

**EPISODE 282**

[INTRO MESSAGE]

[00:00:34]

**FT:** Welcome back to So Money everyone, thanks for joining me, I'm your host Farnoosh Torabi. Ahead of introducing today's wonderful guest, I have to quickly share with you the charity fund raiser and competition that's going to be going on all month here at So Money, the entire month of November, in tandem with a charity fund raiser/competition going on with Joe Saul-Sehy podcast. Stacking Benjamins

To tell us all about that, I brought on Joe and Joe, here you go, take the mic, you invited me on to this little fund raiser of your and I am excited but also a little nervous.

[00:01:10]

**JS:** Farnoosh, I'm way excited that we're doing this together, we can raise a bunch of money for charity. And I love this, at the end of the year with Thanksgiving, for people in the United States, we end the month of November with Thanksgiving. And I thought, what a great way for our community to help another community that might need it.

So we are going to be raising money for the Texas 4,000, which is a 4,000 mile bike ride that University of Texas students take to raise money for cancer research and cancer related causes. I know that they give a lot of money the M.D. Anderson Hospital, one of the premier cancer treatment clinics in the United States and Houston Texas and then they also give it to worthwhile research or facilities around the nation.

We're going to be raising money at [Stackingbenjamins.com/texas4000](http://Stackingbenjamins.com/texas4000). It's cool because our organization Farnoosh, has a lot in terms of where the money goes, a lot in common with what you're raising money for. Talk about that for a minute?

[00:02:09]

**FT:** Yes! Well thank you that was a nice transition. I have chosen, your team here at So Money has chosen the largest student run philanthropy in the world near and dear to my heart as well because I was a part of this when I was in college. It's the Penn State IFC Pan Hellenic Dance Marathon. It's effectively known as Thon and it's a yearlong effort to raise money and awareness for the fight against pediatric cancer.

It's raised over 125 million dollars for the Four Diamonds Fund at Penn State, Hershey Children's hospital. Next year's Thon, 2016 is what we are fund raising for now and that will be taking place February 19<sup>th</sup> through the 21<sup>st</sup>. It's a 46 hour dance marathon, I did it and I survived. It was life altering but of course it's for an amazing, tremendous and important cause.

Thon.org/somoney is where you can go to contribute. I know it's high season for canning and this is a way to join in on the fun, anything you can do, know that it will be well spent over 95% of funds go to the families.

[00:03:17]

**JS:** That's so great. The riders that we're riding for who is riding in the Texas 4,000, her name is Shelby Shrider, her father was a single dad raising her Farnoosh and when she was in high school, he started feeling bad, went to the doctor, it turned out he had terminal cancer and he passed away when she was just in high school.

Here she is without a dad and now she decided she's going to ride this 4,000 mile bike ride in honor of him. They spent no money on the bike ride. All the food along the way, all the housing along the way has donated too. I love these organizations but [Stackingbenjamins.com/texas4000](http://Stackingbenjamins.com/texas4000) and I hope together we can raise a lot of money.

[00:03:54]

**FT:** I think we will. Thanks Joe.

[00:03:55]

**JS:** Thank you.

[INTRODUCTION]

[00:04:00]

**FT:** All right, today's guest is a bestselling author and speaker who inspires audiences all over the globe along with her sister, Ariana Huffington. Agapi Stassinopoulos is here today. She recently gave the final key note speech at She Summit in New York this year, she had the crowd just roaring with laughter while also delivering important messages from her latest book *Unbinding the Heart: A dose of Greek wisdom, generosity and unconditional love*. In this book, Agapi shares adventures from her life and the wisdom she's gained from those experiences as well as the values that her Greek mother instills in her and sister Ariana.

Prior to this latest book, Agapi has written one on Greek archetypes which has been turned into PBS specials. Most recently she's developing a curriculum on heart felt leadership for both the Wharton and Columbia business schools in order to provide tools for students, for conscious leadership in today's work place. The principles are based on generosity and empathy in order for people to live a more fulfilling life. She's also heavily involved in her sister's Thrive movement where she helps Ariana conduct workshops with big name companies and brands including Nike, Starbucks, Time, Whole Foods among countless others.

Lots and lots of takeaways from our time with Agapi including how she found her spark riding the New York City bus one day after an unsuccessful audition. She first moved to New York to be an actress, didn't quite work out but she found her spark on the bus. How come I don't find my spark on the metro? We also talked about the dynamic of her relationship with her sister Ariana. Did you know that they were roommates? And why wealth has nothing to do with money, that's at least her philosophy.

Here is Agapi Stassinopoulos.

[INTERVIEW]

[00:05:57]

**FT:** Agapi Stassinopoulos, welcome to the So Money! What an honor and privilege to have you on the show, thank you for joining.

[00:06:04]

**AS:** Thank you Farnoosh, it's a pleasure to be with you and we'll talk about one of our most favorite subjects.

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**FT:** Money. [Laughs]

[00:06:11]

**AS:** Yes, money.

[00:06:13]

**FT:** I love when ladies like to come and talk money on this show. But first, let's please talk about your new book, *Unbinding the Heart*. It's over 30 personal stories that you share with the world about how you became you, how you discovered your authentic self and how others can as well. Why did you want to write this book and be so transparent with the world and why now?

[00:06:39]

**AS:** Yes, well, I describe very specifically my journey from Athens, Greece to London, England where I started acting at the Royal Academy to finish in one of the best drama schools in the world with honors and very recognized for my acting abilities. And then going to Los Angeles where I went to do a movie and three months later, the movie fell apart and my whole life started in this journey of soul searching.

I went through many years of what I refer to as not knowing my purpose in the world, having a sense of a human angst, worries, fears, the unknown, not knowing when you're going to see and you don't really know what your life is going to look like, not finding validation in the world. And I walk around with a sense of insecurity and at least the ground would not hold me. Like I had no footing in the world. And that's a very uncomfortable feeling to walk around.

And little by little, I studied a lot of inner work I did, my spiritual teacher John Roger, I started to meditate, do Yoga. As I said, soul searching, reading books, went and did a psychology at the University of Santa Monica and I started to hear myself and I started to realize that I was way more than being an actress and a girl who wanted to find love. And there was more to me.

And when I started to uncover my layers, and that was a long process, I started to find a sense of self and find myself not just through my work but through my heart. Through the sense that I was a loving human being and I love people and I love myself and there was a lot of letting go of my beliefs or what I should be in the world.

Then I went on to go on with my acting but I had a very specific experience, I love to — and I talk about it in the book — I call it Joan of Arc. I ended up not getting a part that I so wanted in a Greek play. I was so devastated and that was years after I had been trying to get parts I wanted and everybody would say, "Oh my god, Agapi, you're so talented and we don't know how to fit you in."

So the struggles that I had is that I couldn't find where I fitted in in the world. One day I went into a New York city bus and Farnoosh, you know, we all go to a bus or a subway and you know you feel that sort of like what a call a collective despair where people look unhappy, they look worried, they look like they're recycling their worries and nobody talks to anybody. And I went in and something hit me. And you know when that energy hits you, and your spirit said, "Well you could really cheer this bus," there was a very gregarious Greek girl who loved to talk to anybody. And I struck a conversation with a woman next to me who ended up being an actress that had become a nurse.

And I happen to talk to her about theatre and I tell her how upset I was, that I didn't get this part. She said to me, "What did you audition with and I said Joan of Arc, one of my favorite

monologues and she said, “The Bernard Shaw one?” And I said, “Yes Bernard Shaw’s play of Joan of Arc.” And she said, “Which monologue did you do?” I said I did the one that she talks to her accusers, and it’s called, “You promised me my life but you lied.” It’s a famous catchy monologue of the Joan of Arc gives to her persecutors before they burn her up the stake. And then I said to her, very spontaneously, “Would you like me to do it for you?” And I ended up performing for her and the bus.”

[00:10:51]

**FT:** Oh my goodness. [Laughter]

[00:10:53]

**AS:** And what happened was, it was next to miraculous because the whole bus cheered and applauded me. This woman turned to me and said, “My dear girl, you are so talented,” because I mean I’m not gonna do it, this on your radio show, but this monologue is off the charts. I mean this woman, you know, she’s about to be burned at the stake and she’s basically fearless. And she gives a piece of her mind to them. And all this kept up energy that I had come out and this woman turned to me Farnoosh, held my hand and said, “My dear girl, why are you waiting for anybody to hire you? Go do your own thing.”

And that moment, my life turned upside down. I went out of the bus and I felt I had been hit by a brick wall. I felt something miraculous that my knowledge had changed, my perception, always waiting for the world to recognize me, to give me something. Like what I call like going for — like a beggar that says, “Please hire me, please hire me,” and nobody hires you but they tell you how wonderful you are. And at that moment, I went and sang for my singing teacher and my heart burst open.

It was like I’d gone out of the deprivation of my expression to know that I had it. I just had to give it. Then I proceeded to create a one woman show called *Conversations with the Goddesses*. It was an inspiration but I had one evening sitting in my kitchen and I said okay, “What is my own thing, what am I to do?” Because I knew this woman had sent me a message, a very powerful message, but I have to also unlock the door to see what was underneath that message. And

because I love Greek Mythology and the stories of the Greek Goddesses, I came up with this very creative idea to take the stories of the goddesses, the seven Greek Goddesses, and to put monologues I loved from the Greeks, Bernard Shaw, from Shakespeare because remember I was classically trained as an actress. So these monologues were like in my fingertips and I knew them.

Then create this amazing show where I told the myths, I told how the archetypes because I had studied the archetypes in psychology and then I told the audience, “If these goddesses could speak? This is what they would say.” Then I had these monologues I fitted with the archetypes and Farnoosh, I launched the show in a little gallery in Santa Barbara and my mother cooked Greek food, my best friend brought the music, my other friend decorated the gallery like a Greek temple and it was an amazing evening.

Out of that one evening, my whole life started happening. I had people hiring me, asking me to do the show in colleges, in museums. The Getty Museum did an amazing presentation of me in front of the antiquities, telling the stories, the Los Angeles Times wrote a big piece about it and it became very well known. This little idea, this spark became the successful show that I then was off to write my first book, *Conversations With the Goddesses*. Then I tell that story in the book and the fear and the terror I had in writing a book.

And every time I did — and then I go to second book, and then I created a PBS special called *Conversations with the Goddesses* and your listeners can go on YouTube and see me do parts of it, I have them on YouTube — Agapi Stassinopoulos, *Conversations with the Goddesses*. And then I created a jewelry collection that I put at home shopping network. And basically, what I want to communicate to your listeners now is that we must never wait for anyone to give us permission to do ourselves. For me it took that moment to actually allow Agapi to go give my gift and come up with my creativity.

Now that’s wasn’t easy because every time I did it I had to overcome something, you know what I mean?

[00:15:20]

**FT:** Right, let's go back to the woman on the bus who inspired you to go out there and claim what was yours on your own. Why did your spark happen then, I can only imagine raised with the mother that you were raised with, she was very motivating, she would often tell you when you were having a bad day and you were stressing out, "Change the channel Agapi."

So why was it that this unknown woman on the bus, for you, was the game changer?

[00:15:51]

**AS:** Because she looked at me and I even now saying it to you, I tear up. She looked at me with such, her heart has been touched. She looked and I see tears in her eyes and she felt both my talent and my pain. The pain of this girl who was so talented was was not getting the jobs and she held my hand and heart to heart, she said, "Go do your own thing."

Now nobody has said to me, "We can't give you the job, but go do your own thing." Because when you're auditioning for a part, at the theatre or at the movie or television, you want the part. You don't want to do your own thing. But suddenly this bus became my audience, can you believe it? I mean these 40 people on the bus looked at me and gave me an applause. And it was like, I didn't want anything at that moment, I just wanted to express.

And what happened inside of me, the perception that opened, when we have an agenda? "I want to do this because I want to be hired." Kind of my streak used to be given unconditionally. You know Farnoosh, it's like all of us are being of service to whether it's been the homeless or people for way less than us and you go and you either feed people or you give them clothes or you read kids stories who don't have books and we do a lot of service work like that with my family.

People who go to third world countries, your heart opens up and you become your spirit. For me, what happened at that moment, my spirit unleashed. That authentic part that you called at the beginning became alive because I didn't have an agenda like "hire me". I realized that the bus was, the world was my stage, that I had it in me. And it's a perception change, you know? I always tell people, "If you have a book, write it, start writing. If you want to paint, if you have a business you want to start, don't wait for anybody." I mean I'm sure that's how you start with

your series of your show of you doing your radio show. It's like your website, "I want to do this, I'm going to do it." It's like so easy to say because other people are doing, there are so many other people who are doing shows on money. And you go, "Yes, but my show is my show. Nobody does my show, like I'm going to do my show." Nobody does you like you're going to do you.

A lot of my work of writing this book, to come back to your question was, I always tell people how I got from A to Z because it wasn't from A to B. I went from nothing to absolutely the what I call the tsunami of expression. I had created certainly my life out of not anybody hiring me but because I said yes to Agapi. And I got to really tap into my creative source, which we all have. That's why I wanted to tell the story of how I overcame fear, how I overcame the challenge of not believing in myself, to actually know that I did have it. And that's very powerful. That's very powerful and I think everybody has that.

And I see people and you know you see people who are dying at their jobs, who are really paralyzed in relationships. And they don't have the courage to say, "You know, it can be different, I don't have to be stuck."

[00:19:35]

**FT:** Which is the message of *Largely Thrive*, which is your sister Ariana Huffington's book that stems from her personal battle I suppose with her perfectionism and hard work and overwork and she starts the book talking about how she collapsed basically and had to go to the hospital. Like basically she was burnt out, she was burnt out. You helped her regain consciousness not just the real consciousness but a big kind of enlightenment about life and now you and her are all over the place, all over the map, teaching people about what it means to live a fulfilling rich life.

And you had said that if you were a Greek goddess, if you were the embodiment of a Greek goddess, you would be Persephone, as she is the soul searching goddess of creativity. Ariana is more of an Athena, the goddess of wisdom. Talk a little bit about your relationship please and how you balance each other?

[00:20:34]

**AS:** Well Ariana really goes out into the world and has vision about achieving things and then she is completely relentless about getting to that vision of what she wants to accomplish. It's a remarkable quality and that's how she created the Huffington Post, out of an idea, in our home in Los Angeles. "Oh I want to give everybody a platform to express themselves. Great, I'm going to do a little blog." And that little blog became this global company!

And this is really a very powerful vision when people are encouraged by that vision and they overcome tremendous obstacles to trials and things that stand in their way and they keep overcoming and I think that can also happen with a sacrifice of yourself, your sleep, you're taking of yourself. You just keep going and going and you know I'm so grateful that Ariana wrote that book because what I had lost often and in my nature, I had much more — the inner life was incredibly important to me.

If I'm off and disconnected from myself and I put too many things on my plate then I lose essential balance. And I had to learn my own rhythm to trust my own rhythm and to keep knowing where my connection is and we both have very spiritually based women. We pray together, we meditate together, we have a sense of gratitude about other lives, we've overcome a lot of things together, I've been very much a support of raising her amazing two daughters, Christina and Isabella because Ariana got divorced and then I moved in with Ariana and my mother actually lived with us too.

We are very tribal, it's like in Greece if you get divorced and then you move back with your family. [Laughter]

[00:22:49]

**FT:** Why not? It seems totally right.

[00:22:53]

**AS:** Why not! Unconditional love, I'm a big believer in that. I thought divorce too much, much earlier because I got married in Los Angeles. And then we went — it was a great gift because we're very different. I have a very different sensibility of doing life, I need connection with people, I need a lot of my Greek-ness, you know? I'm a very touchy-feely person, and I need to connect.

I have a trainer, I just came back from working out of the gym, and she's Greek and we laugh! We laugh so often. And I'm like, "Theo," I have to, for me joy is a very important commodity in my life. If I don't feel joy, I'm unhappy.

[00:23:44]

**FT:** Well speaking of commodity, let's talk money Agapi. Wow, this is — we've run over a little bit of time but I don't care, we're going to keep going because I want to keep talking to you about money now. Your mother used to say to you and your sister that you should take care of your capital, that was a philosophy that she instilled in the two of you and it wasn't obviously about money, it was about personal capital, personal well-being. What is your money mantra Agapi?

[00:24:11]

**AS:** Thank you for asking that. Well I have printed here a song, the lyrics of a song, which I would love to listen by Jessie J. Jessie J — it's called *Price Tag*, do you know that song? You must know that song.

[00:24:25]

**FT:** Maybe if I hear it.

[00:24:28]

**AS:** Well I'm not a very good singer but it's basically called, "it's not about the money, money, money. You don't need your money and seems like everybody's got a price, I wonder how they

sleep at night, when the sale goes first and the truth comes second.” It’s very timely for me because I love to overthink the conversation that it’s not about the money.

And my mother — Ariana and I and my mother got divorced — we were raised with very little money. My mother always, had five brothers — thank god — who she always ask for money to give us education and to take us to the best schools. My father made money but spent it all and he was just very, had no idea about how to save money.

My philosophies are always where the value is. The value and that’s when she said, “Take care of your capital,” and it’s like so much of our energy goes into making that money and the paychecks and it is a very different attitude to know that you are the commodity, you are the capital, taking care of yourself and investing in yourself.

Whatever it is that makes you feel like you are so valuable and so precious and so alive in the miracle of your life and to know that investing in yourself, in your sleep, in your food, in your working out and exercise and taking care of your body, your doctors, really looking at yourself as a treasure. Like if you have the Taj Mahal in front of you or the Pyramid, or the Acropolis you will take care of them. We take care of them better than we take care of ourselves.

How you think, my mother was fanatic about not spending time with toxic people, people who bring you down, people who really are not good for you. And she would say, “Why are you spending so much time with this girl, she’s eating up your energy.” she would say to us.

[0:26:39]

**FT:** Change the channel. [Laughs]

[00:26:41]

**AS:** Change the channel.

[00:26:44]

**FT:** Change the channel, I love it! I'm adopting that term. What is an example of a story growing up that was very much a financial lesson for you? Perhaps it was the first time you had your first job or your encounter with money that really resonates, now as an adult, you would look at that moment and think, "Wow, that was a teachable moment for me."

[00:27:07]

**AS:** Well, I think I remember as a little girl, I used to ask my father, I would say, "Can I have some money?" And sometimes he would give me a little bit of money. And he said to me, "Whatever I give you, you spend. It doesn't matter if I give you \$10 or \$20, you'll come back with nothing." And I remember, I said, "Daddy where does money come from?" And he said, "Well there's this big well. I go and throw the basket and I pick up the well and I bring the money up.

And I said, "Well why don't you get more money from the well?" And he said, "Well they give you so much every day," he has this almost curse that there wasn't enough money, my father was a concentration camp survivor, he had struggled and lived life a lot. So he was very tight about money. He spent it but he always felt that there wasn't enough and that's a very big traumatic thing that he had. You know, two years in the concentration camps can create all sorts of trauma in your psyche.

My mother on the other hand had this thing that we would always find money. And she would sell something, she would ask her brothers as I said. She would always go ask the bank for a loan without any collateral. She just was very free about money. If we didn't have enough money she would go buy me and Ariana something so she would make us feel that we had everything.

I was raised with such sense of abundance. I mean our home, when you came in, there were big trays of nuts and dried fruits and wheat, which is a symbol of abundance and she radiated this queenliness although she didn't have much money. And I don't know if you understand, I'm sure you understand that thing when you see people who have a lot of money. But what my mother used to call them, she used to call them "the poor rich people."

[00:29:14]

**FT:** Yes, the poor rich, I know that.

[00:29:19]

**AS:** You know, the poor rich. And this is a person who is wealthy. I have this chapter in my book, let me see what chapter it is. I love this chapter, I said, “Mommy, are we rich?” I don’t know if she had a chance to it but she said, “Listen to me,” she said — I will read to you. And my mother said, “Listen to me, we are very, very wealthy. Wealth has nothing to do with money. Wealth has to do with education, with talent, with arts, with sharing your gifts with others, with being generous with friendships with love, with quality time,” and she went on and on Farnoosh. It was like I was like nine years old. And it’s “Mommy, are we rich?” Chapter four.

It’s very powerful because when you are nine years old and your mother feels very wealthy and actually a friend of mine posted this in Fortune.com in the magazine because she said it was a great example about how people live when they make it all about the money and it’s about wealth? And wealth makes you creates money because you can walk anywhere, in a job or in an interview for a job or you can go raise money. And you have a consciousness, it’s a consciousness. That’s what I call spiritualizing your money. So wealth versus riches is a very big distinction in my consciousness.

The other one is, you know Farnoosh, and I want to make sure that I mention that I’m a big tither, I tithe. I have a spiritual group that I’m part of, it’s called The Movement of Spiritual Awareness they’re based in Los Angeles and it’s where I get a lot of my source of the teachings that are very grounded in soul and in heart an in life of consciousness. My spiritual teach is John Roger and I tithe in my spiritual group. I tithe 10% of everything I make. In the Bible, there’s a big chapters about tithing and it means you make God your partner. God for me is consciousness, a universal love. So when money comes to me, I look at it as added value and I go, “My source is the spirit,” and the tithing is such a joyful experience for me, I cannot tell you.

And also I seed. Seeding is you take a small amount of what comes in your mind and you say I want this to be going a certain way and I ask for guidance and support from God or the universal energy or my source. And you take an amount and again you tithe and you seed it and

seeding I can't say enough about what seeding has done for me. I remember once I'd run though credit card debt and I had a certain amount of money. I had something like \$500, that was a big amount for me then, I was a young girl and I felt, "Oh my god!" And I took her last money and I seed it and I had asked that I had this auction and items that I had to bring me the amount of money that I owed in my credit card.

And two months later, the auction happened and the auctioneer called me and I'll never forget it, I was at the airport and they said to me, "Ms. Stassinopoulous, I hope you're sitting down because never in my life of auctioning have I encountered a bidding that brought so much money," it was supposed to bring \$1,500. And that item brought \$32,500 because people fell in love with it, that item that I auctioned, I was able to pay — and it was a miracle.

[00:33:19]

**FT:** You can start a life with that in that. That's a huge amount.

[00:33:23]

**AS:** I had a big credit card debt I'd accumulated credit card, which is terrible weight in your consciousness. Terrible. You know Farnoosh, I do have a question for you. I want to answer it. You say, if you won the lottery tomorrow and you want to have a million dollars.

[00:33:44]

**FT:** Right, that's at the end.

[00:33:44]

**AS:** Can I answer that?

[00:33:45]

**FT:** Yes please, what is it, we're fast forwarding.

[00:33:46]

**AS:** Can I answer that because, well the reason I want to answer it is because I have such passion about students who have credit card loans, who don't know. You're a young girl or young boy and you go to a university and you start accumulating debt. Then you finish and you have this huge debt. You don't know how to pay it, even if you get a job, by the time you pay the interest you can never catch up, you are aware of that problem in this country right?

[00:34:20]

**FT:** Of course. Of course yes, that's an epidemic.

[00:34:24]

**AS:** It's epidemic. It is criminal, it is criminal what we do to these kids that we allow, that there is a system that allows kids to do that. And they don't offer them solutions and then there are no cuts for these young kids because that's ruining our youth. If I had a hundred million dollars, I would probably do this lottery, I mean not lottery, I would log into Facebook — it's one of my ideas where people can post what is the longest and what do they tend to do and interview people to see who is the person that I would give money to take care of their debt.

And I would bring other millionaires because here I am with millions dollars, I would be a millionairess, which I would very much love. And I will go to you Farnoosh and I say this, "Find another 10 millionaires," and ask them all — or 20 — to start paying these kids' debt and build a community where we support these kids and would you like to do that with me?

[00:35:26]

**FT:** I would love to. You know what, put me on your list and you're absolutely right that this is a shame, it's an absolute shame and this generation is unlike any other generation in the fact that they're entering the real world with this exorbitant amount of debt that they can't get rid of.

It used to be you could get rid of it and a bankrupt personal bankruptcy, which I don't wish that on anyone but at least that was an option. Something has to happen and it's not going to be institutions, it's going to be people like you, generous people, and me to help people.

[00:36:02]

**AS:** And you! And all these amazing people you have interviewed on your amazing web series on money, you're bringing such beautiful consciousness beyond money.

[00:36:13]

**FT:** Agapi, what's one financial habit that you have that helps you continue to manifest wealth in your life and create wealth in your life?

[00:36:25]

**AS:** I think it's more like a mental habit, which is I teach myself not to be afraid of money. So when I think, "Oh my god, I don't have enough," I really talk to myself, I say, "Okay let's look and see what we have, what we can spend." I'm very much, I watch my consciousness and I am very generous, I'm very generous out in the world when I, you know, tipping people and I'm don't make my life a lot about money. I feel like money is the way to really give people a lot of joy as well and it's more like a mental habit.

Then of course, I pay attention to, I like to look at my credit card statements, I like to really watch more conscious on where I spend and also not obsess about it. I feel for me the biggest thing is to not obsess about the money but obsess about quality of life and where am I contributing and how am I taking care of myself. Everyday a little better. And that is my call. Again, I come back to that song, the *Price Tag* by Jessie J, "it's not about the money, it's not about the money." And that should sink in, that money, where's the spiritual life? We have to really optimize our money to energy.

[00:38:05]

**FT:** Right. Well you beat me to this question which is what you would do a hundred million dollars, we know that, we're going to change the world one student loan at a time. What's one thing that you spend on Agapi that makes your life easier or better or both?

[00:38:25]

**AS:** Well okay, can I tell you my little addiction? [Laughs]

[00:38:28]

**FT:** Please tell me.

[00:38:31]

**AS:** It's Uber, I use Uber all the time. I use Uber, I love Uber, do you use Uber?

[00:38:38]

**FT:** I admit, yes, I'd like to use less of it just because it can really add up.

[00:38:44]

**AS:** Exactly, that's where I'm saying it's a little bit, it can become an addiction because especially when the prices go up.

[00:38:53]

**FT:** It's so easy.

[00:38:54]

**AS:** And they say, "It's double the price," and you go, "Oh what the hell, I have to get a car right now." It's changed my life because I must say I love taxis and I have a chapter in my book about

how I manifest taxis, but I hate the feeling of waiting and waiting for a taxi and there's no taxi and you have to get somewhere and then you call an Uber and it's downstairs and they take you home in a second and they're nice cars and I just, that's my luxury.

[00:39:26]

**FT:** I love it, it is a complete luxury and you're right, the convenience is really hard to beat, especially when it's raining, you don't have to hail a cab, I get it, we're New Yorkers, we know.

[00:39:38]

**AS:** We're New Yorkers. It's so convenient and it's barely three minutes. The only thing that you realize that you have to be ready immediately to meet them downstairs because they leave.

[00:39:49]

**FT:** I know, they leave right?

[00:39:51]

**AS:** They don't wait and I'm coming down and I go down and I say, "Where are you?" And they say, "I left ma'am, I left."

[00:39:58]

**FT:** Ah man, I know, I've been there. Well, last question Agapi, this has been so much fun, thank you so much. But I have to ask you, I ask all my guest before they leave, why are you So Money? I'm Agapi Stassinopoulos, I'm So money because \_\_\_\_?

[00:40:17]

**AS:** I am So Money because it's not about the money, money, money. It's not about the money, money, money.

[00:40:24]

**FT:** That's right, wealth is not about money, I love it. Thank you very,very much and congratulations.

[00:40:31]

**AS:** It's all the wealth exactly. Let's just leave with that note, it's all about the wealth and not about the money. And wealth is attributed to who you are, to contribution, being a giver, being an intelligent human being, having gifts, developing a gifts, your curiosity about life — we're all in it together and for me that consciousness of knowing that you can ask for help, if you want to improve your wealth in terms of money. There are lots of people to go coach you, find mentors and share what you have and that makes you so wealthy in your life and it's a great way to live and to wake up every day because we are, you know, we miracles. I just really feel that we have to stop thinking of ourselves as linear human beings and realize that we're a miracle of life.

[00:41:32]

**FT:** Alright, with that.

[00:41:34]

**AS:** Love yourself a lot and unbind your heart.

[00:41:40]

**FT:** Well speaking of, everybody run to buy *Unbinding the Heart* by Agapi Stassinopoulos, the website is [Unbindingtheheart.com](http://Unbindingtheheart.com). Agapi is on Twitter, @Agapisays. Thank you very much Agapi, we will be connecting of course off line. I love you, I love your work, everything you stand for.

[00:41:59]

**AS:** Thank you Farnoosh and people can go into my Facebook, Agapi Stassinopoulos and like my page and there I post a lot of things on what I do and where I am and follow me on Instagram at @Agapisees and my Facebook and let's all be a fabulous "not about the money" tribe.

[00:42:22]

**FT:** Yeah, I like that. Let's do it. Thank you so much.

[00:42:24]

**AS:** Thank you Farnoosh. Thank you so much sweetheart, thank you.

[END]