

Rachel: Hello everyone, today we are here with Derek Rydall. Part of the new generation of spiritual visionaries and thought leaders, Derek Rydall is the author of [Emergence, Seven Steps for Radical Life Change](#) and the world's number one expert on the revolutionary law of emergence. He has trained top executives of Fortune 500 companies from American Express to Disney and empowered leadership in communications, coached celebrities and media professionals including Oscar and Emmy winners on creating conscious entertainment, regularly writes for the Huffington Post and has touched hundreds of thousands around the planet with his message on finding your path, living your purpose and making a powerful impact.

In his weekly [Best Year of Your Life podcast](#) on iTunes he reveals cutting edge spiritual principles and success strategies to achieve financial freedom in abundance, master productivity and creativity and gain true wealth and happiness.

I originally came across Derek when his publicist reached out to me about him potentially coming on the show and when I researched more about him I felt that he'd have so much to offer to everyone listening. It's obvious that he has been heart centered down. On his blog he mentions how he was seriously considering becoming a monk, and then a minister, and then a hardcore meditator. He is very spiritual. But beyond this he also gets the real world practical results. He has trained executives in all those Fortune 500 companies, he has written scripts for places like Fox Studios, Universal, Disney... many more.

I feel like Derek will be able to share with us about how to blend head and heart in a way that doesn't compromise you and still gets phenomenal results. He also says that he has the answers to getting things that you want with his law of emergence principle which I'm excited to dig in with him. This is going to be a great episode, I'm looking forward to the wisdom that Derek has to share with us. Derek, thank you for being here.

Derek: Thank you, it's truly my honor and pleasure to be here.

Rachel: Awesome. The intention behind this show, A Better Life is to show people that if they have a choice they can choose a better life. In that spirit can you take a minute to...

Derek: Yes.

Rachel: Yes, can you take a minute to share some of the things that you're most proud of in your life?

Derek: Oh gosh, I guess it's funny I'm staring at a picture right now of my two children. That would be my greatest creation. Talk about the power of emergence, which is what I teach, that would be my greatest creation. I thought I was going to be teaching my kids so much but it turned out the other way round. They became my greatest teachers of course, but I'm also very inspired and very grateful, I don't know if you'd say proud, but just very grateful for how the work that I'm doing has touched so many people around the world and helped to set them free from the struggle of self-improvement and for a lot of the struggles that I lived and that really got me here to teaching this.

Rachel: Awesome, and that was actually one of my biggest questions for you. You say in your book and you just said now about how you don't really agree with the idea of self-improvement, I totally agree. Can you tell us a) what you mean by this? And then also what led you to that belief because I know you have some fascinating stories that went on for you including your two near-death experiences. I'd just love for listeners to get to know what happened to you for you to get to where you are now.

Derek: Yeah, you know what, so many people...I was struggling to improve my life and fix my life and attract a better life and get over my bad childhood and all the different things that we do to try to make our life better. The only thing that I improved after a decade of all of this self-improvement work was I improved my ability to describe why my life was so messed up, but I hadn't really improved my life, I was just very eloquent and articulate at describing why it wasn't working.

And after almost dying from...the whole struggle to improve my life actually drove me into becoming addicted to drugs and alcohol and I almost died of an overdose. And then again I almost died from drowning. I won't go into all the details of the story, but I basically reached a point when I almost drowned where I was stuck in a coral reef under water and I reached a moment where I knew I wasn't going to get out alive.

It's hard to understand the finality that I experienced if you haven't been in that before, but I knew I was going to drown. I was stuck under water surrounded by giant spiked coral inches from my face and my throat and my chest, any moment it could have skewered me. I was there for quite a long time just trying to stay afloat at a certain level in the water so I wouldn't get skewered. I reached a point

where I knew I wasn't going to...I had nothing left in me, I was going to drown and all that was left was to surrender. I'd already tried bargaining with the universe, saying, 'God if you get me out of this I'll go to church on Sunday,' that kind of thing and the universe was not bargaining.

I ultimately reached a point where all I could do was let go. And in that moment of letting go something cracked open inside of me. First of all, this wave came and lifted me out of the pocket and I was able to jump on to a space outside of the pocket I had been trapped in and I could stand for the first time after probably over an hour and see where I had gotten trapped. I could see the exit was inches from me the whole time but I couldn't see it from where I was trapped. I had this opening where I had a glimpse of this self that I had realized was never damaged, that had never been broken and so I didn't have to fix it or heal it.

And I could also see that the real self was already perfect and complete and so it could not be improved upon. I began to realize that self-improvement was an oxymoron because when you really understand the nature of the self you can see that you can't improve upon it. In fact, Michaelangelo is noted to have said that how he created his great sculptures was that he believed that the divine created everything already, and that the master piece was already hidden inside this block of marble so all that Michaelangelo would do was see the perfect sculpture already completed in the marble and he would just chip away everything that wasn't it. He didn't believe he created anything, he believed he unleashed it or freed it from its stone... from the marble.

I could see that the same principle is true for us and I ended up pulling out of society and I ultimately ended up closeting myself in my apartment like a monk and going on this inner journey to understand what I had glimpsed and how dramatically it had changed my perspective on life. I could see that so much of my struggling to improve my life was actually creating most of the resistance to the life that was already in me that was naturally trying to emerge. I could see that just as the oak tree is already in the acorn and the acorn doesn't have to go out and attract an oak, or achieve an oak, or make an oak happen, that when the acorn surrenders to the soil and the conditions in the soil match the seed pattern already in the shell, that the oak naturally emerges.

And that same principle was true for us, that there is already a perfect pattern of infinite potential planted in the soil of our soul. When we cultivate right in the right conditions that match that seed, it naturally emerges in our life. In general but it also in any specific area that we're working with. That is the where the law of

emergence was born, and where I began to move out of my struggling with self-improvement and instead into a life of self-emergence.

Rachel: Awesome. Now, in your book I know you talk about how self-improvement, and I totally get where you're coming from and totally agree, you say it's different from personal development, which is I guess you then consider personal development closer to the law of emergence.

Derek: Say that again.

Rachel: I know you talk about in the book about how you don't... I know you just talked about how you don't really agree with self-improvement, but you say that's different from personal development. So personal development is different.

Derek: Yes.

Rachel: How do you see them different and how does the law of emergence fit in with all that?

Derek: So self-improvement... Typically when we're trying to improve our self or we're trying to attract things or we're trying to fix and change our self it's often coming from a misperception of the self, it's coming from a premise of the self that is that it's somehow damaged, broken, lacking, something is missing, something is wrong. That is fundamentally a flawed premise or flawed self concept.

Even if we do all the right things as the old meta physical axiom says, 'To he or she who is wrong in mind they can do all the right things and it will still turn out wrong, but to he or she who is right in mind they can do all the wrong things and it will still turn out right.' When you come from a premise that you're broken, damaged, lacking, something is wrong and you're going to try to improve yourself, you end up manifesting more of that false or limited self concept. It's like trying to dig yourself out of a hole, the more you dig the deeper in the hole you get.

That's why so many people experience the more they try to attract or achieve or improve in their life, the more frustrated and the more struggle they experience. And often they have they less and less of what they're trying to experience. Even in the best case scenarios, from the false premise that you're broken or something is lacking, you can manifest a bigger paycheck but you'll often find yourself just broke at a higher income bracket. Or you manifest a new relationship and you have the same arguments. Personal development, or where

you're trying to develop certain parts of you in contrast, that's more related to... let's just say you want to become a better writer. You recognize that you're not expressing your full potential, it's like the acorn.

The acorn is not an inadequate oak tree, you know what I'm saying? The acorn is a perfect acorn, but it also has a whole lot more potential in it. Wherever we find ourselves, we are not an inadequate or diminished version of our future self, we're a perfect version of our current self.

But there is still so much more in us, so much more potential. If we we're, let's say like I said, we want to be a writer and we're writing at a certain level right now, there is so much more potential in us to develop. Knowing that, we can develop that potential, but we're not doing it from the standpoint that something is missing, that something is wrong, that something is lacking. We're doing it from the standpoint of there is so much unexpressed potential in me.

And that can include the emergence process that I talk about in my free training and in my book, and we'll obviously go into more today, but it can also include specific paths of study. Like literally studying to be a good writer. Or if you're trying to get in better shape studying the body and working with a trainer. All of those are wonderful things, that's personal development, but you just want to make sure you're doing it from the standpoint of understanding you're learning these skills, you're developing this potentials, because it's already in you, not because you're trying to attract it or achieve it or add something that you don't have. That's the key, that's the key distinction.

Rachel: Absolutely. That's a really great way of putting it, so thank you. I think that just that concept alone is going to really unlock things for some people listening.

Derek: Absolutely.

Rachel: I'm also curious, you mentioned a couple of times in your bio, your book title and even while speaking, about the law of emergence, can you tell us what that's about?

Derek: You kind of broke up a little bit there, I heard the part about the law of emergence.

Rachel: Can you tell us what the law of emergence is and what it's about?

Derek: The law of emergence is what I described before, which is just as the oak tree is already an acorn or any plant is already in the seed and that seed doesn't attract the plant or achieve the plant, when the plant or the seed, rather is planted in the soil and the conditions in the soil match the pattern in the seed what's already in it naturally emerges. Even when a farmer or a gardener is working on a garden or a farm they know that they don't make the plant happen. They know that all they can do is create the conditions and then the law of emergence in the soil does the work. It does the heavy lifting. They can weed it, water it, feed it and expose it to the right light until the conditions match the pattern of the seed and then the plant that is already in the seed vibrationally, it begins to emerge.

The same is true for us. There is a pattern already in us, a perfect pattern, a divine design, a masterpiece of power and abundance of love and genius. Instead of us trying to go out and make ourselves into those things we have to start with the understanding that we already are it, we already have it, and we begin to cultivate the conditions to become a match to that.

Let's just say that you wanted to have a life of more abundance, one of the things you can begin to ask is if I was living that life and I had more abundance who would I be? How would I think? How would I feel? What kind of conversations would I have, what kind of actions would I take?

And then what we do is we begin to cultivate that into our life now. We don't wait for the condition to change. We understand that from the emergence standpoint whatever is missing is what we're not giving. Whatever we're waiting for we're actually waiting with, because life doesn't happen to us from the emergence model it happens through us and as us. And that's actually the truth, we've been conditioned to believe it happens to us, but it doesn't. We know from quantum physics even that we live in an emergent field. And so there is all of this power and all this life and all this abundance in us but we have to become a match to it in order for it to emerge.

Just like right now your favorite music is playing on a station. You may not be hearing it now, it's not manifest, but it's actually broadcasting right where you are, and if you just tune the dial of your radio to the station where that music is playing, that music becomes manifest. But it wasn't playing in the distance, it wasn't playing in the future, it was playing right where you are, but you just weren't a match for it in terms of the frequency.

The same thing is true with the seed, the frequency of that plant is already fully expressing, but it takes the conditions to match it for that frequency to become manifest.

Right where you are right now, the frequency of abundance and joy and peace and beauty and genius and power and wholeness is already broadcasting, but you have to be tuned into that bandwidth, into that frequency in order for that music to become manifest.

When you tune in to that station and the music is manifest we call that our manifestation. That's what's happening and that's what the great masters have taught. It's already here, it's already in you, it's already now but we have to become aligned with it.

Rachel: What's the difference between the law of emergence and the law of attraction?

Derek: Well, the law of attraction is a relative law that operates in the realm of cause and effect. At the level of cause effect it looks like things are causing other things and things are being attracted, but we know now at the level of the quantum, that that's not really what's happening. It's an optical illusion. That the level of the quantum field there is just an emergent field, there is just infinite potential and our observation causes it to come into manifestation. It emerges.

Again, just like the seed when the farmer waters the seed they don't cause a plant to happen, the plant is already there in the seed they create the conditions for that which is there to emerge. When it emerges in time and space it can look like stuff is happening to us and there is attraction and all that, but when we start to understand that we're really part of this field that is always emerging then we don't get tricked by that, it's what's called linguistic convenience.

We still talk about the sun rising and setting but we now know that it doesn't actually do that, the planet is revolving. The sun is not moving relative to us, we are moving around the sun and we are revolving, but we still say the sun rises, the sun sets. It's also just much more romantic. Unless you're an astrologer or something you don't want to say, 'Hey, do you want to go watch the planet revolve?' it's much more romantic to say, 'You want to go watch the sun set?' But it's not actually doing that.



So when we talk about attraction when we get a little bit more mature in terms of understanding the principles of creation, we start to realize there really isn't an attraction, even though that's what it looks like at this level.

Now, the reason why this is important and why it's not just semantics is that, as I've already been talking about, when you come from a frame of mind where you're trying to attract something, you are in a mindset that's already incongruent with the truth about you. You're already saying that something is missing, something is lacking, I don't have it.

As it says in the Bible, 'To he who has, more shall be given, but to he who has not, even that which he has will be taken away.' And so it's all about the state of having consciousness. The great mystical statement, 'I am,' it doesn't say 'I was,' it doesn't say, 'I will be,' it says, 'I am.' I am, I have, it's happening now. That's the state of consciousness that is congruent with our true nature, which is that we do have it all and it is happening.

So when we're using the law of attraction to attract, we're already stepping outside of and we're trying to fix a self that doesn't doesn't actually exist. It's a fictional construct in our mind because there is no such self that's lacking anything. The only self that there is is the self that already has it all but it's forever unfolding and emerging in time and space through this process of emergence.

Again, when we try to attract stuff, even if we will our self into a better life, we often bring with us that limited self concept and so we end up attracting more problems or more exacerbated version of our inadequacies. And that's why so many people struggle with trying to improve their life because they're starting off from a premise that's already flawed which is that they're broken or that they're lacking or that something is missing or something is wrong.

The starting point for all true growth and progress is 'I'm already whole and complete, I already have it all. Now, let me find a way to release this which is already in me. As the poet Robert Browning called it the 'imprisoned splendor.'

Rachel: I love that. The thing is I think just operating from the premise of 'I have everything I need' it just makes life funner, because with the whole self-improvement or law of attraction it's never really ending, you can never really appreciate that current moment.

Derek: Yes.



Rachel: I adore what you're saying and just to take this into super practical terms, you're talking about somebody who might want more abundance how he would think a certain way and just have certain conversations. Can you also walk us through some steps they can take if someone is trying to bring more abundance into their life or unlock more abundance?

Derek: Absolutely, and I am going to give everybody free access to an entire video training on emergence as well. So stay tuned and we'll give you that link to that that created just to celebrate the launch of my new book on emergence, which is being released, depending on when you're listening to this it's probably already in stores and you can get it right away. But the fundamental thing is that it's already in you, you have to become aligned with it and you want to stop waiting for conditions to change before you will be capable or ready or able to have the life that you want, you want to start stepping into that life now.

I remember one personal example of this was, there have been a lot of them, but when my first child was born and we, me and my wife lived in a small apartment and we wanted a home to have our child grow up in and we couldn't afford a home, we couldn't even begin to afford a home. Most people would stop there, they would certainly not go out and start looking for homes but having begun to understand this principle I knew that that inner desire for the home, understand the desire from the emergent model is not a sign of what's outside of you that you have to go get, it's a sign of what's inside of you trying to get out.

In fact the word desire comes from the root that means of the sire or of the favor or of the great principle or also from the heavens. So that burning desire that you have for more abundance or more whatever that you're trying to do in your life right now that's a clue of what's already been activated inside of you. You're actually pregnant with it and it's trying to emerge in your life.

I began to recognize this, that that beautiful dream home was already happening vibrationally, I just needed to become congruent to it. So we did a few things. The first thing we did and this is the principle, it's part of the practice is rather than looking at the current place and making it not good enough we started to treat it as if it was the home of our dreams. We started to show up and bring the quality and the feeling and the conversation and the activity into that home as if it was the home of our dreams. I did this also with the job that I had that I hated.

A lot of you might be in jobs that you don't like or relationships that you don't like or environments that you don't like. So you begin to get a sense of what is the

vision of what it is trying to emerge, what is that burning desire? Define that vision, create it, write it down and then ask, 'If I was living that vision fully, who would I be and how would I feel and how would I talk?' And begin to ask how can I bring that into my current home, job, relationship?

As we began to do that we began to really treat this home as if it was our dream home. We began to take care of it, appreciate the little things; we repainted the walls, brought in fresh flowers, whatever we could afford which was not very much. We just began to treat it as if we were already in our dream home. We also used certain proxies that many of you are aware of, like visualization things, not so much to make that vision happen but to get into the vibrational match, to live in that feel and tone that it was already happening.

And then the third step is action. So, the first step is vision, the second step is congruence, the third step is action. We began to say if we really believed it that this was true what else would we do? We realized well, we would start looking for our perfect home. So while we were treating our existing home as if it was our dream home we also began to look for our home as if we could afford it. We started to hang for it, go hang out in the good model homes, have picnics in the park in the neighborhood where we wanted to live, we began to live into the vision as much as we could. And then we'd go home to our current apartment and we would treat it with respect and gratitude and we would bring the joy and the aliveness and the creativity that we thought we would have if we were living in our dream home.

At first there was a lot of contrast, a lot of incongruence. We would leave the model home feeling so inspired, come back to our little apartment and we would feel like, 'God this place is terrible,' and then we knew we had to do more work. We would go back in our congruence, go back to the model homes and come back home again. I remember one day we crossed over the threshold and the feeling was the same. It felt like we were living in our dream home, I felt like I was home and interestingly the need for another home fell away.

Rachel: Yeah, that's what I was going to ask about. Because if you're really believing that you're in your dream home, whatever it is then how do you...I was curious about how you could then start to even want to do other things or want, do you know what I mean?

Derek: Yeah, well so ultimately it fell away. I was at peace, we were content, we were grateful. Then a few days later I had a breakthrough and within about a month and a half after that we were moving into our dream home.

Rachel: Wow, can you tell us a little bit about the breakthrough?

Derek: Remember I talked about the radio station that, your music is playing on a certain station and when you tune in to it the music is already there? Well, imagine there is two stations, one is k-r-i-c-h, KRICH and the other one is k-l-a-c-k KLACK. A lot of us are tuned into, when we're tuned into KLUCK because we're looking at what's missing, we're focused on the problem. The kind of information that comes over that station is, it's congruent with that station, they're probably playing the blues, they probably have a lot of gossip and negative talk radio. But on KRICH it's a very different programming. They're talking about much more empowering stuff, much more inspiring stuff, and a lot of different kind of people listen to that station.

When you tune into the station that's congruent with your vision, you become... you're on a bandwidth that is a match for a level of knowledge, insight and inspiration that you're otherwise not... you don't have access to.

So because I was now tuned in to that station of abundance and the station of the dream home and the station of gratitude, I now had access to a whole different bandwidth of knowledge, information, inspiration and ideas that I could not access otherwise.

In that breakthrough it was like all of a sudden this veil parted, and I could see that we could afford it and that we would afford it. I could see how it would be possible. Whereas before I was blind, now I could see. It was like a blinding awareness and I was like, 'Oh my God, it's done.' Interestingly I talked about Michaelangelo at the beginning of this in writing his biography that one of the biographers talked about when he sculpted the great sculpture of David, David and Goliath, he didn't sculpt David in the moment that David slew Goliath or after he slayed Goliath, he sculpted David in the moment when David knew that he could and that he would slay Goliath.

In that moment, David became congruent with the vision and in that moment even though he hadn't even stepped a foot on the battle field Goliath was already a goner. In that moment, his destiny was sealed.

So for me, in that moment when the congruence happened, I already had my home and then all of a sudden the insight broke through, the awareness, the guidance, the path and everything unfolded from there.

Rachel: Wow, and how long was that total process from starting to want the home to when you got it?

Derek: It was probably less than 90 days.

Rachel: Wow.

Derek: Yes, and I did the same thing when I was working at a job that I hated. I was a waiter and did all the same things, brought all that excellence and leadership and I brought the person I wanted to be to that job, and I got fired from that job three times. Every time I got fired they hired me back because they realized that I hadn't done anything: it was a mistake.

Finally the third time I got fired I stayed fired and I realized that what was happening was that every time I raised my vibrational set point, it was becoming a mismatch for that environment.

Rachel: Wow.

Derek: And so that environment kept spinning me out. That's the interesting thing about this work, it's as you become a match for your vision by showing up fully, one of two things will happen, that environment or that person will change to match you or you will be moved to a person, place or thing that matches you.

Rachel: That's fascinating.

Derek: And so I got fired but after a time or within a few weeks I got hired again somewhere else, and I went from working in a three star restaurant waiting on other people to being wined and dined in five star restaurants around the country. I went from making \$50 a day to making \$1,000 a day, doing work that I loved, work that was more congruent, work that was a match for who I was showing up in life as.

It's important to note that that didn't happen in my future, that happened right there on the job that I hated, by me showing up as if it was the job of my dreams, and bringing that energy and those qualities and that congruence.

Ultimately in our life, this is why I call the process 'emergeengineering' because it's about engineering the emergence of your life, engineering a strategy that makes

you a match for your vision so that you begin to surround yourself inside and out with the people, places, conversations, ideas and activities that represent where you want to go, not where you've been. When you do that, you become a match and that which is inherent and innate within you naturally emerges.

Rachel: I love that. So how does that apply into what you were saying about whatever is missing is what we're not giving?

Derek: Well, it applies very much so, because what I would, what a normal average person would do in that situation is complain about the job, complain about not having enough money to afford a house or whatever is. And they would react to the situation and see themselves as a victim and see their situation as lacking, and see their condition as a cause, rather than seeing it as an effect, and recognizing that they are the source of everything that when you walk into a room or into a job or with your relationship, the only thing you can be is what you bring. Because you are the source.

Now, I don't want to go too far down the rabbit hole, but there is a mystical truth here and that is that you're not really in the world, the whole world is in you. It's in your consciousness. And what you're seeing and experiencing are really dimensions and expressions of your own consciousness. Nothing happens outside of your consciousness. There is no way to get outside of your consciousness.

You are the only cause of your experience and once you understand that and you understand that you have everything already in you, then you begin to understand life doesn't happen to you, it can only happen through you and as you. And that what you're waiting for and you're waiting with and you're waiting it down and this is the ultimate wait loss program, w-a-i-t.

You begin to say, if you find yourself going, 'I wish there was more respect here,' then guess who has to start generating more respect? You do. You begin to first generate it for yourself, so if you're waiting for someone else to respect you, you have to ask, 'If I deeply and completely respected myself, or valued or loved myself, how would I hold myself? How would I be, what would I do? What would I say?' And you have to begin to step in to that, generating self respect, filling yourself up with the qualities that appear to be missing. That's the first step.

This is the law of circulation, because you can't give what you don't have. So you have to first activate it within yourself. Fill yourself up with it, whatever you're trying to get from someone fill yourself up with it, give it to yourself. Then you

cannot keep what you don't give so now you have to start radiating it, circulating it. Wherever you're trying to get that from someone, you now start giving it, you start bringing it, you start respecting them more, valuing them more, loving them more. Not to get anything from them, but because it's all in you, the only way more life can come out of, more can come into your life is if more life comes out of you.

When you start filling yourself up and then filling others up and then filling your environment up, lo and behold you watch as people start treating you differently and then things start showing up in that state of consciousness that you're now generating begins to clothe itself in terms of form and experience.

Rachel: That makes total sense. I can see, for example if someone was wanting to get into a relationship would be loving themselves and then radiating that out. And if they want more wealth and abundance would that be just even if they can't necessarily create money which is what you were talking with the house, it's really appreciating what you have and really feeling the abundance of that.

Derek: Yeah, that's a huge part of it. You can always... because wealth isn't dollar bills. Dollar bills are a symbol of wealth, but they are not the source of wealth. Your consciousness is the source of our wealth, all supply. Even if you don't have much money and you could always give something even if it's just a dime or a nickel to charity or to whatever just to start getting the money flowing, it's called tithing, you can certainly give, even to some little bit that gets circulating. But you can also give complements, you can give support, you can give love, you can give blessings, you can want the best for everyone.

As you start to pray and affirm and forgive and love and serve you are activating that divine substance. And it starts flowing into your life. You start feeling more abundance. As you start activating more gratitude, the universe starts giving you more reasons to be grateful.

Rachel: Now, I'm curious because I know a lot of people identify with being over givers, they feel like they're always just giving. How does that apply to this?

Derek: It's a great question, yeah. That gets into a deeper element which I do go into in the video training about the shadows. Because when people are over giving it's because they have a shadow around being selfish, and they have a mask or an identity around if 'I just give and give and give somebody is going to eventually take care of me or give it back to me'. Or 'I'm a good person when I'm giving and I'm not a good person if I'm receiving.'

There is a deeper work that has to be understood there. Again, I do go into that in the emergence videos training.

But one of the things to understand is that in that situation remember it's not about just giving to others. In the giving cycle the first step is you want to be giving yourself. The law of circulation says you cannot give what you don't have, and you cannot keep what you don't give, and you cannot sustain what you don't receive. It's a complete cycle. It's like people that just over give are people that are always trying to breathe out but they are not breathing in. You can imagine how good that is going to go down.

It's one full breath, you can only breathe out as much as you are willing to breathe in and you can only breathe in as much as you breathe out. It's not separate, giving and receiving are one and the same.

If you're giving and giving and giving and you're feeling burned out, overwhelmed, resentful, why are they not giving to me, why me? You want to look at again what seems to be missing. If you can give voice to it, 'Well I wish they would just give to me some more appreciation, I wish they would give me credit, I wish they would just give me acknowledgment, I wish they would...', 'whatever'.

You have to go back to that first question I said is if I loved, valued, appreciated and respected myself how would I treat myself? What would I do today? How would I hold myself today? How would I be in this relationship?

As you ask that with sincerity you'll start to get guidance that will have you having different conversations, and you'll certainly get the guidance that says, when they ask you to do this thing for them the guidance says say no,' and you're like, 'Oh my God, if I say no they're going to think I'm terrible, I'm selfish and all that.'

But if you honor that guidance that's the beginning of you truly respecting and valuing and filling yourself up. The result of that is you'll start to heal that overwhelm, and that resentment. And eventually because people treat us the way we train them to treat us based on how we treat ourselves, as we start to treat ourselves as the priceless, beautiful being that we are, then the world starts to treat us that way as well.

Rachel: That's such a great answer, thank you. I'm also curious, when you're telling people about love, religion and just the general principles you believe in,



what are the biggest objections that people give you and how do you respond to them?

Derek: Say that again, when I'm talking about the law of emergence...?

Rachel: Yeah, what are the biggest objections? Do people ever say, 'I don't believe this because...'?

Derek: Yeah, obviously the biggest objections are, 'How can you say there is nothing wrong with me or there is nothing missing? Just look at my life, it's a mess.' I can say, 'Yes there is a difference between life and life experience.' Life experience is based on your perception. We don't get what we want or what we believe, we get, we experience what we believe, we don't get what's true necessarily, we get what we believe, what we perceive. Our experience is a relative projection of the infinite perfection. Our experience may look really bad but that doesn't have anything to do with the truth, it just has to do with what we've been believing and accepting and perceiving.

One of the biggest challenges is that we judge by appearances, it's how we've been conditioned. It's why the great teacher said, 'Do not judge by appearances.' That's what all the great master teachers have taught because when you judge by appearances you're just judging based on an old belief, an old idea, an old projection and underneath that there is an infinite perfection that's trying to emerge.

That's one of the big objections obviously, people are like, 'Look at my life, it's terrible. How can you say that I'm perfect?' again, I just say that's an old projection that's not at all the truth about you. The perfection within you is still intact and whole and complete, and when you do this work it will begin to emerge in your life as if you never lost anything because in truth you didn't. That's probably one of the biggest...

I would say that one of the other ones would be, or which we touched upon is, if everything is in me, what does that mean? There is a bunch of dollar bills in me, there is a bunch of jobs inside of me. People don't quite understand, they take it literally instead of spiritually or energetically.

So it's important to know that life is not material, life is not physical, we even know this now in quantum physics it says that all that appears physical material is concentrated light, concentrated energy, or even at the purest level it's just pure consciousness.

We're not trying to generate planes, trains and automobiles out of our consciousness. We're generating the frequency and the energy which is the real substance, the real essence and the real nature of creation. Then that gets interpreted according to our unique pattern and our unique needs and it shows up as the different forms and functions of this world. But we have to be able to re-train ourselves to think spiritually, to think energetically, to think symbolically and to develop our soul senses rather than our physical senses, because our physical senses will always lie to us.

It's like, you know a snail? If you sit in front of a snail and you move away from the snail and then come back again, to the snail it looks like you just disappeared or something because its frequency of perception is so slow. The similar thing is true with us. Our ability to perceive reality is so much slowed down in our physical senses that we can't perceive that actually the whole universe is literally turning on and off a million times a second. It's on off, on off, on off and in every one of those milliseconds where it turns on and turns off again we could literally recreate our whole life.

But we are judging by the senses, which are very slow compared to reality. That's why we can feel solid and look solid and sound the way it does, and that's good because that's how we get to experience this world.

But as we do this work we retrain ourselves to sense more intuitively into the deeper nature of life. It's the deeper nature of our life, and that takes some time and some practice, but even before we're able to see and sense into all of that, if we just follow these simple steps we'll begin to activate our emerging power.

Rachel: That makes total sense. One thing that I have loved to ask I guess and I'm very curious as to what your answer is going to be about this, but I feel like we're all...we are all humans and we all are working, I don't want to say towards something, but we're all...I feel like we're never stopping, we're always evolving.

I'm curious for you, what's something that you're working on right now, not working on in the context of self-improvement, but what's your next thing that you're working towards and how are you getting through it? How are you making that happen?

Derek: Gosh, there are so many things that are unfolding in my life. For me right now from a personal development, conscious development state, there is four stages in spiritual growth and development. There is the first stage where you believe you are the victim of life and life is happening to you, and then you

realize certain principles that allow you to create and manifest and you move into second stage where you realize you're a creator, a manifestor and now you are happening to life.

But that's very limited by our own ego and personality, and so eventually you move into...and that's where the law of attraction exists.

You realize that there is something bigger trying to happen through you. You have to let go of control and move into the third stage which is where you realize life is happening not to you and you are not happening to life, but life is happening through you and as you. That's what where the law of emergence leads. Finally you have to let go of even a personal sense of a self for life and you move into the fourth stage where you realize life is happening as you. That's the stage where it is 'I am.'

I would say for me there has been a profound shift in surrender and letting go of control. There is a deepening of letting go of my ideas and agendas of what I think should or shouldn't be, and surrendering in a deeper way to what's trying to emerge in my life that is beyond what I can imagine.

That's another key distinction is that just as the acorn can't... if an acorn had an identity, a personality it really couldn't imagine what life is going to be like as an oak tree. The acorn if it had its own way would just try to create a better and better acorn life. But when it allows the process of emergence to happen and it's protective shell to crack away, something much bigger than it could ever imagine, something bigger than it's acorn identity emerges. Same thing with the caterpillar and the butterfly. As we grow along this path and we get-- that's kind of where I'm at right now, I'm surrendering all of my ideas even of what I think should or shouldn't unfold to begin to open up to this bigger emerging impulse that is happening on the planet right now, and happening in human consciousness so that I can be an even purer instrument of it. That would be where I'm at right now.

That doesn't mean that I still don't have a lot of things that I want, it's just that I'm practicing letting go of that and opening up to what wants me, what the universe wants to express in me.

Rachel: Yeah, I was going to ask you about that, are you still wanting things? Interesting, that's something I think I'm going to have to think about for a little bit, just digesting all that. I mean, I get the concept and everything, but I'm also just curious how it would affect, to be firmly in stage four, one's daily life on... what's there to want basis. Do you know what I mean?

Derek: Yeah, that's the thing. The ego will trick us into thinking well if I don't want anything then I'm just going to end up doing nothing and becoming nothing and having nothing, what's the point? But actually the exact opposite is true. The more I surrender the more I've let go of control the more it has emerged in my life.

Rachel: Yeah.

Derek: Because the universe isn't neutral. It's not like...remember again, when that seed surrenders to the soil. It's not like nothing happens. That's when the work really starts happening. That's when its real destiny starts emerging. When you are free of attaches when you no longer, as Buddha taught, you're no longer have craving or aversion meaning you're not trying to get, get, get or trying to get rid of in order to be happy and secure but rather you've come to a place of stillness and of completeness and of peace you don't become static, you don't become nothing you become one with everything and that whole abundance of life now gets to express through you without any of the resistance and expressed in you in a way that's beyond and bigger than you can imagine because life... you are a place where the whole universe is conspiring to fulfill itself, to put itself on display.

We talk about the will of God and the will of life is to have more and more of life expressed. When we desire stuff from the old space of thinking that we don't have it then we take ourselves out of alignment with this natural flow. But when we understand desire in the right context what we desire is just an emerging impulse, it's just telling us what's trying to emerge in us. We are not attached to it, we don't struggle with it, we just allow it. And then it unfolds and it unfolds and it unfolds often before we can even want it and before we can figure out how to get it, it just begins to unfold.

Rachel: Great point, great point. As you're talking I'm thinking of those definitely points in my life where I have just let go way better than I could have expected, just kind of let things flow. I'm thinking particularly in my romantic relationships with my ex, I actually had a very... a list of 40 points or things that I wanted in a guy, very specific, they had to have the color eyes all the stuff. And I got that and it was exactly what I wanted and as I said he was my ex. And then when I opened up to how I'd like to feel, without all the crazy criteria, I just got somebody who consistently blows my mind every time, every day.

Derek: Yes, beautiful, that's exactly it. Again, it doesn't mean you can't embrace the things you want, that you can't embrace certain specifics in life, you just don't become attached to them.

Rachel: Right.

Derek: You say I'm willing to have this or better for the highest good of all concerned, so that you're open to the good, you're open to more good than you can imagine. It's like Jesus in the garden of Gethsemane, He is like, 'God if there is any way I can get out of this and I don't have to like go to the cross and do all this crazy stuff, that would be really cool.' But then he follows it up and says, 'Nevertheless not my will, but thy will be done.' In today's [inaudible 00:52:50] that would be, 'Hey, if I can not have to go through this struggle that would be awesome, I'm totally up for not having to struggle,' or, 'If I can have this beautiful, great thing, I'm totally willing to have all this great stuff so I'm open to a life free of struggle and abundance and all that. Nevertheless, I'm not going to hold on to that because I don't humanly know what's best for me. I'm going to surrender my ideas and I'm going to yield to the larger intelligence that's running the show here, and let it have its way and work its magic through me.'

That's another way of saying 'Thy will be done,' knowing that the will of life, the will of the universe is always for a better and better and better expression of life. Always. It just sometimes our egoic limited perspective can blind us from that and we don't really know what's best for us. We think it's best but we don't realize it's just conditioned, just conditioning.

Rachel: Absolutely. This has been awesome, I think that you've shared so many just new frameworks for people to think about and really great practical action steps that people can apply so thank you so much. I would love it if you could just let people know where they can go to find the free video training and anywhere else you want to let them know.

Derek: Absolutely, absolutely yeah, to get the free in depth emergence training you just go to [www.emergencetraining.com](http://www.emergencetraining.com). That's [www.e-m-e-r-g-e-n-c-e-training.com](http://www.e-m-e-r-g-e-n-c-e-training.com), all one word, emergence training.com.

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So, emergencetraining.com and getemergencebook.com and you get a bunch of free bonuses and also a really in depth training.

Rachel: Great, thank you again Derek.

Derek: Thank you, it's been my true honor and pleasure.

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I really appreciate you.

With love,

Rachel Rofé

