

Rebellious Wellness^{over}₅₀

Control Your Thoughts — Enjoy a Better Life



Ep 15: Control Your Thoughts — Enjoy a Better Life with Erin McCollough

Gregory Anne Cox

This is the Rebellious Wellness Over 50 podcast, for women Over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way. There is and I'm going to show you how.

In interviews, book reviews, rants and stories each week, I'm going to bring you the latest science based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life. It pisses me off and it's B.S.. Look, aging happens, but it doesn't have to ruin your life. You just need to get a little rebellious in your approach.

Gregory Anne Cox

Welcome back, everybody. I'm always so thrilled to have you here listening in on these conversations of *Rebellious Wellness Over 50*, which means you get to think a little differently, opening your mind to the possibilities that life could be a little better, more interesting, more exciting by meeting new people and hearing about their experiences and what they bring to the table.

Gregory Anne Cox

And today, my guest is Erin McCullough. And Erin, welcome,

Erin McCollough

Thank you so much for having me here.

Gregory Anne Cox

You're welcome to be here. I'm happy to have you, too. So, I'm going to give you a little introduction about Erin and then Erin's going to tell us her story because I just love her story. And it is truly an inspiration for anybody who, no matter where you are in life, if you feel like the bottom's fallen out or how am I going to get through this thing, Erin is going to help us along the way.

Basically, Erin is a joy slinger. That's her phrase. And her mission, pretty much her life's purpose, is to help people and businesses, people in business, live the best life they can have, have joy at every moment, find ways to find peace in every moment. And anybody listening knows that this has been a pretty unpeaceful year and a little bit, now it's going into your number two with covid. But we don't need a virus to upset or unsettle us.

Gregory Anne Cox

Life just has a way of throwing things our way. So, Erin, if you wouldn't mind telling us about your journey for when the bottom fell out to now and then, we'll talk about how people can apply these things in their daily life.

Erin McCollough

Sure, yeah, so it really started with an anxiety disorder that I created many years ago and I say I created it because I understand the mind now. I studied it for about a decade and I get why that happened.

Erin McCollough

And other people create it all the time, too. And it's not a fault. It's just a thing that our mind likes to do. It's a place to go. Anyway, it started I was actually in couples counseling. It was our first couples counseling and I had a panic attack in that first

meeting, and I didn't know what it was. I've never had one before. And the counselor explained what it was. And as it were, they started to happen more often because I decided to do some individual counseling.

Erin McCollough

And through the process of telling my trauma over and over again, I created this disorder. And so it got so bad that in the first eight or nine months, I basically hold myself up in my home because I was so afraid to go out and have a panic attack and pass out or whatever the ideas were in my mind. Finally, my counselor referred me to a homeopathic psychiatrist and I was given a remedy. And that remedy stabilized the chemistry in my body so that I was no longer experiencing the anxiety, except that the mental emotional piece was not handled.

Erin McCollough

So while I wasn't experiencing the anxiety, lo and behold, I created it all over again. And so from getting the chemistry all worked out, I decided I'm just going to live a simpler life. So I moved to Hawaii, small town in Hawaii, and I was like, now I won't create it because it's simple here. But the thing is, I was still there. And so what I did is I started a business literally in the first twenty four hours of moving.

Erin McCollough

Now that took off like gangbusters. And within 18 months I had 20 plus employees, several multi six figure contracts, and I had no idea how to run a business or do any of the things. So I was scrambling to figure it all out and do all the things. About 10 years later, I'm totally miserable, totally anxiety ridden, massive stress all day, every day, solving problems for hundreds of clients and 20 plus employees and all the things.

Erin McCollough

I would just get really maniacal when a client would call and complain. And so this morning I fixed all the problems that started immediately. And this client called and complained and I got frantic and I called a friend and said, can I drop my daughter off while I go and fix this problem? So race over to her house, back into her driveway. And I sideswiped my car and her husband's truck. I was like, oh, my gosh, I'm so sorry.

Erin McCollough

I got to go. I dropped my daughter off on in the car, left, came back a couple hours later and she said, I need to talk to you about something, my friend. And I said, What's up? She said, My husband was under the truck when you sideswiped it and he thought it was going to land on him. And it just rocked me to my core. And I thought. This is not how to live life, like what am I doing here over a client complaint?

Erin McCollough

I mean, it's not who cares, but kind of certainly not worth a life. So then I just delved headfirst into self-development. I thought there's got to be a better way to experience this life, not an anxiety and stress. And so I started going to seminars and reading all the books and Oprah and the whole deal. And I started to recognize there was another life to have and start to make some changes. And things got a little bit lighter.

Erin McCollough

But about five years after that, I was going through a divorce and it just leveled me and I thought I'd spent tens of thousands of dollars on these seminars and I didn't actually have what I could pull from at my time of need. I always think, book always kind of find me when they're meant to find me, and there was this book that I had been interested in reading and I just decided it was time. And so I picked it up.

Erin McCollough

And that's called A Course in Miracles. The name itself is the miracle right now. It has three hundred sixty five passages and it's meant to be a passage a day for a year. And so I started dropping my daughter off at school and then going to the beach every morning and reading the passages, and while I thought they were interesting the first month, I was kind of like, and? You know. But the second month I had this crazy experience where every time I picked up the book to read the passage, these words were just popping off the page.

Erin McCollough

The path is joy. The answer is joy just kept seeing joy, joy, joy. And after several weeks of that, I was like, OK, I hear you, but I don't know how to get there. Show me that path. Where is it? And as it were, I had been following this gentleman named Mike Dooley for a while. I got his Notes from the Universe because I'd met him at a seminar years prior and he sent an email saying that there was a seminar coming up.

Erin McCollough

And I just, I sight unseen, bought it because I was like, I just need anything positive. And I knew he'd deliver and he did. And I went and as it turned out, it was a day long seminar on visualization process that he teaches. And I was so motivated by it. I came home, I started visualizing and all these things in my life just lined up. My business had been for sale for nine months and there have been no bites, no real bites.

Erin McCollough

And I called my broker up and I said, look, I'll let you know my business is going to sell by the end of the month and there's going to be a bidding war. And he was like, well, you know, we'd all like to think these things.

Erin McCollough

And I was like, oh, no, it's happening. And lo and behold, a week later went into a bidding war. It went into escrow. And then I met the love of my life in these very crazy circumstances. And then I got another email from Mike and he was like, Would you like to come and train to teach the seminar that I teach? And I thought, well, I don't really know why, but I need to go to this thing.

So I went and I came back and I put on my first seminar and while I was standing there five minutes in I ditched my notes because it was a culmination of everything that I had ever learned. All of my experiences, everything I had ever read just came together and I went, oh, I get it.

Erin McCollough

Like, I'm actually supposed to help people find this path to joy or what I call impenetrable joy, which is understanding what's going on behind the scenes so that you can be calm and have peace of mind and meaning in your life now versus waiting.

Gregory Anne Cox

Who doesn't want that? I have a similar visioning story for people that might be listening.

Gregory Anne Cox

They're a little skeptical, like "oh right, one course on visioning and everything's perfect." But when we moved here, I had owned the house where we lived before in the Hamptons and Hamptons real estate is always pretty high, but I got my house when the market was really flat. Anyway, comes time to sell it. There are a lot of houses on the

market, but I had done my research and it was a very special house. It was all wood inside beautiful.

And the neighborhood was like a normal little neighborhood. Nothing special, but inside the house was magnificent. So I had a price in mind and I got a realtor and she said, I think you're a little high. I said, I don't think so. And she said, All right, I'll list it for that if you want. But don't be surprised if you don't get any offers in the next three months. And because it was going into winter and I said, OK, we'll see.

Gregory Anne Cox

But I knew how long I had to sell it and get the money right because we're doing things here. I had an offer within eleven days. They did not counter the offer and it went to escrow and two weeks later. And so it was just because I got very clear, I did my research. I saw exactly what I wanted on paper. I saw the numbers and. Call it a coincidence, doesn't matter. I feel like I had a hand in it, right?

Gregory Anne Cox

So that's what you're talking about, getting really clear. So what does impenetrable joy mean to somebody? They have to kind of have a vision of that, right?

Erin McCollough

That's where I found my joy was in the vision, right in the vision of the future that I wanted to create, because in that creating of that visualization is all the feelings, right?

Erin McCollough

It's all the the touch and the see and the smell and the taste and all the things in that visualization. Like when I'm done with my visualization in the morning, most of the time I have tears of joy streaming down my face. That's how in that movie I am. And that's what I recommend for people because. We think we want all these things, but what we actually want is how we think we're going to feel when we have the thing.

Erin McCollough

So why not have that feeling now? You can have that feeling now. That's the joy. And it's not like some people think joy is just this jumping up and down exuberance. It's not just that. It is those feelings, too, but it's also calm and stillness and peace of mind. Quiet. That's all part of joy, too. And so my morning ritual is a visualization meditation. And

then I always listen or read something that speaks to my soul because not everybody thinks like this.

Erin McCollough

And so I've got to immerse myself in this information or telling people on podcasts or talking to clients about these things all the time, because this is my deepest truth that I know is real and matters in this life. And if I don't keep immersing myself in it, I'll get lost in all the jungle out there.

Gregory Anne Cox

Yeah, yeah. And the media is a very seductive, for it, and maybe not for you these days. It's very seductive to a lot of us who wake up. I don't go to my phone first thing, but I know that some people do. It's email or social or it's the news and. I don't think that's the most grounded place to start our day, whether it's email, social or the news, even if you love your social media, if everything is delightful and the pictures are gorgeous, kind of not grounding, I don't think. It's somebody else's life we're looking at whether it's the news or social or it's looking for what people said about us, which is external validation of something.

Gregory Anne Cox

So I appreciate that you're saying, in the morning, you start with what resonates for you, makes you feel great, finds your spot of joy, like where is it going to be today? And I do similar thing, just I just talked to my angels and guides, like what's here for me today. I keep my eyes and ears open, my heart open so that I can see the opportunities of a how to serve and how to receive, because we have to also be willing to have that joy reflected back to us.

Gregory Anne Cox

We can go like I want, Joy, but I'm miserable over here. Talk a little bit about the process of changing people's minds to go from panic and stress and all this stuff. Like what's a first step for people?

Erin McCollough

Well, when I'm working with clients, the first step I do with them is I asked them to tell me their story. And of course, they tell me all rainbows and sunshine. They tell me all of

the stuff, right. All the stuff that happened to them. That was unfair. That was traumatic. That was abuse. Whatever the thing is, whatever the things are. And the reason I start there is because we are destined to live our past.

Erin McCollough

If we continue to pull from it all day, every day, which is what most people do without awareness. And so if we can talk about the story, understand the pieces that matter, it's not the pieces that in the past it was always like psychotherapy, psychoanalysis, all those things. Where where did it come from? Why did it happen? It's not about those things anymore. It really is, what did you derive from those experiences? And they are beliefs that we created, what we sort of committed to knowing in this life, like what our perception of everybody and everything is, came from those moments.

Erin McCollough

And when we can acknowledge that past and then create a new story, that process allows people to let go of the past. And when they understand that they are not those past things. See my life up until the last five years, I thought I was my thoughts. I thought I was my emotions. And that created a roller coaster ride of events all day, every day because I was in reaction to everybody and everything. When people start to recognize that they are not their thoughts and that they can actually change the thoughts that they're having.

Erin McCollough

See, I didn't know that either. I thought these thoughts are just happening. I didn't now. I just thought I was in reaction to everything. But actually, when you get intentional, like you were speaking of earlier, that's when real stuff starts happening. But you get to dictate that it's an empowering position to recognize that you're responsible for everything you've created in your life versus being in blame or shame about these things. The responsibility is empowering. It's like, oh, if I can create all these things through my thoughts, the emotional reactions that I have, then I can uncreate the things that I don't like and create intentionally the things that I do like.

Gregory Anne Cox

And you're not saying that stuff's not going to happen outside of us, right? Things are going away. Our normal things of life don't just magically go away.

Erin McCollough

No, they don't magically go away. But I'll tell you the emotions that we have, the reaction that we go into, those are gifts. Those are showing us where we can heal and grow. I mean, that is one hundred percent why they exist. It's not to be like we're not here to be challenged. This life is not about overcoming these huge obstacles. It's actually about recognizing where growth and healing can happen and seeing them for what they actually are vs overly inflated emotions.

Erin McCollough

You can look at your emotions and go, oh, so this happened. This guy, just as a for example, this guy cut me off in traffic and I flipped him off. Right? Like instead of just assuming that's normal behavior going. Oh, that's interesting. So the first piece is awareness, like where am I reacting to people and circumstances and noticing that. So that requires that you get a little bit separate from yourself and recognize that, oh, while it is me that's having the emotion, I am not the emotion and how, you know, you're not the emotion is because you can have an emotion and name what that emotion is.

Erin McCollough

So who is that that's naming it? That's actually who you are. So you can have a thought and go. Oh, I just had that thought. Who's the spectator there? That's actually who you are. And so when you can create that separateness and recognize that you are those thoughts and you aren't those emotions, they are just predictable things that you do based on past experiences, then you can begin to acknowledge where you're at, have awareness of when you go into reaction, find strategies that work to create a different, create an intention, and then strategically do your mind differently and then practice that over and over again.

Erin McCollough

That's growth and healing.

Gregory Anne Cox

So tell us, let's just say we practice and we don't flip people off in traffic, so the traffic, the ride by extension becomes more enjoyable because we're not so waiting for somebody who's going to like they're driving too slow, they're driving too fast. So all those

thoughts go away. So now we're having a peaceful ride. But in the big picture, what does "we are not our thoughts" do for people?

Erin McCollough

Well, ultimately, it does that exact thing, it creates a different experience, right, so many of us think that we would like to have riches and success and all these things.

Erin McCollough

And the reason that we want those things is for how we think we're going to feel when we have that. So why not just have that experience again, we're not here like, it's not, we're not here to be challenged. It's not. I see a lot of rhetoric on social media about like overcoming and all the things. And the reality is it's not about the challenge. It's about the experience.

Erin McCollough

If I can show you how to experience this life in a very different way. Wouldn't that be more meaningful to you than having a pile of money? Or a fancy car, I mean, the fancy car and the money. They represent this idea of safety like security, right? There's no, I mean, if this last year told any of us anything, there is no security. I'm so sorry to tell you that having a pile of money is not going to make you any more secure. In my old business, I had clients that were multibillionaires, multimillionaire's products that you and I both use, names you would recognize some of the most miserable people I've ever met.

Erin McCollough

They can spend their entire day doing whatever they want all day, every day. And what do they do? They micromanage housing staff. They do crazy stuff. And I think it even took me a while to put it together. I was like, you know, the cliché of money doesn't make you happy, it doesn't make you happy. But until you experience it for yourself, I had all the things and my own business. I had the time, flexibility, I had the money.

Erin McCollough

But I also had the stress, anxiety, worry. I was overwhelmed all the time, like I had all those things and I was totally miserable. And I'm not saying that having money doesn't mean you can still be in joy. You can do both at the same time. Just understand that the

pile of money is not what brings you joy and it never will. And there won't be enough of it ever to make that happen.

Gregory Anne Cox

Right. Which is not to say that, as you said, you can have the money, you can have the car.

Gregory Anne Cox

If those are things you desire and you start to create a life that comes from "I create my life", I'm going to vision this into being. Right, so people can create there's nothing wrong with a pile of money, but it's the searching or the questing or the feeling, as you were talking about, that money, we think brings us that's backwards. And when I'm working with people on their body. I want to do this. I want to change this and lose all this weight to win.

Gregory Anne Cox

How do you want to feel? That's where I always start. We're here because you want to feel something different than what you feel right now. What is that thing? Well, I want to feel more energetic. And how will you feel when you're more energetic, right? We keep drilling down, drilling down. Because like you said to the, there are these core feelings that are part of the human experience, we're not here to be punished.

Gregory Anne Cox

There's no God looking down, "ah you're bad today", whatever. We're not here to be found. Speaking of social media, you know, there are things like you've got to talk it out and you've got to get through this. And on the other side, you've got this because there's a lesson. There is a lesson in how we experience things. But I don't think the things are given to us to provide a lesson per say. So once you decide how you want to experience the life that you're given, how you want to feel, that's the first step.

Gregory Anne Cox

As far as I'm understanding what you're saying.

Erin McCollough

100% yeah, The most of the time when people come to me, as you, I assume, is they're in crisis and maybe it's emotional, spiritual crisis or body disease or whatever, they all stem from the same. In my estimation, we are three parts equally: mind, body and spirit. And when we are out of whack in any or all of those, then things get created like crisis, disease, all these things are created out of that and they can be un-created just as easily.

Erin McCollough

I mean, that's why there are things like spontaneous remission, like doctors can't explain that, but it's because they have flipped a switch up here that said, "I do not believe that that is my truth, that this disease or whatever is my truth." And so you can do that any time. But it requires an elevated emotional experience, which is why the visualization is so important, because you cannot, change is difficult, just mentally trying to make a change like nobody goes "yippee change" and resistance to it all the time.

Erin McCollough

And so you just have to recognize that your patterns of behavior are constantly in resistance to change. Your subconscious mind is uninterested in change period across the board. It is only interested in survival. And so if you let it run the show or steer the boat, then you're in trouble because you're just going to keep recreating the same thing over and over again. You have to disrupt all of that stuff and it doesn't have to be painful, but it won't feel right because right feels like the same.

Gregory Anne Cox

Yeah.

Gregory Anne Cox

And it's a little uncomfortable if you decide to take on a different way of thinking or being and the world around you, especially your close friends and family aren't there. And that often happens, and that's OK. So sometimes you just kind of have to keep it to yourself until you get to that place where you can start saying to other people, because you're sure in yourself, "I'm practicing this, I really see a difference in my life." Then you can say to somebody, "I just noticed that you get really like whacked out when X, Y and Z happens or the dog is barking.

Gregory Anne Cox

Let's talk about that". Right. You can you can then talk. But if you you wake up and listen, coach, with Erin for your first episode with withErin and then you run off to your next of kin or your spouse or significant other and you say, "I'm changing my life. I all full of visioning now". And it's that you're going to get like "What is going on with this woman?" So, again, it's not easy to change.

Gregory Anne Cox

It's also because of the people that love us. They want us to stay the same just as much as our reptilian brain wants us to stay the same because it puts them out of their comfort zone if we start to become different or be different.

Erin McCollough

Yeah, when we start to heal and grow, we get out of alignment with some of the people in our life for sure, and that can be very challenging for other people because, I mean, hey, we're literally going around all day every day projecting all of our stuff on everybody.

Erin McCollough

So when that starts to change, I mean, I'll do exercises with people, just say, because most people like they'll come home from work and they'll go. "How is your day, honey?" And I'll be like, " oh, traffic, and this thing happened and this other thing happened" and all the bad stuff right? And it's like when you start to shift to recognizing that most everything in your life is working out and then you train the people around you not to talk about those things, they don't even notice it, but you do.

Erin McCollough

So you can do that quickly. You can literally just stop the habitual conversations that you have with your spouses, with your kids, and just insert different things or take things out. And they will not even notice right out. I mean, they'll notice there's a shift, but they won't be able to put their finger on it. And you can shift an entire household in a matter of like five minutes. They start to talk about all the things that didn't work out and you say nothing.

Erin McCollough

And then you change the subject and then subconsciously they go, oh, she doesn't talk about those things anymore. So then they don't talk about it. So you've shifted not only you, but you shifted your whole house by modeling for them how to behave. And those things are like I mean, I just, it's like this is like the game of life. This is like fun. You can go through life as like, I literally, my experience of life is that all this out here is like a movie.

Erin McCollough

And so when I see people in reaction, I just go "oh, that's so interesting. They have a belief that's being poked right now. I wonder what that is?"

Erin McCollough

Or me. I notice like sometimes with the kiddos home and I'm doing homework in the evenings, I get agitated. I'm like, "why is that?" I get to check in with myself and go, "why am I all of a sudden my voice is raised, I'm agitated, I have locations, you know, and so it becomes more of a spectator sport than it does having to be in the midst of all these things going up and down all the time.

Gregory Anne Cox

Yeah, and I think that is the beauty of practicing this way of being, because, as you said, you noticed instantly, if you're getting triggered, why am I raising my voice? Why am I agitated? And you step back and you could close that down and have the next moment be in a different way. And that is super powerful. If anybody listening has complicated relationships, who doesn't, close relationships, people in the house, we've all been locked down.

Gregory Anne Cox

It might be getting a little testy at times. But if you recognize that you're triggered or provoked, as Erin said, and you just take a second, I want to have a different outcome. I don't want it. I know the pattern is we're going to fight. We're heading for a fight. We're cruising for a bruising. But how much of a better outcome in a much nicer way. As you said, the other person's probably not going to notice, but in that instant, it's like, OK, I know that I'm agitated either I will do one or two things.

Gregory Anne Cox

I'll say, "I'm sorry, I'm just agitated right now." And let's just put this on the shelf for five minutes and I'll be back or I just take a deep breath. And what was that you said kind of, let's start over without saying that and making a big deal out of it. It really is powerful, but it's because I've worked so many years to understand that I still am a human being. I'm going to react, going to have weak moments or strong, overly strong moments, those kinds of things.

Gregory Anne Cox

So it really you're right about changing the whole house.

Erin McCollough

Yeah, and I think I mean, one of the classes I'm starting right now is like learning how to be in spiritual partnership with people, because when you understand that you have these belief structures that are foundational and you understand why you're having an emotion and you have a partner that understands other things as well, than you can, when you go into reaction, or they go into reaction, you don't have to go into reaction over there like you can recognize that's theirs.

Erin McCollough

They get to have that. And I get to have my own. And you can support each other in that growth versus getting into like you were talking about, that cycle of, like I say this and that agitates you. And then you say that and that agitates me. And the whole dynamic that happens a lot of times for couples or even friends recognizing what's going on behind the scenes and then be able to support each other through like, "oh, I noticed that your voice is raised."

Erin McCollough

Now, I wonder why that "I notice you're angry right now. I wonder why that is. Do you have any idea?" And you can ask those questions without agitating them because they understand the process of what's going on behind the scenes. I think that's important.

Erin McCollough

Oh, absolutely. Somebody, I want to get to your class in a moment, but somebody once said, in a training, Harv Ecker, I think was the first person I heard say this was, "you can either be happy or you can be right."

Gregory Anne Cox

He said being right is one of the most damaging. Right. So I again, heard that, I couldn't unhear it. I thought, what is this? I studied over the years, there are times when I swear my husband or somebody else, usually I don't react to other people the way I might to my husband. And we have a great relationship, don't get me wrong.

Gregory Anne Cox

But he might say something, and in my head I say something right back, snark. I used to be like Miss snark, but I don't say it because it's like, "oh, I just want to have the last word, don't I?" This is one of those situations where I'm trying to be right. You just made a point. I don't agree. Whatever. Let me go back to making breakfast, really, really powerful. But again, it's that self-awareness and that who is having that thought me.

Gregory Anne Cox

I get to choose whether I want to say it or not. The thought is not in control, as you said at the beginning. So tell the people about your class and where they find out about these classes and whatever else you offer.

Erin McCollough

I'm actually I'm doing the pilot right now, so that's four modules. The first three are the basis of my classes in general that I always teach, which are about the tenants, which are your dominant thoughts, create reality and take personal responsibility for those, understanding your beliefs, emotions, what they are, what they're signaling and how to reconcile them, and some strategies on how to reshape your mind and do all the things.

Erin McCollough

This one will be those three first ones and the strategy will be around relationships specifically, not all too different than everything I always teach, which are the same things because I think these are the things that are important, otherwise I won't be teaching them I guess.

Erin McCollough

I'm not posting them, the first class is starting on, I think the second week in April.

Erin McCollough

And so after four weeks, then I will begin to post and you'll be able to find it on Instagram or on my website.

Gregory Anne Cox

Okay, what's your website?

Erin McCollough

It's Erin- Mac.Com and under services the courses will be listed. I have free webinars all the time on the stuff that you can find through LinkedIn. The URL is usually in my Instagram, which is ErinMacLLC.

Gregory Anne Cox

OK, cool. Yeah, I'm woefully late to the Instagram party. I'm on Instagram, so I'm racing around trying to figure out how many times a day can I post.

Gregory Anne Cox

And there's so many interesting things. And people on Instagram, it's almost like and I never really I'm not a big Facebook person, but Instagram is just like a world of new people and possibilities and fun things, not just pictures. I just feel like there's so much going on there.

Erin McCollough

Yeah. I mean, I have never been a fan of Facebook. There's always seem like this. Look at me like my life is perfect and I just feel like, myself included, I can get wrapped up in that too. Comparing comparing yourself to other people that are in the same industry or lot in life or whatever, versus just going inside and going, "OK, like I'm here doing my thing and I'm good right now in this moment." But Instagram to me is I don't know, I've made some interesting connections like people have DM'd me and we've sort of become friends.

Erin McCollough

I've bought things from people, people I've done free consultations and they've sent me like jewelry and stuff yeah. So it's it's pretty cool. And you can kind of curate what is on your feed. Right, because it's really important, again, like that. You want to surround yourself with the things that matter to you the most because we just get so distracted by all the other things we could get distracted by watching the news all the time and thinking that everything is doom and gloom, when, again, the news is a snapshot of bad stuff happening mostly.

Erin McCollough

I mean, they're not going out and going, "oh, look at this peace party right now." It's like all the things that aren't going well. And then there's all these like millions of things that are going really well. And we're somehow focused on we focused an entire hour on horrible things. I don't get that. I haven't watched the news in over a decade because I was having a visceral response to it. And I thought, well, I don't need to do that every night.

Erin McCollough

That's kind of silly.

Gregory Anne Cox

Yeah, yeah.

Erin McCollough

At first I felt irresponsible, but now I just feel like I find out the things that I need to find out.

Gregory Anne Cox

Yeah, I'm with you. I, I've relearned that, for a long time, when I was a chef, I worked at night and I didn't even have a television because there was no point. I'd rather stay on, have a glass of wine with my girlfriend than watch television. So I was out of the habit of being news, but then started listening to NPR on radio and it's kind of a little bit less horrifying. Or it was now it just seems.

Gregory Anne Cox

And then, of course, during a certain presidential era, I got a little crazy and I watched everything twitching all the time. And now that that's all over, I realize I've got so much more time back in my life. And I don't care that my Dopamine doesn't get pinged every hour, it's crazy.

Gregory Anne Cox

I'm not proud of it.

Erin McCollough

Well, I mean, I did. It brings me to the you know. So, yeah. This last year, the last presidency, whatever. How are you feel about all those things? There's always going to be something. So why not navigate the internal experience now so that when the next thing happens, because there will be a next thing.

Gregory Anne Cox

Oh yeah!

Erin McCollough

So when the next thing happens, you're good, you're neutral and grounded inside of you, and so whatever's going on outside and while you may not agree with it, you won't have to be in reaction to it.

Gregory Anne Cox

Yeah, and I would bring that down to the individual level, because I always, this is from a health point of view as well as your point of view, practice this stuff for you because things are going to come up. You're still going to have an annoying name it, experience or person.

Gregory Anne Cox

They're still going to be catastrophes that happen, as you said, probably not as many once you start creating your life differently. But if you ground yourself now and find ways to be impenetrably joyful and peaceful, then it won't knock you off, it won't rock you to your core anyway.

Erin McCollough

And hey, we were talking about relationships prior, and I would say everybody that comes into your life comes into your life on purpose. So, I mean, romantic relationships are the best way to heal and grow. I mean, you do you pick those people intentionally for those purposes. So why not use it intentionally now, even though you're not aware of it, even though you don't know that you picked that person to be with because they're poking all your buttons?

Erin McCollough

They're absolutely doing that. And they're doing it for your benefit, not to irritate you, to agitate you, to actually create change. That's the purpose of those. And you can't like we can't do this healing and growing in a vacuum. There's no way you can't do it by yourself. You've got to have other people in your life. So you might as well make it a game and make it fun.

Gregory Anne Cox

On that note, I think we should all leave with the idea that life is a game and let's make it fun. Erin McCollum, thank you so much for your time, and I hope everybody will go visit Erin-Mac.Com. Yeah, yes. And see what she's got going on and find her on Instagram. ErinMacL.L.C.. Yes. OK, great. It was great to have you.

Gregory Anne Cox

I love these kind of conversations and I'm one hundred percent in your corner about creating our lives. So thank you for sharing your wisdom and experience with the listeners. Oh my gosh.

Erin McCollough

Thank you so much for having me on. These platforms are super important to have these conversations on.

Gregory Anne Cox

Yeah, they are. And to all the listeners, thank you for being here, as usual, week after week, supporting us here at Rebellious Wellness Over 50. You are much appreciated too. Be well, till next time, everybody.

Gregory Anne Cox

That's the end of another episode of the rebellious Wellness over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send him my way, would you? And if you've not ever been to the website, RebelliousWellnessOver50.Com Head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.