

Remy Chausse

Author of Living Life As An Exclamation Point

April 3, 2012

[0:00:00]

Voice Prompt: Last Hope Radio. [Music]

Michael: Welcome to Logical Soul Talk. My name is Michael Craig and I'm your host for this weekly talk radio program. And this is a show where I get to interview some of the best, the brightest and probably the most creative people in the world where we talk about subjects near and dear to my heart.

Now, during this 30-minute program today, I'm going to focus on a special guest. Her name is Remy Chausse. And I'm going to talk about her in just a minute. But first a little background, you see, as a chiropractor for many years I discovered that most people including myself have an underlying pattern of what I call hidden decisions that we made as small children or picked up from our parents, teachers or even our ancestors.

And these subconscious decisions form our reality and affect our motivation and our destiny. Consequently, these hidden decisions can either propel us to greatness or lead us to self-sabotage and failure. Now quite by accident many years ago, I discovered I could access and change these hidden decisions to allow amazing results to happen in my own and other people's lives.

And you can get more information on my techniques and how I'm train – how I'm training coaches and others to use and spread this technology at www.mycoachtraining.com. And my goal today as it is in every show is that you walk away with something powerful that you can use in your life that will add to your motivation and nourish what I call your seed of success.

So, whether you're a coach or just want to transform your life, this show is for you. So, listen up and take notes. After about 10 or 15 minutes, I invite you to call in with your comments and your questions. Our show hotline, by the way, is area code 347-843-4544. That's 347-843-4544. And if you're listening to this as a recorded podcast, you won't be able to call in. But thank you for listening anyway.

Again, I'm Dr. Michael Craig. Our special guest tonight on Logical Soul Talk is Remy Chausse. I hope I'm pronouncing that correctly. She's a bestselling author of *Living Life As An Exclamation Point*. You can get that on Amazon and elsewhere

And she's a speaker. She's a writer. She gives her real life story where she had an experience at age 12 which I want her to tell you about and how it brought her the strength that she has to

do and what she does today. She has a real interesting story and her passion is to help others turn their challenges upside down from teardrops that she calls them to exclamation points.

And she's done this throughout her life and as a teen she earned awards as a tennis player and an international designer. And she was part of a dance troupe and is a business professional. She has inspired people all around the globe sharing her breakthrough methods for personal fulfillment and professional success.

And she also acknowledges that optimism can be an advantage but it's not enough to live life without struggle. She believes that we all have at least one true passion in life and that a purpose for being here for most people is that they don't know what it is. So, with some help, she helps people get back to that and find their exclamation point as it were.

Without further ado, I'm going to bring out Remy. Is that how you pronounce your name, right? Remy Chausse, is that correct?

Remy: Yeah, I get that – that's brilliant. You know, I get all kinds of pronunciations on my name because it's French and -

Michael: Uh huh.

Remy: ...you're doing a fine, fine job. **[Laughter]**

Michael: Excellent. Well, I'm married to a German so I have to keep my accents - **[Laughter]** put my accent –

[Crosstalk]

Remy: ...get your accent straight.

Michael: ...my accents in the right syllable and then I'm fine.

Remy: **[Laughter]**

Michael: So, I'd just want to welcome you to the show, Remy.

Remy: Thank you.

Michael: I appreciate you coming on.

[Crosstalk]

Michael: I had a chance to check out some of your videos. She's got an interesting – I think it's remychausse.com. Is that correct?

Remy: Yeah.

Michael: Can you get –

[Crosstalk]

Remy: That's right but you have to spell it. **[Laughter]**

Michael: Yeah, that's R-E-M-Y-C-H-A-U-S-S-E.com.

Remy: Yeah.

Michael: And you can get her free video which I found quite interesting. She goes, "Talking from teardrops to exclamation points." I thought that was a very appropriate metaphor there. And challenges about money and finding your values and how negatives can be flipped in to positive and something called your inner GPS system which I'll ask you about later on.

Remy: Yeah, yeah.

Michael: But first...first, Remy, tell me a little about how you...how you got started. What – you said something about – something happen to you at age 12 that changed your life – and what we do on this show is talk about early decisions. Things – decisions -

Remy: Yeah.

Michael: ...that you made that created your life the way it is. So, you're obviously, in a trajectory towards success right now but what was the – what were the experiences and the decisions you made early in life that led you to where you are right now?

Remy: Well, you know, Michael, I first want to tell especially your females in the audience where the exclamations points and the teardrops came from.

[0:05:02]

I was at a speaking engagement one day and I thought I'm going to run to the mall and get some little exclamation point earrings because I'm a girl. And as I walked around, I realized that all I could find were, you know, heart and stars and teardrops. And in the jewelry industry, I think probably 90% of women's earrings are in a teardrop shape.

And I was playing with them. I thought well, look at that. You flip a teardrop on its head and you get an exclamation point instead. And so, I ran to the mall buying up all these teardrop earrings and went to the jeweler and had him modify all of them just flip them upside down and turn them in to exclamation points because it really is that easy when you want to take a challenge and flip it on its head. It really is just as easy as looking at what's the opposite or let's turn it upside down.

Michael: Uh huh, interesting.

Remy: Yeah.

Michael: So, what...what was a teardrop? You had a teardrop at age 12 as I understand. You have –

[Crosstalk]

Remy: I had teardrops at age 12 with a home invasion...with a -

Michael: Yeah.

Remy: ...home invasion. Yeah.

Michael: Wow, that's -

[Crosstalk]

Remy: It was kind of creepy. My mother... my mother had designed the house, custom designed right near NASA when I was growing up - this was in the '60s - without any windows because she had a fear of peeping Toms.

Michael: Wow.

Remy: And so, we did have - she also raised monkeys and the monkeys' room was right next door to mine if you can imagine that. They had a window so they could go outside play in their big cage but the rest of the house had no windows.

Michael: **[Laughter]**

Remy: So, one night I hear this loud thud that sounded like a monkey had been thrown against the wall that adjoined, you know, my bedroom to their room and it just scared the daylights out of me. And sure enough, somebody was breaking in. And I thought if I make a run for the front door, they're going to see me whoever is in the house and I was just terrified.

But I may run for the front door, run across the street to my girlfriend's house Lisa and her dad was working on a car in the driveway. And being from Texas, you know, the first thing he did was he was stomped through his own house in his own cowboy boots, pulled out his shotgun because that's -

Michael: Right.

Remy: ...normal in Texas in those days and took his German shepherd back to my house. Shut her in the front door. Sat in my driveway like a riffle man and waited for the cops to come.

Michael: **[Laughter]**

Remy: And they came and the burglars have gotten away. They fell in to the pool and ran over the back - then they...they got away. But when my mother got home, she called me a liar. She didn't believe me. She totally invalidated me and said I made the whole thing up.

And Lisa's dad did believe me. It was like I mattered. And I sat in the driveway just bawling not because of the home invasion because I mattered to somebody.

Michael: Uh huh.

Remy: And that was one of those early life decisions to be around people who recognize and honor who you are.

Michael: Uh huh.

Remy: Yeah.

Michael: Exactly. So, it was your neighbor's dad that did that and -

Remy: Yeah.

Michael: ...so neither one of your parents bought in to it, huh.

Remy: No, no, no.

Michael: Oh.

Remy: **[Laughter]** No. My mother -

Michael: Yeah.

Remy: ...thought that I made it up so I could go spend the night at Lisa's house and flirt with her big brother. And I'm thinking this is so insane. The cop reports didn't matter. And so, that's why the opening book – opening chapter in my book is called "Overcoming Invalidation" because I think we sometimes let people around us that, you know, squash us and tell us that we're not real and what we think doesn't matter.

Michael: Yeah, I had a similar experience when I was a kid. I was at summer camp and got on this bus that was reserved for the kids who paid more at summer camp to take them on this big excursion.

Remy: Yeah.

Michael: And I just got on the bus and went on a big excursion with them. And **[Laughter]** -

Remy: **[Laughter]**

Michael: ...and later on I got back and the friends of my parents were actually on the bus too and then when I got back, he totally denied I was on the bus. **[Laughter]** And it was like he was sort of embarrassed I would imagine.

Remy: Yeah, yeah.

Michael: But...but the point is that yeah, it's like you think you're telling the truth as a kid and suddenly you find out that adults don't want to hear truth or else they – yeah.

Remy: Yeah.

Michael: Interesting, interesting. So, tell me about your book. When do that coming out?

Remy: The book has been out. It came out a few months ago. It's been very popular. I love it when somebody walks up and says, "It's like you wrote the book for me."

Michael: Wow.

Remy: I just love that.

Michael: Okay.

Remy: Yeah.

Michael: Well, tell me about your inner GPS system. I like that in your fourth video, I believe it was. You talked about whether you're going for the status quo or you're moving forward. And -

Remy: Yeah.

Michael: ...you talked about paying attention to nature signals.

Remy: Yeah.

Michael: You mentioned something - and the reason it interested me is because I use a technique muscle testing which is to test how you feel inside and test whether or not you're going in this direction or that direction.

Remy: Uh huh.

Michael: Apparently, you just sort of tuning in to a feeling about the thing.

Remy: Yeah.

Michael: Tell me a little bit more about that.

Remy: Well, it's a feeling. It's the difference between contraction and expansion. It's like your red light/green light signal.

Michael: Right.

Remy: And you know, you have these moments where - I'll give you for instance. When I lived in Texas a long, long time ago, I pulled up in front of a convention center for some trade show. And I just turned and looked back at my car and I didn't know why. And I walked a few more steps and turned and looked back at my car again.

I couldn't figure out what this obsession was to turn and look at my car. And the last time I turned and looked, there was a car parked right next to me that had 4 or 5 young guys in it, you know, college guys in it. And I just felt, well, it's probably nothing. And then when I came back out of the tradeshow, my car had been stolen.

[0:10:03]

Michael: Wow.

Remy: Most likely...most likely by the fellow sitting next to me because they were obviously up to no good but it was that little...that little feeling of contraction -

Michael: Uh huh, uh huh.

Remy: ...you know, whereas you might get an opportunity for a new job and you're just dancing to the house and singing at the top of your lungs and you're feeling expanded -

Michael: Uh huh.

Remy: ...rather than having these little doubts and questions creep in which make you feel contracted.

Michael: Right.

Remy: So, it – yeah, it's your own little red light/green light.

Michael: I tell you, that's...that's something that a lot of people particularly women pay more attention to than men -

Remy: Yeah.

Michael: ...quite frankly -

Remy: Yeah.

Michael: ...because men just tend to sort of – just sort of have a go and go for it and -

Remy: Yeah.

Michael: ...feelings don't matter in some way.

Remy: Yeah.

Michael: You know, rightly or wrongly, that's how men think. So -

Remy: Yeah.

Michael: ...but women seem to be more in touch with that...that intuition. And I found that even testing men sometimes in muscle testing, it's like the macho thing. They're not going to weak no matter what.

Remy: Uh huh.

Michael: But it's an interesting thing that if you're open to feedback, then you can get that inner voice speaking to you.

Remy: Yeah.

Michael: Or get a read on the muscle test or whatever that is whereas if you're not open to it, it doesn't matter what you do, you're going to be shut down. And I guess that involves a decision, doesn't it?

Remy: Well, I know I carry a very strong male energy I have my whole life. And for my first 40 years, I walked around saying I just don't have intuition. I just don't. I mean that's what a story I told myself. **[Laughter]**

Michael: Yeah. Wow.

Remy: Turned out it was -

Michael: Okay.

Remy: ...lie. **[Laughter]**

Michael: So, you learned to recapture that I suppose – I take it.

Remy: Yeah, yeah.

Michael: Yeah.

Remy: I think it just a matter – if you can think of three times, three situations in your life where you knew better, maybe it was getting in to the wrong relationship or use that I knew better than to do that -

Michael: Yup, I've been there.

Remy: ...if you can remember -

Michael: **[Laughter]**

Remy: ...three times then see if you can remember three more. And if you'll sit and make a list, you'll find that these instincts had been with you your whole life. You just didn't know that's what it was.

Michael: Right.

Remy: Yeah.

Michael: Now, you're doing an interesting process here. You say think of the obstacle and then list – I think it was five possible solutions -

Remy: Oh, yeah.

Michael: ...and then you go in to the – is it red, green or yellow? And do you want to talk a little bit about that and how that works?

Remy: Well, I kind of look at it like this. If you...if you have a challenge or an obstacle, if you can come up with one positive about it, you can come up with five. And if you can come up with

five, you can come up with ten. And if you can come up with ten, you can come up with twenty positive things. And before you ever get to twenty, you'll find the actual solution. You'll find your green light.

Michael: That's a good thing to know. I'm going to -

Remy: Yeah.

Michael: ...I'm going to use it.

Remy: Yeah, start with one. **[Laughter]**

Michael: Right, start with the first one. You got it.

Remy: You start -

Michael: What -

Remy: ...with the first one.

Michael: Tell me – now you talked about intuition and red light, green lights and yellow lights and stuff. Was that when you were a real estate and you were doing a real estate thing back in 2007 I think before the crash happen and -

Remy: Yeah.

Michael: ...you were a real estate agent and an investor. I was an investor so I understand. I sort of have been where you are – where you were.

Remy: Oh, yeah, yeah.

Michael: Tell us what happen then and what happen after that.

Remy: You mean the transition in to the book or are you –

[Crosstalk]

Michael: Well, the transition from, you know, how you handle the change, the crash and -

Remy: The change? **[Laughter]**

Michael: ...real estate changes and things like that was going on...what was going on with you then? It's interesting to hear the story -

Remy: Yeah.

Michael: ...about it because you write about it in your book. So –

[Crosstalk]

Remy: Yeah, I wrote about it in the book. I went in to the office one day and noticed that my manager and my broker were – they're like have these question marks swimming overhead. They didn't know what to do. Nobody knew what to do at that time.

Michael: Uh huh.

Remy: And I remember thinking, well, I'm going to go out and interview some real estate agents, some popular ones that are still feeling success and see what they're doing.

Michael: Uh huh.

Remy: And I noticed that as I did that these agents wouldn't answer the questions that I was asking them. They would not answer the interview questions. I would say, "What do you do here and what have you done here?" Instead they were answering in beingness questions like, "You know, what attitude do you have? What's your beingness? Who are you? Are you showing up as a real person?"

Michael: Uh huh.

Remy: And I – and so, that's when I decided to write a book and it began to morphed from a real estate book in to a beingness versus doingness book. Then it morphed in to an optimism book and then I was out for a walk one day.

Oh, gosh, this was around sunset. And I walked past this old Victorian house and there were some small children playing inside the front door. The front door was wide open and they were in their underwear. So, I'm thinking they must have just had a bath.

And the pizza delivery guy pulled up right in front of the house and he steps out with his pizza, right? And there's one little boy in his underwear comes cheering down the front sidewalk screaming, "Pizza!" **[Laughter]**

Michael: **[Laughter]**

Remy: And I'm thinking he's going to knock this poor guy over, right? He's spinning circles around the guy's waist, "Pizza! Pizza!" And the poor guy is trying not to drop it, right?

Michael: Uh huh.

Remy: And I thought now secretly on the inside, isn't that how we all feel when the pizza comes?

Michael: Right.

Remy: And I thought that little kid has his exclamation point and that's really how the book kind of morphed from being about real estate into being about optimism.

Michael: Isn't that true it's like we're kids, we all have that exclamation point. We all have that...that -

Remy: Yeah.

Michael: ...that wow factor. You know, like everything is a wow like look at the shiny red car, look at - everything is new, you know.

Remy: Yeah, I mean –

[Crosstalk]

Remy: ...which one feels different? Let's get a pizza, period or let's get a pizza, exclamation point?

Michael: **[Laughter]**

[0:15:00]

Remy: **[Laughter]**

Michael: Well, sounds like you're enjoying life now. What are you doing besides – I mean **[Audio Glitch]** your book obviously, you're promoting that. What else going on in your life Remy?

Remy: Well, I've got some great, great programs around finding your passionate life. We just wrapped up one at findyourpassionatelife.com which – this is probably the biggest question I get is how do you find your passions? How do you find your purpose?

Michael: Uh huh.

Remy: And I just did some research on this last week and this is going to stun you. 35 million people in America when asked, "What's your greatest fear?" It's been, "I won't be able to find my purpose in life or then I find it and I won't know how to fulfill it." It was kind of a stunning number to me.

Michael: You said 30 million people?

Remy: 35 million people -

Michael: 35 -

Remy: ...just in America.

Michael: Uh huh.

Remy: Yeah, that doesn't include Australia and England and all of our other friends.

Michael: Right.

Remy: Yeah.

Michael: They've – now, 35 million people could not find their – or that they had the fear that they wouldn't be able to find it. So, which isn't -

Remy: When asked, "What's your greatest fear?"

Michael: Uh huh.

Remy: Yeah.

Michael: And where did you find that from? I'm just curious on the source on that?

Remy: I just did -

Michael: Or -

Remy: ...an independent research, yeah.

Michael: Okay. Okay, so you asked –

[Crosstalk]

Remy: Yeah.

Michael: So, you asked people what their greatest fear was and that's what you got back.

Remy: I went...I went on some different websites that were polling about -

Michael: Uh huh.

Remy: ...about fear, about what -

Michael: I see.

Remy: ...your greatest fear, yeah.

Michael: I see.

Remy: I picked a couple of books, yeah.

Michael: Okay, excellent. Yeah, I'm always taking notes here because I'm curious as to how this – the information comes about because -

Remy: Yeah.

Michael: ...I do a lot of the same thing. So, thank you for that. Appreciate it.

Remy: Yeah, yeah.

Michael: What else do you want to share with people about your book?

Remy: Well, hmmm, good question. I would say that when you're thinking in terms of looking for your passions, I can give you a couple of warm up questions.

Michael: Uh huh. Okay, shoot.

Remy: One would be, "A natural euphoria comes over me when I'm - blank."

Michael: Ah.

Remy: Yeah.

Michael: Uh huh.

Remy: Or, "I'm not very good at it but I love to - blank."

Michael: Uh huh.

Remy: Or one of my favorites, "You'd be surprised to find out this secret about me that I really love to - blank."

Michael: Hah.

Remy: Yeah.

Michael: Okay.

Remy: Good warm up questions.

Michael: Interesting why you ask the questions.

Remy: Yeah.

Michael: You use that in your workshop I think.

Remy: Say that again, Michael?

Michael: I think you have a workshop that you teach also. Is that correct?

Remy: Yeah, yeah. That's a -

Michael: That you use those in it?

Remy: Yeah, the findyourpassionatelife.com, we cover passions and then we go even deeper in to purpose because the thing about purpose is that while passions could just be a hobby, it's nothing that you really need to monetize or do anything with. It's just what brings you joy.

Michael: Uh huh.

Remy: When you go deeper in to purpose, now you're getting of the comfort area and out of the work, work, work and you begin to look at how can I make a difference on the planet? What's my -

Michael: Correct.

Remy: ...calling? What's my reason for being here?

Michael: Right.

Remy: Yeah.

Michael: Yeah, that's...that's really the deepest thing there is and it's sort of like the why like Mitra [0:17:52] [Phonetic] says you can – with any why, you can overcome any how which is real, real powerful thing. That's a really powerful statement for me because it changed my **[Audio Glitch]**.

So, we're talking with Remy Chausse. I believe that's how you pronounce it. And we're on Logical – I'm Dr. Michael Craig. This is Logical Soul Talk. The call in number: area code 347-843-4544. Please call in and press 1 to raise your hand and ask Remy a question or make a comment. Anything you want to talk about, we're here to talk. Remy can answer questions or just want to say hi, do that as well. So, 347-843-4544 is the number.

If you're listening to this as a recorded podcast, you won't be able to call in. But again, thank you for listening and I hope you stay tuned every Tuesday or check in to Logical Soul Talk on blogtalkradio.com to hear more great interviews.

Now, Remy, you've got some – tell us about – I think it was a second video that you present. The videos, by the way, you can go to remy – I think it's remychausse.com, is that correct where they get -

Remy: That's right.

Michael: ...the free video series? And you can get – I think the second video talked about challenges about money. And the real thing – you talked something about personal values and purpose and also personal truth deep down.

Remy: Uh huh.

Michael: Talk a little bit about that and give your solution to that because you had a real elegant solution on that.

Remy: Well, I wish that I had a photographic memory of what those five free videos are and I just don't. **[Laughter]**

Michael: Oh, okay. Well, I tell you what -

Remy: And I...and I -

Michael: ...I'll just ask you then. **[Laughter]**

Remy: No – I tell you what because it’s a funny story why. I was sitting down with somebody the other day and I said, “I’m ready to create a revolution.” And she’s like, “What kind of revolution?” And I’m like, “On how to get unstuck revolution.”

And so, I’ve been actually compiling – I’ve got hundreds of tips on how to get unstuck. So, remember the five that are on the video – that are on the website, I don’t remember.
[Laughter]

Michael: **[Laughter]**

Remy: So, I was like **[Audio Glitch]**.

Michael: You got – you got to me exclamation points floating around in there, Remy. **[Laughter]**
I guess it’s -

Remy: I know right.

Michael: Okay.

Remy: I can -

Michael: I think.

Remy: ...give you five brand new tips on how to get unstuck in you like though. **[Laughter]**

Michael: **[Laughter]**

Remy: But I may not have a photographic memory on those. **[Laughter]**

Michael: Right. I think it was sort of you talked about personal values and –

[0:20:00]

Remy: Uh huh.

Michael: ...you said so I just took a few notes here. I wish I didn’t – I took better notes but they were just like one or two-word things here. You’re talking about personal values, finding your purpose and then finding your personal truth deep down inside which I thought was quite interesting because I do the same kind of work in terms of digging down what are the deepest decisions –

[Crosstalk]

Remy: Yeah.

Michael: ...you call in personal truths that -

Remy: Yeah.

Michael:affect your...affect your life and how can you change that and -

Remy: Yeah.

Michael: ...very interesting –

[Crosstalk]

Remy: You know, I mean –

Michael: **[Audio Glitch]**

Remy: ...I'll do this with people sometime when they say that their feeling is stuck, I'll ask them, "Well, let's find something to believe in. Let's make a list of what do you believe in."

Michael: Uh huh.

Remy: And I was with a gal the other day and she said, "Well, me. I believe in me." And she said, "I believe in God. I believe in Divine order. I believe that things happen for a reason." So, when you find something to believe in instead of telling yourself your own life that had been floating around in your head, then often can pull you out of being stuck.

And it's funny when I asked people this question, "Find something to believe in," me is often the very first answer they come up with.

Michael: Hmmm.

Remy: Yeah.

Michael: Believe **[Audio Glitch]** -

Remy: You would think so by listening to them but **[Laughter]** -

Michael: Right. Well, the idea of me.

Remy: Yeah.

Michael: So, yeah. Then the next question is who are you?

Remy: Yeah, exactly. **[Laughter]** Yeah, that's why we have to start -

Michael: And then we start to **[Audio Glitch]**. Yeah.

Remy: **[Laughter]** Yeah. And then often I let people know that it's our excuses that keep us stuck and so, we want to write down all those reasons that we think we can't do something. Write down 20 of them, a hundred of them, 14 pages of them right until next Tuesday if you need to but at some point, your brain will actually make a switch and begin to argue with you. And it'll start coming up with all the reasons why you can do something.

Michael: Wow.

Remy: And that again is about finding your own values and finding – learning to believe in yourself again.

Michael: Right. You seem to be very creative, energetic person, Remy and I imagine growing up with monkeys next to you has something to with that. **[Laughter]**

Remy: **[Laughter]** Many idea –

[Crosstalk]

Michael: Yeah, I find that a fascinating story like well, we don't have any windows in the house but we have lots of monkeys in the room next –

[Crosstalk]

Remy: We have some monkeys running around. **[Laughter]**

Michael: A fascinating story. I like that.

Remy: **[Laughter]**

Michael: The book, you know, itself how to live with monkeys with no and no windows –

[Crosstalk]

Remy: **[Laughter]**

Michael: **[Laughter]** No windows and monkeys, fascinating. Only in Texas I guess. **[Laughter]**

Remy: Only in Texas. That's right. Well, like I say this is -

Michael: Right.

Remy: ...back in the '60s when we didn't have homeowners associations to tell us to –

[Crosstalk]

Michael: **[Laughter]** All right.

Remy: **[Laughter]**

Michael: Well, that's good old days, right? Okay. Is there anything **[Audio Glitch]**? We're talking with Remy Chausse. She's not French but she has a French name. And the phone number to call in is 347-843-4544. This is Logical Soul Talk. I'm Dr. Michael Craig. Please call in. Ask a question. Make a comment. Do whatever you want. We're here. Remy, tell me about something interesting...something interesting you discovered this week.

Remy: Oh, gosh, that's a good question. I'll tell you my favorite thing I learned this week.

Michael: Okay.

Remy: And that is the difference between - how deep can I go? **[Laughter]**

Michael: Hey, we're pretty deep here on the show. We -

Remy: **[Laughter]**

Michael: ...really know sort of stuff. So, go ahead. Try me.

Remy: I was interviewing somebody for - I do a video series for my own Facebook forum and I was interviewing a fellow named Tom Moore.

Michael: Uh huh.

Remy: And he's an angel expert.

Michael: Uh huh, okay.

Remy: And he came up with what he says is the only spiritual tool that you'll ever need. And that is to -

Michael: Oh, wow.

Remy: ...always ask your guardian angel for a most benevolent outcome.

Michael: All right, okay.

Remy: He believes that we all have at least one guardian angel. And so, we have this network of guardian angels on the entire planet. So, when we ask for a most benevolent outcome, our guardian angel, my guardian angel will go and talk to your guardian angel.

Michael: Uh huh.

Remy: They'll get together and help create a most benevolent outcome for both of us. **[Laughter]**

Michael: Interesting -

Remy: Yeah, I thought it was fascinating.

Michael: That's - it's so fascinating to see how things are express so differently. I was talking to Joe Vitale the other day. You know, you probably -

Remy: Yeah.

Michael: ...heard him.

Remy: Oh, yes.

Michael: His – but he was talking about the process. He wrote a book called *Zero Limits* with this – with the – a guy – Hawaiian guy, doctor. And they used a process called the new - or the personal ID or whatever it is, Ho'oponopono –

[Crosstalk]

Remy: Yes.

Michael: ...pronounce it. Anyway -

Remy: Yeah.

Michael: ...it's a fascinating process where he's talking about basically you take total responsibility, complete responsibility for everything that comes in to your mind and in your heart and then basically you say, "I love you. I'm sorry. Please forgive me and thank you."

Remy: Yeah.

Michael: The whole thing -

Remy: Yeah.

Michael: ...is directed towards any negativity that exist which I would imagine is very similar to the guardian angel concept of just throwing it out there because really, if you look in to the Huna or Hawaiian hierarchy of understanding of – what's the word I'm looking for here? Celestial -

Remy: Yeah.

Michael: ...hierarchy, they're talking about everything as yourself. We've got a high, middle and low self and above the high self is the divinity or the company of high self is what Max Freedom Long talked about in his books, early books. And very interesting how –

[0:25:10]

Remy: Uh huh.

Michael: ...you know, this whole thing just sort of ties together. So, a very good -

Remy: Yeah, I -

Michael: ...thing to learn. Thank you for sharing that. That's -

Remy: Yeah.

Michael: ...that's fascinating. Tom Moore, his – is what? Is he an author or –

[Crosstalk]

Remy: He's an author – yeah, he's an author. His book is called *The Gentle Way*.

Michael: Uh huh.

Remy: And he had so many people write him e-mails about how they had been using this concept at the most benevolent outcome.

Michael: Uh huh.

Remy: Then his second book is nothing but those stories which I think is pretty cool.

Michael: Excellent.

Remy: And I use it myself. I drove down to San Diego when I wanted to get – they have this store there that makes handmade peanut butter -

Michael: Uh huh.

Remy: ...spread. It's really fantastic. And so, I drove all the way down there several hours away and could not get a parking spot to save my life. It was Friday night, date night. And I circled the block a few times and I was just about to give up. And then I said, "Okay, dear angels, I'm asking for most benevolent outcome for a front door parking space. Thank you."

And I spun around the block and there was nothing there. And I thought, "Oh, well, I give up. I'm going home." And I hit on a one-way sign and I had to circle a block the other direction. And when I did, there were three empty parking spaces right in front of the front door. **[Laughter]**

Michael: Hmm.

Remy: It's so funny.

Michael: Wow.

Remy: Yeah, yeah.

Michael: That...that works.

Remy: It's been working –

[Crosstalk]

Remy: ...for me. It's probably the big thing in a week. **[Laughter]**

Michael: Right. I think getting in touch with that, that's powerful. That's powerful.

Remy: Yeah.

Michael: That's a good demonstration. I love those demonstrations. Every once in a while, it work for me. **[Laughter]**

Remy: Yeah. Yes. **[Laughter]**

Michael: **[Audio Glitch]** it's not my world that that will be done but, you know, they do work occasionally.

Remy: Yes.

Michael: So -

Remy: Exactly, exactly.

Michael: Fascinating. So, do you have any animals now? I mean you had monkeys growing up. Do you keep pets now?

[Crosstalk]

Remy: ...yes. No. I just have my cat Boo right now. How about you?

Michael: Well, our cat died last August.

Remy: Oh.

Michael: And we've been mourning ever since. Haven't gotten another one -

Remy: Yeah.

Michael: ...yet but we're holding out for a good one here. So, we're going to get another one soon I hope. So -

Remy: I know a lot of people say that you can't replace the old pet but I got to tell you, it's the best medicine.

Michael: Oh, yeah. I know it is.

Remy: Yeah, yeah.

Michael: I've been just so busy. I haven't, you know, taken the time I guess as -

[Crosstalk]

Remy: Yeah, yeah. Exactly.

Michael: So, do you have a family, Remy?

Remy: I do have family. I do have family. My mom still lives in Texas, yeeha. **[Laughter]**

Michael: Okay. Is she still live in a windowless house or she got windows now?

Remy: I think she's got windows now. **[Laughter]**

Michael: **[Laughter]**

Remy: I have not seen the house. She built the house but I don't think in this day and age that any city would approve plans for house without windows.

Michael: **[Laughter]**

Remy: **[Laughter]**

Michael: Yeah, I think they want you to be able to escape.

Remy: Exactly, exactly –

[Crosstalk]

Michael: ...is too big a thing, yeah.

Remy: **[Laughter]**

Michael: Interesting story. Shout out to – what's her name? Michelle Ray [0:27:41] [Phonetic] or -

Remy: Susan. Susan is her name. Yeah, we'll give her a shout out.

Michael: Okay. Well-

Remy: Yeah.

Michael: ...hey, Susan, I hope you're listening in and your daughter is doing a great job here. So, thank - **[Laughter]**

Remy: **[Laughter]**

Michael: ...thank her for sharing the monkey story – I mean, you know, being there.

Remy: That's right, that's right.

Michael: And you should believe her because she's telling the truth now. Okay, so -

Remy: **[Laughter]**

Michael: **[Laughter]** Remy, it's been a delight talking to you. We just got another minute here. Anything else you want to say? We got 30 seconds for you.

Remy: 30 seconds – any challenge, any negative can be flipped in to a positive. It may take a little time but start with that one positive thing and it'll happen for you. It might happen in the next hour. It might happen in the next year.

Michael: Wow. Okay. Well, I believe that and those of you who are listening, this is Remy Chausse. She's written a **[Audio Glitch]** and her book is from – hold on a second. Her book is called *Living Life as an Exclamation Point*. And you go to remychausse.com. That's R-E-M-Y-C-H-A-U-S-S-E.com and get her free videos. And you can order a book there and so forth.

This is Dr. Michael Craig. This is Logical Soul Talk. Next week, we're going to talk with Coach Phyllis Reardon. We're going to talk about life coaching and her experiences with that and what she can share with you.

It will be a live call in so you'll be able to call and ask her, Coach Reardon – Coach Phyllis as she calls herself, your questions about life and how to set goals, how to be accountable or how to get accountability for which you want to achieve in life. So, join us on the 10th of April, that's Tuesday afternoon or evening at 6 p.m. Eastern Time **[Music]** that's Eastern Time on Logical Soul Talk.

And this is Dr. Michael Craig. Thank you for joining us **[Audio Glitch]**. **[Music]**

[0:30:00]

Michael: So, Remy. Are you still there?

Remy: Yes.

Michael: Oh, okay. Normally, we'll just have a minute here at the end where you can talk and if you want to just say something that you meant to say during the show, you can say it now and people – it's not streaming live. So, people - listening live but it is -

Remy: Yeah.

Michael: ...a recorded podcast later. So anything you wanted to share with people, any last minute thoughts?

Remy: Well, probably the biggest question that I get is how to stay positive around negative people.

Michael: Uh huh.

Remy: And there's a price because I thought **[Audio Glitch]** about this for years and years, the technique that I use is a gesture, not a gesture you think of. It's -

Michael: Uh huh.

Remy: ...it's stop sign hand. If somebody says something inappropriate to you or they begin to speak negatively, you put up your stop sign hand. If they're being really negative, block their visual so they can't see your eyes -

Michael: Uh huh.

Remy: ...and it'll cause them to – it'll break their train of thought. And for most people, they'll stop and think, "I'm sorry. I was being inappropriate." I mean they'll stop and question what they just said.

Michael: Uh huh.

Remy: Yeah.

Michael: Uh huh. Interesting.

Remy: Yeah.

Michael: That's a good technique, that's a good tip.

Remy: Yeah, it's one of my -

Michael: Great.

Remy: ...favorites.

Michael: Well, thank you for sharing.

Remy: Yeah.

Michael: Remy, it's been a real pleasure and I wish you the best for your book and your website and your courses and we'll have to have you on again sometime. So -

Remy: Perfect, fabulous.

Michael: ...keep us inform what's going on and I'm on your list now. So, I'll probably hear about it. So -

Remy: Okay. **[Laughter]**

Michael: **[Laughter]**

Remy: Thank you, Michael. I appreciate it.

Michael: So, take care and thank you for joining us, Remy and I'll -

Remy: Thank you.

Michael: ...talk to you again soon. Bye-bye.

Remy: Okay, bye.

[0:31:27]

End of Audio