



Achieve Your Goals Podcast #135 -
Emergence: 7 Steps for Radical Life Change
(Interview with #1 Bestselling Author, Derek Rydall)

Speaker 1: Welcome to the "Achieve your goals" podcast with Hal Elrod. I'm your host, Nick Palkowski and you're listening to the show that is guaranteed to help you take your life to the level faster than you ever thought possible. In each episode, you will learn from someone who has achieved extraordinary goals that most haven't. He's the author of the number one best-selling book "The Miracle Morning," a Hall of Fame and business achiever, an international keynote speaker, ultra-marathon runner and the founder of the VIP successcoaching.com, Mr. Hal Elrod.

Hal Elrod: Hello, "Achieve your goals" podcast listeners. This is Hal Elrod. How are you today? I'm pumped. Our guest today, I've heard about his book quite a few times, but in full transparency, I have not yet read it so I'm excited. If you haven't read it either, we're at the same spot. I'm excited to chat with our guest, Derek. Is it Derek ... I want to say your last name right. Is it Rydall?

Derek Rydall: It's actually pronounced Rydall, but it looks like, it's A-L-L, but yeah. Think of Rydall High, Rydall helmets.

Hal Elrod: You've got it. It kills me. I have a friend whose last name is Mueller, but it looks like Mueller and he gets pissed when I call him Mueller but I go, "Man, I'm just reading your name the way it looks."

Derek Rydall: It's better than Bueller.

Hal Elrod: Yeah, exactly. That's probably why he doesn't like it. It irks him when I just say it wrong, but anyway, let me ... All right. Pretend I didn't talk to you. I'm going to give you a proper introduction here. So "Achieve your goals" listeners, I do want to give Derek a proper intro because his bio is pretty impressive. In fact, he sent me a short introduction and as I was researching Derek and your reading, I was like, "Dude, you have an amazing background, amazing bio," if you will and I'm going to read the long one. I want to go into it a little bit more.

So here's kind of a hybrid version. After a life-changing near-death experience, Derek seriously consider becoming a monk, then a minister, then cloistered himself in his apartment without TV or news and meditated for several years, finally emerging to become a licensed integrative therapist and adopt a monk, that's another story. He went on to train top executives in Fortune 500 companies such as American Express, Disney, Carrier, or Carrie Anne [inaudible 00:02:34], Hartford Insurance and CVS. In relationship building in deeper communication that was his focus and he's coached thousands of artists and entertainment professionals on how to create more enlightened entertainment

and his work with a diverse array of people around the planet, helping them to live a more passionate purposeful life.

The book, he's the author of three different books. The one we're going to focus on today is his newest book called "Emergence: Seven steps for radical life change," and it is a number one Amazon bestseller, a number one Barnes & Noble bestseller. The last thing I want to share is as a professional screenwriter, Derek has sold or been hired to develop over 20 feature film screenplays in a dozen hours of TV with studios such as Fox, Universal, Sony, United Artists, Disney, Miramax, and even indie producers. As an actor, Derek has starred in several films and TV show, so you can see and there's more to it but I'm going to leave it at that.

You can see just really a dynamic individual who's accomplished so much in so many areas and Derek, as I bring you on here, Derek, this is the "Achieve your goals" podcast and my focus is interviewing people that have achieved extraordinary goals and many of those have achieved like a single extraordinary goals. What I love about you is the diversity that you bring and as a spiritual practitioner and teacher, I'm just excited to hear about "Emergence" and these spiritual laws that you've taught around the world. Yeah, man. Thanks so much for being on the show.

Derek Rydall: Wow, it's such an honor and pleasure to be here, Hal. Wow, yeah. I haven't looked at that, but I hope for a while, it's like, "Whoa, I've lived a few lifetimes."

Hal Elrod: It is funny when you hear your own bio, you're like, "I did all that? Geez."

Derek Rydall: Right. Right. Exactly.

Hal Elrod: [crosstalk 00:04:22]

Derek Rydall: I need a nap just after listening to my bio.

Hal Elrod: Right. I know how you feel. As you said, you haven't looked at that one in a while. I actually went on Amazon, Author Central this morning and I just was searching through some stuff and I was like, "This is so outdated. I totally need to update this." Anyway, so let's start.

Here's where I want to start. The one thing, as soon as I ... This caught my attention as I had my own life-changing near-death experience so I would love for you to share with us that experience for you. What was your life-changing near-death experience and what did you gain from that?

Derek Rydall: Yeah, I mean like I'll try to do it brief, but some many people I'm sure, I struggled for years and years in self-improvement and after a decade of self-improvement therapy and all kinds of

self-improvement, the only thing I'd improved was my ability to describe why my life was still so screwed up.

Hal Elrod: Nice.

Derek Rydall: I improved very much in that category. I was articulate and eloquent in describing why things didn't work and whose fault it was or where it came from, but I was actually increasingly frustrated and struggling. It was like I was trying to dig myself out of a hole and the more I dug, the deeper in the hole I got. It eventually drove me to become addicted to drugs and alcohol and then I almost died of an overdose.

I remember lying in the emergency room and the IVs snaking out of my arm and the beeping of the monitor and the doctor leaning over and whispering to me as I woke up from a groggy sleep. He said, "You're lucky to be alive," and I remember thinking in the moment, that wasn't good news to me. The idea that I was still alive wasn't good news. I knew I needed to make a change, but I couldn't understand how all of my efforts to improve my life attract, achieved had gotten me to this place.

They said the universe whispers in your ear and taps you on the shoulder and takes a two by four to your head and I was lying there in a bed of splinters and I couldn't, I still didn't, it didn't crack me open enough. I figured, Well, I must not have been working hard enough." I needed to dig in and redouble my efforts and so I did and things started to go little bit better. I got

a couple projects. Then I got this leading role in a film. I went to shoot this film and everything started falling apart again.

The film went South. They started firing the actors, fired the director. I had an onset romantic breakup and breakdown and I went diving in this coral reef just sort of praying to get lost from everything above. You've got to be careful with you pray for, obviously, because I got the answer very quickly and I became very, very lost in this coral reef and then eventually trapped in a pocket and didn't know how to get out. I was surrounded by a wall of fire coral. There was like a thousand jellyfish stings if you touched it.

Underneath me was giant rows of spiked coral like an underwater booby-trap tomb in Indiana Jones and it was inches from my chest, my stomach, my face. I couldn't go down or I would've been skewered and I couldn't lift my head out of water to see where I was or I would've been impaled by this coral. I couldn't even breathe deeply because of a deep breath would've also punctured me. I couldn't swim normally to stay at the level I was in the waters, so I had to swim with the tips of my fingers and then just to stay at that level and breathe in short, staccato breaths and I was stuck there for a very, very long time.

My mind went through all the scenarios of "Somebody, maybe they'll come save me," and eventually realized nobody knew I was out there. It got to a place where it was like my ego went through all of the scenarios and all of my wit and charm and cleverness and affirmations and nothing was working. I even

tried to negotiate with the universe. "God, if you get me out of this, I promise to go to church on Sunday."

Hal Elrod: Yeah. I've had those negotiations, yeah.

Derek Rydall: Yeah and it was non-bargaining, right?

Hal Elrod: Yeah.

Derek Rydall: There came a moment where I was, I knew I just didn't have anything left in my body to hold me to support me and I knew ... I was no longer just afraid I was going to die, I knew I was going to. It's a profound moment to know that this is it. All that was left was to surrender unconditionally and in that moment, I just let go. It was a flash of light and it was a split second, but in this moment I saw that this guy, this self that I had been trying to fix and improve was like a fictional character, an amalgamation of peer pressure, societal conditioning, parental fantasies and that nothing I ever did was ever going to fix him.

Right behind that, there was this awareness of a version of me that had never been broken so he didn't need to be fixed, and he also was already complete, so he didn't need to be improved upon. It was just a flash but it was like an entire paradigm shift. In that next moment, I don't know how this happened exactly, the wave came where the water rose or I literally walked on water, but in the next moment, I was out about pocket standing

on the coral, looking in to where I had been trapped the whole time and it was like something had shifted dramatically. Humpty Dumpty had fallen off the wall and in the crack in the shell, there was this luminosity that was coming out and everything was glistening.

I looked at this maze of coral and I realized it was like a metaphor. I had been swimming, following all of these brightly colored objects and I had become this pocket. I was gasping. I was drowning and that was the life I had been living, but in this shift, now I could see that it was the whole model of how to grow and improve and heal was completely backwards. It so dramatically shifted me that I ended up pulling out of society. I got rid of news and TV and all that stuff. I tried to become a monk and it's a fine, quick little side story, but three days into fasting and silence and all that, I was freaking out and I literally broke into the monks kitchen in the middle of the night and stole food out of their freezer because I was just freaking out. I was like some feral little creature scurrying out of the forest.

The monks kindly suggested the next day that maybe the monastic life wasn't for me. That's when I [clustered 00:10:54] myself in my apartment, but I had this realization that, I use the analogy of the oak tree and the acorn, that the oak is already in the acorn. If the acorn doesn't go out and attract an oak or achieve an oak, it doesn't have to become worthy of an oak. It doesn't have to go build the oak. When it surrenders to the soil and the conditions in the soil match the pattern already in the seed, it's inherent potential naturally emerges.

I saw that's how all of nature operated and realized that I was a part of that same nature, that there was a seed of potential planted in the soil of my soul and when the conditions were right, it would emerge. It would grow naturally and I also saw that whereas plants and seeds are what we call indigenous, their outer circumstances is what determines their capacity to grow and thrive. We are endogenous meaning we carry our weather. We're like a walking, talking greenhouse. We carry the conditions with us and we can cultivate the right conditions for our potential regardless of where we've been implanted in the world.

As I caught that awareness and I began to practice this, which we'll talk more about, I went from being broke and broken and even suicidal, living on \$.19 boxes of macaroni and cheese in a one-room apartment, to all these things I've been struggling starting to unfold and emerge and eventually moving into million-dollar homes and traveling the world and growing my work in the world finally, but it was a definite inflection point when I moved from trying to attract and achieve from that old model, which was just creating more and more pain and struggle and instead ... Here's the reason why.

When you're doing that, the premise is something's missing, something's lacking, something's broken, something's wrong. Now I'm going to try to attract it or achieve it, but the law of mind in action operates upon our core premise and so I was, like I said, digging myself into a deeper hole and I even found even when people use these techniques to manifest a bigger paycheck, they often find themselves just broke at a higher income bracket. They get a bigger house, but they're less at home and so this shifted everything for me and my life began to

unfold and emerge in much organic, natural way. That eventually led me to teach this and led me to talk to you today.

Hal Elrod: Incredible story. First question, what age was the near-death experience?

Derek Rydall: That was about, I would say it was about twenty years ago.

Hal Elrod: Got it and so-

Derek Rydall: I was five. I was five. No, I'm just kidding.

Hal Elrod: Yeah, I was going to say. By the way, I love the analogy of the oak tree and the acorn and that would explain, I'm looking at the cover of your book "Emergence," and it's beautiful the way that you turn that metaphor into the cover. I would imagine, you mentioned, similar to nature that it's the surroundings and the soil and all of those factors that affect the growth and the journey and that nature goes on. The seven steps for radical change that you talk about in your book, "Emergence," are those kind of the seven steps to set yourself up, all of us to set ourselves up for, prepare our soil so to speak, for that radical life-change to occur?

Derek Rydall: Absolutely, yeah. The first thing is understanding some of these foundational principles that the emergence ... By the way, I

didn't make this up. This is what's called the "perennial teaching." If you study, if you start to understand all this and you go back and you study the great masters, Buddha and [inaudible 00:14:51] and [inaudible 00:14:51] and Jesus and [inaudible 00:14:53] and [inaudible 00:14:54], whatever, or even Shakespeare, you start studying some of the great master teachings, you'll begin to see there's a perennial truth teaching that moves to all of them just they show up in different cultures and idioms and all that kind of stuff, but I put it into a very modern framework so that we could actually use it.

From the emergence model, whatever's missing is what you're not giving. Whatever you're waiting for, you're actually waiting with and weighing it down because life doesn't happen to us. Life happens through us and from us and this is what now understand also with quantum physics and all of that, that there's not really a world out there that's acting on us. We're not really in the world. The world is really in our consciousness and it's really all about what we are letting out, what we are generating, what we are circulating. That's what determines our life experience, not the conditions in our experience, not the economy, not our parents.

Those create a set point, but our response to it, the way we cultivate it, that's ultimately what it determines because it's all coming from within us. That's a core foundation people have to understand and then they can go through the seven steps and begin to design a way of life that allows the natural emergence to become automatic. Most of our lives are designed by default. We've designed a way of life from reaction or protection, self-preservation, comfort, convenience, but we have to take back the reins and design [inaudible 00:16:31] intentionally. That's

what the emergence and the emergeneering process shows people how to do.

Hal Elrod: My interest is peaked. I'm intrigued. In fact, so much so that I just ordered your book on audible about five minutes ago, so that's my ADHD. You're talking, I'm ordering a book on audible, but since it's your book, I figured you'd give me a pass on that.

Derek Rydall: Yeah. You're cooking an omelet. You're ordering the book. You're doing push-ups. It's great, man.

Hal Elrod: It's funny. When I first did my podcast, I got called out because literally it's unconscious. I'll be talking to someone and I'll see email on my desk and I'll start opening an envelope. When I first was hosting the podcast, people were like, "Hal, so rude. I don't know what you were doing, but I heard shuffling's of paper," and I'm like, "Oh, my God. I didn't even realize I was doing that." [inaudible 00:17:21]

I'm on Amazon right now. Your book, one thing that's really rare about your book and this is actually part of the reason I'm so, not only your story and just who you are, and I sense who you are and it comes through the way you speak. In fact, I was going to say, you're such a great communicator that, Derek, you should write a book, but you're just ... As an author, I often look at reviews and I feel like that really kind of mirrors back how the impact your book is making.

The more people share about it and the more, or the more they share it, but also the more that they're inspired to go write a review, I don't write a review on Amazon unless a product's really good or really bad, and your book is, it's rare air in terms of the amount of reviews that you have but how high they are. I'm just going to run down this real quick for anybody listening.

So you have 330 reviews, which is great, 4.9 out of 5 stars. You don't have single 1 star, like [inaudible 00:18:25] 0% one star reviews, 1% two star, 3% one star, or 1% three star, 3% four star and 95% five-star. That is just rare and so with that said, I want to hear your take, so here's what I'd love you to share, Derek. I'd love you to introduce us to the seven steps for radical life-change that part of the law of emergence, and those seven steps in whatever way you think best serves our listeners, but I'd love for you to do it from a place of like why are these so impactful, so much so that 95% of your readers are giving you a five, they're compelled to write a five-star review for the book?

These are long reviews. People are writing paragraphs upon paragraphs about how this book has impacted their lives, so I'd love to hear the law of emergence from you, again, what those seven steps are and through the lens of how are these going to impact the people that read your book?

Derek Rydall: Yeah, absolutely and for most things, when you start to read the truth, it just resonates and it's almost like you feel like you come home finally. It's like, "Ah." That's how it was for me

when I really awakened to this and realized this. It was like I somehow, somehow knew it all along, but just couldn't quite touch it or articulate it. I'll talk about briefly the seven stages and then we'll sort of pop in and I'll give a couple examples in my own life, how I'd use this framework. It becomes a template that you can put on your overall life or you can put it on any project or relationship or any of the life structures like health, wealth, work, relationships, spiritual growth, personal development.

If you want to grow any one of those areas or overall or just focus on business or a project, the emergeneering template, which is about how to engineer the full emergence of your potential, can be placed over any of those areas whether you want to ... I used it when I was working at a job I hated to ultimately transition out of that. I was using it when I wanted to get my first dream home. I used it when I wanted to travel around the world and teach and had no idea how to do it or afford it. I've used it at every one of these major junctures to really design a way of life that was congruent with this emerging vision or impulse and to become the change I wanted to see in the world, as Gandhi said, "We must become the change."

Most of our efforts and attempts to fix and change and heal and improve our lives is we're trying to manipulate circumstances, conditions and appearances, but we're not necessarily changing and becoming in integrity with that vision and that's the key word here. It's all about becoming in integrity, integrated one with the vision or the potential, which is already in us, but when we're striving to go get something or achieve something, we are as the Bible would say, "A house that is divided." We're trying

to serve two masters. That's the real meaning of ambition. Ambi, it means you're going in two directions at the same time. You're trying to go make something happen, but internally you don't already own it. You don't already believe it. You don't already have it, and so you it's like the Zen statement, you're trying to ride two horses going in different directions at the same time. It's very painful.

A house divided can't stand. It doesn't have structural integrity and that's why a lot of people struggle. They're doing all the seeming right things but it's not, either outside but it's still not working or they're sitting around and visualizing and affirming, but they're not then living a life that's congruent with their prayer or their affirmation. Either one of those scenarios, you're going to be out of integrity and you're going to have a very hard time creating anything sustainably.

The emergence process is about step one, getting in touch with that emerging impulse, that vision for your life. There's a destiny of greatness, as you know, in all of us and there's a seed of infinite potential and it has within it, everything it needs like the acorn has that perfect pattern for the oak. It's also in the quantum field. We don't need to go down that rabbit hole, but it's all there in that seed idea, that potential.

In this first stage, I show you how to begin to tap into that because that's one of the biggest questions people have is, "Well, I don't know what my purpose is. I don't know what I'm really here for. I don't know what I'm really supposed to do," or "How do I know that's my ego talking versus my spirit or my

soul," and that's a confusion point for people, but you've got to know what is trying to show up in your life. You've got to know where you're going, as I know you would agree because if you don't know where you're going, every road will take you there and you'll be lost.

So this first, and if you're not living your purpose, I can guarantee you're living someone else's. So you have to take the time to get clear and I really walk you through in this first stage on what is that seed idea, what is that unique pattern that my life is here to unfold, my unique oak tree, if you will. Then the second stage is now that you know what the seed is, like a gardener understanding the nature of a seed, you can cultivate the right conditions for its growth.

If you don't know what the seed is, you don't know how much water, food, light, etc. that it needs, but once you know what it is, you can cultivate the right conditions that are congruent with that seed idea. In stage two, I show you how to cultivate the right and the congruent conditions that you bring your inner and outer life into integrity so you begin to design a way of life that is based on where you're going, not where you've been or even where you are, but the people, the places, the conversations, the activities and your inner daily practice so that you are really congruent.

Another way to think about this is, which we can all understand, sometimes talking about these concepts feel a little airy, fairy or a little woo, woo , but we can understand like for example, right where you are, how and where everybody is

listening, your favorite music is broadcasting and information that would change your life other than this call right now, but right now, it's not manifest in your life. The music isn't manifest, but it is playing. It is broadcasting. We understand that, so when you tune the dial of your tuner so that the frequency of that tuner matches the frequency of the radio station where your music is playing, that music or that station becomes manifest or you could say you have a manifestation.

Hal Elrod: Nice.

Derek Rydall: Right? So that music wasn't playing in the distance. It wasn't in the future. You didn't have to run down the street to find it or wait for a long time for it to eventually show up. It's already here, but it's not a manifest part of your experience until your frequency is matching that frequency. Then that which was invisible and intangible and inaudible suddenly becomes tangible, audible and manifests. The same is true with your destiny, the abundance, the health, the wealth, whatever it is you're trying to create your life. You couldn't have that desire unless it was already broadcasting.

Desire comes from a root that means of the father, of the sire or of the creative impulse and it basically is telling you what you've already got, but now you have to design a life and bring yourself in tune with it and that's when it starts to manifest. That's when that beat of abundance starts really playing in your life. That's second stage, creating the congruent conditions.

Then the third stage is putting it together, what I call the quantum plan and it's a little different than a traditional plan in that it incorporates both the inner and outer practices and activities that are continuously tuning you into that station and ultimately being able to make a preset button so that you can just go there instantly. So that just becomes a way of life because, as you know, it's all about building habits that are congruent with the life you want to live. Confucius said, "All men are the same, but it's their habits that make the difference," and conditions don't determine your destiny. Your character does and your habits determine your character.

So as you put these first three stages together, you're building habits that are congruent with your bigger vision and ultimately transforming your character and becoming the change that you want to see. Then that's the foundational piece of the emergence work. Then we go into the fourth stage which is about action. I'm sorry, about give what appears missing and this is a real paradigm shifting piece that if you just get this piece, your life will never be the same. When you really, really get that whatever's missing is what you're not giving, the actual worst "human" comes from a Sanskrit term "man" that means "the dispenser of divine gifts" that we didn't come here to get anything, except feedback. We came here because we have something to begin to give, to deliver, to circulate.

When you really get this, you start to give and share and circulate from that place. You start to unlock a channel of unlimited abundance and really turn on that inner wealth machine and you're able to start manifesting and creating out of seemingly nothing because that energy within you that's circulating really is the substance of everything in your

experience, so in this stage, I really hope you understand that impact and do what I call the great reversal so you're no longer looking to the world or to people to give you something. You're looking to see "Whatever's missing, how can I give it to myself and how can I start to give it to the world?" Now, you move out of being a victim and you become a really conscious creator.

Hal Elrod: Let me say that again. I want to make sure because, yeah, like you said, if you just get this piece alone, it's a game changer. So here's what I wrote down. I want to make sure that I got it the way you said it. I wrote, "You've got to get what you're missing is what you're not giving." Is that right?

Derek Rydall: Yep. Whatever's missing is what you're not giving.

Hal Elrod: Whatever's missing. Okay, got it.

Derek Rydall: So if you walk into a room, wherever you go, whatever shows up is what you brought. Now that doesn't mean that you're making anybody else do the things they're doing, but how it impacts you and affects you and shows up in your life, that's an activity of your consciousness or it could not come into your experience. This is also quantum physics, but it's also what the great teachers have taught.

If something's missing, we've learned to believe life is outside in, so we show up in a relationship and there's not enough love

or respect or appreciation, whether it's at our job or in our family and we're waiting for the other person to give it to us. We're kind of like, "I'll give as good as I get. I'll be more loving when they are. I'll give more excellence at work when they validate me more, but that's completely reverse.

Whatever you're withholding because you're waiting, you're actually holding back. Life never holds anything back from us. We hold ourselves back from life. It's just a big reversal to understand life isn't happening to us. That's an optical illusion or as Einstein said, "Our sense of separation from each other is an optical delusion." It's all within us, truly an infinite universe of power and wisdom and brilliance and potential, but it can't come into our experience unless it comes out of us. If we want something more or different to come into our experience, we have to let something more and different come out of us.

Think of yourself like a divine power plan. A power plan doesn't receive energy. It doesn't even just have energy, it generates it. When you start to get that, you're like, "Wow, I don't have to even wait to feel inspired. I'll just act like an inspired person, show up, start to shine share and I activate the energy of inspiration." It's like, "Where did that come from?" It came from this infinite well of potential within you and you start to get excited like, "There's not a lot of love in this room, in this space. I can bring it." Bam, suddenly you're [blessing 00:30:50] out and all kinds of the things are unfolding or, "They're not respecting and validating me at work," like when I had this job as a waiter that I told you about. I was using this principle.

I began to bring excellence and inspiration. I began to serve at that job as if it was my dream job. I eventually wrote an article "How I stopped waiting and started serving," and I began to give excellence as if I was at a five-star restaurant and I got fired. I began to do it again and they hired me back because they realized it was a mistake. I gave more and more and I was helping the waiters and I was no longer commiserating and gossiping about the clients. I was ... the customers. I was just bringing my A-game every day and I started to really enjoy this job I used to hate and feel good about myself. Then I got fired again.

This happened one more time. I got hired back and I was just ... I'd figured I had cracked the code. People were writing me all kinds of reviews, big tips, writing to corporate about what an amazing waiter and then I got fired a third time.

Hal Elrod: What did you get fired for?

Derek Rydall: Well, the first time they thought, "Oh, this one manager's maybe afraid you're kind of bucking for their position," so I think I was scapegoated because they were like, "What is he up to? Why is he being so excellent? Why is he giving so much service? What is his agenda?" They didn't trust it. People don't trust excellence. They trust mediocrity.

Hal Elrod: Yeah, sure.

Derek Rydall: Then fine, so it was different reasons. It was always something different, but in the third time, I decided to stay fired and within a month, I got hired, I went from making 50 bucks a day to a thousand a day. I went from waiting in a 3-star restaurant to being wined and dined in 5-star restaurants around the country and from dreaming about making a difference and an impact to being paid very well do it, and the key note though is that that didn't happen in my future. That was developed right there on that job.

As I began to tap into my vision, create the right conditions and then begin to give what appeared missing, I generated the energy, the mindset and a field that was such a high vibrational field, it didn't fit in that space anymore and that's why I kept getting spit out. When you do this, one of two things happens. The relationship or the job or the environment will grow to meet you, or you will be moved into a relationship, a job or an environment that can play with you at that higher level, but if you wait for the people on the job and the situation and the economy to change, you are giving away all your power and you will remain the same or even worse, start to stagnate and go backwards so you don't wait for anybody or anything to change. You become the change you're waiting for and you transform your life, your environment and everyone around you that's willing to play at a higher game. That's what this stage really begins to generate and activate and prove to you.

In the fifth stage, act as if it's already done. This really puts the whole idea of right action until a proper framework and you understand action is not to try to make something happen. When you integrate action into your life, it's to make it welcome. It's that final piece that is often missing for people

when they've done all this other inner work. It opens the door and so I really reframe in a way that people are like, "Oh, my God. I never thought of action like that," and now they can take action, bold action, consistent action that's not pushy and stressful and anxious trying to manipulate people and situation but is like literally like a moving affirmation. Ultimately, your action is your true religion. It really tells you what you believe, what you do so it's a very important piece.

Then we get to stage six, embrace what appears broken and this is again, this is another one of those modules. If you just get this, your life will never be the same. It's one of the most requested pieces of work on when I speak to people around the world and it's the idea that everything within you and within your life is a part of a perfect plan. Just like all the parts [inaudible 00:35:06] are dirty and dark and gross and bad, the selfishness, the anger, the neediness, the greediness, all the things you've been trying to fix or heal or get rid of or deny or feel bad about and then you're trying to affirm them away or pray them away or improve yourself out of them, but all of those parts within us, the broken parts, the sad, the mad, the whatever parts, think of it like the soil on the earth.

The soil is made of everything that has died and decayed and rotted. The more of that, the more fertile it is and if a seed tried to grow the way we've been taught, getting rid of all the dirt, all the dark dirt, smelly stuff and it succeeded at that and it stood on a rock, triumphant, raising its little seed hands, "I'm clean. I'm free of dirt. There's no more dirt in my life," the sun would come out and shine its golden rays and burn the seed to a crisp. So the seed, fortunate for us, doesn't deny the dirt. It buries itself and it turns it, not into a tomb but into a room and now the

sun shines. It activates the light and the life potential in the dirt and the seed starts to be nourished and grow.

It doesn't just grow up to the light or it would fall over. It has to grow down into the dark and so the deeper the roots, the taller the shoots, than the [richer 00:36:34] the fruits. That's the way all of nature grows and we've lost that connection, especially in a lot of personal development circles where we're always trying to become ascended Masters and float off the planet or something. It's like, "No, you've got to take roots. You've got to have deep roots and they have to be rooted within yourself and those places you've been trying to get rid of, deny, ignore or you have shame and guilt around, that's some of the most fertile soil of your life if you understand how to cultivate and embrace it.

In fact, many of the things people are struggling to achieve and become, the very resources and the very wisdom and the gifts they need to do it are locked up in the soil of their soul, the dark [place 00:37:19] that they're avoiding. So in this stage, I show you how to embrace all of that, integrate it so that it becomes real power in your life. This is, like I said, it's really a profound game changer for people when they get this piece because they no longer walk around like they're broken, inadequate people that need to fix or add something to themselves. They start to really feel like they're enough and that's really a fundamental condition for emergence is when you begin to feel like, "I have enough. I am enough. All is well." That's a powerful vibrational frequency that allows for your potential to start naturally unfolding in your life.

Then finally, stage seven, wait on the law. Even when you've done all this work, there's going to be, you're going to hit what's called the thresholds where you bump into ... You're really about to grow. You're really about to change and to the ego, change is equivalent to danger or death.

Hal Elrod: Sure.

Derek Rydall: Because it's just a set of programs and it starts bringing out the armaments of all the stories and excuses and ways to try to knock you out of this growth pattern so that you'll come back behind that border and stay the same because it thinks you're in danger. It's an evolutionary artifact that helped us to survive, but now it's actually preventing us from evolving.

I teach you how to really see the signs of this so that you don't get stuck, you don't pull back when you're about to make a growth spurt. When you're just about to get lift-off speed, you don't throttle back because the cockpit's shaking too much. You actually keep going and you break through and you can escape velocity and real momentum in your life and permanent change. Unfortunately, without this piece, the average person doesn't live 70 to 90 years. They live the same year, 70 to 90 times.

Hal Elrod: Sure, yeah. 100%.

Derek Rydall: This is how you can actually have a real [inaudible 00:39:26] year every year and a new you and keep growing and emerging progressively. That's the framework in a nutshell or in an acorn shell. Hopefully you can see, it's deep, it's rich but it's also very methodical and step-by-step. In my book and in my programs, I walk you through that, take you by the hand and help you to create the life by design that allows for the natural emergence of your true potential.

Hal Elrod: I think, to me, a good book or a good teacher first and foremost, it inspires us, or prompts us or challenges us to think differently about our lives and about ourselves. I think that, to me, you're doing to the umpteenth degree and then a great teacher or leader or guide gives us a plan, an actionable plan, that can change your behavior so that we can actualize or manifest those new higher planes of thinking that have been introduced to us.

Again, from what I've learned and heard from you today, I'm excited to, I'm going to listen to the audio book. I see that the work you've done for however many decades on yourself and who you've become, that's why your book is rated so high. That's why it's transforming lives because it's coming through you, through you, your work, your book, your courses to the end-user. What is, before we head out, what is the best way for people to get the book "Emergence"? I think you said you like a free online training or something. Talk about that.

Derek Rydall: They can actually, they can go, if they want to get a little more also some other training around emergence, they can go to emergencetraining.com. That's www.emergencetraining.com

and grab that free training and get more support from me as well. The other thing I'll do is if they do that and for anybody that's listening now, I'm going to also give you a free month in my Emergence Academy, where you'll be able to get some additional programs and you'll also be able to get live coaching support from me so I can walk you through these steps and you can go to, I think it's ... Let's see. Derek Rydall.

I wasn't planning on giving that away, but I just feel inspired. I'm always about over-giving and I think you go to derekrydall.com/Academy and if for whatever reason you can't find it, just shoot an email to support@DerekRydall.com. No, that is right. That's Academy. Derekrydall.com/Academy, but you can also just shoot an email to support@derekrydall.com and we'll tell them that you've got a free month in the Emergence Academy and I'll take care of you.

Those are a couple great ways. You can also obviously check out my Emergence podcast and get cutting edge training delivered to you twice a week, every week. So yeah, those are some really great place for people to get in touch with me and get some free tools and things to take things to the next level.

Hal Elrod: And you forgot one because I'm filling it out right now, which is getemergencebook.com and that's where you can get the free book.

Derek Rydall: That's right. You go to getemergencebook.com for a really short time and you're going to be able to get the Emergence book for free and as well as some other bonuses, I believe.

Hal Elrod: Nice, nice. Well, I'm filling out that too. All right, so I better say goodbye to you before I get distracted and they get my credit card number here, but I'm going to get the free book. Just pay shipping, right? That's a good deal for. [7.95 00:43:11]. Yeah, so I got the audio, but I like to have things in audio and paperback so that if I'm listening to the audio and I'm on chapter 3 and I go, "Oh gosh. That's brilliant," I'll pull out the book when I get home and I'll go to chapter 3, reread it, circle it, highlight it, underline it.

Derek Rydall: I'm the same way. I agree because you learn in different ways and when you listen to it and then read it and then actually engage with it through tactile like underlining, it integrates it in different parts of your brain and actually you own it even more, so that's very, very powerful.

Hal Elrod: Yep. Yep, agree. Well, cool. Hey, thank you so much for sharing your wisdom with us today. I really, really appreciate it.

Derek Rydall: Oh, it's truly my honor and pleasure. Thank you for having me Hal and for all the ... I'm a huge fan of you and what you're doing and doing awesome work. I look forward to connecting with you all more and let's just stay inspired.

Hal Elrod: I agree. Let's leave it at that. "Achieve your goals" podcast listeners, I love you and appreciate you. Thank you so much for tuning in, and I will talk to you next week. Take care everybody.

Speaker 1: Thank you so much for tuning to this episode of the podcast. Now we want to know, what were your big take-aways? Simply head on over to halelrod.com/135 for episode number 135 and just leave a comment there on the show notes page letting us know what your big take-aways were. Also, if you haven't done so yet, please go subscribe to the podcast on iTunes by going to halelrod.com/iTunes, clicking the little subscribe button and then if you would, leave a rating and review because rating and reviews truly are the best way for more people to find out about the podcast and decide if this is the one for them. Now until next week, [inaudible 00:44:50], take action and achieve your goals.

Speaker 4: If you're looking to grow your business using podcasting but don't have the time to edit the audio, insert the intro and outro, write out the show notes, post the episodes to all the different sites and do all of the ridiculous backend work that's required, then you need yourpodcastguru.com, where you bring the content and we take care of the rest. We'll even co-host the show for you. Visit yourpodcastguru.com right now to explode your audience and crush it in the podcasting world.