

# (#254) Rapid Resolution Therapy will change your life w/Dr. ...

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## SUMMARY KEYWORDS

people, unconscious mind, stuckness, jon, called, feel, trauma, hear, thought, grief, nodding, life, learned, talk, connelly, therapy, mind, unconscious, experience, stuck

## SPEAKERS

Jon connelly, Kathrin Zenkina

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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. If you've been following me lately, you know that I've been diving into this new modality called rapid resolution therapy. It's kind of like NLP and hypnotherapy, but honestly, so much more effective and kind of on steroids. I would say that's my best description of it, before you dive into it. I see rapid resolution therapy as a way to quickly, painlessly and easily shift the way your mind processes information, and releases things that don't belong there, doesn't that sound amazing? So all of the glitches that don't belong in your unconscious mind are removed, and then you are free and clear to heal, be creative, stay cool, calm and collected and feel light and free, and that's exactly what I've experienced. I recently had two back to back, one on one sessions, I'll call it the one on one session experience with the founder of rapid resolution therapy, and whatever issues I brought to him, like there were three of them. So one I brought to him on one day, and then two of them we handled on the second day. He cleared for me those issues in just that one single session. So issue number one, gone, one session. Issue number two and three, gone the second session, and not only was I mind blown, but I also sent my mom, my COO Londa, and my husband Brennan, all of them to Dr. Jon connelly, and they have reported that it was the most mind blowing shit they've ever experienced in their life. So we decided as a family to adopt Dr. Connelly and put them in our pockets, and we even said, you know once we officially move into our new home, and we have a guest bedroom, finally he is flying out and staying over with us for Christmas,

thanksgiving, all the holidays, because we just love him so much, and RRT, which is rapid resolution therapy for short, is currently something that I am learning more about as fast as I possibly can as a mom, there is like as soon as I get our part time nanny in the mix, like I'll finally have more time to sit down because it's just so juicy, and it's so time intensive right now because the certification is probably a year long, just based on the pace I'm going at it, but once I'm certified, I'm putting this shit in MBA and let me tell you, if you've done MBA, you ain't seen nothing yet. Okay, I'm about to spice it up, and if you are planning on signing up for MBA in 2023 as soon as I spice it up. Well first of all, MBA is amazing as it is right now, but once I spice it up with RRT, it's like game fucking over and if you're new to me, and the manifestation babe podcast, and you're like, what is MBA? Is that a business degree? No, MBA in our world is Manifestation Babe Academy and it's my signature manifestation program. So all in one, everything you could ever want to know about manifestation, how to apply it in your life so that you can manifest literally all your dreams and goals. You're going to learn all that inside of MBA. So in this episode today, I thought who better to interview than the founder himself Dr. Jon connelly. So if you've never heard about Dr. Jon connelly before, here's a little bio behind him. So, author of Life Changing conversations with rapid resolution therapy and his new book grief is not sacred, Dr. Jon connelly has dedicated his life to the healing of others and sharing his knowledge and skill through professional training and events. His early career experiences as a child protective service worker and clinical supervisor in a program for traumatized teens helped shape the creation of rapid resolution therapy. RRT has evolved into a highly effective and painless approach as a standalone therapy and is backed by hundreds of testimonials from clients and practitioners. Rapid resolution therapy is utilized in addressing many issues such as PTSD, sexual trauma, addiction, heartbreak, anxiety, panic disorder, phobias, and more with lasting results, and I can so vouch for that, as RRT gained momentum, a training institute was founded, which is now a thriving global community and a source of networking, collaboration and supervision for its members. Jon connelly also founded the Institute for survivors of sexual violence, a nonprofit 501 C3 organization engaged in the research and development of cutting edge treatment for sexual trauma survivors. Jon is licensed as a clinical social worker and holds a doctorate in Clinical pastoral counseling. Okay, without further ado, I feel like this intro is long enough. Let's dive into the interview. All right, I got Dr. Jon connelly, the founder of rapid resolution therapy in the house. Jon, how are you doing today?

**J** Jon connelly 06:26

Oh, it's great to be with you, Kathrin.

**K** Kathrin Zenkina 06:28

I am so excited to have you. You have tremendously impacted, not just my life, but my whole family's life. My team's life, my friends lives, like they've all done sessions with you. They've done your courses, the fundamentals to rapid resolution therapy, and they have received tremendous results. So I'm really excited to dive deep into what rapid resolution therapy is, and how it works. Like how is it so effective that a person can sit with you or someone else who's certified in RRT, and completely eliminate an issue in just one session? that is mind blowing.

**J** Jon connelly 07:11

I think I might want to put some light on that by differentiating what I'm teaching people to do,

from what is being done within the mental health in this space.

K

Kathrin Zenkina 07:27

That was my first question. That's number one question is how is this different from this? Like a lot of people are asking, you know, how's this different first of all, from, you know, traditional talk therapy, number one, because that's mainstream psychology, but number two is like how is this different from NLP, hypnotherapy, somatic releasing, and other trauma release methods. So a lot of people want to know what makes RRT different.

J

Jon Connelly 07:50

Um, so when someone approaches somebody in the mental health industry, that person is generally trained to approach the meeting with certain ideas about information that they want to obtain. I remember, I attended a training program that a social work University was holding for the people who were the clinical supervisors of the people, they were training, and I remember this comment. So they had the head of the whole thing up on a stage, they had hundreds of people in the room, and she said, the most important thing to remember is to make sure that people you supervise know that it's not only important to pay close attention to what isn't being said, but we need to pay even closer attention to what is underneath what people aren't saying, and I thought I was in some asylum, and I looked around, to find, you know, other shocked faces, and instead, there was nods and applause. So I realized then, that that's what's going on. People are often really learning to pay attention to what people aren't saying. Yeah, to kind of make sure you don't get distracted by what somebody is talking about, and then I remembered one of the things that I learned in studying to become part of that industry, and that was something that they really encouraged. The placements, the students were going to learn and do, and it was called a psycho social, a psychosocial, and they had many, many, many questions that were all written out on a piece of paper, and then the questions were all written out, I guess, so that the student wouldn't be distracted by what people were saying, and forget about the questions to ask. So as you and I are talking together, I bet you don't have a list of 14 questions to ask me, no matter what I say. I bet you didn't come to this thinking, I gotta make sure I don't get distracted by anything he talks about, and can keep my eye on what I need to find out that has nothing to do with what he thinks is pertinent. So, one significant difference is, we really want to know what the individual we're meeting with, thinks we ought to know, in order to be of significant value, another big difference is that people who are training in this process that I'm teaching, realized that getting people better is their responsibility.

K

Kathrin Zenkina 11:48

That's a big difference.

J

Jon Connelly 11:49

It's a huge difference. I'm still waiting, after many, many years of doing it to meet the first person who is part of the mental health industry, that shares with me that sometimes people don't get better because they lack the skill to get them better.

don't get better, because they lack the skill to get them better.

K Kathrin Zenkina 12:13

Mm hmm. It's always on the client, the client is resistant, the clients not taking responsibility.

J Jon connelly 12:19

All the things, you're mentioning, all of those. So, always, If I meet with somebody, and I can't find a way in to make a difference, I know that that means I lacked the skill, and there is more skill for me to acquire, and people who are training with me, call me and call each other and may say something like, I met with somebody, and this was what was going on, and I was looking to accomplish something valuable, but I lacked the skill would you be able to take care of this person for me? And where do I go to learn so that I can have this skill. So when somebody training with me says I've lacked the skill, that doesn't mean they feel miserable. It just means that they recognize they didn't get that job done, and they're motivated to get better at it, and they're looking for then who within this community may have that skill. So that's one big difference. I am much more directive probably than most people, and Jesse the other day, I was talking to this girl, probably somebody you referred, and very bright, and very assertive and deep thinker, and she found many things interesting and would say, well, what about this, and what about that? And I wasn't doing what normally happens, which is being responsive to her. I was just saying, well, you know if that's interesting to you ask me and maybe at some other time when we're done, and I thought well, this is probably offensive, and I didn't want to be offensive. So what I did is I said I bet it seems like I'm pretty controlling here and She, she didn't want to say, you bet. But there was certainly a nod, and I said, well, I am, because it's my job to get you better, and if I don't get you better than I screwed it up. So since it's my job to get this done, I do have to be in charge of what happens here, because at the end of the day, if you're not feeling great, it's not that you didn't do it, right. It's that I didn't.

K Kathrin Zenkina 15:35

Yeah, and your intention is to feel better in one session. So do you ever feel like an immense amount of pressure when it comes to that?

J Jon connelly 15:43

Um, the process is that we have work, so no. Now, that doesn't mean that everything that somebody might want to improve is immediately all finished, but I certainly like to get something done, that somebody feels what's significant and causes some immediate relief, and get it done right away, get it done in an in a meeting, I myself, began seeing people for whatever it is psychotherapy, because I thought, I don't want to be the only massage therapist on the block that never got a massage. So I started doing that, and I didn't understand how what we were doing was gonna get me better.

K Kathrin Zenkina 17:04

Can you share some specifics?

J

Jon Connelly 17:05

This is kind of how does what's going on for you here relate to something that went on for you earlier. How does the earlier thing relate to something that went on before that. Well, this means that you are this and have a mesh. So another thing that happens when people who meet with people in mental health profession, are more often than not given a diagnosis, and diagnosis is saying, this is what you are, you are this, like, you also have that.

K

Kathrin Zenkina 17:55

I remember you telling me in my session, that like some of the things that I was revealing, or like, if this was a typical mental health setting, you would have already been given a couple of labels and diagnoses.

J

Jon Connelly 18:07

Um, yeah. Which is then brought into the mind, as if it's who you are, and then we can learn how you got so screwed up, and then perhaps, over time, how to cope with being so screwed up, but we're looking through a different lens. So the way that I understand things is that as our human mind became much more advanced than any other life form, zebras can't build London, our minds are much more advanced, and yet, our minds primary, I believe, objective, the primary purpose behind everything is survive, and secondly, perhaps thrive, but of the two, survive is a much bigger priority, in order to cause survival, mind has to make things happen, and I think about those things as divided into two categories. One is internal, so in order for us to be having this conversation, your mind meaning unconscious, as to cause things like circulation, respiration, digestion, to be taking place. Then as our human mind became more and more advanced, as you were learning algebra, you couldn't say, well, I'm too busy to do circulation. So that had to continue, and I think what happened is a more advanced component got kind of built on top of the more primitive component who's doing all of that really essential stuff to keep you alive, but these two components haven't integrated together. If you speak to people, you'll find that most of the bright people, you know, if you use a word like conscious unconscious, will have heard of those concepts before and probably utilize them. However, I find that there are other words, gathering that people much more frequently use to refer to that, and the word that they use to refer to the more advanced component of mind where you have access to logic is the word "I", and that's the component people identify with, and then everything else they call "self", and hence, you'll frequently hear people say things like, I need to find a way to calm myself down, so that I can get myself motivated, and then maybe I could get myself started, and then if I could figure out how to keep myself going, I'd be okay. I don't think any other life form ever has those thoughts.

K

Kathrin Zenkina 21:38

I hear those all the fucking time with my students, clients, people on the internet, I'm sabotaging myself.

**J** Jon connelly 21:47

All the time, but imagine there's this crow, and he's on the branch and he looks at another branch, he says, it'd be better for me to be over there, but I got to find a way to get myself motivated. So I can get myself started, and then I certainly need to get all the way over there. So I better figure out how to keep myself going until I get to where I'm going to be. I don't think it even ever occurs. If you say to a goat, don't you think it would be good to calm yourself down? She's probably gonna say, Kathrin, who is this thing you're calling myself, and how is she different from me? Humans are experiencing that all the time. I think that these two components of mind, ion self see the world very differently, and don't know what the heck to make of each other, and I believe, Kathrin, that if you get 1000 people in an auditorium, and you give them this sentence, and you say just complete the sentence, write it down, pass it in, and if you get it right, you win a prize, and you say, here we go, and here's the sentence, everybody knows that we are our own worst, and I bet you everybody gets the prize. Enemy, yeah, and when you say that, and you know that immediately. That doesn't make me happy to hear, because it if that's a comment that we not yes to that. That's a monstrous idea. The worst thing in the entire world is about to get into your house. Oh, it's coming into the room you're in? Oh, no, it's standing right behind you. Oh, it jumped inside you, and now it's controlling your heartbeat, your breath and your bowels. So watch out. The worst thing, my worst enemy is within me and has me, but what I've found is, it can seem like the worst enemy if it doesn't do what you want. So, you know, if I'm sitting right next to you, we're sharing a workspace and you say would you mind like not popping the bubble gum as much it gets me a little distracted, and I pop the gum again in your face, and we keep doing this for a few days, and you say really, it's really getting to me. I mean, come on anything. Pop, pop, pop, and somebody says, hey, well, how do you like sharing space with Jon? you'll say it's the worst thing ever. He's so disrespectful, I asked him one thing, he doesn't even pay attention. Although I think every time I ask him not to do it, he does it more. People are having that experience within themselves, and I think it's because this amazing and complex instrument didn't come with an owner's manual, it came with the expectation that you would know how to use it well. Um, and what havoc that that creates? Go ahead, tell me where I'm making sense or not.

**K** Kathrin Zenkina 25:39

Is rapid resolution therapy then getting the conscious and the unconscious mind to better communicate? Is that how you would see it?

**J** Jon connelly 25:46

I would see it this way. I'll meet with you, I'll get what is concerning, let's say, you say I'm experiencing emotions that don't serve me. Well, what do you mean? Well, I like I know in my business, that it's a good idea for me to meet people and develop connection with them. I agree. Except when I think of meeting somebody, I end up feeling terrified, and then if I even try to push through it, it just shows it might have all this tension, and people are uncomfortable when I try to make connection with them, because I'm so damned uncomfortable. So if that's the case, if that's what somebody says coming in, a ton of people say that that's what they say, then I think what my job is to cause it to be different. So it's not my job to teach you how to talk to yourself, although I'll be doing that, and you'll get that but most immediately, fix it, just fix it.

So that as you meet people, you find it enjoyable, and you find learning about them interesting, then they notice that you seem to be feeling good meeting them, and then I feel like wow, this girl is meeting me, and it seems to make her happy. What a cool gal. She is, I like that she's happy meeting me. So what would be my job? If you said that to me, would be to fix it, and to it's not about having you write a graph of your thoughts, or, or speculating as to what might have happened at an earlier time that would have caused it. It's like really getting in to your mind at the deepest level and making an adjustment so that you experience things differently. So that that fear is no longer there.

K

Kathrin Zenkina 28:15

Can you share a little bit about how you get into people's unconscious minds, because I know in your class you talk a lot about it's, from my perspective, it's a lot of masterful languaging. It's using symbolism. It's using just how the unconscious mind communicates not through words, per se, but just metaphors, symbolism, analogies, all those things. Can you share a little bit more of like how exactly, because I know a lot of people are gonna ask like, how exactly do you get into people's unconscious minds? Like how does the unconscious mind communicate, and how do you quote unquote, fix things on an unconscious level?

J

Jon Connelly 28:56

So you're watching a class in which people are to give speeches on nutrition, and the first guy gets up and gives an interesting kind of talk on the value of fiber. The second gal gets up and she says, really, the thing people need to do in order to increase fiber, is to increase fruits and vegetables and things like this. The third gal gets up and she says, Hey, if you were holding a grapefruit, you know, an unpeeled grapefruit in your hand. You could feel the weight of it, and of course, if you squeeze it, it resists the squeeze and has some substance, but if you start to peel off that skin, and then you finally got it, so there's not even a speck of the skin left, and you have her in your hand and squeeze it again, but gently, very gently because you notice how much softer it is, bent as you squeeze it, but squeeze it enough to at least release one droplet of that juice, just one droplet, and that'll even increase the fragrance as you anticipate what it will be like to actually bite into it, because you know that then that tart weakness is going to squirt into your mouth. So they were measuring salivation as people are listening to the speeches, and you certainly know which speech created the most salivation. So I mean, people are generally coming in saying, you know what I need, is more salivation in my life, but it's kind of an example of how do you do something that reaches the inside of the mind, because the salivation you then experienced, happened, but not because of a decision. Just in hearing that story. You swallowed a few times, so much during the talk about the importance of fiber.

K

Kathrin Zenkina 31:24

Right? Yeah, So you're like showing me unconscious.

J

Jon Connelly 31:29

The unconscious mind response to specificity creates a sensory response. So this little

The unconscious mind response to something creates a sensory response. So this little redheaded boy is pulling this little red wagon, but notice how his hair is a much softer red than that fire engine red of the wagon, and you're likely on some level to get that picture. If we talk about the sound of a train, and I bet you have been in a station and heard a train pull up, but I bet you've also been inside a train and noticed how it sounds over time, as you're just relaxing and almost ready to doze. I'm saying things that get to the unconscious. Here's where people are that are stuck. People who are stuck, and by stuck. I mean, if there's a way that you believe it would be better for you to be thinking or better for you to be experiencing emotions, or better for you to be experiencing the sensations in your own body, or that other behaviors would be better, and you've recognized that, and yet, that hasn't taken place, and so you say, I know I would be better off. If I was to no longer do this. I really need to stop doing it. Well, how long have you thought you needed to stop doing it? Well, six months. Well, that stuck. Yeah, that stuck.

K

Kathrin Zenkina 33:29

That's a lot of people's states.

J

Jon Connelly 33:31

Yeah, I would say a lot of people bordering on everyone, has some kind of stuckness, and one of this stuck, but I've begun to kind of take a look at, what are some of the things that I can hear that let me know somebody is stuck. Let me tell you a few of them. One is people who are stuck are much a lot more likely Kathrin, to tell you about what she doesn't want. Social say, you'll say what is it that would make things better for you? And she'll say, if I wasn't so lonely. Well, yeah, what else might you like? To not be fearful. Anything else? Yeah, not to just wake up in the morning but, you know, stay in bed. You know, I always just stay in bed. So these people may be frequently describing to themselves something that's been problematic, but they're telling themselves what to not do. Yeah. So, play with this for me for a moment. Wouldn't you think, Kathrin, that if you have been successful your entire life in doing something, that you would be able to do it for an additional 10 seconds? So, I'm going to prove you wrong, but I don't want to take advantage of you. You're such a kind person. So let's just make it four seconds. Okay, instead of the whole 10. Because, you know, you might not want to put that much effort into four seconds. All I need you to do for four seconds that you've been doing successfully up till now is simply to not think about a red tailed mermaid grabbing a trapeze.

K

Kathrin Zenkina 35:50

That's impossible.

J

Jon Connelly 35:52


Yes, because your unconscious didn't hear one other words, and did exactly what it's heard me say, right? It didn't hear that word. So your lovely in cooperative unconscious, said, Kathrin, do me a favor. Think of a red tailed mermaid on a trapeze, and unconscious says, Okay. That's a really simple one, but it doesn't hear that don't, and if you listen to people who are stuck, you'll



find that they have been telling themselves what to not do, what to not feel, what to not think, unsuccessfully, for a long period of time. That's one reason why, here's another stuckness, I get so uptight when somebody interrupts me that, I'm just warning you, because I know it doesn't make sense, but if while I'm talking, you interrupt. I'm just gonna get so mad. I mean, I'm gonna hurt you if I can. I mean, I know, it's stupid. I know, it's stupid. But um, so in that little story, Is that person telling you about his past? Is he telling you about what's going on right now? Or is he telling you about the future? And answer is, he's telling you, how could he be telling you about the future? Hey, you want to know what I had for lunch next Thursday? It can't be telling you about the future. I was really surprised tomorrow, you know what I saw? You can't do that. So he's telling you about his past, in future tense. I hear it all the time, and much more often than that. So one of the things folks can do is, I don't want you to be paying attention to your own language, and listening to yourself and trying to check the tenses of your words. That's kind of crazy making. On the other hand, I would suggest, be interested in listening to other people, and if they seem stuck, are they talking about the stuckness? In future tense, or past tense? Or often, you're going to hear it as if it's happening all the time. I always feel shy. So when is this happening? Always in the past? always in the future? And right now. So we call that stuckness, the invisible present. People are describing the problem that was going on, as if it's going on in the future. Another one is, people begin to think about where they've been stuck as if it's something about themselves. So I meet with you and I say, I'd like to be able to get the things going in a way that will be good for me and good for my family. But I'm just not that kind of person. I don't have this, I don't have motivation, or I don't have this, or I lack this. So if somebody's stuck, they're stuck because of what they were feeling emotionally of sensation, thoughts, or behavior. So if I say, so this thing that you've done, you recognize hasn't worked out for you, this behavior, or this thought, or this emotion or this sensation. But if instead of thinking of it as something you've done, you begin thinking of it as who you are. So you're nodding, as I'm talking to you, when I make sense. Let's say that we're going to travel together to this island. It's gorgeous, but they speak a different language, and when people nod the way you do, they think that you're, that that's a way of insulting their parents.

 Kathrin Zenkina 41:07


I would die on that island.

 Jon Connelly 41:09

So well, I don't think so, because nodding when you agree with someone isn't something about you. Now, it's interesting, because I'm saying that you've started monitoring your head. I don't, I kind of agree with what he's saying, but not a lot, well, I'm agreeing with it, because I don't want him to think that I disrespect his mother. But if you think, that's you, Kathrin, I'd love to take you on that trip, but you know who you are. You're a nodder.

 Kathrin Zenkina 41:54

Yeah, it's all I am just a nodder.

 Jon Connelly 42:01

And so that's a stuckness. If you think what you've been doing is who you are, and if you really want to get somebody stuck, so that it's really, really stuck, then have them see an authority figure, who will tell them scientifically, this is actually you. You're a nodder, and you're also obsessive, and you're a borderline, and you're a narcissist, and you are this, you are this, you are this. So, that's another stuckness if people think that's where they are, what can they do other than look to accommodate it? Or maybe look to understand it, so they don't feel as awful about it, and I don't think that nodding is who you are, and I'm sure that if we were going to go on that trip, you and I could do something which would cause you when you're in agreement to do what they think means agreement, which is clapping. So that would mean every time I say anything that you agree with, you're no longer nod, but you automatically start applauding. I know that, oh, it's gotta be enjoyable, but we can't do it. If you're a nodder. You can only do it if you're a woman who has been doing a lot of nodding.

K

Kathrin Zenkina 43:42

Right, I see what you're saying, yeah.

J

Jon Connelly 43:45

That's like another another stuckness. So I mean, one of the things people listening can do now to make a difference is, first narrow and narrow, narrow, what you're looking to make a difference in. So if it's, I always do this, and I always do that, I never do this. Make it as narrow as possible. Then look back for a moment and say yeah, this is how I have been feeling and this is where I am and then consider what you intend. So I have been nodding when people say something that I agree with, here I am. I am thinking about this gal, what does she look like, if you're thinking about her, bring it in, use your senses. Okay? She's a blonde gal, and she has freckles. Most blonde girls don't, but she does. I wonder if that's natural hair color, and she's telling me these things that I agree with, you can have a better life making people feel good than making people feel bad, and as she's saying that, I'm just see yourself, just listening and letting her know you agree. Just conceive of it, that is not going to immediately shift it, but you're a whole lot closer to it than you were when you were thinking you were a nodder.

K

Kathrin Zenkina 45:58

Right, you mentioned the word intend, and RRT is all about intention. You have like the general in class, he talked about the generalized intention and the specific intention.

J

Jon Connelly 46:13

You stayed awake during my class.

K

Kathrin Zenkina 46:15

I totally did. I did my best not to take notes, because you should even, you should mention the notes thing too for people. I feel like that would be something, especially since I'm someone

who has courses, and I'm sure people frantically take notes when I talk, and you have this very interesting perspective of like, why you should not take notes when you're in class, which goes so against and I feel like everything you talked about Jon goes against mainstream. That's why I like I'm obsessed, like I'm obsessed with going against mainstream. So I'm obsessed with everything that you teach and what you say and how you do things. Because it just it, it keeps me so like alert, because it's so new to me, and I'm just like, constantly hungry for more. So I can't consume your membership portal fast enough. I'm like going through as many videos as possible, because it's just it's so fascinating. But um, can you can you share the notes thing?

**J** Jon connelly 47:11

Well, yeah. So when I first learned to stand up in front of a group of professionals, and talk about something I thought would be valuable for them, I noticed that, as I would say things, they would take out notepads and begin writing, and it was so lovely, for my self esteem, was like on a rocket ship, and so I played with it, and I would do things like, sometimes, I would just stop, and lots of the people stopped writing, if I just was silent, and then sometimes I would start to talk about something really complicated, but decided to fade as fast as I could, and then I'd watch people doing to like, write faster, and this was so lovely for me. I mean, I must be a cold guy, I talk and all these doctors sit there writing down what I said, and I thought that was great. Until one day, I lost my phone, and I went and bought one of those throwaway phones. Yeah, burner, and I thought, Well, I'm gonna call my mom and tell her about my trauma, you know, of losing my phone, and then I thought, I don't know, my mom's number. That's stupid, I better call my best friend and tell her that I don't even know my mother's phone number, and I thought, I don't know her number, either, and I realized that my mind was smart enough to know that if it was written down, I didn't have to know it.

**K** Kathrin Zenkina 49:21

Hmm. That was mind blowing. The first time I heard that. So true.

**J** Jon connelly 49:25

And then after I realized that, and I realized all of the things that I didn't know because I wrote them down, and like all the courses I took, I have a draw in my office, very well organized, and it's called the Smart draw, and inside it are all these spiral notebooks, because every class I bought a new one, a different color, and I would write really neat notes and stuff, and at the end of the class, I put it in smart draw, and then a new class, I put something else in a smart draw, but what I discovered that writing all this stuff down didn't actually get it into my head, I realized that draw was a whole lot smarter than me. So I decided this, whole thing of having everybody, right, when I talk is no longer boosting my self esteem very well, because I recognize all the people that are reading that what I'm saying, are really less likely to know it.

**K** Kathrin Zenkina 50:39

Does that mean that the unconscious mind has unlimited storage capacity?

J Jon connelly 50:43

I don't know.

K Kathrin Zenkina 50:45

Okay, I love that you say that. I love that, I love that so much in your class, you're like, I don't know everything. This is not the truth. This is a way of thinking. Can you go a little bit after that?

J Jon connelly 50:55

Oh, yeah, I would definitely like to go over that with you. So I really, I begin my classes by saying to people, I mean, it's often the first words out of my mouth, is to say, I won't be telling you the truth, and the reason is not because I know it and want to withhold it from you. But it's simply that I don't know what it is, and the reason I don't know what's true, is because there are really smart people that seem to disagree on it, and if people who who study this thing all the time, disagree about it. They're smarter than I am, and particularly around that, because that's their scope. That's what they pay attention to, and one is saying it's like this, and the other is saying it's like that. Who am I to say, well, this is the actual truth. So I would tell you, and I tell my classes, the only thing I really believe it's true, is that if I tell you, this is what I think, that's true. I think it, but it isn't true, that that makes it true, and when people are given that way of learning something, they learn it so much faster, because if I tell you, you know, Kathrin, there are things you've been thinking for a long time. They're wrong, by the way. Let me tell you how to think correctly. It doesn't cause you to get real open.

K Kathrin Zenkina 52:50

No, it immediately causes a shutdown.

J Jon connelly 52:52

This is the opposite, but if I say to you, Hey, I know that you know how to play chess. But I invented a different game, and it uses a chessboard in chess pieces. Let me tell you in my game, how you move the king, and then I say so the king goes in a big circle, and this piece goes in a smaller circle, and you're gone. Okay, let me think of it this way. You're willing to do that. If I say to you, everything you know about chess is wrong. The actual way you're supposed to play is this, you're not willing to do that. A lot of sharing, a way of thinking rather than a truth.

K Kathrin Zenkina 53:45

And that makes sense, because unconscious transformation, if there's a wall to the unconscious mind, you're not getting in, and if you cause disagreement within people's belief systems that already exists. nothing new is gonna get through. but if you just say this is just a way of

thinking, it's almost like taking a hat and just trying it on for size, and you're just like wearing it, you're just wearing a cap for like, a day, two days, three days, whatever, just five minutes in a session with you or with, you know, someone else who's already certified. I think that's so impactful and goes in alignment with what I also know about the unconscious mind up until this point, and I love our tea. I talked to Andrea Crowder, who's my coach, and you know, I'm certified in so many different modalities, and I asked her and I'm like, how do you deal with you know, what if what you're learning in RRT goes against all these other modalities? and like, how do you cope with that? How do you know which one to use? How do you know which one to trust? Blah, blah, blah, blah, blah, and she was like the one that's the most effective, and I was like, Whoa, boom, because for me, our tea has been the most effective modality that I've ever tried. It's been magical.

**J** Jon connelly 54:57

Do you really want to end people's suffering? and I passionately want to end people's suffering. Kathrin, I began in this career a long time ago when nobody even had a thought about Kathrin existing, and my first job was being a child protective service worker, I was being called in when there were allegations of abuse or neglect with little children, and I, I was, I was just like, oh my goodness, so much suffering. So much suffering. By the way, there in the beginning, if I saw a little child in danger, I didn't try to shift the child's perspective on it, so that they might have different thoughts of it. So I knew my job is to cause his environment to change, or get him out of it to another environment, and now, the difference is that the way most people think most of the time is what's going on emotionally. It can be explained by what's going on environmentally. So, why is that guy so angry? Oh, that other guy just shoved them. Or why is this gal so nervous on her first date with this fella, he seems so kind. Well, six months ago, she was out on her first date, and a guy beat her up. So we understand emotion, generally, it's something that is something, is happening, has happened, or is anticipated to happen. If, and that's, that's a good way for me to view it when I was a child protective worker, because then I better do something about what's going to happen, but then as I begin meeting with grownups, I can't do the same thing. If if this gal is telling me that her boyfriend is mistreating her, I can't just pull up to the house, and tell him to cut it out, and if he doesn't, I'm taking her. That's what i used to do, but I can't, I can't do that. So it's better for me to get it. That if I think that what you're feeling has to deal with the way your mind is processing information, outside of conscious awareness, and then that I know how to shift that, then, and that it's my job to shift it. Then I can get a whole lot done. I've learned how to shift what's going on unconsciously as mine processes information, in order to change the way people automatically experience emotions, thoughts, behavior, and that it's my job then to do that, not my job to tell you it's your job. Wow, that's such a big deal for me, Kathrin, it's not my job to tell you. It's your job to fix yourself, but you do need to come to me, it's going to take quite a while and be expensive. But it's good for you to come and see me so that I can tell you it's your job to fix yourself. It's just I don't know, I decided to try a new barber, and I go to this older guy. It's so predictable, and, you know, I mean, I do it, but it's not exciting. Three days, I'm gonna get to go for another haircut. It's not exciting. So I decided I'm gonna go across the street, and I went, and this place was so much nicer. This beautiful young lady came over to me with a big smile ,and she said, I'm going to be working with you on your hair today, and I said, Well, I'm all open to that, and she said, Yes, we'd love having you here, and I said Thank you so much, and she said, How do you like your hair? How hasn't it worked for you previously, and she really listened. So I was ready, and she's gorgeous. Finally, she came over, and she handed me about the fanciest pair of scissors I'd ever seen that they were glittering and a large, and I had them, and then she

came over and she had one of these large hand mirrors, and she just smiled, and I said, So what do we do next? And she said, Well, honey, now it's time, you know, for you to cut your hair. I'll be doing this, and she said, of course, sweetheart, it is something you need to learn to do for yourself, and I said, and my new and beautiful friend, what will you be doing? And she said, I'm gonna hold the mirror just the way you want me to, and I said, Oh, my goodness, this is heartbreaking. You're so lovely, and this is such a pretty place, but I ran across the street, so, I don't want to go to the barbers where they hand me scissors and tell me they're gonna hold the mirror. Yeah, and prolong the process where somebody can jump in and actually fix it. It's a it's a whole big, different.

K

Kathrin Zenkina 1:01:49

Jon, you talked about, you talked about, you know, how you want to end suffering, and there's a big buzzword in the personal development community now. Not that it has never existed, but now it's really talked about which is all about trauma, Right? What is your perspective of trauma, I know you have a different viewpoint of trauma, and I'd love to go into that.

J

Jon Connelly 1:02:13

I have spent that was my initial interest, because I mean, my first job is working with with children who are getting, you know, tortured, sometimes, and then after that I worked with, run away throw away teenagers, and when when I found out that they ran away, as much as you don't want a 13 year old running away, most of these kids that I found ran away running away was like one of the healthiest things they ever did, when you found out what they'd run from immersed in really big capital T trauma, in the very beginning of my career, and for years, and years and years of it, and then I realized, you know, how am I supposed to treat this? Well, I should know I went through a whole psychotherapy program, and I didn't have any idea. I called my friend, and I said, this is embarrassing, but I think I fell asleep when they were teaching us how to do the trauma treatment, and he said, Jon, I don't think you fell asleep. They never taught us. I said, oh my goodness, then what should I do? Why didn't they teach me? and he said they are not supposed to teach you how to do it when you go to a graduate school, you have to go to postdoctoral programs folder in that. So I did, and what I learned there was if something is very disturbing, then at the moment it's going on, it's not a good idea to be experiencing and expressing emotions. If you're getting mugged, if you're getting beaten, if you're getting raped, the priority is being alive at the end of it, not feeling and expressing your feelings, and so I learned in this program, so people haven't expressed their feelings, and the feelings, therefore are stuck inside them, and your job is to get the feelings out of them. So how do I get feelings out of people where you get them to really talk about and deeply experience the worst moments of their lives, so that they begin to feel really upset, Yeah, and then you want to encourage them to really feel it at its most intense. Yeah, and then to just express it. What do you mean? Well, you know, like sob. Hmm. So I've got to go meet this girl who has been raped and I'm going to try to get her to feel like she's being raped, so that she will feel awful, and then she's gonna start sobbing, and my teacher said, Exactly, there you go. I said, this is the most miserable job I've ever heard of, but it's the most important job. So I'm going to do this, and I did that to people. I mean, I did that to people, I caused them to re-experience the worst moments of their lives, and they didn't just sob, but we had buckets so they could vomit. I mean, It's awful. But as horrible as it was, for me, I was willing to do it, if that was how to help people. I stopped when I realized, these people aren't getting better. So I

mean, it takes a long time, it's terribly painful. It's very expensive. Let's do it anyway, but then there was a deal breaker, and that also doesn't work. It's like, Whoa, we're gonna dump all of that, and I figured I'm dumping everything I learned and re-doing it. Here's the arcade view of trauma, if something bad happened, and it has to just about everyone, if something bad happened, it can feel like it's inside you, but it's not inside you, It never got into you. There's data that came in through your senses, and our human minds, store the data. Our human minds even create additional data, stored data, and when something is very disturbing, the data about that event expands, and that screws up the storage process. So things happen like this, Kathrin, you're with your friend, and you know that seven years ago, she saw her friend die in a battle blown up with a grenade, but you're in her lovely suburban home, and and you're both having a nice conversation. When somebody lights a firecracker right next to the window that she's sitting by. Next thing you see her under the couch, and she comes out, and she says, Oh, Kathrin, I'm so sorry, but you know what happened to me when I heard that. Well, she didn't become firecracker phobic. What happened was, this had some similarity to this. Not much firecracker is a very similar to a hand grenade, but it had enough that it caused the data about the grenade to vibrate and be experienced as if it was taking place right then, so much so that she no longer saw you, and is under the couch. One more example, you have a friend named Larry. He's so kind and gentle. You just love Larry, you bring him over to meet your friend Mary. She is hostile, distant, guarded, rude. He quickly leaves. You say, Mary, why don't you treat Larry like that, and she says he's evil. you said Oh, my goodness, I never left you alone with him for a second, and he was as kind as he could be in spite of you, or it's such a pitch, and she says, but I know he's evil, and what she doesn't know is that Jeffrey, who used to torture the hell out of her in fifth grade, and who she hasn't thought of for 20 years, had a structural speech pattern similar to this guy, and so this cause, this thing from him caused that stored data to vibrate as if it was happening, and so she's being influenced by it without even knowing it, and that happens to people all the time. So this is going on if there are those kinds of traumas actively screwing up somebody's life, we have a word that we use in the RRT world to describe that it's called normal, but it's certainly not called Wonderful. So, what we've learned, what I learned, and now I've been teaching people, is how you can pinpoint and clear The troubling influence that a prior experience is having, even if it isn't conscious, so that it's no longer in the way. So that then that change, the shift that is desired happens automatically. We can cause it to be that she can describe the entirety of this experience that was shocking, disturbing and overwhelming, without any kind of negative feeling at all, and can recall it without those emotions, and that is something that people who have trained with me to an advanced level and really got it down are able to get done for people, that shift things. So one of the, by the way, things that is sort of universal and being traumatic for people is the passing of a loved person or the other day I was addressing with a gal, her ongoing grief for a pet, and the way we address grief that seems to meet culturally, is encourage it, and feel that if somebody is stuck in grief, it's because they didn't really get it out, and so the solution to grief has become grieving, and if you look in the library here on Amazon, for what books are available, most all of them are saying it's really okay to not be alright. It's okay to feel really badly. If you would have had a major loss, and I thought, Well, it ain't okay with me. It is not, it's just like not okay with me, and if you had a major loss, is it okay with me that you would be miserable? No, it's not okay with me, but you would be miserable. You're my friend. I don't want you miserable. What the heck happened.

K

Kathrin Zenkina 1:12:48

It's like the pain of the loss is enough. It doesn't have to be prolonged for the rest of your life.



**J** Jon connelly 1:12:53

I think we can cause it to be quickly shifted, even in cases where the grief is called pathological meaning it's been going on for more than a year. It's one of the characteristics. So anyway, I wrote another book, and it's called grief is not sacred, and it's giving this perspective on how to clear that issue. It's, and it's available right now. It's called grief is not sacred, and it's on Amazon, and you can have it probably tomorrow or the next day.

**K** Kathrin Zenkina 1:13:39

Yeah, we're gonna link all the amazing links you have not only grief is not sacred. That's our newest book. You also have, I believe, it's called Life Changing conversations. I've been reading that one.

**J** Jon connelly 1:13:50

Yeah, that book is about how you can change somebody's life with a single conversation during the single meeting, but this one is all about, particularly around that issue of grief. Prominent, currently, there are things that can be done that can cause that pain to be gone. I had somebody just came to mind from years ago. I could just share it briefly with you. I haven't even thought of it. I just noticed I get goosebumps just having him come to mind. A lovely guy came to me, I thought he was lovely. Nobody else was thinking he was lovely at that point, but it was like six, eight months earlier. His love of his life, his little nine-year old daughter, was out roller skating on the sidewalk in front of his home and a car driven by a teenage girl who was way drugged up, got onto there and killed her, guy was devastated. His, you know, his first move was to go to church because he was a very active church member, and he said, do you know that this is horrible? and people said, Well, God had a reason to take her, and he said, well then fuck him, and they said, Well, you can't hang out with us if you're gonna say things like that about God. So that whole community, it was his whole social life, all of a sudden wasn't there, his relationship with his wife deteriorated, and he just was miserable, miserable, miserable for a long time, till we got together, and we had to dive really deep with this one, and his experience of connection and ongoing love for his daughter was able to re-emerge. This thing was so awful, that the parents would go to these high school assemblies and get all the kids from the classrooms into a big meeting room where he and his wife would be on the stage talking about their devastation to get kids out to drink. Yeah, and they would bring the girl who did it onto the stage in shackles, and she would talk about, you know how awful it is for her being in prison, and living with that guilt and what have you. But even though she was doing that, the thing that he and his wife would do together regularly is go to old parole hearings, to make sure she wouldn't be released, and we got to do this work together, and I remember, I hadn't seen him for about a year, and he called me, and he was in tears. But they sounded joyful, and he said, Jon, I did it, I finally did it. This is a big one for me, and I said, what, why did you do? And he said, I got her out. I said, You got who out? He said I got them to release her, and he, after we met put tremendous effort into getting the girl who had killed his daughter out of prison so she could go back, you notice I'm not usually at a loss for words, but I started to get emotional just thinking about that one, but now, you know, he went from I guess to be traumatic, a heart that was super filled with hatred was causing disruption in all relationships,



to a heart that was really filled with love and he feels his daughter with him as he now meets with people who have been grieving in order to alleviate their grief. He's gone on to be a healer, right. Remember to mention that when I just wrote this book that came out.

**K** Kathrin Zenkina 1:19:15

Jon, I can literally talk to you for hours and hours. I feel like we need to do a part two.

**J** Jon connelly 1:19:20

you have a life, Kathrin, you can't spend it all talking to me.

**K** Kathrin Zenkina 1:19:26

I'd literally, oh my gosh, there's like so much more that I want to dive into. So if you're down ever to do a part two with me for the podcast, that would be amazing.

**J** Jon connelly 1:19:36

I would be delighted to continue this conversation and to take a much deeper dive into things that we started. You know, that time went so fast.

**K** Kathrin Zenkina 1:19:54

so fast, way too fast.

**J** Jon connelly 1:19:56

Could I mention quickly that every Monday night at 7pm Eastern time, I do an open group that's free for anybody. It's called solutions. If you go to my website, [rapidresolutiontherapy.com](http://rapidresolutiontherapy.com), you can register no charge, and what happens is, people just raise their hands and get a new perspective on issues that they've been stuck with, and we have people from all over the world showing up and love to have your listeners, join us. It's a way to get, to stick your toe in the waiting pool of rapid resolution therapy.

**K** Kathrin Zenkina 1:20:36

You pulled out my last question, too, because I was going to ask you, where can people find you, work with you. You know, you've mentioned your book. So I'm going to post all the links in the show notes for you guys, that you guys can get all those links, and then, I don't know maybe next podcast episode, we can also dive into an issue or something that I can bring to you, that people can witness like, a live RRT. I don't know. I have some ideas.

**J** Jon connelly 1:21:05  
I'm sure you do.

**K** Kathrin Zenkina 1:21:07  
We'll talk about it. We'll talk about it later. With that being said you guys. Dr. Jon connelly. Thank you so much for coming on here. This has been such a joy, such a pleasure. You've been blowing my mind. I've been I've actually I broke your rule. I did take some notes, but it's only to keep me remembering certain words that I wanted to bring up with you.

**J** Jon connelly 1:21:28  
Kathrin isn't a good rule follower.

**K** Kathrin Zenkina 1:21:31  
I might not be, shocking, shocking. Oh my gosh, you guys go to solutions. If you feel called to do a one on one with Jon. He's incredible, amazing, Like I said, my whole family, and by whole family. I mean, me, my mom and my husband so far I've seen you. I have my exec team seeing you. It's just, It's been such a world of difference and the fact that like you don't have to go into your trauma, like you don't have to revisit your trauma in order to experience the shifts of releasing that trauma for people, I think is such a game changer and is different from how other modalities approach that so again, we can go into so many more topics. So with that being said, I'm gonna leave us here. I will catch you guys in the next episode mwah 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 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