

Healing the Original Incident

Recovery 2.0 Interviews Mastin Kipp

Tommy: Welcome to the Recovery 2.0 Beyond Addiction Conference. I am your host Tommy Rosen and today I am rather psyched to be speaking with Mastin Kipp. Mastin is a Peak Performance Coach and best selling author whose website, thedailylove.com, has been visited by millions of people. Through his advanced retreats and workshops across the globe Mastin helps people to fulfill their potential. He has been on Oprah's Super Soul Sunday, Larry King; and his book *Growing Into Grace* was published by Hey House this past year and was a number one best seller on Amazon. Mastin thank you so much for sharing your love with the Recovery 2.0 audience. Welcome.

Mastin: Hey Tommy, I am so happy to be here. You know addiction is a topic that touches my heart and I am happy to be with you. Nobody does it better than you Tommy.

Tommy: Thank you so much Mastin. I thought we could actually get into the fear side of recovery. I wanted to get your thoughts about the fear side of recovery and what I mean by that is, I find that people in early recovery and sometimes for years and years and years are dominated by the fear of relapse. While it may be healthy for a period of time to recall and to stay in a healthy amount of fear, sometimes that fear can be debilitating and paralyzing. I'd love to get your thoughts about that.

Mastin: Fear is such a wonderful topic. I think in the woo woo spiritual crowd, which I find myself in, we tend to demonize fear. I think human psyche since the dawn of time has made one thing right and another thing wrong. In the Bible, Christian mythology, Jesus was a god and there is a devil. Jesus is good and Lucifer is bad and we sort of polarize things. I don't think life is really that black and white.

I think when you really look at it, for example in the Christian tradition who Lucifer was, he was a fallen angel. I think that really kind of embodies what happens when you step into addiction. Everyone has that God essence, that divine essence inside of them. Then for some reason we tend to default to the fallen angel. When you look at the evil side or the dark side it is really, what does it matter what the archetype. It could be

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Baltimore or it could be Darth Vader. Someone got hurt and someone found a way to try to make that hurt feel better, generally through power, control, significance and addiction.

But the thing about fear that I have found; I am not a brain expert, but I am a brain enthusiast. I have worked with thousands of people. I have helped multiple turn around their lives from addiction to, you know post traumatic stress veterans to people who have had massive sexual traumas in childhood.

The thing about fear is that it is a double-edged sword because not necessarily does the therapist have a safe. It is simple enough to say fear is “false evidence appearing real” because when you look at what triggers fear in the human brain it is a fight or flight response in the limbic system in the amygdala. All these hormones and chemicals rush into the body when you are scared. You've got cortisol and adrenaline and epinephrine and everything just sort of fires. The heart rate increases. The blood flow goes to the extremities. Digestion shuts down and there is a good reason for that because the body is designed to survive.

Generally in the past what would trigger a fight or flight response is some sort of danger in the environment, physical danger, the lion in the bush or the panther or an impending attack by a neighboring tribe and so that response is necessary. The problem is people get into a perpetual negative feedback loop, where they are so traumatized by a specific incident or event that then that is all they know. And because the brain is primarily binary what happens is they get stuck in fight or flight. Then the only easy way out without intervention or education is the bottle or the drug or the food or whatever it might be that kills the addiction.

My view on addiction is you are trying to get your needs met. You are trying to feel safe. You are trying to feel connected. You are trying to feel okay about yourself and this thing you are addicted to has been your best friend. I know I just recently broke up with sugar in a major way and when I did I felt like I was losing my best friend. I had to write a love letter to sugar breaking up with it. This was one of our most popular blogs of 2014.

We have to realize that there are healthier ways to get our needs met, but fear is never going to leave us as we begin to grow. What we have to try to understand is that as we get into recovery, I like your term. You had like acute recovery and long term recovery. Once we get out of long term recovery we start to see that fear becomes a necessary

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friend as it relates to growing because right before we are about to break through an intimacy in a relationship or connect to someone in our business or with a physical breakthrough in our body, whatever it might be; the revelation or breakthrough is always preceded by fear because we are stepping into a level of life that is unknown. As it links to addiction, the addict deals with the unknown with their addiction, but what they don't understand is that the unknown is your friend. When you can start to relate to the unknown with faith and a level of patterns of behaviors that help you, where you are not going back into your default substance you start to realize that thing you are most scared of is actually going to be your biggest breakthrough.

That is really the primary core thing that we teach. It is like let's go into that dark night and instead of coping with it with drugs and alcohol let's talk about a spiritual connection and **[5:57]** looking at your diet. The uncertainty and the fear are always going to be there.

Tommy: Thank you very much for that. The fear that I am talking about in this case is when somebody uses a fear of what use to be in order to maintain a sense of sort of what is right now. So if I am in early recovery and so my thought is I was such a bad drug addict. I was in so much pain. My life was so painful to me and there was so much suffering. Thus the reason I am staying sober today, the reason I am on this path is because I am fearful that I am going to go back to what was. My theory is and I have seen this happen in my own life, at some point in your recovery if things go well you start to move beyond the fear of what was into this other thing that let's just call it love. You start to stay sober and stay on the path of recovery now because you love the life you are creating, you love the path that you are on and you want to preserve and build upon that path rather than stay sober for a fear of going back. What do you think?

Mastin: Well I think there is growth. Before you can walk you have to crawl. Before you crawl you have to learn to roll over on your stomach. And so I think in the early days having fear is not necessarily a bad thing. In the early days it is like get your ass to a meeting and just do thirty meetings in thirty days, share at every meeting and get a sponsor. But at some point you start to realize wow life is actually pretty good, but I don't trust myself. Really what you are talking about is I don't trust myself to take care of myself and that is classic PTSD.

I think every addict has PTSD because we get stuck in the negative feedback. The other thing is, one thing I have found is the cells of our body are almost like a five year old kid. They kind of wake up and go today guys we are going to take care of ourselves

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and you are going to do this. Then the body almost goes okay or hell no screw you. It is like we all relate to that inner child. I have seen so many people regress back to being children as you help them going through that PTSD process. It is a necessary step, but the thing is we are scared that we are going to go back because we don't trust ourselves, because we don't make decisions that are in alignment with our heart, soul and our purpose and we also don't trust life.

See the thing about addiction is that we only get our needs met when we are high or when we are in the addiction. We don't know yet, because we haven't had the experience of it in early recovery, that actually your needs are going to get met in even more abundant ways. As you once said, that is called the gifts of recovery. I think that we just don't trust life in the early days to understand that what is ahead is better because we are still in this traumatic state. Each day that goes by we start to realize that the floor is not going to fall out from under me and I am going to be smart and stay away from my substance of choice, but I am going to learn how to take care of myself and really learn what I need. The addict has been seeking what can be given inside externally and so it is more about self knowledge and learning how to trust yourself ultimately. And then ultimately it is like you stay sober, not because you are counting the days, but because it is just who you are.

Tommy: Love it. So Mastin the way you just put it made me realize just how difficult it is for anybody. And it is not even just somebody on the path of recovery. It is any human being on a path trying to learn and grow. Really in a sense you have to have the whole personal development universe is faith based. What I mean is how can you know in advance where this is going? You haven't been there before. We are all stepping into the dark and so it really brings to light the importance of mentors and people who have victories who have come before you. Can you speak to that?

Mastin: I think no matter what religion, or if you don't like the word religion and that is a bad word for you, personal development program, spiritual path; they may disagree on values, rules and specific practices to get you to where you want to go, but the one thing they all have in common is the "f" word, which is faith. Faith in God, faith in Jesus, faith in **[10:37]** or faith in a higher power or whatever that might be, faith in yourself; it doesn't really matter what the faith is, but there is this idea that I admit I am powerless, become willing to turn that over and start this larger conversation. Ultimately it is the admission that I am not a solo being, but I am a part of a larger echo system.

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And for us I define fulfillment, which is what every human being is looking for, whether they know it or not, is feeling connected with yourself and something larger. An atheist might feel connected with the surf in the ocean. The Christian might feel connected to Jesus. The Buddhist might feel connected under the **[11:18 type of tree]** tree. There is something inside of us we want to feel connected to and we want to feel connected to something larger. I really think that ultimately this is about finding a pattern or a mentor or a guide or someone who has been down the path before. This is classic personal development wisdom. Go do what they are doing and model it.

A good example outside of the realm of addiction for me is that for me 2015 has been a whole year based on physical fitness and really taking that to an athletic Olympian level. I was really impressed with Chris Pratt's transformation from the parks and recreation guy to the guy in Gardens Of The Galaxy. So I literally went and got his team. I got his nutritionist and the guy who does his workouts and started doing that program exactly like he was, going to the exact people. I didn't read about it in Men's Fitness. I went to the exact people who did that.

And so if you are in recovery, I know for me when I first got sober I wasn't in the rooms for a long time, but I had someone in my life who demonstrated sobriety and I was around them enough to pick it up. You've quoted yogi **[12:27 name]** on this. "Consciousness is not taught. It is caught. You want to be in the energy of mentors who you can be around. That is one of the beautiful things about the twelve step program and the way it is created is that strength of if they got through this then so can I, even if I don't think it is possible at this point.

Tommy: So many people thank you very much. Congratulations on your incredible rise to Olympian level of health and wellness.

Mastin: I am not there yet, but I am getting there.

Tommy: Hey man, it is a process for everybody. That is amazing. A lot of people fall off in various ways from the path. You have spoken and written about your own relapses and your own steps back and not that this is an advanced concept, but if you wouldn't mind can you speak about the importance of relapse and the importance of taking steps back and what can be learned from that?

Mastin: One of my mentors in the health and fitness arena is Jay Jay Virgin. If you don't know who she is, she is a best selling author, New York Times. She has the Virgin Diet and a new book, The Sugar Impact Diet. She is wicked smart when it relates

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to how the body processes different types of foods. One of my favorite Virgin quotes, which relates directly to addiction, is The body, when it comes to weight loss people think oh I can count calories, which is not entirely true. What Jay Jay says is the body is not a bank account. The body is a chemistry lab. When you get your chemistry right then everything changes. And that is really what the addict is looking for is like hey, when I take this substance it changes my biochemistry and I feel better.

Well the same thing can be done with food, diet and exercise and supplementation. I remember one time as I was on the Growing In Grace tour, 36 cities in a month and I was just like out of my mind. It was crazy. I don't know what I was thinking, but it was literally 40 days with a show a night. There was one night when we were in Portland Oregon and I had everything figured out with Jay Jay, the diet and everything. After the show I went to the restaurant and you know what? I forgot my **[14:28 unclear]** butter in the room. Let me run upstairs and get it real quick. That was part of what I was eating. I go upstairs and get my butter. I hadn't had any food for like four or five hours and I had low blood sugar. And right there above the fridge was a Snickers Bar and literally all I had to do was dip the **[14:49 unclear]** and leave and then literally have a meal in fifteen minutes, but no. That is not what happened.

I literally had the Snickers Bar. I downed it, went down stairs, had food, came back and ate the entire what was left of the mini bar, not the alcohol but the sugar. I downed it all; candy and chips. I relapsed.

Tommy: I only laugh because I've been there so many times. I have been in that exact moment so many times.

Mastin: It is awful. There was no will power, just sugar. Anyway I was so full of guilt and shame and god this is awful. I talked with Jay Jay the next day and told her what I did. I thought she was going to come down on me and say like what were you doing? But what she said was Mastin relapse is the most important part because you are making progress and this is a chance for you to decide are you serious about your path or are you going to go back to your old ways? It can be a big win for you. This is the second to the last time I did it. Knock on wood. And it gave me enough polarity of what I didn't want to say Mastin you are done!

Now trust me. That low was a lot higher than my early lows in recovery, where I literally thought I was going to kill myself if I did one more line of coke. It wasn't that bad and so it was a different level of low. Those were higher, but it gave me enough momentum

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and enough decision to say that is not who I am going to be anymore and so I decided to continue to go.

And really I think that recovery, living with a purpose, achieving a high level, making a million dollars or whatever it might be really gets determined by or a relationship gets determined by how well you handle the bumps in the road rather than just expecting to all be well. If you think you are not going to relapse then you are not that far along in your recovery path yet.

Tommy: At the same time you wouldn't say relapse is a necessity. In other words, I am talking now about drugs and alcohol I think people in the twelve step universe, they see so much relapse that they have come to take it as oh this is just part of recovery, but I like to say well not necessarily. It doesn't necessarily have to be a part of your recovery. You might be able to pivot and move yourself forward without having to go and fall off the wagon.

Mastin: I think it varies by addiction and by personality. I can tell you for me sugar, woe! The first 33 years of my life was a relapse on sugar.

Tommy: Well three steps forward and two steps back.

Mastin: I think when you get down to the love addictions and the sugar addictions for me personally, it was a lot more difficult because it is a lot more socially acceptable. Everywhere our modern concept of love is love addiction. If you listen to any Taylor Swift song it is all love addiction or love avoiding behavior. It is popular. When it comes to alcohol or heroin and stuff like that it is very difficult to kick it. It is a little bit different though because it is not like they are just selling heroin at the airport when you are on the way to your flight. Do you know what I mean? It is a little bit different.

I have had an easier time for me never relapsing from like a coke binge, but a very difficult time when it comes to sugar. I've got to really pay attention and watch myself. I don't want to minimize anyone's struggle, but in my own experience I just noticed that different drugs affect me in different ways. And for me probably one of the hardest is approval. That is a very difficult addiction to get over.

Tommy: The addictions you just spoke of, primarily food, codependency and relationship issues or any of that stuff; of course we are talking about process

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addictions. You are always in process with those things and so it is not like we are just giving up food. It doesn't seem to work for us human beings. In this process naturally it presents different challenges. I am dealing with people right now in my life who have relapsed back into say marijuana use or relapsed back into heroin use, relapsed back into methamphetamine use and when they come through it there is an early period where literally I could feel their nervous systems. It is kind of like if you removed all the rubber coating off of a lock of wire. They are completely raw and they are having these unbelievable outbursts of emotion. They are literally crying or laughing and they have no sort of control or gauge because they are in that period just post relapse. This is more just a comment for you to reflect upon and for you to comment on if you wouldn't mind. How long does it need to take anybody to get back on the wagon once a fall has been taken?

Mastin: I have one definite answer that applies to everybody. It takes as long as it takes. I can tell you for me, especially with the diet and exercise world, you could put me five years ago in the room with the most incredible trainers and nutritionists and I wasn't ready. I think there is a part of the addiction process that is kind of God's spiritual timing of when you are actually ready and willing to go there and I think that is something only you and God can decide. But that being said, me I am the type of guy that can hit the bottom with a shovel and get like a drill. Then the drill doesn't work and so I start to frack because I knew that the bottom was deeper than this. I was like that guy.

Some people, someone burns their hand on the stove, smart people say I am not going to touch the stove. People like you and I say, well let me see what happens if I touch the stove. People who are stubborn and I would say both of us are stubborn; we think if we hold our hand on the stove long enough then the burning will just go away and then we look at why is our hand burned off. We are confused about it. We blame God for that. I think it is really a matter of when you ask a question of God, why are you doing this to me, you are really asking that question of yourself. And so it is really a question of why are you doing this to yourself and when are you going to be willing to give it up and only you can decide. Now might be a good time to do that though.

Tommy: Mastin just this past week an article came out in the Huffington Post written by a very solid writer named Johann **[21:44 name]** and the title of the article was The Likely Cause Of Addiction Has Been Discovered And It Is Not What You Think. The article was shared, as of this morning, over 215,000 times, so obviously it struck a chord with humanity. The guy's main premise is the opposite of addiction is not sobriety. The

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opposite of addiction is human connection. Our addiction problem comes from a state of loneliness, a state of disconnectedness. I want you to please share your reflections on that. Obviously the guy was speaking about the war on drugs in general and the idea that drugs are the problem is discounting and missing the whole point. If you take a person who is very well adjusted, who is in a very wonderful and loving situation with family and friends and community and a village they typically do not become addicts. They may get into different substances, but it doesn't become the problem that it became for somebody like me.

Mastin: I saw that article. I read it and I thought it was spot on. I couldn't help but think of Bali. In Bali I have not met one Balinese person who is an addict. Sure maybe they smoke cigarettes, but I don't see a lot of Balinese gravitating here. I don't see a lot of that whole process. Sure the people of Bali are not perfect, but if you look at the Balinese for an example, one of their trends or one of the things that they do in their culture is that someone in the family holds the baby for the first year. So for the first year that failure to thrive is not there. All you are for the first year is you are held. There is a level of connection and intimacy in that culture that is incredible and that is why we go there every year. I do think that connection is a huge thing as it relates to recovery because you can't do it by yourself. By yourself you are sad, desperate, suicidal and alone like I was.

That being said, I don't think it is just about the people. I think it is also about your relationship with yourself and with your higher power and, on top of that, understanding your own physiology and body chemistry to make sure your body's needs are met.

I was talking to this guy named Phillip **[24:12 name]**, who was the nutritionist working with Chris Pratt. He actually is the nutritional who works with all the Marvel actors and so if you are a super hero you go and see this guy. Thor, Captain America, like he is the guy who gets them in that shape. I said to **[24:28 name]**, if you could summarize; also one of his first clients was **[24:31 another name]** which was fascinating back in the day. He is an MD and studied at Duke, a very smart guy.. He was Mr. North America. He's the real deal.

I said, if you could summarize what it takes to get someone to be a super hero what do you do here? What would it take in one word or one statement. He said, simple, the extreme business of self care. I thought like wow that is really powerful and so that is what I teach for the most part, how to take care of yourself. I think part of self care is

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being in a community of like minded people. Look at Jesus as an example. He never went where he wasn't welcome. He always went where he was welcomed.

But I also think about relating to yourself, as in here is what my needs are emotionally. Here are the values I need to set in my life. Here are the people I need to say yest to and here are the people I need to say no to. The other thing **[25:17 name]** did for me is he took my blood. There are three types of metabolism. He figured out what type of metabolism my body has and he gave me the appropriate food and guess what? No cravings because I am feeding my body well with exactly what it needs. And what is also fascinating is I was on a 2200 calories a day and he upped it to 4000 and so it is also about nourishing yourself.

He also talks a lot about recovery as it relates to exercise, which is what we are talking about here. He says muscles are built in recovery because you work hard and break them apart, but really your body gets fit when it is recovering and you have to give yourself that nurturing. I think that is a huge part of this process. It is not selfish to take care of yourself. It is important to take care of yourself and really understand what your needs are as a human being so that you feel connected. And one of those huge things is you can't do it by yourself. You definitely have to be a part of a community. Otherwise, we are all relational beings. It is how we are built.

Tommy: Thank you. You brought up a very important point there that I just want to underline and stay on for a moment. There is sort of an emerging thought going on amongst a number of people I have interviewed for the Recovery 2.0 Conference and other places. The thought is that, and I believe this in the core of my being in every cell, that actually our relationship with food is one of the major contributors to addiction later on in our lives. If we go back and track it back and look at what we were drinking and what we were eating that there will be a connection between what we have eaten and how we might have set ourselves up for a level of discomfort in the body that then causes us to reach out for an addictive substance or behavior. Are you seeing it that way in your life?

Mastin: Well it is funny because I was just at the grocery store the other day with Jenna. We ran out to get some eggs. We were going down this one isle and I didn't want to go to the grocery store anymore. We get everything delivered from Amazon Fresh. I do that partially because I don't want those impulse sugar buys. But I was in this one isle, the frosting isle. It is like a half an isle of frosting. I looked at this one icing. It was vanilla Betty Crocker icing and it was like hello old friend. I remember in

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the depths of my cocaine addiction my afternoon was spent eating frosting out of the Betty Crocker frosting thing like all afternoon and then going in the bathroom and doing a blow. So I think 100% that those two are related.

The other thing is, my body has become so clean now that the other day, I haven't had sugar in about two months and for my birthday I had like a quarter of a piece of cake. I woke up the next day so hung over Tommy. My ADD was back. I wasn't clear. I couldn't focus. I had to take the day off because literally I couldn't think. Thus I definitely think that is related. And another thing is when you look at physical sugar and the craving centers in the brain it is like you've got to get your brain under control because part of the way to turn off the sugar craving, which by the way alcohol is also sugar, is by getting your brain well fed. One of the best supplements I have found to help take away sugar cravings is Elglutamine. It is an incredible way. You just put it in the body and literally you don't need will power because you take care of yourself and your chemistry ahead of time.

Tommy: I love it. Thank you so much. Earlier you brought up the topic of PTSD. You made the statement that all addicts have PTSD. Please expand upon that.

Mastin: One of the core things that we teach that is a relatively new framework and also it is an entire new book called Why You Were Born, which is a Hey House book, is about your purpose. Really there are five layers of transformation. Most personal growth books tend to deal with only the top two superficial layers; the top layer being your behavior. I want to change this behavior of eating food or I want to change this behavior to alcohol. We tend to try to change behavior, but there are four layers before that behavior.

So the layer that is not as superficial, a little bit below the behavior level, is the story that we tell about that behavior. Thus we have heard change your story and change your life, change your thoughts and change your life or some version of that. Get a new story and get a new life. The problem is I have met lots of people who tried changing their story to change their life and they haven't changed their life because there is a third layer right below the story and the third layer is the hardest layer to crack. It is one that all addicts tend to avoid like the plague, which is the emotional layer. We would rather have our addiction [30:01 word unclear] than to feel our feelings. Thus essentially our feelings go to the food or the drugs or the sex or the alcohol or whatever makes you happy.

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So we drop people down into that emotional layer and usually that layer has a level of guilt, powerlessness, shame, depression and whatever else might be. Then below the emotional layer, once that is there, then we start to dwell in the realm of belief. What do you actually believe? Life is unfair. All men are this way. This is how it has always been. Whatever those hard core beliefs are that produce emotion, but where did the belief come from?

The belief came from what we call an OI or the original incident. There is some type of original incident. It could be being left as a child by your dad at school. It could be sexual trauma. It could be addiction in the household or a zillion things that happen that make you feel like you have been hurt, abandoned and these feelings are very legitimate. How you interpret that one event that produces that initial belief stems to a whole life of misfortune and avoidance.

Basically children have learned coping mechanisms to survive and the adult must come in, get sober and re frame their beliefs, emotions, stories and behaviors. For me, I had a belief. I had a regression a couple of months ago where I was six months old. I was on the couch in front of the kitchen. I was bundled up and I decided, for whatever reason at six months old, that I don't matter. As a result of that, what I eat doesn't matter and what I do doesn't matter. And so I look back over my entire life and I could see how that one belief really run my whole life. So then I would literally wake up every day and program myself and say, you matter. Your choices matter. Your choices matter. Your relationship to Jenna matters. Your relationship with love matters. What you put out today matters. And it is like my body goes, oh really? Is that true? That has been one of the core things that has transitioned me out of that and into this new level of my life.

All of us have some type of OI or original trauma that gave us survival or coping meaning that needs to be addressed. That is ultimately PTSD. I think you can get PTSD the second you are born because you are in this beautiful and nice calm womb where it is warm. Then you come out and it is like lights and shock and ah and all that stuff and so the story unfolds.

It is really about understanding and training yourself to get your needs met. When the body's needs are met, when the body feels safe then the limbic system and the amygdala calms down, the PTSD tends to calm down. Then instead of post traumatic stress stress you can look at post traumatic growth.

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Tommy: Thank you so much. The original incident, I love it. Does it have to be just one? I guess there is just one original.

Mastin: No there are layers. Tommy I have also had people. I am not a woo woo guy. You know me right? I don't believe in manifesting crystals and shit. That is not me. Do you know what I mean? I have had people who, when we get to a certain original incident they go deeper. Oh the one at six wasn't the first one, but the one at three, the one at one or the one at six months. Oh now it is 1856 and I am in a war. Could there be original incidents in past lifetimes? Possibly, but the point is the psyche, the soul, the heart has been scarred and this spiritual journey is about our coming home to who you really are and to your higher power and really learning how to get your needs met and understanding that your needs are met. That is one of the signs of recovery for sure. So the answer is I am still researching it, but I can tell you that every person is like an onion. The layers go deeper and deeper and deeper.

Tommy: So for the group of people out there who may be watching this, but certainly the group of folks who are out in the world who do not believe they have an addiction of any kind, they are still subject to the human condition. Are you saying that every human has an OI, every human has an original hurt of some kind?

Mastin: Every one.

Tommy: And that is just part of being human and then our job is essentially to work that out?

Mastin: Our job use to be to survive the winter. Now we have kind of evolved as a race and so we can focus on more incredible things like being happy. So if you want to be happy and sober instead of just alive then you are going to have to work it out.

Tommy: Now some people I have worked with in recovery will say to me, why does it really matter? Why bother being sober? I will bring their attention to the fact that they were very unhappy when they were using drugs and when they were living in sort of abject conditions. Then they will say things like yeah you know, it was abject, but I had no responsibilities. I had no pressure. I knew who I was. I knew where I stood. This is the sick sort of denial addictive voice, but they are really caught in it. What would you say to somebody like that?

Mastin: First I would just be sad for them. What a low standard to have for yourself, not having any responsibilities. To love someone is a responsibility. To have a pet is a

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responsibility. That is a very selfish thing to say. I think that person hasn't contributed and maybe doesn't think they have any value or that they matter. And so I think it is really about addressing the underlying trauma or wounding around the fact that their choices matter and knowing that they are enough because anyone who has given up like that; I have never known a scenic who hasn't gotten hurt first. It is more about addressing that underlying scinasm, which is really a protective layer to keep the bad scary world out than allowing them to really understand that their sadness can be felt and channeled in a productive way to positively impact the lives of others. I love talking to scenic and breaking them down because the scenic are the most sensitive ones. The macho ones are the most sensitive ones.

Tommy: I love it. Mastin you are not scinical, but you come from a scinical place.

Mastin: I sure do. Hey I still have got places that need defending. What are you talking about?

Tommy: Obviously we all do, but it is funny to hear you say it. You are a very masculine person. You are out in the world and you are putting out big energy. You are accomplishing so much. I know you well enough to know you've got this massive heart and a real sweet softness beneath that.

Mastin: That really means a lot.

Tommy: I mean that. It is a joy to watch you do what you do.

Mastin: And you likewise. I have got to tell you I have watched this whole Recovery 2.0 movement and getting [36:57 name] involved and this whole thing has just been inspiring. The thing I get most touched by is I know what it took for you to create that and I know what it took for you to get sober and with the combination of those two things, the lives you are touching are just endless. That is why I continue to be a supporter of what you are doing because it is some of the most important work to be done on the planet right now.

Tommy: Thank you so much Mastin. I want to ask you if you could talk to people a little bit about the opportunities that you have for them to get involved in the work that you are doing.

Mastin: Sure, thank you for that. You can head on over to thedailylove.com. I send out a weekly video. It is free or you can see us at Facebook the daily love and our content

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there. We have all kinds of retreats. We have the Wealthy Healer Retreat, where we teach you how to run a spiritual business. We have the Into The Heart retreat in Bali. It is all about purpose. We have a love and relationship retreat. We have Daily Love Live and Daily Love Mastery. There are lots of ways to play with us.

Ultimately what I help people do is fulfill their potential and kind of get through the stories, behaviors, emotions and traumas that block that and so if that is something you want in your inbox every day then it is free at thedailylove.com and I would love to have you.

Tommy: That is amazing Mastin. Are you in the middle of writing your next book right now?

Mastin: I am. I just closed the deal with Hey House. It is called Why You Were Born, **[38:09 inaudible words run together]**. We have these \$10,000 retreats we do in Bali and it is all about purpose and so that process is condensed down into a 40 day book that anybody can do. I have just seen such incredible results that I just wanted to get it out to everybody.

Tommy: I am assuming that is about one year from now and it will be out?

Mastin: If I get it done in time it should come out in April of next year.

Tommy: That is amazing. Thank you for that and Mastin thank you as always for lending your voice and your wisdom and your love to the Recovery 2.0 audience. Thank you.

Mastin: Love you Tommy.