



**UFO HUB**

1  
00:00:13,830 --> 00:00:11,910  
my name is ronald chapman i

2  
00:00:15,669 --> 00:00:13,840  
depend upon which business we're talking

3  
00:00:17,349 --> 00:00:15,679  
about i'm either the ceo of one of my

4  
00:00:20,470 --> 00:00:17,359  
two businesses or

5  
00:00:21,510 --> 00:00:20,480  
i'm a advisor in one of the roles that i

6  
00:00:22,470 --> 00:00:21,520  
play

7  
00:00:25,109 --> 00:00:22,480  
i've got

8  
00:00:27,670 --> 00:00:25,119  
multiple businesses that i'm

9  
00:00:31,429 --> 00:00:27,680  
holding down or responsible for one of

10  
00:00:33,830 --> 00:00:31,439  
them is as a strategic advisor

11  
00:00:35,670 --> 00:00:33,840  
facilitator consultant in the field of

12  
00:00:37,830 --> 00:00:35,680  
public health that's a business called

13  
00:00:39,510 --> 00:00:37,840

leading public health

14

00:00:41,750 --> 00:00:39,520

i have another business which is a

15

00:00:43,590 --> 00:00:41,760

little more visionary and puts me into a

16

00:00:45,750 --> 00:00:43,600

lot of advisory work

17

00:00:48,549 --> 00:00:45,760

more broadly outside public health it's

18

00:00:50,869 --> 00:00:48,559

called magnetic north llc

19

00:00:53,189 --> 00:00:50,879

and then the work i've been doing that

20

00:00:56,229 --> 00:00:53,199

brings me to this conference is actually

21

00:00:58,389 --> 00:00:56,239

a body of work known as seeing true

22

00:01:01,029 --> 00:00:58,399

where i essentially play

23

00:01:03,590 --> 00:01:01,039

some some strange mix between

24

00:01:05,590 --> 00:01:03,600

philosopher and advisor and uh

25

00:01:07,830 --> 00:01:05,600

occasionally i get to get accused of

26  
00:01:09,510 --> 00:01:07,840  
being a transformationalist because of

27  
00:01:11,830 --> 00:01:09,520  
the nature of the work i do and so that

28  
00:01:14,149 --> 00:01:11,840  
one's a little harder to put a put a job

29  
00:01:16,550 --> 00:01:14,159  
title to i mean the honest truth is that

30  
00:01:19,109 --> 00:01:16,560  
what happens is i show up and i do what

31  
00:01:20,789 --> 00:01:19,119  
work is needed with people

32  
00:01:22,550 --> 00:01:20,799  
and they then

33  
00:01:23,910 --> 00:01:22,560  
give me titles that

34  
00:01:26,630 --> 00:01:23,920  
that sort of describe what their

35  
00:01:29,670 --> 00:01:26,640  
experience of me was well in order to

36  
00:01:31,590 --> 00:01:29,680  
understand how i got into this present

37  
00:01:33,109 --> 00:01:31,600  
body of work i really got to go back a

38  
00:01:34,950 --> 00:01:33,119

little bit in time

39

00:01:37,350 --> 00:01:34,960

when i got out of college i ended up in

40

00:01:39,990 --> 00:01:37,360

the private sector doing a lot of what

41

00:01:42,789 --> 00:01:40,000

amounted to leadership and strategy work

42

00:01:44,710 --> 00:01:42,799

and it was an outstanding foundation

43

00:01:46,550 --> 00:01:44,720

it ran its course

44

00:01:49,350 --> 00:01:46,560

after about 10 years and it was obvious

45

00:01:51,350 --> 00:01:49,360

it was time to go do something else

46

00:01:53,429 --> 00:01:51,360

the best idea i had at the time was to

47

00:01:55,429 --> 00:01:53,439

go get a master's degree in social work

48

00:01:57,749 --> 00:01:55,439

and so for all intents and purposes i

49

00:02:00,069 --> 00:01:57,759

consider myself a social worker

50

00:02:03,109 --> 00:02:00,079

even though my original background was

51  
00:02:04,630 --> 00:02:03,119  
was leadership and finance and strategy

52  
00:02:07,109 --> 00:02:04,640  
i spent about five years in the

53  
00:02:10,389 --> 00:02:07,119  
not-for-profit sector learning that

54  
00:02:13,350 --> 00:02:10,399  
world and then in 95

55  
00:02:15,030 --> 00:02:13,360  
i decided to start my own business

56  
00:02:16,550 --> 00:02:15,040  
by basically doing what many of us do i

57  
00:02:18,229 --> 00:02:16,560  
put together a business card that said i

58  
00:02:20,070 --> 00:02:18,239  
wanted to do strategy work some

59  
00:02:21,990 --> 00:02:20,080  
leadership consulting

60  
00:02:23,589 --> 00:02:22,000  
facilitation anything that might help

61  
00:02:25,510 --> 00:02:23,599  
organizations

62  
00:02:27,110 --> 00:02:25,520  
what has been really interesting about

63  
00:02:29,030 --> 00:02:27,120

that is and

64

00:02:31,030 --> 00:02:29,040

there's a beauty about this that you

65

00:02:33,110 --> 00:02:31,040

know you create a plan and then you

66

00:02:34,949 --> 00:02:33,120

start adapting as soon as your plan is

67

00:02:36,869 --> 00:02:34,959

done because the world is

68

00:02:39,670 --> 00:02:36,879

constantly dynamic

69

00:02:41,990 --> 00:02:39,680

so what's happened is that platform has

70

00:02:44,390 --> 00:02:42,000

become increasingly

71

00:02:46,630 --> 00:02:44,400

one for me to

72

00:02:48,710 --> 00:02:46,640

show up in the world and do the things

73

00:02:50,470 --> 00:02:48,720

that clients need

74

00:02:52,229 --> 00:02:50,480

the truth of the matter is many of the

75

00:02:54,229 --> 00:02:52,239

skills i have now

76

00:02:55,990 --> 00:02:54,239

actually weren't developed because i

77

00:02:58,150 --> 00:02:56,000

wanted them they were developed because

78

00:02:59,430 --> 00:02:58,160

a client asked me if i would use them

79

00:03:02,149 --> 00:02:59,440

with them

80

00:03:03,190 --> 00:03:02,159

and so my portfolio has actually been i

81

00:03:05,509 --> 00:03:03,200

mean if we were talking about this from

82

00:03:08,149 --> 00:03:05,519

a business point of view my portfolio

83

00:03:09,990 --> 00:03:08,159

has been built by what marketing has

84

00:03:13,030 --> 00:03:10,000

told me i needed

85

00:03:14,869 --> 00:03:13,040

uh and in some strange way it all adds

86

00:03:16,869 --> 00:03:14,879

up to being a guy who can work in

87

00:03:18,790 --> 00:03:16,879

difficult spaces doing whatever work a

88

00:03:20,550 --> 00:03:18,800

client might need

89

00:03:22,229 --> 00:03:20,560

well interestingly enough when i started

90

00:03:24,309 --> 00:03:22,239

working with ozark mountain publishing

91

00:03:28,149 --> 00:03:24,319

with my second book a book called seeing

92

00:03:29,670 --> 00:03:28,159

true 90 contemplations in 90 days

93

00:03:31,670 --> 00:03:29,680

they were one of those who said well we

94

00:03:33,110 --> 00:03:31,680

need to be able to explain to people who

95

00:03:35,110 --> 00:03:33,120

you are

96

00:03:36,470 --> 00:03:35,120

so we came up with a transformational

97

00:03:37,910 --> 00:03:36,480

philosopher which i think is really

98

00:03:39,270 --> 00:03:37,920

pretty entertaining

99

00:03:40,550 --> 00:03:39,280

which basically means i have a lot of

100

00:03:42,710 --> 00:03:40,560

ideas

101

00:03:44,470 --> 00:03:42,720

most of them are all focused on this

102

00:03:46,149 --> 00:03:44,480

idea of seeing true

103

00:03:48,390 --> 00:03:46,159

and the way i talk about seeing true i

104

00:03:51,830 --> 00:03:48,400

actually have to go back to the greeks

105

00:03:53,830 --> 00:03:51,840

who had a word called metanoia

106

00:03:56,390 --> 00:03:53,840

that word literally translates as a

107

00:03:58,550 --> 00:03:56,400

profound change of heart

108

00:04:00,390 --> 00:03:58,560

and what we know about ourselves in the

109

00:04:01,670 --> 00:04:00,400

world if you pay much attention to

110

00:04:04,149 --> 00:04:01,680

people

111

00:04:06,470 --> 00:04:04,159

is that when you have a radical change

112

00:04:08,149 --> 00:04:06,480

of direction when someone's life is

113

00:04:10,869 --> 00:04:08,159

transformed

114

00:04:14,070 --> 00:04:10,879

it's always coincident with this

115

00:04:15,030 --> 00:04:14,080

profound alteration in the way we see or

116

00:04:18,390 --> 00:04:15,040

view

117

00:04:20,390 --> 00:04:18,400

ourselves our world our role in it

118

00:04:23,110 --> 00:04:20,400

and so this whole idea that if you can

119

00:04:25,590 --> 00:04:23,120

get people to see things a certain way a

120

00:04:27,189 --> 00:04:25,600

way that's unique to each of us

121

00:04:30,390 --> 00:04:27,199

you have the opportunity that you can

122

00:04:33,670 --> 00:04:30,400

snap into an entirely new vantage point

123

00:04:36,469 --> 00:04:33,680

and that just plain changes lives

124

00:04:39,270 --> 00:04:36,479

that can run so a real simple example of

125

00:04:41,590 --> 00:04:39,280

this is the classic medical story where

126  
00:04:45,590 --> 00:04:41,600  
you got typically a guy typically middle

127  
00:04:47,749 --> 00:04:45,600  
aged he suddenly has terrible heart or

128  
00:04:49,909 --> 00:04:47,759  
some other form of challenges

129  
00:04:51,590 --> 00:04:49,919  
and literally overnight

130  
00:04:53,670 --> 00:04:51,600  
behaviors change

131  
00:04:55,110 --> 00:04:53,680  
under the presence of life-threatening

132  
00:04:57,590 --> 00:04:55,120  
feedback

133  
00:04:59,430 --> 00:04:57,600  
literally lives changed course overnight

134  
00:05:01,030 --> 00:04:59,440  
you know my i saw this for the first

135  
00:05:03,590 --> 00:05:01,040  
time with an older guy who was in his

136  
00:05:05,990 --> 00:05:03,600  
70s and and literally he went overnight

137  
00:05:07,029 --> 00:05:06,000  
from no exercise to walking six miles a

138  
00:05:08,870 --> 00:05:07,039

day

139

00:05:11,029 --> 00:05:08,880

he cut all the terrible food out of his

140

00:05:13,270 --> 00:05:11,039

diet even though for decades people had

141

00:05:16,150 --> 00:05:13,280

been telling him you ought to do that

142

00:05:18,629 --> 00:05:16,160

he stopped drinking all alcohol just

143

00:05:21,749 --> 00:05:18,639

this whole range of incredible

144

00:05:24,150 --> 00:05:21,759

behavioral changes literally overnight

145

00:05:26,230 --> 00:05:24,160

and last time i talked to him he's still

146

00:05:28,790 --> 00:05:26,240

doing all those things 15 years later

147

00:05:30,310 --> 00:05:28,800

he's approaching 90 years old and so you

148

00:05:32,070 --> 00:05:30,320

have to ask yourself

149

00:05:33,350 --> 00:05:32,080

why does that kind of transformation

150

00:05:35,430 --> 00:05:33,360

take place

151

00:05:36,950 --> 00:05:35,440

and that's the space that i like to play

152

00:05:39,749 --> 00:05:36,960

in whether it's an individual whether

153

00:05:42,870 --> 00:05:39,759

it's professional personal is helping

154

00:05:44,790 --> 00:05:42,880

people get a good look seeing true

155

00:05:46,390 --> 00:05:44,800

because i know that if they ever get a

156

00:05:48,550 --> 00:05:46,400

good look at it

157

00:05:50,870 --> 00:05:48,560

it can change everything in a way that

158

00:05:53,110 --> 00:05:50,880

is very very beneficial to them

159

00:05:55,590 --> 00:05:53,120

and so i'll just i'll share the funny

160

00:05:57,670 --> 00:05:55,600

part which is i love it it's like man

161

00:05:59,510 --> 00:05:57,680

when you see these magical things happen

162

00:06:02,390 --> 00:05:59,520

with people

163

00:06:04,070 --> 00:06:02,400

i just can't i can't stay away from it

164

00:06:06,629 --> 00:06:04,080

it's what drives me

165

00:06:09,110 --> 00:06:06,639

and i'll add one more thing to that

166

00:06:11,029 --> 00:06:09,120

if you talk to my one of my professional

167

00:06:13,029 --> 00:06:11,039

range of clients some of this

168

00:06:14,070 --> 00:06:13,039

information would come a surprise to

169

00:06:16,150 --> 00:06:14,080

them

170

00:06:18,070 --> 00:06:16,160

they wouldn't understand seeing true

171

00:06:19,670 --> 00:06:18,080

language or any of that because what

172

00:06:22,710 --> 00:06:19,680

i've learned how to do is to take the

173

00:06:24,230 --> 00:06:22,720

principles and apply them in in setting

174

00:06:26,870 --> 00:06:24,240

i use a kind of language for

175

00:06:28,469 --> 00:06:26,880

corporations i use a kind of language

176

00:06:30,309 --> 00:06:28,479

for public health

177

00:06:32,469 --> 00:06:30,319

in a spiritual setting such as this

178

00:06:34,550 --> 00:06:32,479

conference we're at i use a different

179

00:06:37,590 --> 00:06:34,560

kind of language because what i've

180

00:06:40,629 --> 00:06:37,600

learned is the principles hold up

181

00:06:42,309 --> 00:06:40,639

my job is to translate them into a means

182

00:06:43,670 --> 00:06:42,319

by which you can have access to them

183

00:06:45,590 --> 00:06:43,680

without having to teach you a whole new

184

00:06:48,550 --> 00:06:45,600

vocabulary so that's what i spend a lot

185

00:06:51,350 --> 00:06:48,560

of time doing is translating for people

186

00:06:53,590 --> 00:06:51,360

so i'm often asked to provide an example

187

00:06:55,430 --> 00:06:53,600

of how i use language differently so i'm

188

00:06:56,550 --> 00:06:55,440

going to actually use across a continuum

189

00:06:58,870 --> 00:06:56,560

here

190

00:07:01,909 --> 00:06:58,880

oftentimes in the corporate world i'm

191

00:07:03,189 --> 00:07:01,919

asked to do what is called root cause

192

00:07:04,870 --> 00:07:03,199

analysis

193

00:07:06,230 --> 00:07:04,880

that's corporate language or public

194

00:07:08,550 --> 00:07:06,240

sector language

195

00:07:10,790 --> 00:07:08,560

and at its heart is this idea that we

196

00:07:11,909 --> 00:07:10,800

want to get down to the root cause of

197

00:07:13,350 --> 00:07:11,919

something

198

00:07:15,430 --> 00:07:13,360

people who work in organizational

199

00:07:17,909 --> 00:07:15,440

structures they totally get that it's

200

00:07:20,469 --> 00:07:17,919

like really easy for them to digest

201  
00:07:22,710 --> 00:07:20,479  
if i take that same principle and i

202  
00:07:24,350 --> 00:07:22,720  
bring it over to say professional or

203  
00:07:26,469 --> 00:07:24,360  
personal development so this is a

204  
00:07:27,670 --> 00:07:26,479  
non-spiritual professional or personal

205  
00:07:30,390 --> 00:07:27,680  
development

206  
00:07:32,790 --> 00:07:30,400  
we might talk to people about what their

207  
00:07:35,350 --> 00:07:32,800  
strengths are

208  
00:07:39,189 --> 00:07:35,360  
what their weaknesses are and i often

209  
00:07:41,110 --> 00:07:39,199  
times talk about the weak link metaphor

210  
00:07:42,150 --> 00:07:41,120  
which is essentially that you as a

211  
00:07:46,150 --> 00:07:42,160  
person

212  
00:07:48,230 --> 00:07:46,160  
are as strong as the weakest link

213  
00:07:49,909 --> 00:07:48,240

in the chain of you

214

00:07:51,430 --> 00:07:49,919

and immediately what people will get

215

00:07:52,710 --> 00:07:51,440

what they'll be able to do setting aside

216

00:07:55,270 --> 00:07:52,720

whether they believe in strengths or

217

00:07:57,909 --> 00:07:55,280

weaknesses or all those modalities

218

00:08:00,070 --> 00:07:57,919

they're immediately able to say oh well

219

00:08:01,749 --> 00:08:00,080

let's talk about where my life is

220

00:08:03,110 --> 00:08:01,759

challenged because that's where my weak

221

00:08:04,710 --> 00:08:03,120

link is so i can get them right to the

222

00:08:06,710 --> 00:08:04,720

heart of the matter

223

00:08:07,990 --> 00:08:06,720

if i were to come into a spiritual kind

224

00:08:10,070 --> 00:08:08,000

of setting or a you know

225

00:08:11,589 --> 00:08:10,080

transformational setting

226

00:08:14,070 --> 00:08:11,599

there are a couple ways of talking about

227

00:08:17,270 --> 00:08:14,080

it for example if i were working with

228

00:08:19,029 --> 00:08:17,280

people with a monotheistic typically

229

00:08:22,070 --> 00:08:19,039

jewish

230

00:08:24,309 --> 00:08:22,080

islamic or christian orientation we can

231

00:08:26,869 --> 00:08:24,319

lift from jesus's language of looking

232

00:08:28,309 --> 00:08:26,879

for the block in the eye

233

00:08:30,150 --> 00:08:28,319

a whole lot of people have heard that

234

00:08:32,630 --> 00:08:30,160

language they're very comfortable with

235

00:08:34,709 --> 00:08:32,640

it and so we can immediately cut to the

236

00:08:35,509 --> 00:08:34,719

chase of let's look for the block in the

237

00:08:38,550 --> 00:08:35,519

eye

238

00:08:40,550 --> 00:08:38,560

if i'm working philosophically

239

00:08:42,630 --> 00:08:40,560

in a transformational setting i might

240

00:08:43,670 --> 00:08:42,640

actually use my language which is seeing

241

00:08:45,269 --> 00:08:43,680

true

242

00:08:47,829 --> 00:08:45,279

and say to people

243

00:08:49,190 --> 00:08:47,839

let's look to see what we might be able

244

00:08:51,350 --> 00:08:49,200

to find

245

00:08:52,949 --> 00:08:51,360

that is blocking you off from your

246

00:08:54,630 --> 00:08:52,959

highest potential

247

00:08:57,030 --> 00:08:54,640

so in a transformational setting in a

248

00:08:59,269 --> 00:08:57,040

philosophical setting that idea of

249

00:09:01,670 --> 00:08:59,279

realizing potential

250

00:09:04,710 --> 00:09:01,680

has a whole lot of traction it's the

251  
00:09:06,790 --> 00:09:04,720  
same practice it's the same principle

252  
00:09:09,269 --> 00:09:06,800  
whether i whether i call it root cause

253  
00:09:10,870 --> 00:09:09,279  
analysis or whether i call it

254  
00:09:13,910 --> 00:09:10,880  
block in the eye

255  
00:09:15,750 --> 00:09:13,920  
what i know is that the principle is

256  
00:09:17,670 --> 00:09:15,760  
that no matter what

257  
00:09:19,190 --> 00:09:17,680  
if they can get a good look at it it

258  
00:09:20,790 --> 00:09:19,200  
becomes solvable

259  
00:09:22,310 --> 00:09:20,800  
and so i just simply use language

260  
00:09:24,150 --> 00:09:22,320  
they're comfortable with because it's

261  
00:09:25,990 --> 00:09:24,160  
far far easier

262  
00:09:27,829 --> 00:09:26,000  
to help people by working in language

263  
00:09:28,949 --> 00:09:27,839

they're familiar with rather than trying

264

00:09:30,310 --> 00:09:28,959

to

265

00:09:32,230 --> 00:09:30,320

you know give them a whole new set of

266

00:09:34,630 --> 00:09:32,240

language and the result is we're able to

267

00:09:36,310 --> 00:09:34,640

get onto the topic onto the subject

268

00:09:38,310 --> 00:09:36,320

tackle the issue at hand and make some

269

00:09:39,750 --> 00:09:38,320

real progress because we don't get

270

00:09:41,269 --> 00:09:39,760

caught up in all the translational

271

00:09:42,310 --> 00:09:41,279

problems that's a

272

00:09:43,829 --> 00:09:42,320

that's actually a pretty good

273

00:09:45,350 --> 00:09:43,839

description of how you can work in any

274

00:09:48,070 --> 00:09:45,360

number of sectors although i do have to

275

00:09:49,990 --> 00:09:48,080

add this because it's an important point

276

00:09:52,389 --> 00:09:50,000

one of the challenges for all of us who

277

00:09:53,509 --> 00:09:52,399

work in the world as call us problem

278

00:09:56,070 --> 00:09:53,519

solvers

279

00:09:58,150 --> 00:09:56,080

is we get attached to our language

280

00:09:59,110 --> 00:09:58,160

there's a particular way we like to talk

281

00:10:01,110 --> 00:09:59,120

about it

282

00:10:03,590 --> 00:10:01,120

and the mistake we then make is we go

283

00:10:06,150 --> 00:10:03,600

around trying to convert people to talk

284

00:10:07,829 --> 00:10:06,160

as we talk believe as we believe and

285

00:10:10,070 --> 00:10:07,839

that just really doesn't work well

286

00:10:11,829 --> 00:10:10,080

because the truth of the matter is

287

00:10:13,509 --> 00:10:11,839

if you set people on a course where

288

00:10:14,630 --> 00:10:13,519

you've got to ramp them up on your

289

00:10:16,870 --> 00:10:14,640

language

290

00:10:18,230 --> 00:10:16,880

you're wasting their time because you're

291

00:10:19,590 --> 00:10:18,240

not talking about how they're going to

292

00:10:21,269 --> 00:10:19,600

solve it

293

00:10:23,509 --> 00:10:21,279

so the result is that i've become a deep

294

00:10:25,590 --> 00:10:23,519

pragmatist and tried to learn

295

00:10:27,750 --> 00:10:25,600

how to give people things in ways that

296

00:10:29,910 --> 00:10:27,760

are instantly digestible for them simply

297

00:10:31,910 --> 00:10:29,920

because it saves them time and

298

00:10:34,150 --> 00:10:31,920

usually a lot of frustration as well

299

00:10:37,190 --> 00:10:34,160

it's a practical approach

300

00:10:38,949 --> 00:10:37,200

a personal example is

301  
00:10:39,829 --> 00:10:38,959  
probably helpful

302  
00:10:41,990 --> 00:10:39,839  
i'll

303  
00:10:44,310 --> 00:10:42,000  
use an example of a woman let's call her

304  
00:10:46,069 --> 00:10:44,320  
amanda

305  
00:10:48,550 --> 00:10:46,079  
she would not be happy if i used her

306  
00:10:49,910 --> 00:10:48,560  
real name so i began working with amanda

307  
00:10:51,829 --> 00:10:49,920  
a while back she had a number of

308  
00:10:53,430 --> 00:10:51,839  
challenges in her life she came to me

309  
00:10:56,069 --> 00:10:53,440  
actually sort of through this

310  
00:10:57,750 --> 00:10:56,079  
transformational lens um it wasn't

311  
00:10:59,110 --> 00:10:57,760  
specifically a spiritual or religious

312  
00:11:00,389 --> 00:10:59,120  
orientation it certainly wasn't

313  
00:11:01,990 --> 00:11:00,399

professional

314

00:11:03,990 --> 00:11:02,000

and the problem was that she was

315

00:11:06,630 --> 00:11:04,000

actually suffering a lot of distress and

316

00:11:08,790 --> 00:11:06,640

difficulty in her life

317

00:11:10,710 --> 00:11:08,800

a lot of a sense of being overly

318

00:11:11,509 --> 00:11:10,720

responsible

319

00:11:13,670 --> 00:11:11,519

for

320

00:11:16,630 --> 00:11:13,680

both her kids her husband

321

00:11:18,710 --> 00:11:16,640

a number of things in the world and she

322

00:11:20,790 --> 00:11:18,720

really was

323

00:11:23,190 --> 00:11:20,800

i mean her life wasn't imploding but

324

00:11:25,910 --> 00:11:23,200

there was a lot of tension as a result

325

00:11:28,230 --> 00:11:25,920

and so she needed some relief

326

00:11:30,150 --> 00:11:28,240

we did a little bit of talk type work

327

00:11:31,670 --> 00:11:30,160

you know just dialogue

328

00:11:33,910 --> 00:11:31,680

eventually though what we ended up

329

00:11:35,590 --> 00:11:33,920

settling on was a an approach called

330

00:11:37,269 --> 00:11:35,600

breath work

331

00:11:40,470 --> 00:11:37,279

where i mean she was a smart woman so

332

00:11:42,550 --> 00:11:40,480

she knew a lot and as many people have

333

00:11:45,030 --> 00:11:42,560

discovered you can't always get at a

334

00:11:47,430 --> 00:11:45,040

root cause an underlying block

335

00:11:50,389 --> 00:11:47,440

by talking about it because it's not in

336

00:11:51,990 --> 00:11:50,399

your thoughts so we used breath work and

337

00:11:53,990 --> 00:11:52,000

so i took her through a series of

338

00:11:55,750 --> 00:11:54,000

exercises of using the breath she would

339

00:11:57,350 --> 00:11:55,760

close her eyes and breathe

340

00:12:00,150 --> 00:11:57,360

and what we would do is take her out of

341

00:12:02,069 --> 00:12:00,160

her intellect and essentially into the

342

00:12:03,110 --> 00:12:02,079

feelings in the body

343

00:12:05,190 --> 00:12:03,120

and

344

00:12:08,230 --> 00:12:05,200

one particular day this was probably

345

00:12:09,590 --> 00:12:08,240

four sessions in

346

00:12:11,670 --> 00:12:09,600

which by the way a lot of this just

347

00:12:13,269 --> 00:12:11,680

depends on how receptive people are to

348

00:12:14,870 --> 00:12:13,279

whatever they have to work on some

349

00:12:16,710 --> 00:12:14,880

people it's a long process some it's

350

00:12:18,389 --> 00:12:16,720

very quick so it's about the fourth

351

00:12:20,629 --> 00:12:18,399

session we sat down

352

00:12:22,389 --> 00:12:20,639

and i asked her to close her eyes we

353

00:12:24,069 --> 00:12:22,399

thought of a recent point of distress in

354

00:12:26,550 --> 00:12:24,079

her life

355

00:12:28,550 --> 00:12:26,560

she identified feelings in the pit of

356

00:12:30,629 --> 00:12:28,560

her belly that she described as like

357

00:12:31,990 --> 00:12:30,639

ground glass

358

00:12:34,470 --> 00:12:32,000

so i took her through a breathing

359

00:12:35,910 --> 00:12:34,480

exercise of working through that ground

360

00:12:37,750 --> 00:12:35,920

glass

361

00:12:39,750 --> 00:12:37,760

and what ended up happening was it

362

00:12:41,750 --> 00:12:39,760

literally rose up through her body the

363

00:12:44,389 --> 00:12:41,760

feeling it rose up to be tension in her

364

00:12:45,269 --> 00:12:44,399

diaphragm which we breathed with and

365

00:12:47,509 --> 00:12:45,279

through

366

00:12:49,750 --> 00:12:47,519

which then moved up to be an ache just

367

00:12:51,509 --> 00:12:49,760

at the top of her breast bone

368

00:12:52,389 --> 00:12:51,519

which we breathe through and work

369

00:12:54,790 --> 00:12:52,399

through

370

00:12:56,870 --> 00:12:54,800

and then as it moved it went up to the

371

00:12:58,550 --> 00:12:56,880

tops of her shoulders and was held as

372

00:13:00,470 --> 00:12:58,560

tension she literally could feel her

373

00:13:02,470 --> 00:13:00,480

muscles nodding up

374

00:13:03,990 --> 00:13:02,480

at that moment she said it kind of feels

375

00:13:06,710 --> 00:13:04,000

like that's where i'm holding the

376

00:13:08,790 --> 00:13:06,720

responsibility for others so we

377

00:13:11,350 --> 00:13:08,800

went when did some more breath work and

378

00:13:12,870 --> 00:13:11,360

then a moment later a look passed across

379

00:13:15,590 --> 00:13:12,880

her face and i knew something had

380

00:13:16,470 --> 00:13:15,600

happened so i said so so amanda what was

381

00:13:18,550 --> 00:13:16,480

that

382

00:13:20,550 --> 00:13:18,560

she goes it's the most amazing thing

383

00:13:21,350 --> 00:13:20,560

it's like a video in my head and i'm

384

00:13:22,310 --> 00:13:21,360

like

385

00:13:24,389 --> 00:13:22,320

cool

386

00:13:26,150 --> 00:13:24,399

what was the video in your head amin

387

00:13:29,030 --> 00:13:26,160

she said well

388

00:13:31,110 --> 00:13:29,040

i was probably only six months old and

389

00:13:33,750 --> 00:13:31,120

my mom was holding me in the crook of

390

00:13:36,710 --> 00:13:33,760

her arm and she was surrounded by her

391

00:13:37,990 --> 00:13:36,720

friends and she was showing me off to

392

00:13:39,910 --> 00:13:38,000

her friends

393

00:13:41,670 --> 00:13:39,920

and she said ron i was like a porcelain

394

00:13:43,829 --> 00:13:41,680

doll on display

395

00:13:46,230 --> 00:13:43,839

and she began to tear up and i said so

396

00:13:48,790 --> 00:13:46,240

like what's that about she goes whoa

397

00:13:51,190 --> 00:13:48,800

that's the roots of my responsibility my

398

00:13:54,310 --> 00:13:51,200

mom was a broken woman

399

00:13:56,389 --> 00:13:54,320

i became the meaning of my mom's life

400

00:13:58,389 --> 00:13:56,399

and i've spent my entire life being

401  
00:14:01,110 --> 00:13:58,399  
responsible for the well-being of others

402  
00:14:03,910 --> 00:14:01,120  
at my expense

403  
00:14:06,629 --> 00:14:03,920  
at that moment this look of um i'm

404  
00:14:08,150 --> 00:14:06,639  
almost a child look child-like look came

405  
00:14:10,069 --> 00:14:08,160  
to her face

406  
00:14:12,629 --> 00:14:10,079  
and i asked her what was going on she

407  
00:14:16,150 --> 00:14:12,639  
said well i just relaxed

408  
00:14:18,790 --> 00:14:16,160  
i said that is like really cool and what

409  
00:14:20,949 --> 00:14:18,800  
that set into motion was essentially

410  
00:14:22,710 --> 00:14:20,959  
this whole new path for how she

411  
00:14:24,870 --> 00:14:22,720  
navigated the world

412  
00:14:26,870 --> 00:14:24,880  
um she wasn't done with it but what she

413  
00:14:28,790 --> 00:14:26,880

had the reason this was particularly

414

00:14:31,750 --> 00:14:28,800

powerful for her as it is for a lot of

415

00:14:35,030 --> 00:14:31,760

us is that what she had was an

416

00:14:37,990 --> 00:14:35,040

experience a physical emotional

417

00:14:40,790 --> 00:14:38,000

psychological experience of what it is

418

00:14:42,949 --> 00:14:40,800

to be in a space of okayness

419

00:14:45,189 --> 00:14:42,959

she'd never had the feeling before she

420

00:14:47,269 --> 00:14:45,199

it was new terrain for her

421

00:14:49,990 --> 00:14:47,279

but simply by having the experience it

422

00:14:52,550 --> 00:14:50,000

gave her the ability to return to it

423

00:14:54,629 --> 00:14:52,560

over and over and over again

424

00:14:56,470 --> 00:14:54,639

and she's made a tremendous amount of

425

00:14:58,470 --> 00:14:56,480

progress with it in her life and is much

426

00:15:01,189 --> 00:14:58,480

happier as a result so

427

00:15:03,829 --> 00:15:01,199

um the root cause was this

428

00:15:05,990 --> 00:15:03,839

thing when she was six months old that

429

00:15:08,790 --> 00:15:06,000

that that produced a profound effect on

430

00:15:10,550 --> 00:15:08,800

the uh it imprinted her for life and

431

00:15:12,949 --> 00:15:10,560

needed to be brought into the light and

432

00:15:14,710 --> 00:15:12,959

into you know into the sunshine so that

433

00:15:16,710 --> 00:15:14,720

we could get some relief from that

434

00:15:18,629 --> 00:15:16,720

particular shadow it was a it was really

435

00:15:21,030 --> 00:15:18,639

a cool one that she just sort of you

436

00:15:23,350 --> 00:15:21,040

know popped right through it and um that

437

00:15:27,269 --> 00:15:23,360

was really neat to watch

438

00:15:29,509 --> 00:15:27,279

a common question i get is select how do

439

00:15:32,069 --> 00:15:29,519

you do this deal what guides me well i

440

00:15:33,430 --> 00:15:32,079

mean any mantra is good for yeah there

441

00:15:34,870 --> 00:15:33,440

are all kinds of great things in the

442

00:15:36,870 --> 00:15:34,880

world

443

00:15:39,110 --> 00:15:36,880

the one that i have a particular

444

00:15:41,350 --> 00:15:39,120

fondness for of late comes from a friend

445

00:15:43,509 --> 00:15:41,360

of mine i've stolen it from him

446

00:15:46,389 --> 00:15:43,519

and that is that

447

00:15:49,749 --> 00:15:46,399

we can't do these things alone

448

00:15:52,829 --> 00:15:49,759

but we must do them for ourselves

449

00:15:55,189 --> 00:15:52,839

and that that those two coexist most of

450

00:15:57,189 --> 00:15:55,199

us we're going to have to have some help

451  
00:15:59,990 --> 00:15:57,199  
because we can't get at things on our

452  
00:16:01,829 --> 00:16:00,000  
own but in the end

453  
00:16:03,749 --> 00:16:01,839  
nobody can do it for us we have to do

454  
00:16:05,829 --> 00:16:03,759  
our own work

455  
00:16:09,189 --> 00:16:05,839  
and so somehow or another we bring those

456  
00:16:10,949 --> 00:16:09,199  
two together and a path forms before us

457  
00:16:12,550 --> 00:16:10,959  
the coolest part about it is is that

458  
00:16:13,910 --> 00:16:12,560  
every single one of us our paths a

459  
00:16:16,550 --> 00:16:13,920  
little different

460  
00:16:20,230 --> 00:16:16,560  
we may face common challenges but

461  
00:16:21,670 --> 00:16:20,240  
but our particular path our soul's work

462  
00:16:23,350 --> 00:16:21,680  
it's going to be unique to each of us

463  
00:16:26,310 --> 00:16:23,360

because that's the nature of what it is

464

00:16:28,550 --> 00:16:26,320

to be an individual soul working its way

465

00:16:31,350 --> 00:16:28,560

through whatever it is we're here for

466

00:16:33,350 --> 00:16:31,360

uh which is pretty neat actually i'm i'm

467

00:16:35,189 --> 00:16:33,360

a i'm a lover of people's stories

468

00:16:36,870 --> 00:16:35,199

because of that

469

00:16:39,910 --> 00:16:36,880

a couple of books that might interest

470

00:16:41,910 --> 00:16:39,920

people one is my most recent novel

471

00:16:44,470 --> 00:16:41,920

called a killer's grace which is deep

472

00:16:46,150 --> 00:16:44,480

with philosophy and transformation

473

00:16:48,949 --> 00:16:46,160

another is a book

474

00:16:50,949 --> 00:16:48,959

scene true 90 contemplations in 90 days

475

00:16:52,790 --> 00:16:50,959

which is a workbook format spiritual and

476

00:16:54,870 --> 00:16:52,800

orientation both

477

00:16:56,629 --> 00:16:54,880

uh useful materials from my point of

478

00:16:58,870 --> 00:16:56,639

view of course i wrote them so of course

479

00:17:00,389 --> 00:16:58,880

i feel that way you can find out a lot

480

00:17:01,670 --> 00:17:00,399

about what i've currently got going on

481

00:17:04,549 --> 00:17:01,680

in this sort of philosophical

482

00:17:05,590 --> 00:17:04,559

transformational space at [seeingtrue.com](http://seeingtrue.com)

483

00:17:07,909 --> 00:17:05,600

where i'm

484

00:17:09,829 --> 00:17:07,919

blogging and posting videos and all

485

00:17:11,909 --> 00:17:09,839

kinds of content that sort of moves this

486

00:17:14,069 --> 00:17:11,919

conversation forward

487

00:17:15,990 --> 00:17:14,079

i have a pivot site kind of what i named

488

00:17:17,429 --> 00:17:16,000

it ronaldchapman.com which kind of

489

00:17:18,549 --> 00:17:17,439

connects you to all the things i got

490

00:17:20,230 --> 00:17:18,559

going on

491

00:17:22,549 --> 00:17:20,240

and some folks may be interested in sort

492

00:17:24,789 --> 00:17:22,559

of the professional component that's

493

00:17:26,789 --> 00:17:24,799

available at a website magnetic north

494

00:17:28,069 --> 00:17:26,799

llc.com

495

00:17:30,470 --> 00:17:28,079

where it'll kind of you know put my

496

00:17:31,510 --> 00:17:30,480

professional photo on there and

497

00:17:33,029 --> 00:17:31,520

you get to kind of look at the

498

00:17:34,630 --> 00:17:33,039

professional side of it all those are

499

00:17:36,150 --> 00:17:34,640

useful i'm particularly fond of seeing

500

00:17:37,909 --> 00:17:36,160

true at this point because it seems to

501

00:17:39,990 --> 00:17:37,919

be the body of work i'm spending so much