

Derek Rydall and Jaime Tardy

Welcome to “Eventual Millionaire.” I’m Jaime Tardy, and I’m really excited to have Derek Rydall on the show. You can find him at www.DerekRydall.com. He’s a spiritual teacher, talks about abundance, and amazing things. He has a killer podcast you all have to listen to. Thanks so much for coming on the show today, Derek. I appreciate it.

Derek Rydall: Thank you, Jaime. It’s my true honor and pleasure to be here.

Jaime Tardy: I don’t listen to a lot of podcasts. When I knew you were coming on the show, I started listening in. I was like, “Wow. I might actually listen to this.” In general, I don’t listen to very many podcast, yet yours – your voice, your tone, what you’re talking about – was ridiculously interesting. Can you give me a couple of the highlights that you talk about on your podcasts so everybody can get a good idea?

Derek Rydall: Sure. Be honest. You were like, “Great. I don’t need to take any melatonin anymore. I’ll just listen to Derek at night, and I’ll be out in minutes.”

Jaime Tardy: I actually do listen to guided meditations every night, so you should make one so I can listen to it.

Derek Rydall: It’s funny. I have a lot of people around the world that listen to me, and my different programs, and things, and it’s funny to hear, “You know, I sleep with you every night, Derek.”

Jaime Tardy: You’re welcome.

Derek Rydall: Thank you. I’m a most interesting man.

The core work that I’ve become known for is a work called the Law of Emergence, and it’s the Emergence Principle. This podcast – and really most of my work – is based around the core idea of emergence. In a nutshell, or in an acorn shell, the basic premise is that just as the oak tree is always in the acorn, and the acorn doesn’t have to go out and attract an oak, or achieve an oak, or improve itself into an oak, or become worth to become an oak or be an oak, it’s already in it. When the conditions are right, then that which is already inherent to the acorn, that pattern already in the seed, naturally emerges.

This is everywhere in nature. When the conditions match the pattern of potential already in the seed, it emerges. What I've discovered through almost dying twice, and a whole lot of stories and experiences that are intense, and a couple of decades of self-improvement, the same principle applies to us, and not only to our life in general but to every aspect of our life.

Wherever there's a burning desire, like a project or business, there is a seed pattern there, a bigger idea that's trying to emerge, and when you know how to get in touch with that, and then create the conditions that are a match for that, that are congruent with that, that pattern begins to unfold in your life, often better than you can imagine, and with a lot less of the drag, stress, and struggle, and striving, and all the toxic byproducts that that brings. We begin to live more in alignment with the way nature unfolds, which we're a part of.

It's not really that woo-woo, although I do like to go woo-woo too. I like to say I go down the rabbit hole. I get into quantum physics, and metaphysics, and really understanding the cosmology of life, and of our minds, and all kinds of things. In general, that's the core idea. Then I apply that.

Once you understand that model, you understand that whatever is missing in your life, your job, your business, your relationships, whatever is missing is what you're not giving. Whatever you're waiting for, you're actually waiting with, and often weighing it down. This is what I call the ultimate wait loss program, W-A-I-T.

We'll get more into this as it pertains to what does that mean around building a business, around generating wealth? It's very applicable to wealth generation and work I call awakened wealth, which is that you are really a wealth-creating machine.

In the Sanskrit language, the word for "man," which is where "human" comes from, is "the dispenser of divine gifts." What that really means is we were designed to be dispensers of potential, and abundance, and talents, and gifts. When you understand that the world isn't going to give it to you, and that you're not a victim of conditions, but that when you turn on that inner wealth-creating machine within you, you can literally generate whatever you need, wherever you need, whenever you need it regardless of where you've come from, or where you're currently at.

Jaime Tardy: Such an amazing sentiment. I was actually talking about this at dinner last night with super successful people and spiritual healers. It was insane to sort of see everybody in synch over this same exact principle, so you have no idea how excited I am to have you on the show right now.

What people are probably asking is they understand the concept, and they're probably sitting there going, "Great. I love that. I want to be abundant, and wealthy, and all that fun stuff, but how do I change those conditions?" like you were saying. How do I make sure I have enough water, enough soil, and enough everything when I'm not really sure what I need to put the ingredients together?

Derek Rydall: Absolutely. That's a great question. The first thing to understand is that the difference between a plant and a human is that plants are indigenous, so their conditions are determined by where they're planted externally. Human beings are what's called endogenous. That means we are self-effulgent. We create our own light. No matter how many clouds there are outside, we can generate that light energy, that nourishment, and the soil is within us.

We're literally like a walking biosphere for our own inner greenhouse where these seeds of potential are planted in the soil of our soul, or whatever term you want to use. We have the potential to create those conditions no matter where we're planted externally. That's the most important thing. That doesn't mean we don't adjust our external conditions within our control, but those conditions can never prevent us from developing the right conditions for our own emergence.

There are different ways to look at this. There are a few core structural elements that are important to have in place. I also hope we have time to talk about how this applies specifically to completely changing our perception around wealth because if you want to create wealth in our life, there are a few what I call hypnotic wealth spells that we want to bust today so people can come in alignment with what is the real nature of wealth? What is it really made of? What does it really come from? We'll get to that.

In general, you first have to have a vision. In other words, the vision is like the seed. You have to know where you're going. As the old saying goes, "If you don't know where you're going, every road will take you there." You're going to be lost. You have to know what that seed is.

In my work, I show you how to look for the clues because the clues are everywhere. The first one, which we already talked about, is desire. It's not just a fleeting desire, although those might give you a clue to what's emerging. Remember, we're shifting the paradigm. It's what I call the great reversal.

When you understand that life doesn't happen to you, but it happens through you and as you, you begin to look at your feelings, your impulses, your reaction, and response to the world all as a clue not to what's true out there but to what's true about you. The whole world becomes like a Rorschach test those inkblots. You look at the inkblot, and one person sees a dragon. The other person sees a pony. It's the same inkblot. It's like, "Okay. What's going on inside you that you see a dragon?"

The first thing is looking at your desire, and desire comes from a root word that means "of the sire," or "of the father," or "of the creative principle," and also "from the heavens." That burning desire, let's say, to launch a new business – let's say you're stuck in a job you hate, and you really know you're meant for something more. You're meant for something bigger. You just know it. You feel it. You desire it.

But the old model is, "I want it, but look at my life. How can I ever get it? I don't have the money. I don't have the time. I don't have the support. I don't have the energy. It's too hard. This desire just makes me more frustrated and depressed because I want something I can't have."

In the Emergence model, which this isn't something I'm just making up. I want you folks to understand. This is principle. That burning desire is actually telling you what you already have. I want you to let that soak in for a minute. I'm getting chills right now.

Jaime Tardy: Me, too.

Derek Rydall: There you go. It's always in indication this is something somebody really needs to hear, and it's clicking right now. That burning desire is already the proof and guarantee that it's not a clue of what's outside of you that you need to get. It's a sign of what's inside of you trying to get out. It's like a pregnant woman. When she feels the kick of the baby, that's equivalent to your burning desire, the kick of your desire.

Now, what we do is we feel the kick of desire, and we say, “Oh, my gosh. I have to go make this happen,” or it’s never going to happen. Whatever. Those are the two pulls. If a pregnant woman acted that way, she feels the kick of the baby, she’s like, “Oh, I want the baby so bad,” and she goes and tries to make a baby happen, pretty soon those nice men in white jackets with really good upper body strength are going to try to take her away because she’s acting crazy. You’re already pregnant with the baby.

If she doesn’t tend to the child and says, “I wish I could have a baby. This kicking is making me want a baby so bad, and I’ll never have one,” some pretty bad things are going to happen. At the very least, she’s going to be really shocked in about nine months, or she’s going to think she’s gaining all kinds of weight, and go on crazy diets to lose it.

When we feel that burning desire, we have to start with the understanding that that means you’ve already got it. That means it’s also trying to emerge. It’s trying to be born through you.

If you look at your burning desires, and you look at the world also at who are the people or conditions out in the world that really pull you, whatever pushes you or pulls you is a projection of your unintegrated power and potential. Those people you really admire, aspire, again, that’s not a sign of something you’re not. That’s actually a projection of what you are, but because of a belief, you’ve cut yourself off from it. It’s now being projected on the screen of your experience. Now you can reclaim that.

I love Richard Branson. I love Oprah. I love Bill Gates. I love whoever. They’re amazing. Great. That means that whatever the qualities are about them that you love are activated in you, and are trying to emerge as a vision for your life. We take those pieces, and we formulate that now into a vision for our life. This is what’s trying to emerge in me. It’s as best we can. It doesn’t have to be perfect.

Then the second stage is we have to create a daily practice, which is around making us congruent to that vision. You notice I didn’t say immediately create a plan to go get it. That’s going to happen. That’s where most people go, but the first thing we have to do – especially if you’re in a job or situation where you don’t like it, or you wish you were somewhere else, you have to understand that the

first thing you have to do is become congruent with that vision in you.

What that means is, for example, if you were living that vision, if you were already that successful entrepreneur, multimillionaire, whatever is your vision, how would you feel, and who would you be? One of the simplest ways is just visualize. You visualize yourself in that reality. You really let yourself get into it. You identify what are the core feeling qualities? Write those down. Write down who you are being. What are the being qualities? Write those down.

For example, feeling qualities are peace, love, joy, power, etc. A being quality is more active, like playful, generous, outgoing, and carefree. You write these down. That's giving you a sign of who you would be, how you would feel if you were living this.

Most people go, "I'll feel happy when I've got more money," or "I'll be more generous when I've got more money." No. It doesn't work that way. Life works exactly the opposite. Remember, what's missing is what you're not giving. Whatever you're waiting for, you're waiting with.

Just as a little exercise, you can take one of those qualities. Let's say it's the feeling of joy. If you were really living this life, you ask what are the people, places, things, and activities that activate that feeling of joy for you. You begin to engineer those into your life.

For many of you, you'll discover, "When I'm with this person, when I do this activity, when I'm in this place," but you don't do it very often because you don't have the time. You don't have the energy. You've designed a life by default that's keeping you stuck. You want to begin to surround yourself with the people, places, and things that represent where you want to be, not where you've been. That's the first piece.

We can get much more into this. In my book, and in my work, I do. We can certainly unpack this throughout, but I'm just giving you a couple things you can actually start doing right away because you want to engineer a way of life that represents that.

The second thing is being. Let's say it's being more generous, or excellent, let's say. You're like, "Oh, yeah. I would give my best if I was in a job I loved." Meanwhile, your best is – sorry for the

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visual – is suffering a stillbirth. Your genius, your excellence, isn't getting born because you're waiting for some future date when the conditions are right. It can only be born in this moment

A plant can only grow where it's planted now. It can't grow in the future. If you keep saying to that little plant in that little pot, "When you have a bigger field to grow in, then you're really going to grow," it's going to stay small in a small pot. It has to fill out the pot it's in.

As a quick aside, I practice this and proved this over and over again in my life. One particular example I really love is I was an up-and-coming actor. I was a successful actor. I had a near-death experience. I had a spiritual opening. My life fell apart. I lost everything. I had to become a waiter. I went the opposite. Usually you're a waiter, and then you become an actor.

Jaime Tardy: Yeah.

Derek Rydall: I went from an up-and-coming actor, like my manager handled Tom Cruise and all this stuff, to having to wait on people I was in movies and TV with. Talk about humiliation. Right? "Hi, can I take your order?" "Oh, hey, Derek." "Oh, shoot. They recognize me."

I was in such a terrible place, and I began to practice this because I was beginning to understand it. I began to bring the feeling and the qualities of being. I began to bring excellence to that job. I began to show up at that job as if it was my destiny, as if in bringing the feelings and the being quality of my bigger vision, so I got fired.

Jaime Tardy: Wait a minute. How does that work?

Derek Rydall: What's going on? I got hired again. They're like, "Oh, it was a mistake. The boss, some issue, somebody scapegoated you, or something." I felt kind of bad. People are like, "What is he up to because he's being so nice, and so generous, and so excellent? You're making us all look bad." So I got fired again. I'm like, "This is weird. What's going on here?" I felt kind of humiliated. Then the other manager called me back and said, "Look. I think the other manager thinks you're gunning for her job. Kind of play it low. Be cool. Don't be so excellent." So I got hired back again.

Jaime Tardy: That happened? Oh, my gosh.

Derek Rydall: Now I start really having to dig in, and bring my game, my A game. I start getting so many compliments. People are writing in to corporate about my service, five-star service in a three-star restaurant, getting the biggest tips, helping out the waiters, helping out everybody. I'm really rocking in, and I'm loving my job. I feel like I'm on fire because I've ignited from within. I got fired again. This time, the manager basically – we had a talk. He says, "I just don't think this quite fits."

Jaime Tardy: Oh, my gosh.

Derek Rydall: I went away, but I was feeling so good. A few weeks later, I got hired on another job. I went from making \$50.00 a day to \$1,000.00 a day. I went from waiting on people in three-star restaurants to being wined and dined in five-star restaurants all around the country. I went from dreaming about my bigger vision of serving, and teaching, and sharing, to actually getting paid to do it, and working with some of the top executives in the world. That happened like a month later.

What I want you to understand is that didn't happen in my future. That happened right there on the job as a waiter where I stopped waiting and started serving. I really began to show up, and I grew into the mental, emotional, physical, energetic person capable of carrying that energy, and showing up with that energy.

I showed up literally with that energy, and one of two things happens when you do this. Either the environment will grow with you to begin to match you, and play with you at that higher level, or you will be moved into an environment that can.

If you don't, if you keep going, "I hate this job. I hate this relationship. I hate my economic situation. The economy is terrible," or whatever our complaints are, but say, "If only I had the big opportunity," that's like a surfer going from wave to wave saying, "Oh, that's too small. That's too this. That's too that. When's the big, juicy wave going to come?" He or she finally goes out and gets on the big wave. What's going to happen? It's going to crush them because they haven't built up the dexterity, the agility, the flexibility, the hand-eye coordination, and all the things necessary to ride that velocity, to carry that energy.

Your current circumstance is always giving you the beginning condition to become the individual you're meant to be when you bring this emergence work to it.

I know that was a bit longer than maybe you expected, but hopefully that's really helpful for people to get really into how you can begin to grow yourself into the next level of your success right where you're planted.

Jaime Tardy:

I adore this. I don't think people understand this enough because a lot of people think it's too woo-woo, or something like that. They're like, "Yeah, okay. How you feel, whatever. Just go do it as hard as you can." I'm a hustler like nobody else, but also – I was showing everybody that I do a daily intention tracker. I do how do I want to be? How do I want to feel? What do I want to do today? Bringing these principles into everybody's life, I think, is extremely important. How do we do this simplistically right now?

Somebody that's listening maybe is in a job they don't necessarily like. How do they start to tweak that? It's one thing to go, "Just be excellent." Go be excellent. They'll be like, "I don't even feel like I can handle everything I already have right now. How do I do above, and beyond, and more?" Does that make sense?

Derek Rydall:

Yeah. It's not so much about trying to do more. It's not about struggling or stressing. It's about first and foremost getting into the feel of – first of all, you've got to be willing to have a vision for your life that really turns you on, that really inspires you, that really excites you because the problem is that most people have been trained to be problem solvers. As Einstein said, you cannot solve a problem at the level of thinking that created it.

When racecar drivers are taught to drive, they're taught that when you're spinning out of control toward a wall, which is your problem, if you focus on the wall, you're going to hit it. They say, "Focus where you want to go," and your hands will follow your eyes.

We understand now from quantum physics, whatever, that you can't ever actually solve a problem. A problem – whether it's the job you hate, not enough money – the problem is a symbol. It's an emblem of a vibration, or frequency, or a state of mind, and it will always live there the same way that ice will always live at 32 degrees Fahrenheit, or 0 degrees Celsius. If you're at that temperature, no matter what you do to solve the problem of ice, you will still have

more and more ice. You pour hot water on it, you're going to have worse ice because it's going to freeze up.

If you rise above that temperature, you don't solve the problem of ice. The ice dissolves because it can't live at that higher temperature. That's why when we're stuck at a job we hate, or not enough money, and we're focused on that, and trying to solve it, we are at the level of the ice, and we're making more ice, and we're freezing that problem into a greater and greater experience. That's physics. That's not woo-woo.

Even though it's hard, we have to train ourselves to become more vision holders than problem solvers, more focused on where we want to be, where we want to go, what's emerging than where we are, where we've been, and what's in our way. That becomes a discipline. It's not easy, but that is the only way your life change and really grows.

I'll tell you something. Even if you, through sheer will and force, manipulate, and maneuver, and cajole, and control yourself into a better experience, you won't be able to sustain it. As I like to say – a lot of people are into the Law of Attraction. You manifest a bigger paycheck, and then you're just broke at a higher income bracket. You manifest a bigger house, and you're even less at home. You manifest a new relationship, and you get in the same fights. You manifest a new job, and somehow the same jerky boss is there wearing a different uniform.

Because I've manipulated the world, you've manipulated the deck chairs on the Titanic. The ship is still going down. You have to understand, as Gandhi said, "You have to be the change you want to see in the world."

If you really get that premise, even more than what's the strategy? What's the thing I have to do? If you really let that premise sink in, that "I have to change somehow," not because there's something wrong with me. The acorn isn't an inadequate or broken oak tree. It's a perfect acorn, but it has to yield to a bigger vision for that potential to unfold. You have to first accept the premise that nothing in the world is holding anything back from you. You're holding yourself back from the world.

Be willing to do the work, sometimes difficult, to get in touch with your vision, to get excited about your vision, and then begin to do

these steps we've already talked about, which is organizing little bit by little bit a way of life where you can show up and live into your vision emotionally, in terms of the way you show up at work, in your relationships, and asking yourself simply, "If I already was living the life of my dreams, if I already was respected, loved, and supported, how would I show up today at my work?"

If you just play with that and start to show up that way, if you act as if, you will activate that within you. I'm telling you what I know, what I've proven in my life, whether it was growing my business, getting out of that job I hated, getting my first house, my second house, getting to my first million, traveling the world. In every case, there was a threshold I hit. I began to take full responsibility for my vision, began to become the person I would be, and then began to take action as if this was real.

There is action. Don't get me wrong. This isn't about sitting around contemplating your navel only. You absolutely want to – the next piece is creating a structure and a plan. You've got your vision. You know where you want to be, and you create a real plan, and some real structure in your life so there's accountability and support. Like a plant – if certain plants don't have structure, they'll just fall over.

For many of us, when we're building a new habit pattern, a new vision, a new destination, we need to take structure around us. If we have to have, whether it's friends, coaches, mentors, groups, whatever it takes to find leverage, and create the structure that supports this budding plant, this budding vision.

You have a vision. You're creating a daily practice and a way of life that allows you step into it emotionally, mentally, as a practice. Not as perfection but as a practice so that more and more, day by day, you feel like you're more the person you would be. Then you create a plan and structure so that you're also taking steps toward your vision.

I'll give you more examples. When I wanted to travel the world, I didn't have the money. I didn't have the wherewithal. I didn't even know where to start, so I began to open up to what is the vision? I began to do this work, to feel like who I would be, and I got this quality of adventure, and aliveness, and creativity. I began to bring that into my life as it was. Then I began to start shopping, going to

travel agents, researching different places around Europe. I began stepping into it.

Most people won't even start doing that until they think they can actually make it happen. They don't want to be disappointed. They don't want to look like a fool. I began to do that.

As I put all those pieces together, all of a sudden, I got a call or email. Somebody was like, "We found you somewhere. We're thinking about you doing this writing job for us." "Where are you?" "We're in Dubai. Could you fly out to do Dubai? We'll fly you to Dubai, first class."

Before I was done with that negotiation, I had a European tour booked from Dubai to London to Paris to Rome to Florence all paid for, all expenses paid, plus was making tens of thousands of dollars a week doing the work, and all of that was started from I had no idea. I had no money to do it. I don't know where to start, but I used these step-by-step principles. I did that with getting my first house, and on, and on, and on.

It's like another example of a guy where he would take his son to look at Ferraris. His friend would always make fun of him and say, "Why are you doing that? You're never going to be able to afford a Ferrari. You're giving your son the wrong message. You're getting his hopes up. You're getting your hopes up. Why are you doing that?" The guy said, "Thanks for sharing," and kept doing it.

They would go look at the Ferraris. They would sit in the Ferraris, and maybe they got to test drive them and take pictures with them. They got into the feeling tone of Ferrari consciousness. About a year and a half or two years later, he was driving a Ferrari. Not only was he driving a Ferrari, but his life had emerged around him to support a Ferrari. There was more creativity, more opportunity, more business.

He couldn't just sit there, and hope, and dream, and wish. He had to be able to find ways to step into that. Action is a very important key. Without it, you could do all the other stuff, and if you aren't also stepping into the vision for real, you're not going to turn the lock that's going to open it up. You're going to become emotionally, spiritually, and energetically constipated because action is your truest affirmation.

Action tells us what you really believe. If you're saying, "I'm abundant, I'm abundant, I'm abundant. All of my needs are richly met," and then you go to the store, and you want to eat organic apples because you know they're full of pesticides otherwise, and you go to buy those organic apples, and it's \$1.00 more a pound, and you go, "Oh, I can't afford that," and you buy the pesticide version –

For \$1.00 more a pound, which is maybe going to cost you a couple bucks, that was your moment to step into your vision, and become congruent with your affirmation. In that moment, you became out of integrity with your affirmation, and stopped the potential for it to unfold.

We are working with really becoming congruent, in integrity with the vision we say we want to live into. This is how you do it.

Jaime Tardy:

What's insane is at the very beginning of me interviewing millionaires; I wanted to find out some habits, typical things they did a lot of. I did not expect that a lot of them would say visioning. I was super logical before. If anyone said woo-woo, I was like, "No." Super scientific. Then millionaires kept bringing it up over and over. I'm like, "Heck, there must be something to this visioning thing," because over and over and over again. Now I have a Millionaire Hustler program. The second week, we talk about visioning. I'm like, "Not woo-woo, people. Millionaires do this all the time. Will you please just do this?"

Derek Rydall:

So do athletes. In fact, they did a study where they took three teams. One team was practicing on the field. One team was on the court – basketball. One team was practicing and visualizing. The other team was just visualizing but not practicing.

At the end of the day, the ones that were just visualizing but not practicing did just as well as the ones who were practicing but not visualizing. The ones that visualized and practiced did better than both. It was showing that them just visualizing was equivalent to them being on the court and practicing. They carried the same skill level.

The only difference I want to say about visualizing the Emergence model – because you can get into trouble with trying to use tools and techniques to attract stuff to you or to make stuff happen in your life when you really understand that it's already in you, that you've

already got it, that in this quantum field – for lack of a better word – it’s already there.

Like a radio broadcast, the radio is already playing. You just need to tune in to the station where it’s at. Then the music becomes manifest. You don’t make the music happen. You make it welcome. It’s not in the future or in the distance. It’s actually broadcasting right where you are. You just need to match your frequency with the channel it’s on.

When you’re doing a lot of visualizing and other various things to try to attract or make stuff happen, the underlying energy or belief can often be, “I don’t have it. I don’t have it. I don’t have it.” That’s why even if you manage to muscle your way into it, you will often, like I said, be broke at a higher income bracket.

When I first did that, I started to get all this more money. My problems exacerbated equally. The energy of fear, “I’m going to lose it all,” and all this energy – all the unconscious patterns of fear, and limitation, and lack that are preventing me from manifesting more abundance, they just got magnified. You know the old saying. Money doesn’t make you a bad person or a good person. It just magnifies who you are.

When you’re using those kind of things, those unconscious limitations, and fears, and stuff like that, they’ll get magnified, exacerbated, and many people’s lives becomes worse, even if they have more money. Then they end up losing it all. It’s like the lottery winners that win, and then come back a year or two later. They’re not only broke, but they’re in debt.

We have to be careful in that when we’re using these tools, we always are starting with the premise that I’m not visualizing to make it happen or to attract it. I’m valuing and doing all this to get into the energetic alignment or attunement, the feeling attunement, with what’s already happening. I’m tuning my mental, emotional, physical, energetic body into the station where that music is already playing, or that symphony of success is already playing. That will mitigate a lot of those detrimental after effects because we’re not creating any new limitation or lack.

If you do this process, you will become the person, as Gandhi said, that you want to see in the world. When the situation shows up in your life, you’ll fit it like a glove, and you won’t have to try to do

all these crazy things to maintain it because you don't really own it in consciousness. Does that make sense?

Jaime Tardy:

It makes complete sense to me, though I have quite a few follow-up questions on this. I totally understand it's not about just sort of going, "Oh, I now have to think about it as much as possible so that way I know I can get it." It's not like that. It's about getting into the state that you're going to be in, or that you are in, and can be in. How do you do that? What's your daily practice of doing that? I have guided meditations that walk me through different things. What do you specifically do?

Derek Rydall:

I do a few things. One is I meditate, and I use meditation as a way, first and foremost, to become conscious of the patterns in my mind that are running me. A mindfulness meditation, a breathing meditation, and what that does is as I become – as you are willing to stop and become still, and still all the monkey mind – you don't try to stop it. You just become separate from it, so you're observing it.

Whenever you can observe your thought patterns, you reclaim the power you've given them. Then they start to just die and dissolve because the only power they ever had was the power you gave them. As they dissolve, that's like pulling weeds out of your garden. Otherwise, those weeds are choking off the life for the growth of your harvest of abundance, so I meditate. We have dental hygiene. This is mental hygiene. This is mental floss.

Then I do a form of prayer, which is really like an affirmation. It's called affirmative or scientific, or what I call a quantum prayer. Basically, as I get in touch with the vision – and I'll do some visualizing of the thing, and I'll get in touch with the feeling tone, the vibration, the energy. I'm feeling that I'm in it. I'm living it.

Then I'll let go of the pictures because I'm not trying to manipulate the pictures. I'm just trying to live in that field, that energy, because you can never, ever make a mistake being in the energy. If you try to hold on to a picture, you might be wrong. If the caterpillar tried to visualize its future, it would visualize improved caterpillar conditions, a better caterpillar body, a better caterpillar house, a better caterpillar job. If it forced that into manifestation, it would thwart its evolution, and its true destiny.

I don't know what's best for me. I do know that I can start with what I want the most, and then hang in that frequency, and then it

will begin to unfold, and it will transform my life from the inside out according to that unique seed pattern that's in me. It's often better than I can imagine, and sometimes very different, but it's the thing I'm really meant to be, and do, and have, and create.

I'll do that process, and then when I'm in that state, that frequency, then I will use the affirmative process of affirming those parts of my life that I want.

A lot of problem with affirmations is we're feeling broke, or we're feeling angry, and we're like, "I'm rich. I'm rich. I'm rich." The underlying vibration is, "No, you're not. No, you're not. No, you're not. I'm broke. I'm poor. Life sucks. I'm broke. I'm poor. Life sucks." That's the subtext, like the Woody Allen movie. It's like a bunch of people doing affirmations, and they show the subtext. They're like, "We're rich. We're powerful. Yeah." Underneath it's like, "We suck. I'm unworthy. I'll never make it." That's really what's going on.

When you are affirming, it's what I call instead of an af-for-mation, it's an af-from-mation. You're speaking from it already being done from you already having it. What that does, is it anchors it, and it integrates it, and it embodies it.

Jaime Tardy: Give me an example.

Derek Rydall: For example, if I'm in the vision, and I'm feeling just so abundant, so successful, sometimes it's more powerful that I spontaneously shout out, "I love my life. I'm living it. It's not the future," then from that space, I can speak. "I'm a highly successful transformational teacher helping millions to transform their lives, and making millions in the process." Now that affirmation isn't trying to get anything.

It's not trying to attract anything. It's literally a signal of that frequency of abundance and success being radiated into my field, being generated. It seeks nothing. It is the thing itself. It is the substance of the next stage of my own growth whereas if I'm feeling down, and low, and sad, and broken, and I'm doing it, then as I said before, what I'm often activating is more of that feeling, and increased frustration, so that's another practice I do.

Then sometimes I'll also do physical things, like I'll get up and activate it in my body. When I'm really feeling it, I'll put on some

great music that makes me feel great, and feel successful, and I'll dance around, and just be grooving. I'll be in my body with it, not just in my head but in my heart. Then I can really pump myself up. It's what I call an inner workout routine.

Once I get into that high vibration again, I might sit down and just soak in that vibration, just soak in it, and breathe. Then the final piece is give it away. The Law of Circulation is you cannot give what you do not have. You have to first have it. You have to activate it. Then you cannot keep what you don't give away. You have to circulate it.

Now that I'm feeling all this, now I radiate it to everyone in the world. I radiate it to everyone in my life. I consciously desire it for everyone, especially the people I don't like, especially the people I think are competition. I desire for them more than I'd even imagine for myself. I radiate that energy, and I see it. You can even hold your hands out, whatever works for you, and soak and saturate everyone and everything you can think of with that energy you're now feeling. Give it away. As you give it away, that magnifies it.

The final piece to the Law of Circulation is you can't give what you don't have. You cannot keep what you don't give. You cannot sustain what you don't receive. Now I'll go through the rest of the day being on the lookout for where that circulation is coming back to me because it's a circuit. Do you know the old saying, "Cast your bread upon the waters, and it comes back to you?" What goes around comes around. It's a circuit.

This happened recently. I was working on this area around health, and fitness, and all that. In this vision, I'm in the greatest shape of my life. I'm so on fire. My body is so youthful, so vigorous, so strong, and I'm doing all these great things. Of course, now I find myself more active, playing all these different things. Now people are literally walking up to me and saying, "Oh, my gosh. How do you keep yourself in such amazing shape?" They didn't used to say that to me.

Here's the key. It's not because I look any different than I did a month ago. It's because that's the frequency in the field. I notice those moments as that energy I sent out coming back. Instead of going, "Oh, it's nothing. I haven't done anything. Oh, this hair? Oh, this old dress?" – You know how people kind of deflect

compliments. I just breathe and receive that back. “Thank you. Thank you. I really appreciate that.”

I don’t rush to go, “Oh, my gosh. You look good too.” No. Breathe and receive. It’s like a complete breath. First I have to breathe in. That’s activating it in me, having it. I have to breathe it out. That’s giving it away, circulating it. Then I have to breathe back again. That’s receiving it. That’s a complete cycle.

That’s a practice for me to activate the Law of Circulation in my life. If you miss any of those pieces, if you don’t first have it, but you try to give it, you’ll get burned out. If you only have it but you don’t give it, you’ll stagnate. If you have it, give it, but don’t receive it, you’ll plateau. You need the whole circulation.

Those are some of the things I do. There’s a lot more. Of course, I do what I said before. I’m continuously engineering a way of life that is more and more congruent with where I want to be, not where I’ve been. That means the people I’m with and the people I’m not with. That means the places I’m in, and the places I no longer go to. That means the things in my environment, and the things no longer in my environment. It’s an engineering in and an engineering out what is congruent. Those are some of the core practice.

Jaime Tardy: It’s kind of funny because when you think about it general, some people are like, “Yeah, but will it get me the stuff?” If you’re feeling that utterly amazing and great, who the heck cares if you have stuff? You’re just feeling amazing.

Derek Rydall: You are speaking, for lack of a better word, the gospel. The gospel means the God’s spell or the good news. You are telling the truth right now.

What most people don’t understand is the only thing every human being is going for, bar none throughout all eternity, throughout all history, has been a state of being. Period. Full stop. Look at the massive throngs on a busy New York street or whatever. Every single person, no matter what they’re doing, are going for some state. They may think they’re going for that coffee, or that they’re going for that job interview so they can have the money, so they can have the house, so they can have the what?

It’s like the old Zen parable where the guy comes to the Zen master and says, “I need a job.” The Zen master says, “I’ll give you a job,

but I won't give you any money, so what do you really need?" "Oh, I need the money." He's like, "Okay. I'll give you the money, but you can't spend it. What do you really need?" "I need to use the money to buy food." "Okay. I'll give you the food, but you can't eat it. What do you really need?" Finally it got down to, "I need to feel safe, secure, fulfilled, like I'm okay." That's what he needed. He's like, "I can give you that." I'm getting chills again.

Jaime Tardy: Me, too.

Derek Rydall: That's all we're really going for. That's the real goal of our heart, is a state, whether we think we want millions of dollars, whether we think we want a house, a job, a business. I promise you. When you really get that realization, now go for that first.

We've been tricked into believing that's what we really want, and we have to purchase that state through some outer condition that we work most of our lives to achieve, and we never achieve it because it was never the condition we really wanted or needed, and you can never get enough of what you're not really hungry for. That's the cause of addiction.

You have to discover, "What am I really hungry for?" I'm really hungry for the state, whatever that might be for you. Go for that now. That's your real goal. Then you have a success goal, which is now I'm also going to build this business, or whatever, but I'm never going to let that get in the way of my real goal, which is that state. If I do, I've just completely shot myself in the foot.

As you start to align those things, you can be happy, and joyful, and celebrating, and feel like you're the bomb, and like you're on fire, and like you can't touch this – a little MC Hammer action going on – I'm dating myself. You can feel like that now, and then not only is that just more attractive to people, and likely to get more jobs just by showing up, but you're going to feel great. That energy is going to make you more creative, more inspired.

You're now tuned in to a station where your station is playing. You're going to now be receptive to the inspired ideas, the guidance, the direction that you couldn't hear before. That very vibration does actually become the substance of your future experience. Even before you get the millions, you already are living the life of a millionaire.

That's the key. You can live that life now, whether you're a stay-at-home mom, or a single mom with a child to raise, or an executive sitting in a cubicle under those cancer-causing florescent light bulbs. I'm sorry. Wherever you are, you can start to live in that today. I promise you. It's going to take some work, and it might be a little hard, but isn't it hard the other way? It's an investment, though, that will pay big rewards.

Jaime Tardy: A lot of people come on the show and talk about the millionaire myth, and how they are going after the money, and the cars, and that stuff first. Then the realization is that didn't make them happy. You're not saying you can't have both. You're just putting one as the priority, which is the feeling, and the happiness, and the money, cars, and fun stuff as the secondary. Then we won't hit that millionaire myth that so many millionaires I've interviewed have hit.

Derek Rydall: It's true. That was my personal experience too. There was a day I used to think, "If I could just make \$10,000.00 a month, I would be on easy street. I could finally relax and enjoy my life." Then after always struggling for years, I finally hit \$10,000.00 a month, and it came. It kind of came and passed me by. I was moving so fast, I didn't even notice it. Then finally I looked back and I was like, "I don't feel any better. In fact, I'm more stressed out."

Then I was like, "If I could just get \$10,000.00 a week." Then I hit that goal. It was fun for a moment, and I could buy a little more stuff, and get a nicer car, and meet some of those goals. Then I was no more happier. Then I thought, "If I could just hit \$10,000.00 a day, then I could really relax finally."

Jaime Tardy: It's always something.

Derek Rydall: Then I hit \$10,000.00 a day. Then I hit \$10,000.00 in an hour. Then I hit \$50,000.00 in an hour. Then I hit \$100,000.00 a month. I kept noticing I'm not any happier. In fact, I'm less happy. I'm more busy. I'm now doing more of the stuff I don't want and less of the stuff I do. Something is wrong with this picture.

It's true. I promise. They may have even done studies. After about \$75,000.00, your happiness doesn't increase. It's not about the money. Money is awesome. It's wonderful. It's beautiful. It's a tool.

Derek Rydall and Jaime Tardy

I want you to have lots of it, but I want you to have the peace, and the joy, and the love, and the connection, and the purpose because not only will that bring you more money more effortlessly, but it will create harmonizing prosperity that takes nothing from anyone but turns transactional relationships into transformational ones, and you will become a positive beneficial agent in your own life and everyone you touch. That's real wealth.

I don't know if we have time, but we haven't talked about what the real nature of wealth is. That's real wealth.

Jaime Tardy: I would love to talk about that, but I know –

Derek Rydall: Maybe that's Part 2.

Jaime Tardy: I know.

Derek Rydall: It's up to you. We can talk a little bit longer if you need to.

Jaime Tardy: We might have to have a Part 2 soon. I adore all of this stuff, and I think that's the thing I want everybody listening to really pay attention because this is wisdom. We've heard over and over millionaires – come on. You've gone though it – I don't want everybody who's hustling and going crazy right now to have to go through that. That's huge. Sometimes we have to.

Derek Rydall: I was just going to say it. We keep thinking the same things. I was just going to say, "You might have to go through some of that." that's part of the developmental process sometimes.

Jaime Tardy: Exactly. I hope maybe you can take it in, so make sure we take it in as much as we possibly can. I would love to keep going. Seriously, we should definitely do another one ridiculously soon because I find this so interesting, and it's not in a woo-woo way. A lot of my listeners are like, "All right. That's kind of crazy Law of Attraction stuff," but the way you're saying it, I think will resonate with everybody. Make sure, everybody, email me and email Derek, and let us know so I can know more about what you guys want.

But I'm going to have to wrap up with the last question, and then we'll get to wealth another time. What's one action listeners –?

Derek Rydall: Well, we've been talking about wealth the whole time.

Jaime Tardy: Exactly. I know, and more wealth because who doesn't want more also, right? Not more money and more problems, just more money.

What's one action listeners can take this week to help move them forward toward their goal of \$1 million?

Derek Rydall: Obviously I would say really don't just let this podcast or this interview just inspire you and give you a temporary high. I've given you a lot of very specific things to do. If you just take a couple of those, take the action of really getting super clear on a vision for your life that inspires you, and then take a couple actions to start engineering a way of life that is in integrity with that wherever you're currently at, whether it's a job you hate, or a relationship, or whatever. Do just that much. That's the start.

One little tip I'll give you is when I work with people to help them get the low-hanging fruit, when they just want to generate more cash, more opportunity, more whatever, it's a process. It might seem deceptively simple. It's called the 25 ways to manifest more. It's basically to take out a sheet of paper, and actually come up with 25 ways you can create and generate more in your life. If 25 are hard, do 30. If 25 are easy, do 50.

The key about this process is for most of us, we are thinking there's only one or two possibilities in our life, and we have shriveled and atrophied our creative, innovative capacity to see the opportunity that is literally everywhere.

There's no idea too crazy and no idea too simple. You write them down. You start to shift your frequency. You're like, "Oh, my gosh. I never thought of that. What about that?" Then suddenly the ideas start mating and giving birth to new ideas like rabbits.

You're like, "What if I put that to that? What if I talked to him about that?" Then all of a sudden you're like, "Wow!" You feel creative. You feel inspired. You feel like you open up, and you feel like your life has possibility. That alone now makes you a candidate for new opportunity, new insights, new guidance, and new inspiration. That's an exercise I would invite you to do at the very least.

Jaime Tardy: My gosh. I love that. I'm actually working on a challenge right now, and I want to incorporate some of that. It's going to be ending really shortly once we air this interview. This is amazing. Thank you so much, Derek.

You tell me. Where can everybody hear more wisdom from you? What's your website? Where can we find you online? How can we follow you even more?

Derek Rydall: I work a corner down on 3rd Street with a sandwich board over my shoulders.

Jaime Tardy: Perfect. I'm down. I'll show up. Where? Do I just pay you money?

Derek Rydall: There's like a little hat I have, and you just throw money in it. It keeps me humble.

You can go to www.DerekRydall.com, and on the home page, you can scroll down, or go to the free resources. There are some very specific tools, some of the ones we talked about today, to do the radiation process, and audio things, and awakened wealth tools. You can get all that for free if you go to that site.

If you want to get my book, *Emergence*, which is a bestseller, you can get that at Barnes & Noble, Amazon, wherever. Go to www.GetEmergenceBook.com, and put in your info, and I'll give you almost \$1,800.00 in bonus programs and tools. It's www.GetEmergenceBook.com and www.DerekRydall.com.

Jaime Tardy: Perfect. Everybody, make sure to check that out, and listen to your podcast. I ridiculously appreciate you coming on the show today, Derek. Thank you so much.

Derek Rydall: It's my pleasure. Thank you.

Jaime Tardy: We are done, and we went over. Is that okay? I was like, "Oh, shoot. I hope he doesn't have a call right after."

Derek Rydall: I don't because I'm on vacation.

Jaime Tardy: Good point. I'm like, "It's at the quarter hour. I'm assuming he doesn't have something." We were seriously just talking about this stuff at dinner. We had a spiritual teacher and healer there too saying the exact same stuff.

Derek Rydall: Who's that?

Jaime Tardy: His name is Jamie Close. Do you know Jamie?

Derek Rydall: I'm not sure if I do.

Jaime Tardy: I should connect you two because you're saying the same thing.

Derek Rydall: Truth is truth.

Jaime Tardy: Exactly. Now I'm just hearing it from everywhere. How amazing is that? It's funny. I know we were supposed to connect on the other millionaire interview time.

[End of Audio]

Thanks so much for listening everyone, and I want you to go sign up right now. Right, even if you're running or walking or in the car. Okay, maybe not. Not in the car but if you go to eventualmillionaire.com/10K I want to invite you to my live webinar that I have this week. It's all about how to achieve \$10,000.00 per month in your business consistently. Right because even those few that have hit it. You know, a couple of times we want to see it consistently throughout the board. So make sure you go sign up and if you're even not anywhere close may be your only making 500, 1000, 2000, 3000 a month that's cool too. Because if you're making some sort of money. We don't know that we can level that up so make sure you would join me live. Go to eventualmillionaire.com/10K.