



The Power life Principles

Self-awareness, overcoming adversity and the most meaningful explanation of what addiction actually is
- with Mike Kemski.

Anu: Hello Mike, it's so lovely to see you. How are you today?

Mike: I'm really good. Thank you. How are you?

Anu: Oh, I'm really good. Thank you. And I'm really, really good. And I'm just good let me one up you and it's crazy we fantastic petition here we go

Mike: Come on bring it what do you got?

Anu: Hey, you know, you are the power life principles gurus who can be more amazing than you. And you know, I'm really excited to learn about your principles and just about your life story and how far you've come. I mean, you were homeless at one stage of your life. And not only that, you've also overcome a lot of drug and alcohol addiction. And this is why I've been so excited to have you on my show, because I just feel like every story is so unique, especially when you come such a long way to where you are today. I just feel that your words of wisdom and you know, however you can share the value of your story, it's going to inspire so many of my listeners, and that really, truly inspires me. Thank you.

Mike: Well I've worked about that's what this whole space is supposed to be about is empowering people, helping them helping them get out of the darkness that we all get lost in from time to time. And you know, it just takes one pixel of light for someone to see they can kind of hone in on that and focus on that and move towards that in their life starts to expand. But everybody gets trapped in the darkness at some point in time. Well, not everybody, most people do. I wouldn't say everybody I know people who haven't.

Anu: But you know, I'm a firm believer of the fact that you know, your life transforms once you hit rock bottom. You know, that's the point that your life you know, if you make that decision, saying, you know, no more than you can actually turn your life around. But you know, you need to understand how to get to where you want to be in life. And that's why I think personal development is so important for everybody.

Mike: Yeah, hitting rock bottom, there's no place else to go exactly right. You're gonna have options at that point, you either this will stay there and rot away and die or you figure it out. That's where I was. I was kind of at the bottom of the barrel. So Wow.

Anu: Yeah, and I'm looking forward to exploring more about you know, your emotions once you were there. And, and I understand, you know, this is a story that you've told already. But it'd be really good to get your, your kind of story on my show live so that everybody can hear it you know, from you. So yeah, when you're ready Mike, let's begin.

Mike: When we rip into it right now. Okay. So I'm not going to go into the full blown thing, because that will take a ton of time, but I'll kind of sum it up. So what where I started, was really, really the lowest point human being can be. And I'll get to that point a minute. But that's kind of my saving grace. And I did all this transformation without knowing there were people like me in this world without knowing there was anybody that helped or taught with this stuff is basically me and nature and need to figure it out or die. That was where I was at. So yeah, I started doing drugs and alcohol when I was 12. And kind of to get away from some abuse and my mental image which was planted in there that was not good. Not good at all. It was you know, you're worthless, you're a piece of crap, you're you suck, you're a loser. You're never bad that that that's what I believed about myself when I heard my life, you know, so obviously, that's not very doesn't feel very good. And it causes pain, especially for a kid. And so I found drugs and alcohol, and they worked magically. I mean, it was mad. Yeah, instantly. Yeah, like no more pain, no more inhibitions. I feel like somebody that's amazing. This stuff is magic juice, I'm gonna keep doing. I know that feeling. I've been there, done that. And it worked until it didn't. And that point always comes around when whatever it is that you're using to bypass or escape your pain in life ultimately stops working at some point, no matter what it is, if it's food or sex, or whatever addiction might be. It ultimately stopped working and what it did for me, I was 16 when it stopped working for me and I won't go through that whole story, but I checked myself into a Rehab Centre at 16. And it was hard to even get there because I had to basically like manipulate my parents to get me to coach and rehab.

Anu: That's young right, 16?

Mike: Yeah, 16 and I was a court ordered adult Rehab Centre is only one that where I lived and I said, you can come here there's a bed but you know, it's for people that have either get gotten out of prison, they are mandated by the court to come here, or they're going here to not go to prison and they're going to hate your guts and like I don't care man, just give me a bad so I went to rehab and I did the 21 days and went through that whole process and got cleaned up and got off the drugs and alcohol started to do their stuff and their programme and the 12 steps. And all this business and the meetings and all the sponsors and all that stuff, which was helpful, it worked to help me, you know, there was a support system I never had before, so was helpful. But at some point in time in there, I was like, Man, this, there's more to life than just coming here every twice a week and drinking two pots of coffee and smoking three packs of cigarettes and bitching about life. There's more to life than this. This can't be this can't be the end game for all of us. And so I kind of just said, I'm done, and they're like, you're gonna die, you're gonna, we're gonna find you got her somewhere. And ironically enough, I'm the only one that stayed sober and those same negative, right, like, you know, and I get it, you know, you need to be where you're at. And if you're at a low point, you're really not able to access or reach higher levels of awareness and thought, you know, you just can't do it. Because you can't go from step one to step 101 jump. It's a successive progression, right? Yeah. So that serves a point to help people get there. And, and for me, it was just time to go. And so I did. And then my, my counsellor. And my girlfriend went to people I trusted, decided to hook up and betray me in that way. So that was kind of crazy. Like, and yeah, it was, it was rough. I mean, I was just pretty alone. All my friends had already gone back to doing drugs and alcohol. I was just kind of alone. And a couple that with the mindset I had about what I was and how bad I sucked and living in poverty, and just it was just a perfect storm of everything that we don't want in life. And it took its toll, you know, and I was 18. And I found myself on a bed in the house. I was just staying in kind of flopping in and I just looked around and I was just so distraught so devastated. so confused, or lonely or scared, I didn't know where to go didn't have anybody really talked to and I just kind of like put my face in my hands and my knee or my elbows on my knees and started crying. And God under the bed, no, just 5057 Magnum gun. And I looked at it and I'm like, you know what? I grabbed it. I picked it up. And I looked at it,

and I'm like, this is life. I want my money back. I don't want I don't want to live like that. I mean, I was just in so much this chaotic shit storm of classic shit. And this is what's this raid? Yeah, no, it's over. 18 so don't worry. Okay. All right. So yeah, that guy, I don't filter myself very well anyway. But FinTech, right, that's what we believe I am. Literally what you see is what you get to see anytime, anywhere. So I pick up this gun, and I'm like, I mean, I just got a shit storm of chaotic confusion, emotional stuff, mental. I mean, I didn't know which way was up or down, whatever. I was so lost and so confused, never felt so scared or so low in my life. And I pulled the hammer back to the gun, and I put in my mouth. And you know, I'm shaking and I'm crying and their snort leaking out my nose. And it's just a mess gun in my mouth. And you know, it's rattling around in my teeth, and it tastes like gunpowder. And I'm just like, man, I don't know what to do and what to do. And it got so I was, this is a state of mind I was in I had a load of people that have a mag in my mouth. I thought if I pull this trigger, and they have to clean up, some of them have to clean up my brains up the back of the wall. And I'm like, you are a piece of shit. Your dad was right, that's my mindset when I'm sitting there with this gun. I mean, it was just mine. I so how old were you at this time became as 18 Oh, my goodness, you're a child still? Yeah, yeah. I mean, I look back now and I'm like, as a child, but then I thought it was a big grown up, man. But so I'm holding this gun in my mouth. And I mean, looking at the door and I'm like to somebody come in here. You know, someone, please come in here and tell me it'll be okay. Tell me. I don't care who it is. I don't care if it's a string out crack it I don't care if it's some weird, like cult member. I don't care who it is come in here and tell me it'll be okay. Anybody I was so at a point it was so low as low as point a human being can be, you know, and, and, but no one did. And I'm sitting there squeezing this trigger really lightly. And I'm like, I don't know if I'm going to do this. I'm not sure if I even have the guts to do this. Do I want to do this and so much rattle off in my head? And I'm squeezing the trigger really gently. My eyes are clenched tight, and I'm crying and I'm not it's just a just a mess. And I pull it and the hammer drops on the gun and open my eyes real big and I pull the gun out and I'm like, what the hell happened? Why am I dead? Yeah, my dad. I don't know. I've never been dead before. I don't know being dead. Maybe this is dead. I don't know. I throw my head and I'm like everything seems intact and the primer on the bull was defective and didn't fire. Wow. So I threw the gun scurried away from it and then funny enough, I think I think this is hilarious on the web. I stayed away from the gun. I hit my head in the water moving away missile fast, like, I know my head hurts. So now, I didn't blow my head off, but now it hurts. And so and I was just trembling out of control. I couldn't. I couldn't hardly breathe. I couldn't move. I mean, just an overload of adrenaline of everything. Everything you could think of just is flooding to my body. My systems were in complete shock and overload and I was just trembling so bad. I could barely breathe and when I got enough calmness to stand up, I stood up and I just started, I left the house started walking outside. And I walked for I don't know how long I have no idea how many miles or how long it was, but I ended up where I lived is like just kind of a ghetto crappy place. And I ended up being by highway. And there's a billboard there. And they used to have before all this fancy led stuff these to have these old incandescent lights. So that kind of shined up on the shown up shined up, illuminated. Shone shine, right?

Anu: We know what you mean, it's fine.

Mike: Just light shining on this billboard. It was all crusty and gross. And it was like that this orange hue to it. Yeah, and I just kind of like looked at that light. And it gave me a focal point, you know, something outside of myself I could focus on. Because all this stuff that I couldn't, I couldn't pin down I thought it was just erratic, as crazy as to be. So I'd see this light, it kind of gave me a focal point. And I just call him down and up. And I looked up to this light, calm down. And I stopped, I looked around the world. And I said, I said to myself, like, everything you want in this life exists. Yeah you know, my highest, my biggest dream was to have a family. And because I really have a

loving family growing up and I had, I want to have a family a nice loving, tight family, which I've done that successfully raised two adult children, I have a granddaughter and now and you know, when people have money, people have toys, people have success. People have confidence. People have significance they have they have friendships, and they have, that there's trust, all these beautiful things in life are out there. So if they're out there, why can't you have them on? Like, we dealt a bad hand or what is it? And I'm like, you know what, I don't care. And I literally took a step to the side of physical step, looked over this echo of that man. And I said, you just killed the man that pulled the trigger of that gun and gave birth to this man. Who is he? I have no idea. I'm the same as it was two seconds ago, only there's a difference. I didn't know what I was doing. I don't know how to do it. I had no idea what I was going to do. But I made a decision to go through this life and figure out how I work how my mind works, how my heart works, how my body works, how I work in this world, how I work with the nature, just, I'm going to figure this out. I'm going to die trying. That's it. That's my options, because I'm on borrowed time now. All right. And so I did I set up on this massive path and mission and quest, whatever to kind of figure out how I work. And in the process of doing that. I didn't have books I have mentors or coaches. I know they even existed, I had no idea any of this even existed at the time. I was literally poking sticks at nature and like, what does that do? What does this do? What happens when I do this? And I become self-aware like what am I'm thinking about. And it was always at first something about how shitty I am. You're stupid, you're worthless you know, all that that's happening at first, because that's just what's in there. I didn't know how to change it yet. So I just I started, I started this to analyse everything. And I became really self-aware of how I was feeling what I was thinking about what it did, what it lit up in my body, all these different things. And for months and months and months. And then years and years and years. I just kept doing this. And over the course of that process I that's where I didn't invent. But I discovered what are now called the power life principles. And it's the basic fundamental universal principles that govern all of our lives. And we all work the same way. I mean, people are no, we don't Yes, we actually do we all work same way. Very different experience for every single person, but we function the exact same way. And so I got to the core of how we function, and like, well, how do I adjust this? How do I recalibrate this? How do I change this? How do I change how I think how do I change myself in which How do I change my emotional capacity? How do I reach my capacity, all these questions, and I just became my own guinea pig? And over the course of a few years, I started to make progress. It was a long, hard road. And I didn't have any names for this stuff yet. I just knew if I did x, y happened, I didn't have like names for and stuff. I didn't know that but I'm just doing this stuff. And I kept doing the things that worked and then discarding things that didn't and ultimately hone them down into their most simplistic basic elemental form. And that became the power like principles and, and it just that's what governed my life since and since then. I mean, I've done all kinds of crazy stuff. I'm a number one bestselling author, I've spoken on stages all over the place around the world. You know, I've had multiple million dollar businesses glad to have that. My biggest dream in my life came true, I created a beautiful family. You know, I've made a dent in the world in terms of empowering people, all the things I wanted to do, I've done and I can do more, but I've achieved all those things because of this. And in the process of doing that helped 1000s and 1000s of people around the world do the same thing. So you know, that's the shortened version of the story really were led and how it got there.

Anu: Wow, that's powerful. That is really powerful in like so your book, I mean, is it is it available out there for people to purchase?

Mike: It is on the on the, whatever digital version of it is. Yeah, this the physical books that I I'm gonna have boxes of my books everywhere, but it will be soon because we just had a problem with the thing so my team's figuring that out, but yes, my book is available.

Anu: Wow, I just think it will inspire so many people. And I love how you, you focus a lot about like the needs because, again, this is for my own teachings of Tony Robbins, you know, the seven human needs. I don't know if you've done any training with him or haven't actually, who has been your kind of coach or your favourite personal development guru.

Mike: You ready for it, people get so freaked out. I don't have one. Oh, I never had one. I never had one. I never I never studied any of those people I didn't even know they existed. I developed it all on my own. And then I read my own book. Like, honestly, I read my own book, because it's so fundamental. And as I grow and change the way I perceive and receive these principles, and how they meaning I ascribe to the stuff it grows and changes to that's the beautiful thing about the power life principles as they wrap themselves around you and contract and expand with you. And it's not something that you really need to learn that when people learn this stuff, they figured out what it is. There's an inherent familiarity like this eternal familiarity with this stuff, because it's just how we work. So I cut through all that all the complication, all the mystic Mystique, all the Voodoo, I don't even subscribe to that I actually can't stand next. I've watched it. I've watched it hinder people's lives for decades. They're trying to figure out this complex stuff. And I'm like, it's not complex. It's simple. And but our minds like No, it can't be that simple. Well, that's a trap. It is simple, doesn't mean it's easy. It does not mean it's easy. A push up is simple to do. But if you haven't ever done one, and you're not strong enough to do it, it's not easy. It's hard to do. But it's simple. All the stuff that we do and transforming our lives. It's all very, very fundamentally simple. But it's not easy. And so people like want to complicate it so they can kind of bypass the work because the work kind of sucks. Sometimes. People talk about this, this, there's all this stuff out there that kind of makes me cringe like effortless transformation. I'm like, what are you talking about? Obviously have never gone through it or done it. If you're saying it's effortless. It's like turning into a werewolf. It's like, like all kinds of shits going on. It's not effortless at all. It's if it was everybody would just be perfect. Everybody be fine all the time and it's...

Anu: Absolutely, I know it. And it's like, I'll be seeing a lot about the you know, personal development in just industry and just how it's become so like, you know, they call it toxic positivity, because it's Yeah, and it's all just a very money making is a multi-billion pound industry now, right?

Mike: Yeah, and it's funny because people always, like shun the negative, if they're so scared to think anything that they that they deem a negative, negative, bad. I'm like, really? Is it bad? Is it really bad? Tell me why it's bad. And they say, because they start bringing in shit like quantum physics, like you don't understand quantum physics. Stop it. I've had two quantum physicists in my trainings, like, we don't even understand quantum physics. You don't understand quantum physics up acting like you do. And they use quantum physics and this law of attraction business and all this stuff. And I'm like, hold on. If you think negative is so bad, go to your car, unhooked the negative terminal and try to start your car. Oh, wow. Because negative and positive are. And you need that to complete the circuit. So you can have the power flowing, you need both.

Anu: So yeah, and it's like, we need bad days to appreciate the good days, right?

Mike: You have to have that contrast to be able to even get new ideas and new expect that's what that's what nature does for us to keep us moving, keep us in motion. So we don't atrophy and rot. Like to keep in motion and keep moving. Because that's what everything in the universe, its energy, what does energy do it moves? And when you when you contain that and stop it and try to make it stop moving. It just gets like that putrid ship part in the river that all the mosquitoes go to and just kind of sits there. It's not really moving. It's kind of stagnant. It's gross. And it doesn't it doesn't it doesn't feed life to life. And that's when people start to get apathetic and they start to get depressed, and they start to feel overwhelmed and all this stuff, they start to feel no sense of purpose, because they're not living their purpose. Which by the way, we all have the same purpose. And people always again, freak out. No, we don't, how dare you. But we do we all have

the same purpose. If you look at the human construct and what human beings are, how we're building a function of us. We are built to create we are creating machines, why you create completely unique an individual to yourself. But if when you're in creation mode, you can't be depressed can't be apathetic, it's not possible. You can get frustrated trying to figure out problems and stuff, but you can't be on that far end of the spectrum of emotional energy to where you are kind of like buried in this sludge. You can't move anymore. You can't be there. So that answer that start to create like, well, how do I create it? I don't care. That's a whole different conversation. We can we can fix that and we can we can remedy that. But the whole idea here is that the like principle to is that it's about duality. It's about that kind of completing that circuit because that's where you're power comes from and if you look, I mean, if you're listening this you can't see it, if you're watching it, my little water cop says you are the power of people. So you have the power and like you don't have the power, you are the damn power, you create everything. It's all it's all coming through you you're ascribing to me, we live in this ambient energy that feeds life to us. All, we always like animated Earth, like carbon of water, and dirt and mud, whatever the hell we are. But then what makes this thing come alive. It's this energy, the soul, the spirit, whatever you want to call it. And we live in that energy that feeds life to that thing. And so there's enough energy in a cubic metre of the stuff we live in to boil all the earth oceans, that's the sheet you have access to. That's what's creating your life. That's how much energy you have access to, but you're the power because all that stuff comes into you into your mental energy system that creates your life and you start making a mean shit, you start making associate use you ascribe meaning to it, create visions and constructs all this stuff, you're doing that. And then like people gifts, and then you feel how you feel about that. And then based on those two things, you take actions accordingly. And that's what produces results in your life that you have to live in every day, or you get to live in every day, you're the one that you choose to. And people give so much credence to all the tools. The tools are useful, like all these things like tapping and releasing and meditation all this Yeah, I do. I do none of it.

Anu: Gotcha. Yeah. Reiki healing?

Mike: Nope, I do not. I mean, I have the, I mean, I can get into the energy stuff like this is just a weird as anybody else can, but because I have the ability to do that. But I don't actively do it and give it credence because I understand something that is very empowering. Scary for a lot of people, but it's very empowering. Tools aren't the power tools don't really do anything except for augment your effort and your energy. I've never seen a saw a jump up and cut a piece of wood, it's a human being holding a saw cutting the wood. So when you meditate, I mean, that's a natural function of human life anyway, that people naturally do, they don't even know when they do it sometimes. But people get so caught up in their heads and all this stuff. And they can't really connect that circuit to their heart, and then their body, that soul energy triad thing I teach. But in the meditation stuff, where's that coming from? It's you controlling the volume knob, or the valve of how much you lead and how much you don't use, it's still you doing it all, all this stuff, these tools, they definitely can help aid and augment your progress and help you with mental health and help you with, say, like not letting emotions rule your life all the time. They can help in so many ways, but you can't give the credence to them as if they are the reason that you are a badass, because they're not. They're helping hone and focus your energy in ways that you can use it to empower and enhance your own life. So it's very important understand that you are the power, not anything outside of you not these tools, it's all going through you Without you, none of this stuff matters or exists anyway, doesn't matter.

Anu: And it isn't we've done a lot about you know, just especially those in abusive relationships where, you know, they lose their control and their self-power they lose it. And that's why they're, you know, they get abused, and you know, they get manipulated. And you know, I know a lot of there's

a lot of work and healing techniques out there to gain regain that power and control. So I don't know what what's your views on that? Because you said you don't really do much healing work yourself.

Mike: I don't do it myself. No, but no, but I don't I don't knock it in the sense of its value and its usefulness for people. Yeah, I just found the way that I transformed my life. And when I did this stuff, I just don't need it. I didn't need it. If I did, I might use it, but I don't need it. So to me, it's like slowing me down. I'm like what I do, and I can do this this fast. But there's people that I but also understand I have 30 plus years' experience of doing this. So I mean, I've been doing it for a long, long, long time. So it's just automatic. It's not some new way. I'm figuring out or some new way of thinking. It's just the way of thinking for me. So but when people are going through these processes, yeah, absolutely. Those tools will support you. They act as like scaffolding to help you have some stability while you're rebuilding parts of you inside of you. They act as a support as an augmentation, not the actual power. Like when you put scaffolding up and you build a building, the scaffolding is torn down when it's done. And you have this beautiful building. It's like scaffolding around your heart, around your mind around your mentality around your mindset around your emotional capacity. And then once you get that rebuilt enough, because you're able to do that with the help documentation, you rip the damn scaffolding down. But so many people get caught in this trap of keeping it as a crutch they think they need but they don't they don't need it at some point in time. And that's the biggest thing. It's like there's a point in time when those tools have done their job, and you've used them correctly. And you're now at a place where you can take off the training wheels off the bike and ride it you might fall and it's a little scary. It's a little scary it is it's like I mean I don't give a shit who you are. I don't care people say like you're some enigmatic A guru guy, everything's perfect all the time. No, it's not I coach you. I'm your, I'm one of your mentors. I know, it's not perfect all the time stuff lying to people, but it's like, you know, get to that point. It's scary for all of us. Because, you know, when you fall, you're probably gonna get hurt. But people don't realize like, that's part of the process, too. That's how you find balance, its value, how you create harmony, all of this stuff has function and usefulness. And people start thinking, the problem is they think that they're broken, they think that they're not working, right, they think that they shouldn't have any problems and challenges. No, you need those things. They're like, you know, not being upset with this. And judging yourself for having some sort of like challenges is literally like going into the gym and going, I'm mad at these weights, because they're heavy. Yeah, supposed to be heavy. That's it, it's that it's that resistance that, you know, too much will hurt you too little won't help you. But you find the right amount where your strength can handle it. And just enough where it's a little bit more than you can, that's easy, and you build strength over time. That's what these adversity and these challenges and these problems are, that's their function to set your bar. And here's the beautiful thing. You're the one that sets it, whether you know it or not, you're not going to set it so high that you can't reach it. If there are no you don't make mistakes, you don't make errors. Nature doesn't make errors it with this process, you have a thought you have a feeling that's valid. It's your job to figure out what the hell to do with it. Like, and that comes back down to focus, like what do you want? What are you focused on? What's highest energy wins principle one, what is that thing? What is your target? And then when you have that, you can use all this stuff to help you get to that point, and you have this kind of North Star that you can always look towards, because you're gonna get derailed, you're gonna get life, life's gonna slap in the face, I'm gonna have a bad day. And it was relationship issues, like you're going to miss the person, you remember all the great things that they did, and all the beautiful times and all the like the special things they said, and you're gonna go God, what the hell, you're gonna forget all the bad stuff. So you're gonna have those days, you're gonna oscillate back and forth. And when you're doing that, you have this North Star look

at like this target of what you want, you're always going to be able to correct and continue and keep focused on where you want to go, what you want to build and what you want to have. By having that there's only one possible inevitable outcome, and it's getting more of that thing.

Anu: So what was that one thing that it took you to change your life around?

Mike: The gun

Anu: Wow

Mike: The gun?

Anu: Yeah. I mean, it's also in the mindset, wasn't it that you had a shift in your mindset or your soul?

Mike: Oh, completely? Yeah I mean, before that I hadn't experienced some spiritual type of thing before when I checked myself into rehab, and that's what got me to rehab. But then after that, it was done all the things that guru people told me to do the expert I follow their advice. This is bullshit. It's not working. This is bullshit like I got mad. I'm like, this is horseshit. I've done everything diligently for two plus years. What the hell kind of horseshit? Have you guys been feeding me? It helped to get me off drugs? Yes. But that's all. That's all. I still the same. I still looked at my life. I'm like, Well, now I'm looking ahead on my life, there is no hope. There's no family, there's no happiness, there's no success. I'm going to be a loser the rest of my life. I'm going to feel like this and think about myself the rest of my life this way, what the hell, but now I don't have drugs, alcohol to even numb it out. This is bullshit. So that's what happened. The gun thing. At that point, I just made it's a power of principle also about decisions. No one ever teaches us how to make decisions. It's just like, they decide for us, here's what you want. Here's what you can have. Here's your options, A, B, or C, what if I want something completely different? We're literally like, conditioned to not make decisions. So people aren't really that good a chain. And so I made a decision that day, I took that step. And I'm like, I don't care what it takes. I don't care if I die in this process. I'm going to figure this out and that was my North Star. That was my one thing I focused on, that's why that was it. And to this day, that's still my probably primary one.

Anu: And for the listeners out there, that's actually principle seven, only decisions change lives.

Mike: Yes, exactly. I love that one.

Anu: Yeah, I love that. And again, that's one of my principles I talked about in my book, which is, you know, just taking that one decision to change your life, right? And it's not even just about designing something, you have to really believe it. Right? And I know that your principle six is all about awareness, creating possibility and is having that awareness about a decision that you're going to make you have to, in a way I don't know if you believe in manifestation but in a way, I feel that that awareness does kind of manifest it.

Mike: You know what you are the only person I've ever talked to that asked me just nailed that manifesting manifestation, that word. So bastardised in the self-help dog man, it doesn't mean people think it means I absolutely believe in because it's real. But manifesting literally means to make aware to the senses, especially sight. Yeah, because here's the thing. An expanded awareness is what is what activates manifestation is nothing more than becoming aware of shit that's already here anyway? Because it's already here. People are like, No, it's not. Yes it is that computer you're looking at or listening to or your iPod or your ear pods or your phone or whatever that stuff used to be like in a mountain somewhere. Yeah, used to be part of the earth. Everything that we have is already here. It's like there's nothing that's going to be delivered from this magical being in the sky, the universe. It's already all delivered. If there's just if there's this entity universe that people talk about, that's that that thing that guy or That girl is sitting in a hammock on a beach sipping pineapple juice out of a coconut go and I gave you guys all the shit and the faculties to do it, go do it. That's your game, but your world go live, go create, go do what you're meant to do. Manifestation is just an expanded awareness. That's it, that's all it is.

Anu: And it's funny, isn't it? When people see successful, you know, entrepreneurs, you know, millionaires or what have you, then oh yeah, he just got lucky, did he get lucky?

Mike: No, no, no, no, no. I know many, many, many of those people are my friends and, and it's not luck. It's not luck.

Anu: It's hard work, right?

Mike: A little bit of like, kind of fabricated luck, luck that you kind of create but you know, it's what through like

Anu: Hard work and dedication and they forget that they've been together. Oh my goodness, it's tough journey. It's a tough journey. But I can just feel your energy or just full of energy full of beans. What is that? What motivates you to get out of bed every morning?

Mike: I get tired lying in bed. You know it. You know, I have I have a bit of a vision and mission that kind of put on hold while I raise my family and my families raised now. So I'm going back into that now I'm doing that and I think there's a lot of people that I don't think I know there's a lot of people who are lost in the darkness and kind of need some guidance and need some mentorship. I'm not a coach, I'm a mentor. It's different things but you know, it's that's part of it. Part of it is that I've created such a powerful routine, I have something I teach called the energy triad system. And it goes in different ways. But like what gets me out of bed in the morning, every morning, literally what gets me out of bed is my excitement to go to the gym. Like, I got to go to the gym, I'm doing this body part, I just it just it's just such an ingrained habit into me that I like, Don't even think I'll be in the gym for 30 minutes. Like I don't remember coming here. And so to me, what gets you out of bed is my routine I've created which took a long time to get to that point, you know, a lot of work a lot of consistency. But what motivates me to do what I do is the same thing. I think that motivates birds to fly. It's because they have wings. Like I just this is just what I am. That's just I've always been this. I've always been that guy for people. I'm able to simplify super complex stuff, where I'm like, No man, but duct tape and bubble gum and a dung beetle. That's the answer. People are like, Oh my God, and it changes their life. And I'm like, I have no idea where the hell I came from. But I break it down. I speak in analogies and it's just that's just who I am what I am. And I know, you know, there's people that have their life because of this, and not just to live their thriving in life. There's people who have been on the verge of suicide, alcoholism, who turn their lives around, they created their freedom through multi million, multi million, but multi, multiple businesses doing a million each. You know, I've got people that their dreams come true. Like I got it. I know one of my people in my group, she was a aspiring musician, and she's a beautiful girl. It's just such a bright, shiny girl. And she started doing music and applying this stuff and applying the palette principles and the processes. And within like a year, a little over a year. I think she had one of her songs on the radio, and she was so gleeful and jovial and happy and that feeds me so much. I'm like looking at her go. Because it's To me, it's not about like, look how awesome I am can awesome Mike Kemski is like whatever I'm just a dude doing the best I can like everybody else. I have my own life, my own problems, everything else. I just happened to have this experience and this wisdom, I've gone through this. But to me, it's always about let's see how awesome you are. Let's see how awesome you can be. Let's say how great you can be. Because most people barely even tap into even just a little bit of that in themselves. And when they do this is this is the ultimate end game. For me. This is what gets me out of bed in the morning. This is to answer that question. When they do principal loving gets activated pass the torch. So when people start to illuminate their own lives, and they get some competence and they get more a higher capacity for love maybe or for compassion for kindness. And they start to radiate that out into the world a little more emanate out in the world little more just inherently by them being alive. It's impacting the world in a positive and empowering and uplifting way. And that kind of ripples around the globe, you know in a very mind Small way, but it does. And by doing that, by

people making themselves as good as they can get and living their best lives for them, I don't care but some like altruistic thing where I'm gonna go save the world and I'm gonna save yourself, or, or I'm just gonna save myself, whatever, it doesn't matter what their motivation is, and results the same, they start to emanate this, this this powerful, uplifting, empowering energy. And by virtue of doing that, it literally is going to sound a little corny, but it literally elevates humanity just a tiny bit at a time. And if we can continue to do that, then who knows where we can go, because I know we're not even anywhere near we can do so much better, we can do so much better.

Anu: Yeah. And it's like you know, they say about our brain, the fact where we literally only using a small percentage of our brain, and how do we tap into that infinite potential of our own brain and mindset?

Mike: I think we use all of it. I think we're just aware of a small part of it. I mean, can you know, because there's so much going on in there that we don't even understand or can comprehend yet, like I one of my friends, has a PhD from Harvard University in the topic of enlightenment, and which is weird. Yeah, PhD in enlightenment. Education. Yeah. But he's interviewed all kinds of people like the Dalai Lama type people all this stuff. And he he's had access to all this technology, fMRI scans and brain scans. And what happens when people reach this state of enlightenment, which most people have no idea what that even means they think they do and think it's this big firework show of like, rainbows and shit. It's not but either way, you know, he we talked about this and he showed me some of the imagery and stuff and you know, we're using probably most of our brain there, I'm guessing I don't know, I'm just speaking off the cuff here. But I'm guessing that there's probably some that's kind of sitting in there and reserve in case like some other shit short circuit to kind of take it away. So thanks. But, you know, I think we use it all it's just we don't we can't see past like they can't transcend the human interaction with our brain to go into the metaphysical space, which is a real space, but people take that way too far. It's all gets like all mystical and like unreachable and unachievable. That's where you can like blink and make money and like know, what the hell are you talking about? You can't do that. But you know, so our brains are doing their job. That's the thing about humans. If you look at people, they're like, Oh, I'm broken. No, you're not. You're working exactly as you're designed. And look how badass you are. Look how fucked up your life is. Like, that's because you did that. That's your bad. It's you doing that you're badass. Like how good you are at this? How about we just flip the script and go the other side of that and change trajectory and go the other way. And watch how different it can be being the exact same person you are right now. Nothing's broken about you. You work you're working perfectly. If you don't like your results, don't attack the machine. Don't tackling the printer. If it's printing out shit, you don't want to put a different picture in it. You don't beat up the machine the creation machine. Don't start talking bad about yourself. Just go get mad at your results. Like I don't like this shit. Good. What do you like? Good. Let's go there. Let's not kill the machine and beat it up and break it. These things are beautiful creation machines. Powerful people are amazing. Yeah. Not to say that they're not annoying to cut. We all know that everyone's like, yet you have to put that caveat in like people were beautiful and amazing. Everyone's like, Dude, don't tell me you don't get traffic? Oh, I do I get rush hour traffic. What do you do? And I mean, we all do that. So let's not play games and act like we're all like, super, whatever. They were all that stuff sometimes

Anu: It is, and it's that victim mentality which is you know, one of the reasons for the title of my show in my book, it's just getting away from that victim mentality. Because oh my goodness, I carry that around with me for decades. And I just saw back I think poor me you know, the violins out.

Mike: It's a beautiful monitor, title, logo, whatever statement that you have 'Victim2Victor'. It's the most powerful transition people can make. Because oftentimes people don't even realize that they're being the victim. They fight for their limitations so much. And it becomes so ingrained with them,

it almost becomes an addiction. No, it does become a biological addiction. They don't want the solutions. They want the problems fed because that gives them their identity, it gives them meaning it gives them purpose, given significance. That feels like shit, but it still feels full. You know, it's like eating a bunch of bad food. You don't feel good about it, but you still feel full. So you feel like you ate something. So that a lot of times people don't even realize that they're being that because it's so scary to really honestly, look at yourself and go, yeah, this isn't this isn't. This isn't really that. No, this isn't true. I can change this and accountable.

Anu: It's that self-awareness. It is I think that's one of the most biggest transformations anyone can make. It's just becoming self-aware. Yeah, absolutely.

Mike: That's how simple that's the starting point of all of it. Really I mean, until you're self-aware that there's something that you don't like in your life, something you want different and want to hands or remove or add, there's no the cycle the process won't start, the transformation process can't start. That's the engine that starts it all up. So you have to start with awareness.

Anu: Yeah. And I guess that that was going to be one of my questions about addiction and just how to overcome addiction.

Mike: For addiction, yeah, I when I was a counselor in a group and youth a youth group homes, for kids that were in that throwaway kids like I was, you know, they just got on drugs, alcohol, and they got put in a system and they got thrown, they get tossed away, no one really wants to do anything with them. But I was a counselor for them for a while, I used to speak at junior high schools and elementary schools about addiction when I first got sober and did all this stuff. And I'll tell you, it's like, as my daughters grew into that age, where it's like, I know they're going to explore I'm not stupid, I know what's going to happen. It's not like, my perfect angels aren't going to do anything, they're gonna know they're going to and you know what, quite frankly, I want them to not shit like heroin and that kind of stuff. But like, go see what weeds like go see, you know, have a glass of wine, whatever, but do it in a way that I know people like, wow, how could you be that way. But you have to understand the whole context before you start judging me so that you can judge me all you want, but because my kids are amazing, they're amazing people. They're so empowered. They don't have problems with that stuff because of how they were raised. But addiction is a crazy thing. You know, I dealt with it in my life and in my family life with me and with my parents. My mom was a drug addict. My dad's an alcoholic and I obviously was and you know, my wife battled with some addiction stuff. And it's a cunning little bastard. It's, here's how I talked about addiction, to make it make sense and make it so people can actually like, face it and not look at themselves as terrible human beings because you're not what happens is like you're walking through this beautiful park one day, and it's sunny, and there's like wispy little clouds. And there's green trees. The grass is like carpet, it's soft. There's kids playing and families have picnics and people playing Frisbee. Like god, this is like you told me this amazing shoe, a little fluffy puppy. Like, oh my god, look at the puppy. Look how to live and it has no home and no one's claiming it. You pet this old puppy. It looks just like Bologna with little puppy breath. It's amazing. And it is Wow, this is so cute when you're on the ground with it. And it's a nice new Oh, I don't it's not my puppy. So you leave. And then you come back a couple days later a week later, oh my god, the puppy is still here. And eventually what happens is you go see this puppy and it's not threatening. It's not harmful, it actually brings joy to your life, it actually brings value to your life and makes you feel good and makes you feel love and makes you feel unconditional love from it. It's great. It's not there's nothing bad about it right? And so but what happens is you go I'm taking this puppy home, we put in your backpack, you go home and you kind of forget it becomes a dog and kind of forget about it as we do. It's like not a cute puppy anymore. But it's still your dog and whatever. But you don't pay as much attention to it. And when that happens, the puppy is alcohol is drugs is sex is food as whatever, at first, it doesn't really hurt you, it actually kind of does make

it gives you it alleviates some pains in your life. It's doing what it what your intention in playing with or interacting with it is. But then after a while, that puppy turns into its real form. And it turns into this ugly ass beast of a monster with like rippling muscles and veins and it's all green and gross. And it has eight arms. It has eight fingers on each arm with eight talons on each finger. And those talons have like this numbing agent on it. And it wraps itself around you. And it sticks its talons into your body into your mind into your heart and your organs and everything. And now all of a sudden, you have this addiction monster on you. And you can no longer do what you want to do. Because you're like, I'm going to go here and it's like, no, you're not and it pulls you and it causes pain. So you end up going everywhere that it tells you to go because there's alcohol because there's sex because there's drugs because there's food because there's all these things that feed that monster that needs to be fed, and it has control of you at that point. It's not I don't care how strong you are. I have no idea how the hell I did this on my own when I did all this stuff because it's almost impossible do it alone. But I've seen people crying, crying their face sobbing their face off, taking drugs, not wanting to do it. Like why am I doing this? Why am I doing this and maybe shoot the needle up and I'm like, you know, it's such a powerful thing. And it's so cunning that it comes in like this cute little puppy it kind of does this nice little thing and all this is safe. It's fun, right? And so then they wraps itself around. And then people like get to this point, like they're completely controlled by this thing. Because if you don't do what it tells you to do, it causes so much agony. Mentally, emotionally, physically, it literally causes all this agony. You can't see it, but it's there. And the only way and this sucks for people to hear sometimes, the only way to defeat that is to starve the monster. That's it and when you start That monster, that son of a bitch is going to try everything, it's going to cause so much pain when you're in the process of starving it, that you're going to almost like, sell your soul to feed that thing, something just, but it's only temporary. But you starve that monster and over time, it starts to atrophy and it gets weak, and it loses its grip. And then one day, it kind of just falls off. And you look back and you go, oh my god, that thing was on me and you feel the sense of freedom, like I can go left, if I want to go left, I can go right, I can go, I can do what I want. I'm no longer controlled by this thing. Now the addiction monster is laying there dead. But that doesn't mean that it won't ever get you again, you got to be careful, but that you have to starve it, which just basically means stop feeding an alcoholic alcohol, stop feeding a drug addict drugs. And yes, there are many nuances to this. And there's people there's therapy, there's things that can help people. But that's the premise of what people experienced with addiction, from what I've seen in my 30 plus years of working with this. And it makes you makes you realize that kind of like, you know, it's not it's not me, I'm not a bad person. There's, there's literally, I made the choice to get the puppy Yes, but it was a puppy at first, it wasn't this awful monster, I didn't go to get the shittiest thing you could possibly find out but that into my life. Nobody does that. Nobody does that people like they're in pain, or they're doing something. And it just evolves into that. And so no one there's all these bad people, people who were abused, or sexually abused, all the things I've been through too. You know, they're just trying to alleviate some of that pain in their life. And they don't have the connections in this world, with other human beings to help that. So you have to find it somewhere because it's a, it's like the core human need is connection, you don't have that you're in so much just agonizing pain in every way possible, that you're gonna find something because you can't live in that state. Because what kicks in at that point is our most basic primal mechanism of survival, and even surviving in a shitty way, a shitty environment, it's still survival. And that's our most basic primal function of the human being a survival. So when you don't feed your human, what it needs and your spirit, what it needs, and all this stuff, it just goes bonkers. And there's so much too much pain that anybody is susceptible to this. I've seen people who are super successful in life, they have all their shit together everything and they've gone. I mean, I know I have a friend I know a guy. He was he had

100 plus million dollar your business, living these great houses, all these nice cars, all the material stuff, happy as can be beautiful marriage, beautiful family, beautiful daughter, everything's going good. And addiction gotten any lost at all, all of it. So it doesn't matter who you are. It's not like just some the bottom of the barrel. People want to deal with addiction, not even close. Just because like bottom of the barrel, people are more susceptible to it. Because we're in more pain. We have less resources to help us. But it's still it's a monster and you just got to starve it.

Anu: It's the first time I've ever heard such a powerful explanation of what addiction is. First time, I think that is going to really help a lot of people who I know who are addicted. You know, and I think sometimes for people therapy counseling, it just doesn't work. You know it because you have to really believe that you want to change and guess a lot of people they don't know that they want to change.

Mike: You know what you want when you go that's the thing when you go to the rehab and forced to this stuff. All you're doing is pissing off the monster like really, watch this. Oh, like I'll play the game. I'll play your stupid little game for a couple of weeks. Watch this shit. Yeah, go ahead. Send your out phone, you're hitting it twice. Target hungry. Right? Yeah, it has to be it has to come from internal and that that's the thing. This is what's so scary for people because what are we trying to get away from pain? But what do you have to actually feel to make this work pain, a lot of it, you have to feel the pain of not being free of being imprisoned, and being controlled by something that's not you, and the loss of life that you have the loss of ambition, the loss of the beauty, the loss of beauty in the world, and you have to like you have to feel that pain. That's only going it's gonna make you like want that shit back in your life. It's like the absence of it and the pain of the absence of it. So we're trying to avoid pain. That's why we have addiction. But we need pain to kill the damn monster because it's a different it's a different kind of pain. It's a pain for a longing for life, versus a longing to escape life.

Anu: Yeah, that's a big difference isn't that wow. And yeah, and I just think it's gonna be a tough road for anybody to just go Starkey's and to give up on whatever they're addicted to. You know, I mean, phone, that's a big addiction at the moment technology.

Mike: Yeah. That's a tough one. That's a tough one.

Anu: Because in a way, like it's serving a lot of you know, we're able to connect with, you know, people around the world like we are with the podcast, you know, but is it you know, addiction I find myself looking at my phone consistently throughout the day. Yeah, never used to be the case before, right? And I do that too.

Mike: We will do it. But the thing is like, I've gotten to the point where I'm like, I might mindlessly look at my phone for like five minutes, like, What the hell are you doing? So I'll go to my group, and I'll like interact with my people in my in my mentoring group, I'll do that kind of stuff. I'll make it something that's useful. I'll look up because I love to cook. So I look at recipes and like ideas for that. And I expand my life with them. If this is a tool, and I'm in control of it, then I'm going to control it. It's like me, because there's times I have people, they'll spend like hours playing like candy crush or something like, Oh alright. I'm on level 3460.

Anu: Do you have anything better today?

Mike: I have no games on my phone.

Anu: Oh, wow. No, thank you. This has been so valuable. And we are coming to the end, unfortunately. But I can literally sit here and listen to you for hours. You're just like so engaging in you know, the way you communicate your messages. And yeah, I can imagine you're helping so many lives out there. Yeah, but I just wanted to ask, so how can my listeners contact you? And you know, if they want you as a mentor?

Mike: Yeah, I don't do a lot of one on one stuff. I do occasionally. But I mean, the best thing to do is go, I have an audio course of the pilot principles. And you can get highest energy. This one principle

alone has changed people's lives highest energy wins is the first one. We have a free, you can get that for free. So go get that I'll give you the website in a minute. And the and then I lost my train of thought so yeah, the website is thehighestenergywins.com and get that and so there's a there's a there's a I've completely lost my train of thought whatever is on you.

Anu: Yeah, that's what I mean. Yeah, so your links, I can add them in their profile description. So everybody who's listening, you can just follow those links on this, this description on the YouTube or podcast, whichever platform you're listening to this talk from. And I just wanted to ask as well, you know, what, what, what is your favorite quote of all time?

Mike: Hahaha. Again, it might sound a little arrogant, but it's mine. There's a couple of them. Yeah, a couple of them. One of the things I talk about is there is no gold in the pot at the end of the rainbow gold found along the way. So the pot just a big lever to get you off your ass compelled to move because you have to move to go towards it goes down along the way. That's where the light you find life. And another one is like i like i like iPhones [inaudible 52:48] great one then life. This is the thing. I think it's the last sentence of my book life was never meant to be figured out. Only experienced. Because people spend so much time like, why this way that way that? Who cares? What did you experience something what was experienced? Like, let's talk about that enriches your life, trying to figure out why everything is the way it is. It's interesting, and it's engaging. But when you just absorb the experience, it adds richness and fullness to your life that people can't even imagine and simple, simple thing to do.

Anu: Wow, I love that. Yeah, yes. And I guess yeah, more of the story. You have to enjoy the process. You know, if you're not enjoying the process, then what's the point?

Mike: What the hell's the point? Exactly? That's one more thing one more thing. I have to interject this all this all this business with transformation and personal growth and personal development self-help matter that whatever, all this stuff. It doesn't have to be weird or stuffy or just like, like obedient and what's that word they use in church like we're Reverend. There's no read. Have some goddamn fun. Because this is your life. It doesn't work doesn't work less effectively. If you're having fun and enjoying it, it actually works better. So have some fun.

Anu: Oh my God. Yeah, and honestly again, I could talk all day about this about the schooling system and just have war when that is but yeah, we're forced to do it. I just think really, is that the way forward is that what we want to teach our kids is that you have to be miserable when you're nine till three at school.

Mike: I love it, have fun, and have some fun.

Anu: Yeah. And one last question before we sign off, what is your biggest regret?

Mike: Yeah, actually it's a hard ones. I don't know. Okay, now it's gonna be a long answer, sorry. When my dad was 53 he got pancreatic cancer. And they gave him like three months to live 10 so he died three days after his 54th birthday and I went to see him we were going to pick up my daughter from California. Driving out there man, my wife and I went to see him the day before he died and he was just a mess. I mean, his skull was just like it was like a skulls and skin painted on it just a mess, real skinny arms. But his belly was so huge. It was starting to split open his calf and splitting open it we knew he was he was on the end. You know, he even a doctor said like he if he has a diet that exploded. It was just so much cancer and returned. It was awful. And my dad wasn't he didn't win dad of the Year award. It was a bad situation. He's he was terrible for a long time abusive, drunk and whatever. But I went to see him and we were leaving. And I knew his last time I'd seen him and I looked at him and I said, Dad, you did the best you could and you gotta let go, man, you gotta let go. He looked at me. And he started crying. And he goes, he shook his head. And he's like, Mike, I had a gold mine with you. And I pissed it all away. He's crying now I'm crying. And we're both crying. He's like, I want to I want to see you become a better man than me. You already have. I want to see you build your family. I want to sneak my grandkids a piece of candy.

I want to tell you all the things I should have done, I want to do all the things I promised you I would never do. And he is going on and on and on about all the shit that he regretted this whole this whole, like, monologue of like 20 minutes of just nothing but regrets in his life. He goes and now like now, now I can't, I don't have now I can't I go on the time to do it. I said that, listen to me, you get the best you could with what you had, and look at me. I'm fine. I'm better than fine. I'm like, I'm gonna be okay. Everything's gonna be good in my life. You know, I'm like, it's time to let go. We're crying or cry. And he looked at me and he's like, I love you. And I'm proud of you. I'm sorry, I never told you this. And I'm like, don't give tsunamis for crying right now. And I'm like, it's okay, I gave him a hug. And I left he died the next day. And that was the greatest gift he ever gave me because I looked at a man not just a man, but my dad die with nothing but regret in their heart, not for the things they did in life, but for the things that they didn't do. They wish they could have now, and I'm like, fuck that I'm not living like that. So I don't really have a ton of regrets. Because I'm like, I'm gonna do it. Because I'm not gonna die like that. I'm not gonna die full of regret. So I don't have a lot of regrets in life if any, my biggest one was probably that I was mean to people I shouldn't have been mean to back when I was a kid and on drugs and shit, that's, I don't want I'm not really happy about that. And some of the things I did in that time in my life. But it also the purpose to shape me into what I am. And I'll give me something that ended up helping 1000s hundreds of 1000s of people throughout the world and on the ripple effect goes into more than that. So regrets are something that I don't think anybody should really have. Because that's terrible. Because none of us are making that alive. And at the end of the road. If that's what you're left with, that's a waste of human life.

Anu: I mean, yes, it really is and yeah you hit the nail on the head that basically we shouldn't be having any regrets. Just go for gold, go and fail, go and make mistakes, get rejected.

Mike: If you have fun mistakes are fun to you. I

Anu: Oh, I love that. I love that. Thank you so much. And you know, you've just been so authentic all the way and I really appreciate you sharing such a sensitive, but yet inspiring story with us. You know, you're awesome and yeah, I really do see you go in places where this. Thank you.

Mike: It'll go wherever I wanted to. And now I'm now I'm ready to go a little further. So we blew up like in 2006. But I was like, No, I'm gonna go back it off and raise my family. But now we're doing it again.

Anu: So now you're ready to go again look him, here we come. Oh wow. So on that note, we will have to end guys and thank you so much for listening. And you know, it's been an absolute honor to serve again today. And to have Mike Kemski on my show. And please do go ahead on his social media go follow him go check out his book, **"The Power Life Principles"**, which I know you will all benefit from. Because just from reading the principles I'm already inspired, and you know, it's all about power, you know, just having that inner power because we are all power and it's time to utilize it. Let's just go and have fun guys. Come on. Let's live. Thank you so much, and God bless and I'll see you in the next episode. Ciao.

