



The Solari Report

JANUARY 23, 2014

What to do When Things Aren't Working with Jon Rappoport





What to do When Things Aren't Working

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This is Jon Rappoport. Hello everybody, and this is the New Year, Happy New Year, January 6th, Monday, 2014, and the title of today's episode is "What to do When Things Aren't Working", and this happens. You're quite sure that you're on the right road and you're proceeding along that road, and you're doing what you set out to do. Then at some point along the way, things aren't working. They're just not working out. What's going on?

Now, there's no way to avoid this. Some people indulge in some form of; I guess you could call it thinking. I don't know whether I would or not, but they have this view that things must always be working, and if they aren't then you have to completely change your basis for operation, or you have to walk down a different road. "Okay, that, I tried that one. For three months it was terrific, and then one day I woke up and it wasn't terrific anymore. Things were weird and strange and they weren't working anymore. I was going to do this with my life. I had decided on it. It was a good thing. It was a good decision, and I started to move ahead and everything was going well. I was building it. Yes, yes, yes, yes. Then for some reason, strange reason, it all stopped."

Red light, couldn't move any further. Then they say, "Well, therefore, this was the wrong road. I've got to go on a completely different road." Some people will say something to the effect of "Well, my parents were right all along. The thing I chose to do was really crazy and ridiculous and I should have listened to them when they said that I was destined to be X," whatever that is. "If I had just followed that advice, things would have worked out and maybe it's not too late and I can reverse course." All of this sort of thing. Or "I better start a different business," or "I better have a different relationship," whatever it is. Completely different.

You know that could be the case if the initial decision about what you really



wanted to create in your life, your future, was taken on a superficial basis which is something that, of course, everyone needs to look at. If the choice to begin with was superficial, then the outcome is, chances are it's not going to be that great eventually. Something is going to get into the works and screw it all up somehow. So there is that introspection that needs to be done for sure.

“Did I make a choice that was really, sort of just based on very, very conventional terms that are not my own terms? Did I make a choice and a decision about how to build my future based upon what other people think rather than what I think?” If that's the case, then yes, yes, you need to start all over again, and you need to find something that goes down deeper than the original superficial choice. But that's not what I'm really talking about here. I'm talking about when the choice was deep to begin with. When it was reflective of your own tremendous desire about what you really want to do, and then you proceed and you have great energy and you're working toward it, and you are inventing your way into the future that you want, and then things go bang. Things just stall. They stop.

So at that point, one can look at the more obvious possibilities. “Somewhere in my strategy, in my planning, in my execution, I made a mistake. I didn't do what I set out to do.” Or “I did set out to do the right thing, but I just got the wrong answer. I didn't calculate right. I didn't strategize correctly, or the execution was not in line with the strategy.” You know, all of those things that one would normally look at. “I wanted to drive to California, but on the map I misinterpreted the directions and I'm heading toward Louisiana.” Well, okay, so you've got to fix that. Sometimes, yes, that can be a bit complex and you have to ferret through decisions that you've been making and actions you've been taking to find where you went off course. Absolutely, yes, yes, yes, yes. Then if you make the correction, things are back on track. You feel better. You've got more energy and you're excited again. Everything's clicking, and you are creating the reality you want, building the future you want, yes, sure, absolutely.

But suppose that's not the case. That you don't really find those kinds of mistakes, and yet, still, you just stalled. Stalled. Could it be a health concern? Absolutely. Could it be that, for example, you're experiencing a loss of energy



because of some health problem that needs to be remedied? Nutritional deficiencies. You've been wandering off the way you eat and you're now ingesting toxic substances, or too much sugar, or et cetera, et cetera, et cetera. Absolutely. That is certainly a subject for introspection. But suppose that is not the case either. It's a big fat mystery. What is going on here? "I was going 150 miles an hour in the right direction and now I'm going zero. It is like the car ran out of gas and I don't know why. I know this is the course that I want to take, but I'm beginning to have doubts. I'm beginning to erode my own sense of confidence in what I'm setting out to do here. That's not a good thing, but I can't figure it out. I can't figure it out."

I'm saying that this happens to everybody; no question about it. It doesn't just happen once either. It isn't an occasion for radically changing direction. No, it's an occasion for trying to renew the original dream, the original vision, the original idea, the original decision to embark on this course to make your life what you want it to be which is really the whole point isn't it? To make your life what you want it to be, to create the future that you want. So what can you do at that point? What do you do? Where do you go?

It's like a writer who is bouncing right along writing a novel, or a play, and then one day wakes up and there's nothing in the tank. There's nothing. He's just staring at the keyboard. It's like a painter looking at a blank canvas and everything has been going swimmingly and all of sudden, there's nothing happening at all. Nothing whatsoever, happening at all. What's going on in the psyche? What's going on below the surface? What's going on? How do you find it and fix it? That's the situation that I'm describing.

The reason that I'm pushing this and delving into it is because this is the nemesis. This is what really throws people off from inventing the life that they want; this mystery. This is where if they stall long enough, they will go off course. They will turn to something else. They will change their mind completely. They will say things like, "I guess it was never meant to be." They will make all sorts of excuses and rationalizations, and on top of that pile, they

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will start moving in another direction trying to convince themselves that this is what they want their life to be, or this is what their life should be. I don't want to sacrifice desire for should be. I don't think that's a good idea. I think that's a real bad idea. A momentous decision like that to say, of course, the person conceals this from themselves, he doesn't say it out loud, "Well, I'm going to sacrifice what I really desire, what I really want to create, for what I think I should create," or "What I think I'm able to create," or "What other people want me to create," or something like that. I don't want to make that bargain. I don't think that's a good bargain because the whole point is to find out what you truly desire and then create it and invent it as fact in the world as your reality and your future.

So let's look at the situation and let me try to take it apart. There is such a thing as inspiration running out. It exists. It's real. There is such a thing as the energy of inspiration and the quality of inspiration running out, disappearing. It exists, it happens, it's a phenomenon, and it's real. It just happens. It shouldn't be a big deal. You can make it into a tremendously big deal, but you should develop the capacity to deal with it and tolerate it. "Okay, that's what's happening. The inspiration ran out. The deep energy ran out. The psychic connection ran out. The vision doesn't have the juice and the life in it that it did last week. It's not the same driving force that it was." Okay, recognize it. If it's the first time that it ever happened to you, or the first time that you ever just kind of said, "Okay, let's just let it be for the moment," then chances are you're going to get a little hysterical about it, or you're going to get a little disturbed about it, or you're going to get a little tightly wound about it. But if you can deal with it once, twice, three times, five times, ten times, you'll be familiar with the situation. You'll recognize it when it happens, and you won't get all messed up about it.

Step one is realizing that inspiration runs out. You know, just peters out. Dead end, you thought the road was endless and all of sudden you feel like you're looking at a brick wall. Now comes the job of reinventing the vision, reinstalling the vision, reinventing the inspiration.

A film maker named John Cassavetes even talked about this in terms of love in a relationship. He said something to this effect, "Love is like a clock, a windup clock. It runs out and then you have to wind it up again." You can't rely on



the things that you hold dearest to you. You simply can't rely on a steady state hum that's going to last forever. Some people, as I alluded to earlier, think that it is a steady state, or it should be a steady state. That they're entitled to that forever kind of energy, that they deserve that kind of energy – or something to the effect, and then when it isn't that way, they really get bent out of shape. But things aren't that way. Just because you create something and set it in motion and you keep working at it doesn't mean that you're always going to have that creative juice. That it's always going to be there on its own in a steady state. Therefore, you have to reinvent it. Ponder, reflect upon, introspect on that notion, that idea of reinvention; reinvention.

You hear about it at times, or you read about it at times, such and so reinvented himself. His career was dead in the water and then he reinvented himself. Or an athlete reinvented his career after it seemed like it was completely over. He came back. But where does that reinvention start really? It starts with the desire that prompted the whole enterprise in the first place. The future that you really want, that you really desire. Go back to that desire. Imagine it. Reimagine it. See it again. See the vision that you had for making that desire into a reality. Imagine that vision again.

You may notice that it takes more effort this time than it did the first time. It's not the same as it was the first time. The first time maybe it was kind of like stumbling across a treasure chest full of jewels and gold. When you opened the lid it was just, oh, ecstasy to find, stumble upon that desire about what you really want to do in this life. Now because you already know what that desire is, because you already know what the vision is, it's not as fortuitous. It's not as enthralling again right off the bat because you already know it, because you've already been working in that direction to fulfill it. So it isn't going to be a replica of how it happened at the beginning. No. That's why we call it reinvention; inventing it again. Because imagination is your friend and it's always there for you, you can imagine it again, that desire, that kicked off the whole thing. "This is what I really want to create. This is what I really want to do."

So how do you reimagine it? There are a million ways to do that and I would suggest taking as many possibilities as you can because it isn't just finding one way. You can sit there and contemplate it. You can picture it in your mind.



You can make notes on it again under the heading of “This is Why I Really Want to Create X in the World”. You write, write, write, write about that. I’ll give you an even farther out exercise which some of you may find very useful. It’s my walking, breathing, and projecting exercise. You take a walk in a place where you feel comfortable. It could be in your house. It could be outside, wherever, where you’re not going to be interrupted at all. You walk and you breathe. You breathe in, you breathe out. You breathe in, you breathe out. It doesn’t have to be enormous deep breaths. If you begin to feel the slightest bit lightheaded or out of breath, at that moment you stop and you do nothing, and you wait until everything’s okay again and then you continue. You build this up by degrees. You do it for a couple of minutes and you do it the next day a couple minutes plus another 15 or 20 seconds. You don’t have to measure this, but the idea is to increase the exercise gradually.

When you can do this, simply walking, breathing in, breathing out, you’re aware that you’re breathing in and breathing out. Like so. On the out breath as you breathe out, you project the desire, that great desire, or an image of that great desire, or words that describe that great desire, or the sensation of that desire; the feeling of that desire, out into the world on the out breath. Every time you take an out breath, you project that out. You can project it against a wall in a room if that’s where you are. You can project it on a lawn if you’re walking around on a lawn, or in a park, if you’re walking around, against a tree, against a car, against a building, against a cloud. You can take it as far out as you want to. You just imaginatively project that desire and the vision of building that desire into reality. You project it out. That’s another way to do it.

You can sit down with somebody, a good friend, someone you trust if they’ll listen to you. You don’t need advice in this kind of conversation. You just need to talk it through. What you’re talking through is not the mystery really. That’s not the basic subject of the mystery of how the inspiration ran out. What you’re really talking about is the reinvention of the desire, the vision, the enterprise that you’re engaged in, and inventing your desire as fact in the world. You’re talking about reinventing it. That may help. That may help. So those are a few things that you can actually do to reinvent the original vision.

The psyche, as it was anciently called, the place of creative life energy, dreams,



visions, is really a place that is not of this world. It's not the same thing as the table, the lamp, the rug, the ceiling, the sky, et cetera, et cetera, et cetera. It is enormously powerful, but in the lives that we have grown used to, in the world that we have grown used to, the way things happen in this world, the information that is presented to us as being true on a non-stop basis that really isn't true. All of these things tend to have a kind of wearing out affect or diminishing affect. They can. A dulling affect perhaps would be better.

I was watching a video the other day and the presentation was discussing a notion that we're so plugged in now to all of our devices, the devices and appliances that we use in our houses and in our workplaces and of course, the cell phone, the iPad, the computer, et cetera, et cetera, et cetera. That that wiring, you might say, tends to become more hardened over time as we become habituated to using all of these devices. We become plugged into that level of frequency, that pitch, so to speak, that tune, television of course, of course, of course. So our attention, our energy, tends if left alone to drift into those places, into those devices, into those transmissions. All of this can put a sort of damping effect on the psyche to the point where one day it just seems like there's a shutdown. "Well, no more inspiration. Wow, where did that go?" That's just a kind of description of how this sort of thing can happen. So it might be a good idea to disentangle oneself when one notices that the inspiration has run out from these devices for a little bit. Unplug. Don't rely so heavily on those aspects of your life that tend to divert your attention from the vision; your vision.

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We're talking about renewal, and I think that there has to be a kind of psychological, philosophical if you will, spiritual understanding in your own terms of renewal, what renewal means. Why it needs to happen because without that kind of underpinning, then things can get fairly confusing. Things can get upsetting. That's why we all need this kind of foundation of understanding about renewal in life. I'm not just talking about when things seem the darkest. I'm talking about exactly the situation that I'm describing in this talk here. When inspiration seems to run out the need for renewal is something that is part of life.



Many of us live in such relative comfort compared, contrasted with more primitive times, places that we could be living now in the world that we're not. We've become so used to our relative level of comfort that the notion of renewal doesn't seem as vital to us as it otherwise would because we can find ways of relaxing, of falling back upon the comforts of life. So therefore, the whole notion of renewal becomes "Yes, sure, I mean, I can see that. Yes, right, yes. Yes, yes," whereas renewal is really quite a magnificent thing and a magnificent challenge.

So when I talk about reinventing the vision and the desire, I'm not just talking about a little flip thing, "Oh, yes, well, I've got to renew, reinvent the thing. Yes, okay. Well, I'll try to reimagine it and see what happens." No, that isn't it, that's not it. It takes a deeper commitment than that. A much deeper commitment than that because there's imagining and then there's imagining. The deeper level of commitment comes from a foundation of understanding about renewal in life and how it is indeed a part of life. It's a part of you. It's a part of what you do. Sometimes, sometimes that need for renewal happens frequently, you know. One shot doesn't do it. You have to dig deeper.

It's like an archeologist who's quite sure that there's a lost city down there under the desert and to the best of his ability, he's calculated where it is in this vast desert. He goes on a dig and he looks for it and he can't find it. He tries other locations and nothing shows up, so he goes back to his original blueprint, his original vision of where this city is, where it's located in the desert. He says to his colleagues, "We have to dig deeper. We have to go down further. That's all there is to it." That's the metaphor. Renewal is digging deeper. It isn't always all pleasure all the time making that renewal. It isn't just always a walk in the park. Digging deeper means digging deeper. It means more commitment to the original vision.

"Well, you know, I used to love chocolate ice cream, but one day I just didn't like it anymore, so I went to strawberry. That was good for a while and then..." You know, that's fine with ice cream. It's fine with a lot of things. "Well, I thought I liked that show, but I didn't, so we found another show to watch at the same time." Yes, sure, why not. "I thought I liked that author, but then I switched," sure, but you see, this is different. This is a lot different. It is the difference between succeeding and not succeeding because without a



foundational intuitive understanding and commitment to renewal, I dare say you won't get where you want to go. You just won't.

It's like looking for the thing that was lost. Where did it go? "I knew I had it, I felt it. It was wonderful, but now it doesn't feel wonderful and I don't know where it went. Where did it go?" That's a real situation. That isn't just some sort of a delusion indicating that you have a mental disorder or something. That's a real situation. Where did it go? "I lost it. It's lost." That's a real situation. The illusion is that it is lost. It's not really lost, but you only can discover that fact to be true when you reinvent the vision. You can only really successfully reinvent the vision, your original vision, when you have a deep enough understanding and commitment to renewal in life.

Then when you do that, when you do renew and renew and renew and renew and renew, and then when the inspiration does come back, it's a beautiful thing. It wasn't really lost. It wasn't really destroyed. It wasn't this, it wasn't that. It wasn't the other thing. It wasn't. It was just something that happened, and I renewed it. Then I kept working toward inventing, creating the reality that I want and one day I was working and it came back. Whew, and it felt wonderful. It felt absolutely wonderful. That's what happened, wow. That's inspiring. That's knowledge. That's the kind of knowledge that nobody else can give you, see, when you do that and it works. Nobody can give you that. You, only you, can do that for yourself. Only you can do that for yourself.

So understand that in the process of renewal, reinvention, you may not get the effect of doing that immediately, but by continuing to work toward making this great desire of yours, fact in the world, whatever it is, some enterprise, a business, a profession, an art, I don't know or care what it is. Whatever that is that really moves you, at some later point the effect of that process of renewal will show up, and then when it does, and then when you feel that spontaneity again and you feel that energy coming back again and you feel that inspiration is back again, "Oh, wow. Whew. There it is." Then you know. "Wow, I almost gave that up. Whew, that was a close call. That was a scrape. Wow. I almost went off the road. I almost gave it up. I almost said that it wasn't what I thought it was. I almost said it wasn't real; it was just an illusion all the time. I almost said that I never really had it in my grasp. I didn't really know what I was doing. I almost said all of these things and I almost walked right off that



road into Plan B, which would have been ‘Oh, my God, to live the rest of my life executing Plan B.’ Whew man, no, no, no, no, no, no, no, no, no. See, almost happened, but whew, I got it back. I got it back.” Then it’ll happen again. Then you renew and you reinvent again, and then the inspiration comes back again.

I want to say that you get better at all of this as times passes. You get better at it. You do get better at it in fact. But you know, we’re really talking about a long road here. No one who has ever said to themselves, “This is what I truly desire to do in my life. This is what I truly desire to create as my reality and future,” no one who has ever done that is talking about a short road. That’s a big thing. It’s a big long road. There are many triumphs and victories along the way, and you inevitably discover that the blueprint for building that reality that you so deeply desire expands. The blueprint expands as you go, so the road is even longer because your initial desire expands, but you get better at doing all of this as you go. You get better at doing it.

Easy is not part of this discussion. There’s too much easy going on. I’m sorry to say. There’s just too much easy going on, and it’s deleterious. It’s corrosive. It saps willpower and determination and commitment because through various cultural forms of propaganda and through technological progress, people have been led to believe that easy is where it’s at. Even those of us who know that’s not the case, can fall into some of that to some degree of conceiving easy. Yes, easy. Let’s do easy. Why are we doing hard? Let’s do easy. There are plenty of people around who are willing to tell you that it’s all easy. When you really find the thing that you’re looking for, it’s all going to be easy. Difficult was only about doing what you really didn’t want to do, and when you finally discover... Yes, in a sense that’s so, but in patches.

For example, a writer when he really discovers what he wants to write, will go through a spell of easy, beautiful easy, flowing easy, magnificent, fantastic easy. A week, a month, two months; who knows how long, and then it’s not easy. It’s really what he wants to do, but you know, just like I’ve been saying, the inspiration ran out. So there are voices everywhere talking easy, but easy is not what this is about. It’s just not. Gratifying, satisfying, ecstatic, adventurous, yes, these are what we’re talking about here for sure.



Many people, many, many people, are stuck at the gate. You talk to them simply about what they might really, really, really, really want to create in their life as their reality in their future. There's a few things right off the bat that either make no sense to them at all, or if they do make sense, they wouldn't know how to look for what they truly want to do. Or if they do know what they truly want to do, they don't want to take that road because to them it's too fraught with possibilities of peril. Yes, I understand all that. I understand all that, but I'm talking to you as people who are already engaged in some way or another with the whole process of discovering what you truly desire, having the vision of inventing it in the world, and then doing the job of inventing it and making it real. Making that reality your reality, your future, et cetera, that you are somewhere in there. In my experience for such people, the real mystery comes at those points where it seems like it all dries up. "Man, yesterday I was in this fertile forest, and I fell asleep under a tree last night, and today I woke up and I'm in the desert. I have no water. How'd that happen?" Yes, I've been through it many times myself, many, many times. I know other people who have as well.

This whole discussion, what I'm talking about here, has been largely left out of whatever label you want to use on the whole subject of achieving what you want in life. It's really been left out of the conversation as being too bothersome to get into, or if you give people too much reality, then they will back away, so therefore sell it on the basis of being easy. But one way or another it tends to be left out of the discussion and that's very unfortunate because it means that you have lots of people who actually know what they want to create and are creating it, that sooner or later just walk away from it completely because they went to sleep one night in a forest and they woke up the next day in the desert. They didn't get it. They didn't know what to do. They didn't have a foundation for dealing with something like that.

So I could go on at some length about this, but I think I'll keep this a little shorter than usual because

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I've kind of packed it all in here. I could regale you with more analogies and so forth, but I'll just leave it here. In my personal experience, and I know in the personal experience of many other people, as we move through life this thing that I'm describing here happens. It happens. I consider it of chief importance to be able to deal with it, but more than that, to be able to emerge on the other side of it victorious because that teaches you a lesson for the stars and the galaxies and the universes. It's a wonderful lesson, and it keeps having to be learned. It keeps having to be learned. Renewal.

This is Jon Rappoport, thanks very much. The Solari Report, and I'll see you next time.

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