

Episode 573

[INTRODUCTION]

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FT: You're listening to So Money everyone, welcome back, I'm your host Farnoosh Torabi, Happy May, May 15th, the day after mother's day. Hope you all had a good mother's day and in some circles, today's guest is the mother of spirituality.

You might know her very well, she's been on the show before and her episode was an absolute hit so I'm really excited to have back on So Money, Danielle LaPorte, she has a brand new book out called white hot truth, clarity for keeping it real on your spiritual path from one seeker to another.

Because I mean, between all of the juice cleanses and yoga classes and meditation apps, where do I begin and where do I end? She believes that as a society, we have really gone overboard. As a society, we encourage self-help over all suffering from a self-help burnout, Danielle says and so on the show, we're going to talk about how to be your own guru so you can actually save some money and not invest in all this other resources.

It's actually a realization that she had herself, she takes us through her own trials and tribulations as a self-help guru, she's also reached out for self-help and what's worked, what hasn't and the money list that she does on a regular basis to help her stay aligned with her purpose. Here is Danielle LaPorte.

[INTERVIEW]

FT: Danielle LaPorte, welcome back to So Money, you know, you were one of my very first guest, one of the most popular episodes ever recorded, I'm so humbled, so grateful to have you back on the show, welcome.

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DL: Thank you, I love knowing that, that's like such a boost. That's a great note to start on.

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FT: Lots has happened since the two years we've last connected, you have a new book out called white hot truth and we're going to dive into it in just a moment and really, the premise is that our society is self-help obsessed and amen to that because if I see one more motivational image on Instagram, or I hear about one more new cleanse diet, et cetera or why I should be taking trans and dental meditation, my head might explode.

Many of us are burnt out. What happened, how did we get so lost, is it just that it's such a great money making industry and people can't help themselves to keep introducing all this new stuff to us? Or really, we're kind of on the treadmill to nowhere when it comes to self-discovery?

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DL: I think the answer is both, I don't think we're on the treadmill to nowhere. I think that this is part of an evolution, I think everything is progress, this is part of waking up, there's lot so of beautiful things happening. I think we've always been lost, this is part of the human predicament and the more to coil, whether you know, we were just going to small churches in rural communities and handing our power over to the minister at that time.

We give our power away, that is what we do. As part of being human but more importantly and this is what I want to throw a light on, giving our power away and all of the self-help tactics and the spiritual seeking is part of waking up, it's part of resting our power back.

Everything that's in the self-help personal development, wellness movement is all good and well, we just need to be choosing it very consciously and it's not about duty, it's got to be about conscious choices, this isn't about getting better, it's about doing things because we really feel empowered, it's about doing it from a place of joy. It's about choice.

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FT: Conscious choice is the key, what is your recommendation for those of us who do feel overwhelmed? We have too many choices, how do we know what is the right path in terms of, is this the right meditation class to take? Is this the right guru for me? When do we know when we have enough of this resources also orbiting our life?

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DL: I think first you need to tap into the burn out that self-help fatigue of... not only are we trying to get better, we're actually trying to get better at getting better. We're trying to hack, life hack or spirituality. This is ridiculous notion right?

You need to just drop into how it's going, my primary question is everything that you're doing to feel free and to be well actually making you feel more free and making you feel more well. If the answer is no then let's just stop.

How it worked for me personally was with what I consider to be like the corner stones of good living, of whole living, meditation and eating clean and some kind of movement, for me it's yoga. I left all of those things at different points in my life, for different reasons and I came back to them, I actually have like this prodigal relationship to everything, I declare it, I was no longer going to meditate because meditation was just one more thing that was literally on my to do list.

It was written in my day planner and it was stressing me out, pretty sure that being more stressed is not the point of meditation and so I just declared like, I'm on hiatus. It was a real declaration, it wasn't like when you don't go to the gym and then a month has passed and then you haven't been working out, it was just like I full stop with that.

I was a vegetarian for like 12 years, I decided I was going to eat meat again because it was all energy. I needed the chickens for the protein. I've decided to just not move my body and just see what happen. I've come back to all of those things and the difference is now, I've looked more deeply at my relationship with all of those practices and I now do things out of a place of joy.

For me, my template of time in the morning, that's bliss, that's not a have to or to do. I'm full enough and mature enough, my own spiritual path. I am no longer trying to impress god. I am not trying to get points with any cosmic counsel.

I know I loved... I have my own back I have lots of love that I generated in my life, I don't need to be esoterically impressive but I now grown up enough that not only do I know that this things are good for me and how it may be more loving and more prosperous and hot and all of it.

These are sources of joy for me, I want to get on the yoga mat, I want to know how my body feels, I want to be with my thoughts, I want to take time to send light and healing to people in my life and people on the planet who I've never met.

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FT: If you can't imagine your day without it and your alarm on your phone isn't begging you to get back to that yoga mat, it's probably what you should be doing.

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DL: Yeah, it's about a pull, it's about a pull towards it instead of a push.

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FT: Last time you were on the show, we talked a lot about money which I was happy to hear. You love talking about money, that's always refreshing to hear. Let's apply this to our financial lives. I mean, right now, you said earlier, you feel like we need this spiritual advice now more than ever and financially, a lot of us are all still reeling from the recession or in other ways, the economy has not been so good to us in the last 12 months.

Looking ahead, there's a lot of uncertainty, how can your teachings, how can arriving at the white hot truth create more financial harmony in your life? Maybe you can draw from your own life as an example.

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DL: Well, look at me as anybody as well as anybody does. Financial uncertainty is always part of the current reality. That never changes, it's like, it's just how aware of it are we going to be? Of course sometimes our rock here than others but we never live in certain times and to want to live in security and certain Ty is actually insanity, that's just not how life works, it's not the natural order of things.

Having a spiritual practice, however you define that, whether you're reading scripture every morning with your cup of tea or you have a spiritual councilor or you're getting on the yoga mat on a regular basis, these are all the things that help you root into your own sense of stability, your own capacity to be fluid, to accept things as they come and your strength, your clarity to choose the way you're going to feel about things and actually be creative.

You know, it's not so much about... from that place of real empowerment, you're able to look at the economy and not say, the economy is doing something to me. It's about how you are engaging with the economy, it's how you're looking at the economy of your life. All that stuff, to put it in the most simple terms, generates a kind of peace that helps you be both proactive and creative and receptive without resentment to what's happening in the world. Got to do it.

All mindfulness at the end of the day. Yeah.

[0:10:40.9]

FT: And, it's also giving back, you talk about how in your book, you write that it's so important to use your money to help the world and your own suffering, tithing has gone out of fashion, you want to bring it back in mode. Where do you start? How do you know how to align yourself with those organizations, those movements that you want to be supportive of?

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DL: Well, first of all, I think this is the whole premise of white hot truth, is looking at our obsession with self-help and the self-criticism that's underneath that and when you get

underneath that and you can get into a more self-respectful, self-loving place, when you're more connected to your own heart, you are going to feel more connected to other people.

What I'm really saying is look, I want you to generate more self-respect and I want you to be in that place where self-love is really part of your life and morality and who you are. I really want you to get off your ass and go be of service to the world because we were connected.

For some of us, you know, some of us need that kind of call to action from outside sources whereas like someone like me on Instagram says get off your ass and be of service, we're all going, you know, if the ship goes down, we all go down together, we're all suffering on some level.

And then some of us have a more internal compass where just like, I'm in pain, I love who I am, I've got things to offer, I want to give. But I'm definitely unapologetically on my soap boxing. Listen, we're hungrier for the light and for direction and contribution. More so than we ever have been.

Let's look at the news we can believe to be true and examine the evidence, the planet is suffering and the humans on it are suffering and if you are not having... if you don't have a triple bottom line business, a philanthropy and charity is not part of your work in the world professionally or personally then actually, you're part of the problem.

There is no neutral place anymore, we actually do have to pick sides of whether we're going to be helpful or whether we're just going to suck on the system and be a burden to it. Clearly I'm pretty passionate about people getting engaged.

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FT: Well that sort of, I see that as good news where some of us feel we don't have enough to give financially to other causes, we're struggling in our own lives but how you live your life is an act of charity as well right? I think that's what I hear you saying right? Did you just clap?

[0:13:35.7]

DL: I can get that, yeah. That's a beautiful way to put it, yeah. How you live your life is an act of charity and there's ways to give up and there's ways to show up that aren't financially related and you know, I'm fine with calling out my fellow self-help bloggers and motivational speakers to say look...

Even, I can extend that further to say, even those of us who are consciously engaged and what we will call socially responsible business. You know, we have one for one models and you know, we're doing really caring things. We have a positive message.

I think there's a lot of us who could take it a step further and actually write some checks. It's not enough to just talk about positive thinking online and have that be your only contribution. You can tie 5% of your income, you can have people... we're just putting something up on my website where when you click at check out, when you buy one of my books or whatever it is that you're purchasing, you're going to have one of three options or three if you want.

Where you can donate to a charity when you check out. That's easy to do, that cost me a few hundred bucks to get my developer to put the code up to do that. Money needs to happen, we need to back up our positivity with cash and when cash isn't an option, think of all the times that you just say to somebody online or in person an email. I'm sending you love, you're in my prayers.

I'm sending you light, I'm praying for the best possible outcome. I just want to ask people if you're really actively doing that or if that is lip service and I want you to pray and I want you to send light. This needs to be part of our daily practice that we sit and we hold people in our hearts just like four minutes will do.

Four minutes of just picturing the best scenario for people or working with light or praying to whomever you pray to and just really actually intentionally doing that. You know, there's lots of lovely esoteric small things you can do every day.

You can go, instead of just going for a walk around the block or you k now, to recapitulate your day and think about your business or instead of getting on a yoga mat and de-stressing, you

can dedicate all of your thoughts and your movements and your energy in those times to seeing things differently for the planet, to seeing eco clean up, to seeing political harmony.

Lots of us say we believe in energy and that those things matter and we really need to practice it.

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FT: I can see it only more of that happening this year and over the next four years, I don't have to tell the sinners why but I guess, one of the more beautiful things to tap in since January or I guess since last November here in the united states is that there has been a surge in giving back, in being active and speaking up and organizing.

You're right, this book couldn't have come out I think at a better time and the white hot truth, my assistant and I were... we love the title but we want to know from you, how did you come up with that title?

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DL: The center of a flame is actually not blue. Lots of us refer to the term, the blue of the flame. It's actually white and at the point where fire has that white center is where is its hottest, its purest and it's most powerful. That's where alchemies happen. That white, hot flame is what can melt metal. It's really what changes things.

This is in reference to getting to your core perceptions, your pure truth and when you're there, you become magical, you really create things.

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FT: You dedicate this book to your female friends who you can say... I'm paraphrasing here but basically have saved you lots of money in therapy bills which begs the question, relationships can be really valuable and finding those people in your life that you can lean on, that you can

have a really beautiful give and take with, that's priceless and that can actually be part of your own financial journey so to speak.

If your hope is to kind of live a very financial sound life, it starts with surrounding yourself with the right people doesn't it?

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DL: Yeah. I think the people in your life are, they're like your vitamins right? They're nourishing your life or in many cases, they're taking from it, they're draining and my wellness is directly related to my relationships with my girlfriends.

Yeah, they are my advisory board, spiritual, psychological and financial, the clarity and sanity and support we give each other, helps each other, we all prosper in every possible way because of our support of each other.

Yeah, I would be just nuts, nuts and broke without my girlfriends, yeah.

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FT: Let's answer the question, the ultimate question really which is how do you find your inner guru, what's the map, the plan?

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DL: yeah, well, one of my favorite philosophers, Christian Merty says that truth is actually a pathless land, there is no map, you have to get there your own way. How do you become your own guru? You bleed, you sweat, you go bankrupt, you suffer and you rise, this is real life, there isn't a sugary journey, there is hard work and there's devotion which always in my experience leads to incredible joy.

Really limitless love, a lot of creativity which in my case and the profession I've chosen, the vocation I've carved out. My creativity leaves to great prosperity, ecstasy, intimacy, bliss. I mean,

all these things are the results of devotion and devotion requires practice meaning like dedication. I mean, you know, I'm saying the same thing, dedication is devotion but what are you devoted to?

Where is the meaning behind your money? I'm a huge fan of creating something called what I call my purpose for money list and really putting in to perspective why I'm going after what I'm going after. That was part of being my own guru, I direct my creative course, I want to work in meaningful ways, I want to earn all of my money and lots of it.

I want an abundant life, I want to earn all of that in integrity and I want to do meaningful things with my money. I am really part of what I've been talking about a lot on stage these days is... because I talk a lot to entrepreneurs, specifically to a lot of female entrepreneurs. I'm really saying like don't wait to give. You had mentioned about tithing earlier on.

It's like, you know, what's happening is this phenomenon where everybody's waiting to make their first million dollars. That takes time, first of all, do you need a million bucks? You might not need a million dollars to live the life you want to live.

Do you need more than a million bucks, maybe you need more than that to really pull it off? It takes time to do that. We have to leave space for things to grow organically for success and failures along the way.

Are you going to wait for years for you to be actively philanthropic? No, give while you're broke, you still won't miss it and then work it into your plan. Yeah, that's a sort of a circular way of saying you know, that kind of clarity comes with devotion, that's all about meaning, we have that meaning, I think you get much smarter about your money.

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FT: It sounds like you just have to start living your life as supposed to waiting for the permission to live your life right?

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DL: Yeah, that's it.

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FT: If you're waiting for all this doors to open because you've been doing the cleanses, you've been meditating, you've been doing all the right stuff and you've been waiting for this access into your own life, well just start living it you know? Like you said, you got to start making mistakes, fail, bankruptcy which you've been through when you talked about so candidly the first time you were on the show.

Danielle, thank you so much, I am so happy that what really resonated with me is that this isn't like 10 steps to becoming your own guru kind of book that you're very honest about the process, very honest about your own journey and it's a beautiful book, it's called white hot truth and it comes out tomorrow ladies and gentlemen.

Please visit daniellelaporte.com and thank you so much Danielle, it was great to have you back.

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DL: Thank you, blessings.

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FT: Thanks so much to Danielle LaPorte, the book again is called white hot truth, it hits book shelves tomorrow, you can learn more about Danielle at daniellelaporte.com and on twitter @daniellelaporte.

Thanks so much for tuning in everyone and I hope your day is So Money.