Steve Shull:

Good morning everyone. It is Friday, January 27th, 2023. We've been digging deep this week. We're still just scratching the surface. I want to keep going here. If you are experiencing any level of stress, worry, doubt, or overwhelm, and would that be any of you by chance? Probably not, right?

Steve Shull:

If you are experiencing any level of stress, worry, doubt, or overwhelm, it is for one simple reason. You are resisting life. So again, any stress, any doubt, any worry, any overwhelm, it's simply because you're resisting life. Resistance is the cause of all your emotional turmoil. All of it. Drop the resistance and life feels very differently.

Instead of thinking, the moment in front of you needs to be a certain way... Instead of thinking, I need this moment to be a certain way, what if you approach and accept each moment in awe and wonder? Rather than thinking it needs to be a certain way, why not be in awe of the moment in front of you? Remember, that moment has never existed before, and that moment will never exist again. Every moment is truly a miracle if you look at it in that way. Instead though, we judge each moment as what? Good or bad? Based on what?

Steve Shull:

Our personal preferences. That moment took 13.8 billion years to get here, and then we're going to judge it. I like it. I don't like it based on my personal preferences. Every single thing, every single thing, every single moment is the result of every single thing that has happened throughout space and time. That's what it took to put that moment in front of you. Every moment is truly 13.8 billion years in the making. And understanding this and embracing this, that is the essence of acceptance. And acceptance is the opposite of what?

Resistance.

Steve Shull:

Okay, so if all our emotional turmoil is created by resistance, what happens when you let go of the resistance?

Steve Shull:

You let go of the turmoil.

Steve Shull:

And this is the irony in life. This is the irony in life. The thing that is making us miserable... The thing that is making us miserable is the thing that we refuse to let go of. The thing that is making us miserable is the thing we refuse to let go of. Pick one thing you're resisting right now. Pick one thing. Pick one thing.

Steve Shull:

Acceptance is the opposite of resistance. If we want to experience joy and happiness, peace of mind, love, the opposite of stress, worry, doubt, overwhelm... If we want to experience those positive things, all we need to do is what?

Let go.

Steve Shull:

Come from a place of acceptance. Come from a place of acceptance. And again, what's in front of you is in front of you.

Steve Shull:

And it's not personal. You didn't make it that way. And how do we know that? How do we know that?

Steve Shull:

That moment's still here, whether I'm here to see it or not. What would your life be like? What would your life be like if you stop resisting the moments you don't like and stopped clinging to the moments that you do like? What would your life be like if you let go of the resistance and let go of the clinging and just embraced what is, took it in, and let it go? What would your life be like then?

Steve Shull:

Being present, being joyful, serving the moment, working to make that moment better. That is what? That is living. That is living. That's not surviving. That is living. And that would be living a full life.

Steve Shull:

Surrender is giving up what is not true. Surrender is total acceptance of the truth. And the truth is we're here and life is happening and none of it is personal and all of it is temporary. That's what's true. We're here. Life is happening. None of it is personal, meaning you didn't make it that way. And all of it is temporary because every moment comes, and every moment goes. Surrender is aligning yourself with that reality. Your life... Now listen closely, your life will only change for the better when you start letting go.

Up to this point, in your mind, your life would only change for the better how?

Steve Shull:

By doing more. That's been your life up to this point in time. The only way my life would be better, I need to do what?

Steve Shull:

More. Hence, my favorite question, which is what?

Steve Shull:

What else can I do? What else can I do? What else can I do?

Your life will only change for the better when you start letting go. And what are we going to let go of?

We're going to let go of our desires and our fears. That's what we're going to let go of. We're going to let go of our desires and our fears and just imagine, just imagine... A life lived out of love and service, not desire and fear. Imagine a life lived out of love and service, not desire and fear. All of us are in the desire and fear cycle. Why? Why?

Steve Shull:

We're wired that way and all our conditioning is that way. Desire and fear and how's that working out?

Steve Shull:

It's not. It's not. If we're being honest, it's not. It's not, and that's not an indictment of anybody or anything. However, how long are we going to wait? How long are we going to keep doing what we're doing that doesn't work? How long are we going to keep doing what we're doing that doesn't work before we wake up and change? How long? Are we going to try it another day? Are we going to try it another week, another month, another year, another decade? How long are we going to keep doing what's not working? How much pain and suffering can we tolerate?

Steve Shull:

Our life, no matter where you are right now, our life is mostly used up. We're only here for a short period of time. Death is random. It's unpredictable and most importantly, it's inevitable and it's final.

Steve Shull:

We can't do anything about the past. We cannot do anything about the past. And if we don't wake up, we will repeat the past. The past will become our future. We've lived a life of resisting and clinging. We have free will. Free will gives us the ability to resist. Free will gives us the ability to cling. We resist what we don't want. We cling to what we do want.

However, there's another option. We can use our free will to live in a place of acceptance. So again, what's happening is happening. It's not personal. We don't have a say in what's happening. We have a say in how we experience it. We have a say in how we respond. We don't have a say in what's happening. And whatever it is, it's temporary. It comes, it goes. We can use our will to resist what's happening. We can use our will to cling to what's happening, or we can use our will except what's happening. How we use our will determines our experience in life.

So again, this week is a major wake-up call. It's deciding how do you want to go forward? Do you want to stay doing what you're doing right now? And what you're doing right now is you have a preconceived notion how the world needs to be in order for you to be okay. And every single day you can go out and you can pit your will against the will of the universe. That's the battle that all of you have chosen. And there is no way to win that battle. Not one single way. And yet, what do you do?

Steve Shull:

Every day. Every day. We go walking right into that wall every day as if today is the day the wall is magically going to disappear. And we stress and we worry. Any of you, any of you step up right now and make the real estate market different. Any of you. Make it different.

Steve Shull:

Make it different. I dare any of you. Come on, all of those with the power to manifest. Manifest me a great real estate market now. All right, everybody together, close your eyes. Let's all visualize deals flowing from the sky, coming towards us. Just an abundance and overabundance of buyers and sellers and dollar bills. Do you see it? Do you feel it? Where is it?

Steve Shull:

Hold on. What are you fighting the market for? What are you fighting it for? Why not embrace it? Why not get curious? I wonder what this market is going to do. I want to know. I'm curious. I don't care what it is. I'm just curious what it is.

Tracy Hauser:

Steve Shull:

Life is never hard, ever. We make it hard because we resist. It's the resistance that makes it hard. Life is not hard, it's our resistance to life that makes it hard. You can resist the market all you want. You can want a different market all you want. It will not change anything. So why not embrace the market that is? Has there ever been a real estate market where people haven't prospered ever, ever?

Steve Shull:

The purpose is to enjoy every moment. The purpose is to serve every moment. And the purpose is to work to make every moment better. Not for you, for everyone.

Steve Shull:

That's the purpose, that's the meaning. That's why we're here. That's living. Everything else is surviving.