something I'm a little nervous about. I told you that right before we started. I said, I'm excited to do this with you. I have one concern, and you said let's have it, and I told you what it was and you made it go away. It took you almost a full sentence to make it go away. But you made it go away. You didn't hand me a mirror. You examined yourself, you made it go away. I said I'm afraid I might do this, and I don't want to make this mistake and caused this reaction, and you said, Oh, well look at it this way. I said, Oh, yeah, thanks. Well done.

K

Kathrin Zenkina 38:09

Yeah. I want to say like in our sessions together, there's just one sentence you'll say, or just the way that you'll say something or a metaphor you will use which you know, that's like how the unconscious communicates is through metaphors symbolism. Colors, and specificity. Thank you. So yeah, like, you'll just say one thing, and I'm like, Huh, okay, and I want to say like, what makes our tea and correct me if I'm wrong, like even like Go on, on an even deeper levels. Then you'll also bring in elements, which you do have trainings around this, of hypnosis. Like, I know, you'll put me under hypnosis, but it won't be like the normal because I'm trained. I'm also trained in hypnotherapy, and it's not like these long induction methods where it's like, we're getting relaxed for like half an hour before you start giving my unconscious mind commands. You are putting me into this to this state, within just like 20 seconds, 10 seconds, sometimes 30 seconds, and then what you're communicating to my unconscious, is just the perfect thing that I need to hear in order for me to experience a shift, and then you bring me out and you asked me, How is it and I'm like, Whoa, it's either fully cleared or half cleared or a little bit cleared or mostly cleared, and you're like, great, well, we're not done yet, and then you'll use like this toolbox that you have of all the different tools that you teach on in your trainings in your certification, which people can sign up for and take, and I recommend this for all coaches, because it's just it's such a powerful toolkit. Like I have implemented RRT into a program that I run ran last week and I have never had so many testimonials from people telling me that they have literally manifested what they wanted out of the program, not even like the program hasn't even ended yet, and they're already having the biggest breakthroughs of their life, and I'm just implementing simple things that you've taught me so far in RRT and I'm just like, wow, this is, this is insane, and we're not experiencing deep traumas, we're not reliving anything while we're doing it. We're not feeling it to healing it. It's like, we can laugh through the whole thing. We can just, like, most of the time in our sessions, I'm just laughing, and I'm just like, smiling, and I'm experiencing and I'm like, mind blown and I'm looking around. I'm like, What are you doing to me, Jon? Like, what the fuck are you doing to me? This is insane. I literally cannot pinpoint that fear anymore. I cannot pinpoint that anger. That resentment, that jealousy, whatever it is that I bring to you, I It's literally not there, and I want as many people as possible to experience this modality, and I know Andrea and I are like on the same mission now where we want this shit to blow up, especially in the coaching industry, which is the only industry that I can speak for, because it's the industry that I'm in, and I just, I think it's such a game changer. So I know we can talk about, you know, fear forever. Let's move on into anger is fear and anger similar?

D

Dr. Jon Connelly 41:14

You know hanging out with you. It makes me so happy.

K

Kathrin Zenkina 41:19

I know I'm filled with compliments for you, Jon, but I do mean them.

D

Dr. Jon Connelly 41:24

I just, you know, the way you talk the things you illustrate things with your humor, the little bit of profanity that gets in the whole thing just has me. Just like I smile to my face hurts, when I talk to you, and so I want to get the anger. But before we get too lost in anger, let me tell you what pisses me off here, and that it is that this thing I'm complaining about around the mental health industry, not taking responsibility for getting people better. Another industry in which I feel just as strongly about around the same issue is the educational industry, and I remember hearing from a gal I was assisting with some stuff. She had two children, her husband was no longer living. She's working long hours looking to support things hold things together in the household doing a pretty damn good job. But none of it's easy. I mean, none of it is easy. Then she called me up unusually upset, and I said what happened? and she said, Hi, I got this phone call about about my my son earlier, and it just has me so troubled. I said, Is he okay, what happened? I thought it's a health issue, you know? No, she said, they caught him hanging out in the bathroom. With some other kids. Somebody was smoking. I don't know that it was him. He says not. Apparently, I didn't talk to him about it yet. But they told me they caught him there, and he wasn't in class where he was supposed to be, and I said to tell who called you, and she said, Oh, well, somebody from the assistant principal's office called and let me know, that I needed to be informed about his behavior, and I realized, you know, so there's a school principal, very smart person, assistant principal. There's school social workers, and many school guidance counselors. There are people with master's degrees in education, understanding not just the material. In other words, not just understanding biology, if they treat biology, as they teach biology, but also understanding how do you transfer information. How do you educate, they have degrees in education, degrees in counseling degrees in social work, degrees in psychology, in this school, and this kid is in the bathroom instead of class, and they call this gal his mother, and she said, It's so upsetting that I mean, they were really troubled with me and told me that I have to take some action here that, you know, they understand, you know, I'm sorry that, you know, your husband is no longer living, but this is still your responsibility madam. I said call the principal tomorrow, and when he answers the phone say, Yes, I'm really upset, and that's why I'm calling you, and when he says, Why, say, because when my son came home from school yesterday, he didn't clean up after dinner. Just he just sat there, you know, he bought his plate in front of the television and left it there on the frickin couch, and by the time I found that he was already in bed, I didn't know whether to wake them up. I didn't bother. I just put the damn thing in the sink. But make sure that doesn't happen again. How the hell am I supposed to do that? Is not even here. Oh, yeah, I guess. I'm sorry. I guess that is too much for me to expect you to fix even though you've got access to four psychologists, eight social workers, 27 guidance counselors, 130 People with master's degrees or doctorates in education. I really can't expect you to make sure that my kid puts his plate in the sink while he's home. Can I? I apologize. I have to figure out his behavior when he's home. Oh, and by the way, I understand that you guys have to figure out some things about his behavior when he is there. I'm sure you'll do a good job with it.

K

Kathrin Zenkina 47:05

I really resonate with that, because, you know, like we talked about in our session, I had an English teacher tell me he literally gave me back an essay after saying like, you guys have to write a story or something like that. I forgot the exact assignment. I wrote a story about who knows what, and I got my paper back, and I was excited to get it back. Because I thought I did a great job, and he just wrote, you're a horrible storyteller. This is a really boring story, and there was absolutely no coaching, no help, no constructive criticism, no suggestions given to me it was just a blanket statement, and I never once questioned like maybe it was the teacher's fault that I was a horrible storyteller. Maybe it was on the teacher to incite creativity out of me, and to help me gain the skill set of being a great storyteller not just to create a blanket statement and a label on me that I unconsciously carried with me for the rest of my life until literally last month or a couple of weeks ago, when you helped me clear it. I never once stopped to think about Wait a second, there's something backwards here. There's something off with this. It's not on me. This had nothing to do with me. Maybe it was the teacher who didn't do a great job, and that blew my mind. It shifted so much within me, Jon, like I have literally never felt freer ever.

D

Dr. Jon Connelly 48:34

Yeah. So to make you feel bad, you all hate it, and then call up and decide it was important for them to make your parents feel bad. It's your word or good, because that's the next step. Let's call and make her mother feel like she's not being a very adequate parent because of the behavior in the school system. So how do people what happens in school. Well, one, one thing is, it's hard to fire teachers. They make it so that you get tenured or whatever, and you got to really screw up to get fired as a teacher. Unless you're in Florida, and then you probably get fired if you say gay or something. But you get really, you'd have to really mess up. It's not can and the way that teachers inspire learning is, is by bribing the person to listen and learn. Rather than thinking that it's their job to be interesting. So I don't get that whole thing about instead of the teacher being told that she better find ways to interest and motivate these kids, they know that their kids are told that it's their job to learn this stuff, and they'll get F's and D's, if they don't and B's and A's, if they do, and I mean, imagine you're in front of big groups of people who you're influencing and are learning from you. But you're not thinking that it's your job to find ways to make them feel bad if they haven't learned enough from you or to send them rewards if they have, I notice you're, you're got this great big plaque. Where'd you get that from? Oh, Kathrin gave me that, for rewarding me from paying attention when she was talking. It's like ridiculous. Because you get it if you're in front of a group of people, and they're falling asleep. You know, I mean, I'll hang out with you for a while, and you can complain about how it was unfair that you were put in front of sleepy people. But eventually, we're going to come to Hey, Kathrin, apparently you didn't wake them up. So how are we going to wake people up rather than think that it's unfair. We have to talk to sleeping people. So I just think schools and mental health industry and the educational industry are depriving themselves of power. When they're thinking that the job of getting the job done. Isn't the job of the person, not them, because then then they've lost their own power. So the first thing I would do around the question you asked about anger, if you told me you were angry at your husband, because he made you jealous with whatever, then I get that it's my job to cause you to no longer be angry at him. It's my job to cause you to no longer be angry at him, Yeah, what is anger from the RRT perspective? It's an emotional, physiological response to a perceived threat, some threats the animal would better run from, but some things are a different kind of threat. So let's say that Oh, Mother zebra sees this big bird of prey, land near her baby's zebra, and starts to

peck him. Mother's zebra will feel angry, and the anger will cause her body to be prepared to lurch forward and bite hard. So she'll be able to bite harder and then she would be able to bite and she'll be able to get her mouth to where that bird is faster than she would be able to. So anger has made it possible for her to be more effective in protecting her bloodline her young or, or when zebra sees another zebra trying to mount his mate he's pissed off about that what does he do moves forward and bites that other zebras butt harder than he would have otherwise been able to bite, and so that's what it's for. An anger is very useful. Next time you want to bite somebody's ass. I hope you're really pissed.

K Kathrin Zenkina 54:34

Is resentment in the same family as resentment and jealousy and the same family as anger.

D Dr. Jon Connelly 54:40

Same family. It's worse, I think, anger, so if this guy is standing on line, somebody walks over shoved them and says sorry, you'll have to wait. I'm important. Um, so while that's going on, he's angry, right? He meets with you a year and a half later and says, you know, I still keep thinking about that asshole who pushed me out the line. That's resentment.

K Kathrin Zenkina 55:17

Interesting. It's in the past.

D Dr. Jon Connelly 55:18

It doesn't have to be a year and a half. Resentment is anger in retro.

K Kathrin Zenkina 55:24

Hmm, and jealousy?

D Dr. Jon Connelly 55:26

You're angry about something. A jealousy, generally shows up as anger, fear, more anger, and of course, for I mean, here's where it's useful. It's, it's not good for Mr. Zebra. He's trying to get his bloodline out there. He wants his descendants to be hanging out in 100 years, and so he has this as females zebra he likes, and then he sees another zebra, another male zebra trying to mount that zebra. Now, if that other zebra mounts that zebra, he's likely to get that zebra pregnant, and this Zebra is not going to be very good at getting her pregnant when she's already pregnant. So it's screwing up his plan. It's not thinking about that. But that's what his his body mind is programmed to do. Make sure their descendants, the bloodline, and so the anger was designed to cause him to take effective action, and to be better at taking that action in order to protect the bloodline to protect his ability to impregnate that zebra. When mother's

zebra season eagle has landed and packing her baby zebra. That's not working out so well for her. She wants that baby to have babies and the babies that have babies shouldn't want it. But you know what I mean? Her her biology is predisposed to cause that. So her senses take it in, and her mind causes the anger. So she charges to bite the eagle, and protect the baby. That's what it's for.

K

Kathrin Zenkina 57:40

Yeah, So humans are essentially they're run by these, like, all of these emotions that would have been useful in a different I would say like time, era, like back in the day, and now they're just not useful anymore. Because modern day life just doesn't need us to be running or biting people.

D

Dr. Jon Connelly 58:06

So if you see some gal beginning to make some moves on your husband, and she's pretty damn attractive and pretty good at it. How likely are you to put your teeth on her ass and biden to her butt.

K

Kathrin Zenkina 58:42

yeah, very unlikely.

D

Dr. Jon Connelly 58:45

I mean, but what if she really batted her eyes and said, Oh, you're so gooey sweet to him?

K

Kathrin Zenkina 58:53

I can think of other things to do, butt I don't think I'll ever go to biting her ass.

D

Dr. Jon Connelly 59:05

But anger will make you very good at biting her ass. But you know what, it won't make you good at, what you said. I wouldn't be thinking about, I wouldn't be looking to bite your ass but I'd be thinking of things. Well, not very well. Because when you're angry, it lowers your ability to think creatively. So you might think of things but they're not going to be your best stuff. You'll think of them much more effectively when you're not angry. Because anger is only going to make you able to do one sided quite that explicitly. You know anybody who must bring up it's never than late but that's all you know if you're looking to actually bite her ass literally, if you're looking to sink flesh into this girl's butt, your teeth into her butt, that's what it's good for, but nothing else is have any value for and yet, my gosh, we have so many people out there telling they have a right to be angry. They have a right to be angry.

K Kathrin Zenkina 1:00:32

Like how I've noticed this come up for me is like you know these are all preoccupations as you say like your terminology and these preoccupations leak so much energy away from the things that really matter and are important to you and assist you in thriving in life and being happy and at peace and feeling calm and creative, and playful.

D Dr. Jon Connelly 1:00:56

You're hardwired that way. That's that's not people think there's something wrong with them. If that's the case, look at when zebra sees her baby being attacked. How Much Is she aware of that she was sleeping or hungry or feeling kind of thirsty. So it's supposed to overcome everything else, it's supposed to. It's supposed to. It's supposed to be that when rabbit is running from Wolf, she didn't even see carrots. It's supposed to work that way. So if you're angry, it's supposed to eliminate joyfulness, passion, hunger. It's supposed to eliminate creativity. It's supposed to eliminate logic and reason. It's supposed to make it so that your face's nice and red, because your jaw is very strong, and if you have problems with bruxism, it's probably problems with anger, bruxism, meaning tooth grinding, which is so prevalent. So anger in my world is worse than useless. No matter what we're looking to accomplish. I remember asking a guy who is always a cage fighter, you know, I mean, they lock a guy in a cage with another guy that's supposed to mutilate his body as a man. When that stuff started happening. This guy is coming at you. I mean, how angry do you got any one. Dude, oh, man, shut up. I better not get angry. I said you're locked in a cage, and this guy is looking to hurt your body, right? He goes yeah. I'm gonna have to hurt his. Okay, but he comes in. He's looking to hurt you. That's for sure. Oh, yeah. So how angry do you want to be? I told you, man. I better not even be a little bit angry. That's cage fighter.

K Kathrin Zenkina 1:03:39

Yeah, you need all your strategy in the cage, and if you're angry, you're not strategic.

D Dr. Jon Connelly 1:03:47

Yes you Nailed it, you nailed it. You got it exactly.

K Kathrin Zenkina 1:03:51

I'm a good student, Yeah!

D Dr. Jon Connelly 1:03:53

well, there it is, the more you have the ability to be alert, and strategic, the better off you'll be, and I would bring that all the way up to if we hired an assassin. I mean, there's some people that probably the world would be better if we figured out how to make them dead. So let's say

we decided to go halves on it and hire ourselves a good assassin, and she's like, top notch. I mean, she's got the best rifle that has ever been created. She's got it on a tripod. She, she she's she's got a scope. That's the world's finest scope. I mean, she's got a thing to measure the wind and the effect it might have on the bullet aiming at something about a quarter a mile away, and this is the person that we've hired her to make dead, you know, and she's all set up there, and pretty soon she's going to be ever so gently squeezing vent trigger. How angry do you want her to be when she's squeezing the trigger looking into that scope, not one frickin bit. So I would suggest we can even kill people better if we're not mad at them.

K

Kathrin Zenkina 1:05:17

There's speaking of, you know, how angry do you want her to be. There is an emotion that you absolutely blew my mind around, which is guilt, and there is a question you asked in your trainings, which is, you know, if there's a surgeon about to operate on you, how guilty do you want them to feel? and I was like, damn, okay, and then in your trainings, you talked about how there's two things that people think guilt has value for, and you shared how actually it's the opposite. Guilt holds no value. But a lot of people are convinced that guilt prevents people from doing bad things, or guilt is going to keep them making the right choices versus the wrong choices, and there's a perspective that you share from the RRT perspective that I think a lot of people can benefit from, can you please go into guilt? Because I think that there's so many people that feel guilt around creating a better life for themselves guilt around having more than other people having more money, like how am I supposed to have more success when other people are suffering or other people are struggling? Or, or I did something bad, I'm a bad person. So I don't deserve XYZ. I mean, guilt just runs so rampant in people's lives, and I want to help them see guilt from a from a completely changed perspective. Can you please go into that?

D

Dr. Jon Connelly 1:06:43

So let's look at guilt. Let's look at shame. Yeah, what's the regret, and let's just define them. So I regret, um, I play the same number in lotto every week. But last week, I got lazy and forgot to pick up my lotto ticket, and guess what, number one, that number. I regret not having purchased last week's lotto ticket. That's regret, and I'm feeling that I wish something had been different previously, because of its effect on me. Let's use guilt to mean, I'm wished something I had done or not done previously, because of how that affected you. So I feel guilty because I didn't water my plant or forget to feed my baby or whatever. So, and then shame is a whole other one. But take one of those for me. Because then we can narrow it a bit. Okay, so the only people that would feel guilty about the effect that their actions have had on somebody else, or something else, are people that actually care about others. So if you experience any kind of guilt about how anything you did do or didn't do, has affected anyone else. One thing we know for sure is that you care about how other people are affected by things. So it would make sense first, to know that if you're feeling guilty, you can at least get that you have a level of compassion and sensitivity and caring about others. That would explain why you're feeling guilty. People who don't have those things would feel guilty ever. So that's one thing to know, and so guilt is designed to make it so that things are, things haven't hurt other people, and it brings somebody to mind that I haven't thought of in a long, long, long time, but a lovely gal, and she came to see me and one of the things I noticed was that her moving her hands was incredibly painful to her. They hurt very much when they were just resting and if she tried to

use them then they hurt much worse, and I said we can maybe do some things to get your hands to feel better so that there's not that terrible pain, and she said, Oh, and I said, well, would it be alright with you if we did some things to cause your hands to not be caught? I mean, imagine that kind of crippling pain like that, and she said, No, it wouldn't be alright. Why not? She said, because I did something that really betrayed my husband's trust in me a number of years ago, and I don't deserve to be out of pain. Well, so we work that out and through, and she got it to where she no longer thought it was important to continue to have this debilitating thing causing her hands to be immobilized any longer. She, in other words, the guilt that was making, I'm not saying the guilt is what caused the pain. But I'm saying that the guilt wouldn't allow us to do anything to get rid of it until we got rid of the guilt, that she was ready to get rid of the pain. Were the hands kind of serving as like a reminder, like, I feel like some people, they use guilt as like a reminder to not do something again, thinking that the guilt is going to prevent them from doing it again. Yeah, it puts a positive kind of edge on it. But it doesn't seem to work that way. Because, how many people feel guilty about the last time they did methamphetamine until they begin doing it the next time? So I can remember when I was fighting with my body around weight loss stuff, that I could stop feeling guilty about the last crappy thing I ate by eating something else crappy. You know, what's the cure for feeling guilty about the last night's ice cream?

K

Kathrin Zenkina 1:12:35

More ice cream. Yeah.

D

Dr. Jon Connelly 1:12:37

No frickin guilt while it's melting in your mouth. If it wasn't for me, that was so. So anyway, when the guilt went away, and it did for this gal, and then her hands became useful, and she could do things with her hands. Guess what happened to her husband. His life became immeasurably better. She was doing things that were blowing his mind. Interesting things, sexual things, fun things, all kinds of things. I mean, if she wasn't Robin this, she was a Robin that, this guy thought he was frickin dead in heaven. So when she stopped being guilty about having hurt him, then she did things that were incredibly pleasing to Him. So we wanted to grab what was the cause of the guilt, which is her interest in his well being, and then say, Okay, well, if what we're really interested in is his well being, I think he's going to have a better life when you can move your fingers.

K

Kathrin Zenkina 1:13:55

There's an example John, that you share, where, like, animals don't feel guilt humans do, and how many animals are responsible for wiping out like animal species like causing extinction and things like that? Can you kind of share that metaphor? Because that one really landed with me when it came to guilt. Like humans don't feel guilty. I mean, I mean, humans do feel guilty, animals don't.

D

Dr. Jon Connelly 1:14:21

Yeah, trees don't feel guilty. I don't think neither do eagles, and they're not destroying the

Yeah, trees don't feel guilty. I don't think neither do eagles, and they're not destroying the planet. I mean, humans are the only life form that feels guilt and shame, and humans are causing entire species to become extinct. Humans are aging into creating climate that makes it of the earth uninhabitable. So I'm not thinking that guilt is serving others.

K

Kathrin Zenkina 1:15:05

and then the other preoccupation.

D

Dr. Jon Connelly 1:15:10

Yeah. Well, thank you for saying that. I forgot to say that. Yeah. So if your husband is driving at about 70 miles an hour, and there's an 18 wheel truck right next to him, and you like your husband. How preoccupied do you want the truck driver to be. We can go from that to Well, what about if he's about to have surgery. How preoccupied do you want the surgeon to be? You might say, well, the surgeon isn't thinking about the thing while he's doing the surgery, and that's good.

K

Kathrin Zenkina 1:15:50

Hmm, that's a good point.

D

Dr. Jon Connelly 1:15:54

But if something would bother you, I believe I place this is a belief. I believe that if something would bother Joe, if he thought about it, that it's bothering, it's it's sucking energy to some degree, even when he's not thinking about it. So I don't think it's only having the effect when it's conscious. I think when it's not conscious, it's still on, but not as much.

K

Kathrin Zenkina 1:16:28

It's like having a YouTube video in the background. You're like on one job, but there's a video playing on another tab, and even though you're not like you could be muted. Maybe you're not exactly on that tab right now, you're very focused on some other window or some other tab, but the video is still playing in the background. There's still these other tabs open, sucking the power. Yeah. If your computer's slow down, and you have like, 1600 windows open. That might be why, yeah,

D

Dr. Jon Connelly 1:16:58

yes, and it's because these things, and they might not be bothering us consciously, hopefully not, and the reason people don't like to go to therapy, is because they don't like to go to therapy and have things that aren't consciously bothering them. Start consciously bothering them.

K Kathrin Zenkina 1:17:22
Wait expand on that for a second.

D Dr. Jon Connelly 1:17:24
Well, okay, so you're not thinking about this, and I say, Hey, did you ever really feel disappointed in something that you thought your mother was going to do and didn't do? Oh, yeah, there was. Oh, well, tell me about what didn't she do? Well, it was my birthday, and she didn't remember. Really? Oh, nine years old. She didn't remember my birthday. Oh, oh, How are you doing by the way? Oh, unhappy. What are you unhappy about. I'm unhappy because I'm talking to you.

K Kathrin Zenkina 1:18:07
and that's exactly what I was talking about.

D Dr. Jon Connelly 1:18:09
My mother, we're getting my ninth birthday, which I haven't thought of since I was 10, and I'm now 35, and what?

K Kathrin Zenkina 1:18:18
Yeah, that's exactly what I was talking about. In the beginning, when I talked about my session, my couple session and how things were brought up that weren't bothering me that I thought were clear, and then it like, created a whole bothersome around it, and then I left the session feeling really resentful, and I was like, What the fuck just happened? Like that was not in my conscious awareness. It didn't have to be I was fine without it for that moment. Or, you know, just to get through life until

D Dr. Jon Connelly 1:18:49
Now your therapist would arguing with that though, and say, well, it wasn't bothering you consciously. But it was bothering you, unconsciously, and I would agree with that. But I don't think the solution is now let's make sure it bothers you consciously too.

K Kathrin Zenkina 1:19:09
Right without clearing it. Like it's okay to bring it up for clearing but then don't leave people open with no solution. Yeah, that makes sense.

D

Dr. Jon Connelly 1:19:21

and that's what happened to you. Something wasn't bothering you, and then it started bothering you, and then it kept bothering you, and you wondered, I wonder how this is supposedly helpful to me. But you know what? It's not hard to convince people that that is helpful. Just say, well, Kathrin, I mean, do you really expect that something that's that deep is going to get better automatically. easily without any effort without it having any effect on you? Or are you bright and courageous enough to go over these things in order to, in the long run, have a better life. We convince you that it really is good for you to be involved in a process that makes you feel really bad, and I would tell you that there are a hell of a lot of people involved in processes, with therapists, with coaches, with metaphysical healers with what have you, where they're going through some agonizing snuff, and believe, well, this is the price that courageous, intelligent person is willing to pay in order to eventually have a better life, and some very, very bright people buy into that it's very reasonable to feel very bad, if that's on the way to feeling better, and you got to process that stuff out, and if you're not willing, if you lack motivation, if you're not brave enough, well, then you're not going to get better. So that's not hard to convince people of, but I don't think that's a useful way for me or you to be thinking any longer. I think that I mean, we're not phobic of somebody having a feeling that's troubling them. It's just we don't think causing people to have troubling feelings is in and of itself the solution to them.

K

Kathrin Zenkina 1:22:04

Yeah, I would agree with that. For sure. Let's, dive into grief. Because I know you and I can go for forever, literally, we could do like a 17 part podcasts. But let's kind of start to wrap this up, and let's go into grief because I know that grief is something that is a special topic to you, especially with the release of your new book, grief is not sacred, which that statement alone can totally throw people off, upset people piss people off, they're like, What do you mean grief is not sacred? What the hell does that mean? Can you speak on grief, please and what you mean by grief is not sacred.

D

Dr. Jon Connelly 1:22:46

When I started looking over what people were writing and reading about grief, I noticed that there was one theme that all of the writing seemed to have was that it's okay. To not be okay, and then there were things that defended not being okay, and saying, You are grieving, because of love. Your grief proves your love. So, it's not only Okay, to not be okay, but it's not okay to be okay. Because if you are okay, then that means you're not even a loving person. So that's what I was noticing was going on, in terms of the way people were addressing this issue around grief, that we support. People who are grieving, by we support the grief, we support. We encourage that the experience and expression of it and see it as a necessary thing to go through, and if you don't go through it, you'll pay a big price for not having gone through it, and it's something you have to go through. If you're a human and if you're loving.

K

Kathrin Zenkina 1:24:44

and especially for a lifetime to, for a really, really long time.

D

Dr. Jon Connelly 1:24:48

For literally long time if particularly if it's around certain sort of situations like death of a child, sometimes death by things like crime, murder or what have you, and there are groups of people who meet regularly to support each other's grieving. Because what they have in common is somebody that I loved was murdered, and I'm glad that people have support. But I want the support to not just be permission to feel crappy. Yeah, I'd like to be able to actually cause the pain to go away, and I think that's possible, and that's what I was addressing. In this book, grief isn't sacred. It's okay, to have this pain go away.

K

Kathrin Zenkina 1:25:53

connection stays right pain goes away. But it's about how you feel even more connected to this person who's no longer here with you today, because the pain is no longer preoccupying your mind, you can just be in the connection of this person, and think of the great memories you've had and the love that you've shared, and you can think about this person in a way that doesn't involve constantly feeling pain.

D

Dr. Jon Connelly 1:26:20

Well, maybe not feeling any. Maybe not feeling any maybe feeling joy and laughter and fun and gratefulness for experiences that have been acquired. But I know, I've learned that in order to get people out of, I know that there are certain kinds of pain that people are absolutely okay with being eliminated. For instance, if you go to the dentist and you say I have terrible pain in my tooth, and she says, Oh, we can stop that pain. There are no negative side effects to stopping it. But I can make the pain stop if you want.

K

Kathrin Zenkina 1:27:22

Yeah, hell yeah, of course we do, Yes.

D

Dr. Jon Connelly 1:27:26

So there are things that people are absolutely ready to be free of like that, and then there's things that people aren't so ready to be free of one of them is resentment. Another one is jealousy, and another one is grief. So, what we have to do first is have it be okay to be okay, and to be okay to be okay. I have to get you on the same page with me that suggests that you've been absolutely okay. Doesn't mean that you are not loving the individual who passed because if you think that the only thing that proves the love is your suffering then for many people then bring the suffering on. I mean, and how far does it go, it goes to where you know, they burn the guy's body and the woman's must to jump on and burn along with them. So it goes all the way to there. You know, if you really love him, then jump on his corpse after it's on fire, and so that your body will be on fire with it. That's a way, you know, that's way pro grief stuff. I'm at the opposite end of that. I think that, you know, our bodies have an expiration

point. You know, the just like a carton of milk you buy. It's just you know, I was looking this morning for it in the mirror and I think they printed mine an invisible ink because I checked out every inch of my forehead. There's no little purple thing say it expires on such and such a date

K

Kathrin Zenkina 1:29:58

But you know how I feel, you know how I feel about you, never dying You can't die because we need you around forever. I have some rapid, quick, rapid fire questions to just kind of sum this up, bring this to an end for now.

D

Dr. Jon Connelly 1:30:18

We only been talking for 10 minutes.

K

Kathrin Zenkina 1:30:21

I know it feels that way, doesn't it? I swear to God, how can people get certified in RRT? Like, can you tell us a little bit about, you know, where, where do people sign up, and when are your next trainings?

D

Dr. Jon Connelly 1:30:35

Thank you. The purpose of the training is to do this people, when they train with me, what my interest is, is one causing that individuals life to deeply improve from inside out. I'm looking to cause her health to improve, relationships to be more satisfying, or business to improve. So we've looked to really make a difference in each individual in the training, I'm looking to cause things to be much better for that person. Secondly, I'd like that person to learn what to say and do to make things better for others. So that when somebody significant for him or just a friend or colleague goes over a speed bump, or hits a pothole. In life, he has some, he has the words, he has a skill, he has the ability to relate and lift and comfort people he cares about. Thirdly, there are people who are interested not only in doing experiencing that themselves and being able to do it for their loved ones. But there are people who are interested in making this a career path where they're looking to really have an effect that will significantly improve the quality of other people's lives, and they'd like to be compensated for it. So that's the other reason, it's not the only reason, but it's a good reason to take this training, because we would teach you how to do something that people would find very valuable, and worth compensating you for. So, so take the training, because it'll make your life better. It'll make the lives better have people that you get to live with, that you care about that you interact with, and it opens up a career path where you can do this for people and get compensated for doing it so that you can live a good life. If you're already meeting with people making a difference for them and getting compensated for it. As are the people you mentioned in the coaching movement, then what would you want? Well, to do it even better?

K

Kathrin Zenkina 1:33:43

Yes, I recommend this for all coaches. Seriously. So you have a training in January, the

res, I recommend this for all coaches. Seriously. So you have a training in January, the understanding and utilizing RRT.

D

Dr. Jon Connelly 1:33:53

Rapid resolution therapy, understanding and utilizing rapid resolution therapy, we're going to, that's a training that's going to be finished within a month. It's only four hours a week, to different two hour visits, and it's 16 hours in total, and then in the, that's beginning. Soon that's beginning in January, and then beginning in February, there'll be a even more intense and a longer course that's the one on clinical hypnosis with rapid resolution therapy, and it's an even more in depth process of learning that in addition to those things, people who have gone through these kinds of trainings, and thirst for still more knowledge and skill are, are open to all kinds of different other trainings that we, that we offer for mastery and skill building, and we have a number of small group workshops coming up, for people who are looking to improve their own lives, one of them is going to be addressing, unplugging anger, one will be on anxiety, one is going to be overcoming social anxiety. One is called saying goodbye to bad boys for good, which is moving women out of relationships with people that they think of is psychopathic, or narcissistic or abusive, or what have you, and those are, those are some of the things that are available. It's all right there on our website, which is rapidresolutiontherapy.com. There's also a group, it's open, where people address personal issues, and that one I do regularly 7pm, Eastern Time Mondays, and then once during a week in a month at an earlier time, and that group called solutions is for people who are interested in listening to others address their own problems, or perhaps addressing their own, and that's it. But I tell people that sort of the shallow end of the wading pool. But you can get quite a bit from that or, of course, I meet with people individually who want to really dive deep and make a difference in their own personal lives, and we generally set those meetings up where I meet with somebody three times, and those are things people are telling us are our life changing life certification takes, you know, means you got to train in this and then keep training and we have a program for people who want to achieve a certain certification as specialists in RRT, and that takes a bunch of courses and a written examination and an oral examination, and a number of things we're trying to, you know, have standards high. So people who see somebody who has a qualification get some very good treatment. So where they're looking to make a significant difference. We have a nonprofit organization of 501 C three, called Institute for survivors of sexual violence and there we're looking to provide treatment to people who otherwise wouldn't perhaps have the economic resources, who get that and so that's, that's something else we're involved with and question. Another way to get involved with the whole thing is just go to Amazon and pick up one or both of the books that are out there. One is called Life Changing conversations, and that's focused on how the dramatic change can happen in a single meeting, and the other one has called grief is not sacred, and that on how people can overcome even traumatic and pathological grief, again, quickly and painlessly.

K

Kathrin Zenkina 1:39:28

Amazing I will post all the links in the show notes because I know he just spit out a ton of information. I highly recommend if you're new to Dr. Connelly's world to enter his world through the solutions Monday night calls, because then you're gonna get like a really nice intro preview as to how he helps people get unstuck every single Monday night and the training in January. I took this training in August. That's where I got started. I cannot wait for the Clinical hypnosis with rapid resolution therapy training, I am so excited about that, and I'm currently on the

certification track doing all of my hours, hours and hours of training inside of your membership portal, and it's just been so worth it. so incredible. My students are already benefiting from the shifts that I've had in my life and the new perspectives that I've been bringing into my teachings. So, Jon, I just want to thank you so much for being here with me for a another part two of this podcast episode, you have shared so much wisdom, so much information, so many new ways of looking at things that just aren't really heard of, or talked about outside of the world of RRT, you've invented such an incredible modality that is game changing, and I know that Andrea, and I, I know Andrea definitely she's on a mission to make sure that every single person knows RRT before you transition to the next lifetime, and I'm on the same boat. Like I want everyone to experience this, whether it's with you one on one, or someone else who is certified by you, and trained in it to experience it, or at least at the very least learn about it and utilize whatever they can on themselves from what they learned from you. So thank you so much for being here. You are incredible.

D Dr. Jon Connelly 1:41:24

You just made me so happy, it's great, and you have this magical thing where you shrink time. I started talking to you and a few minutes later you told me that two hours have passed. Oh, wait, I don't know how you do that. But that's, that is so. So fun. So beautiful and lovely. Thank you for for reaching out and bringing me into your world.

K Kathrin Zenkina 1:41:51

Oh my gosh, of course, and to the rest of you. I will catch you in the next episode. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep the good stuff coming your way. If you aren't already following me on social media. Come soak up the extra inspiration on Instagram by following @manifestationbabe or visiting my website @manifestationbabe.com. I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest some magic