

Speaker 1: Music playing

Travis: Ladies and gentlemen, welcome to living the dream with Travis. Barton I am Travis Barton. This is my guest, the one and all the rock star, Monica Loren, and she is a mind body practitioner. I imagine a lot of people listening right now. Their ears just perked up when they heard that and she's an incredible woman. She's doing incredible things and I had to have her on the show. I think when I started this show, you were one of the first people that I thought of to have on here. So I'm so stoked to have you on how you doing today.

Monica Loren: I'm really grateful to be here. Thank you for having me. I'm just excited to be talking to you.

Travis: Awesome, so,for anybody who doesn't know who you are, I know this is kind of a loaded question and I'm not to get too existential here or like that, but who are you?

Monica Loren: You really want to go to it. I mean, I'm here as a person to do everything I can to help people that come in contact with me, remember who they really are. That's who I am. I feel like deep down at our core, we're all just kind of receiving and you know, cycling information. So if we can really get in touch with the truth, we can change the world from that space.

Travis: What's the truth? I think that's uh, I think that's going to be a deep one at some point down the road in this conversation here. But for, for now I want to kind of put that on hold just a minute. What's the truth? I want people listening right now to kind of consider that what's your truth listening to this and if there's anything here that inspires you to uncover that truth in yourself. I think that's really interesting talking points. So your mind, body practitioner, I see all over social media, fitness is a huge part of what you do and how you show up in the world. And of course, you know, your therapy is a huge part and I see them kind of coexisting in your life so well, what compelled you to really step into this and the way that you're doing this right now? What compelled you to really become this type of coach?

Monica Loren: Um, you know, I've had a lot of interesting experiences that have been really painful growing up and it forced me to go deeper. It forced me to kind of, instead of dealing with them externally, I had this sense to go within. In doing so, I found all these ways to help myself through fitness, through meditation, through the therapy that I help people with. And as I began to feel better, a part of me just wanted to share that, you know, being the change is the found way to help people. So I'm trying to show up in a way that can inspire people as best as I can so that it can hold the space for them to also show up in their own life.

Travis: Beautiful. I always say this when you're a personal brand and entrepreneur, and I think this is something you're so good at, it's something that certainly inspired myself to show up really powerfully in my own business. When you're a

personal branded entrepreneur, especially somebody who's inspiring other people, you gotta walk the walk. You can't just talk the talk. We see too many people out there who are so cookie cutter and they're just kinda there. They're saying what they think needs to be said, but they're not really living in alignment with it. Right. And I think you're kind of the perfect example of a woman who's really stepping into their power in a real way. And you're not hardly ever promoting yourself. You're just kind of living your life. I'm seeing, and I'm seeing a lot of people being attracted by that and so I think that's a really interesting perspective there.

Travis: Something that I work on with the coaches that I work on and you want to be successful in your business, you know, let's work on the foundation. That's your life because when you show up powerfully in your own life, that's when the magic happens. And you mentioned something super important as well. You said fitness and meditation were deep foundations for you and as you know probably meditation and working out. Those are the two things that I recommend every single person to do. Everybody move the body, still the mind. If you do that. And those are the foundations, I believe, certainly for lasting happiness and fulfillment. What do you think on that?

Monica Loren: 100% all always. If I could have one magic power, it wouldn't be to force my clients to meditate and exercise every day (laughing). They are like why do you want me to do this, just trust me.

Travis: It's the craziest. That's what changed my impact in my entire life. That's the foundations for me. What was it was sitting down, shutting out all the thoughts going on in my head and just listening to my breath. Right, and just focusing on that press and just being silent because that's where our real authenticity shines. And then working out because working out, let's be honest guys, it's not just about bigger biceps ladies. It's not about nicer butts. It's about feeling good. It's about being inspired, right? It's about being pumped up. I think that feeling that you get after a good workout is better than any type of drug or alcohol or anything. And then you couple that with meditation every day and man, you're sailing,

Monica Loren: you want to move energy, be still, but also like you get stagnant as well. You know, you're obviously getting endorphins and whatnot. We get stuck sometimes on a cellular level and you don't realize it. And moving can shift stuff that we're not even aware of. So it's really important

Travis: can you elaborate on that? That's really interesting. What do you mean by things on a cellular level?

Monica Loren: Well, we can have emotions or even kind of beliefs that get stored in our body. So if we're not present with them, if we don't connect with them and even move the energy, it can create a stuck feeling. And this can kind of infiltrate your whole entire life if you're present enough with it. Often Times with my clients, they come in and we have to really go deep and recognize that we're not

letting ourselves feel certain things. And so when we finally do allow certain feelings to kind of unfold a whole new world, sometimes

Travis: you said it's cool, it's cool to get in touch with your feelings. It's okay. Yeah. Do you see a lot of the people that you work with kind of resisting, really being authentic with their feelings and really coming to terms with them? And how does that usually work with you? How do you work with people through that?

Monica Loren: That's a good question. It depends on the person and their conditioning.

Travis: Sure the conditioning! I mean that's the foundation of it all. Everything has learned or fears or anxieties. All that stuff is, it's as learned throughout our life. It's not who we are. Right. So you talk about getting back to your authentic self, man. None of these fears, anxieties and beliefs are authentic, right?

Monica Loren: It depends on the person. I find women are definitely have an easier time with it. It's kind of our natural ability. We have that ability and men can get in touch with their emotions. I'm not saying they can't, but there is more conditioning to not maybe feel and express, you know, don't process. You're, you're weak, you're being feminine. You know, you're being sensitive. That's just crazy. Like it's really powerful to just let yourself feel and be and just, this is it. This is me, this is what I'm feeling. And it can be really intense, but that's beautiful. You know, vulnerability is absolutely beautiful and it's incredible when men and women can share that. I think that's absolutely being strong and keeping yourself together.

Travis: I think sharing your emotions and being authentic with your emotions and your feelings, I think that makes you strong. I don't think that's mutually exclusive. I think that makes you a strong man. I mean it makes certainly makes you courageous and doing that, I'm seeing the paradigm kind of being shifted in recent years where men are being more open about this and they are stepping into their power more authentically with this. So that's certainly something I'm noticing. Where do you think this initial paradigm came from that that men can't, they have to pretend to be this just masculine, you know, Herculean version of what a man should be this character. Where do you think that came from?

Monica Loren: You know, society conditioning, generations of this is how we should be. It goes way back. I mean everyday we're looking at magazine. It's like be this way, be that way. You know, social media be this way. It's still out there and people are starting to feel like something's not right. They don't necessarily know what it is. Like you said, and people are on all different levels, but they're like, I want to be myself, not this person that I'm supposed to be. It's amazing. People are changing, like you said. Absolutely, and men are changing. Women are changing everyone, you know, it's not just men.

Travis: Yeah, certainly. I think this is a recurring theme on the show and certainly my coaching in authenticity, life's total emotional freedom, you know, it's exhausting to go through the world being inauthentic, wearing a mask. You got to pretend to be somebody else in front of other people to make them happy, but you don't even like him in the first place. And then I'm going to like who you are in the first place and then you know you're, you're constantly, perpetually wearing this mask and that's exhausting, isn't it? Just easier to go through the life just to be who you are.

Monica Loren: It is, but It's scary to be vulnerable and then get rejected. It hurts sometimes. This is me. I'm like innocent, childlike self and now someone's like, no, shut it down (laughing), I don't like you.

New Speaker: Yeah whats this new version of Monica, she's all of a sudden like making money and she's in shape and she's happy. I don't want that. Right. I don't want none of that. Right.

Monica Loren: So if someone is uncomfortable with you being yourself, it's because they're uncomfortable with themselves being themselves. That's really where it's at. So you have to remember that if you're rejected or judged or all that good stuff, you know, and that's a common theme with my clients. It's just remembering that's just a projection. Whatever they believe, whatever they don't like about themselves, whatever they don't believe that they can actually do in their life. They can't see that. So they shut it down.

Travis: I'm connecting so deeply with what you're saying. What would you say to somebody who has their heart singing to step into the world more authentically? Their heart is calling them to be more open. Their heart is calling them to really step into that authentic, vulnerable person, but they're scared to do it for fear of what others think of them. What would you say to that person?

Monica Loren: I would say take baby steps and just try little things here and there. Like even when people can't meditate, I'd say just try a minute 10 times a day. And then as you start to see, oh my God, this work, it teaches your consciousness and if you continue that process for 30 days, you'll start to see that it's natural. So you don't have to do some big Aha. This is me. Like you can be gentle and take your time, but just do something and share yourself in one little way and just keep doing it and then recognize your victory. So you're teaching yourself, this is good, I can share and this is good. And then the next thing you know it is showing up, but you need to consistently do it.

Travis: Sure Lao Tzu said that the journey of a thousand miles begins with a single step and Lao Tzu was a wise, wise man. He didn't say the journey of a thousand miles begins with an airplane ride to the very end, right? It takes a single step and oftentimes, especially in this society, we get so overworked with the big picture. The big adventure of it all that we live in a state of preparation, right? We keep saying, someday I'll get around to meditating. Someday I'll get around to living authentically. Someday I'll get around to finally working out. You've probably

heard this a million times, but the single step is the most powerful thing you can do. Be present and take that step. Take it consciously and be completely mindful in it and you take the first step. Ladies and gentlemen, I challenge you Monica, I'm sure challenges to you as well.

Travis: You take that first step. What is that first step towards that great adventure that your heart's asking you to step into? We don't care about what's at the top of the mountain right now. All we care about right now is that first step. So think about that. What is that first step? Isn't meditating? One Minute a day, 10 times a day or one minutes, and then as the day is, it's doing 10 minutes of yoga in the morning. Is it taking a walk? What is that first small step and you take that first small step, be mindful of it. Make it a habit. Make it a part of who you are and then ask yourself, okay, what's the next step? Right. One step at a time is all it takes to get to be successful. Monica, where do you personally feel most inspired? What pumps you up? What fires you up? What turns you on in life, besides the pre-workout?

Monica Loren: Oh yeah. Right. I have to cut out the pre-workout now (laughing)

Travis: I still can't shake the pre workout. It's the one, this is my last life.

Monica Loren: I love drinking like coffee. It's incredible that my body stopped allowing it, so now I have forced myself to have that without caffeine. It's amazing. I promise it's possible, but to answer your question, what inspires me? Contributing? Honestly, being inspiring inspires me, if that makes any sense. I have these clients that tell me on a regular basis just who you are inspires them to make change because I'm so disciplined because I'm actually practicing what I preach. I literally get high from people changing their lives. I mean, aside from that, I mean, I love doing lots of fun things if that's what you need as well. At the bigger picture here is that,

Travis: yeah, I resonate with that. It's deeply, I mean I think that's part of purpose when you're so amped up about what you're doing with your most of your time with your life purpose. Right. That's what should fire you up.

Monica Loren: Yeah. Life without purpose is not fulfilling at all. Yeah. that's why people are not feeling very content often.

Travis: Sure. It's okay, so that's, that's great. I mean it's, there's a lot of people especially, you know, come to us and talk to us. They're not content, they're going through life and they're kind of going through the motions, they might be living surface level. What would you say to somebody to help them really get out of that rut to start living life on their own terms? What would you say?

Monica Loren: Listen to their, yes, follow that joy follow that bliss. What's something you lose time with? Like where you're just completely present and you have no idea what time it is and you're completely obsessed with what's going on. Like those

little moments are what you want to go after and continue to kind of follow your greatest excitement. It seems kind of obvious, but people don't do this. They don't say yes, and they don't do what they're actually wanting to do and they don't realize that they can actually live a big grand life and do what they love. So there's kind of often this belief, you know, I can't really do what I love because family or this, but you can, you can have it all.

Travis: So I love to ask not the question. What I want you to really step into your, your passions and purpose. Purpose is not only service to the world. What are you passionate about? What deeply moves you? What gets you out of bed without hitting that damn snooze button 10 times before you jump out of bed? And you've got to say, oh, I gotta go to the office and deal with Becky from accounting again and I just hate my life and this and this. What are you passionate about? I love asking this single question, if your happiness paid the bills, what would you do with the rest of your life? Now we get stuck in this belief system, the societal kind of pressures and the cultural expectations. And we say, well, I'm passionate about this, but everybody knows you can't make money doing it. I don't care about any of that.

Travis: All I care about is what are you passionate about? What do you really love? Like you said, what are you really lose time over? And then the followup question is not can you make money on it because we immediately go to, no, of course not. The follow up question is how can you make money at it? Because that presupposition of how implies that it can be done, and I've done this long enough to know that even the most stubborn people can always find a way to make money and be of service with their passions and, and maybe your passion right now, purpose yet maybe it's just something small, right? Maybe it is just, hey, I want to learn how to surf. Maybe I want to start working out, you know, maybe want to start meditating. Whatever that list is in your heart. Follow it. Don't be afraid. What do you believe is the key to success?

Monica Loren: What do I believe is the key to success? I mean, it's tied into all this. Honestly, just continuing to move forward. No matter what happens, just dealing with whatever comes up and saying, okay, this is meant to happen. What else is possible? You know, and not giving up that success. It's not, oh, you know, I did this thing. Maybe that thing wasn't supposed to happen because this other thing was supposed to happen. It's actually better, so you're going to get to where you want to get to. Just keep going. Trusting that everything is actually happening as it should go after that thing that you cannot stop thinking about. That's success to me

Travis: before they're there and we kind of have one hiccup and I go, oh, well I gave it a shot. What did you really, what do they say? A river cuts through a rock, not because of its power, but because of its persistence. Asked a lot of people on this show, this very question and the underlying answer and every single person that answers this question is exactly what you said. Yeah, I know. Yeah. It's persistence. It's not giving up. It's going for it. Guys. You imagine you're sitting at a table with the most successful people in the world. Just talking with Richard

Branson. You're talking about Steve Jobs, Bill Gates, whoever you're talking with us right now, you're sitting down having coffee with all these people. I can guarantee you, you ask them, what does it take to be successful? You're not going to get a sexy answer. You're all looking for a sexy answer, but you're not going to get it. The answer is persistence. Yes. The answer is not giving up. The answer is to continue moving forward. You're going to get scripts, some scraped knees. Uh, don't want it. Don't stay on the floor. Don't overstay your welcome with the pity party. Get back up, brush yourself off and keep going. Keep going. What do you believe is the foundation of true, authentic happiness?

Monica Loren: appreciation, gratitude. Being completely here and seeing that you have everything you need, everything is amazing. Everything really is perfect. Even in the darkest moments, it's perfect. Completely accepting what is now. You can find happiness and every single moment if you can be present, do that.

Travis: Yeah, no, you know, I wake up every day. I ask myself two questions. What am I truly grateful for today? Because I understand happiness again. I guess we can all you can imagine, Hey, what does happiness, and you're sitting at the dinner table with Dalai Lama and, and, and, and yourself and I and all these people, what does happiness and they're going to give you the answer. Gratitude

Monica Loren: Everything really is amazing.

Travis: Everything is amazing, right? And so I asked myself every single day, I asked, what am I truly grateful for in my life? Because I understand that gratitude is the foundation for happiness. And then I asked myself what would make today really amazing. Yeah. That's my accountability called the dude that, but gratitude. Yeah. It's about really wanting what you already have and not about focusing on having what you want. There's beauty all around us.

Monica Loren: Yeah I mean, you can be open to great things getting better. It's like a space of, I love where I am and I'm open to things getting better, but I love where I am. I'm constantly reminding my clients this, this is huge. When you really get this because you welcome in even more. When you're in that space, when you're thinking about lack you're going to experience lack, so when you're completely not in-content, you're going to see that whatever you're focused on, you're going to see it's that simple.

Travis: Listen to that right there! Whatever you're focused on, you're going to get. Now, how true is that? Don't take our word for it. Start living in alignment with what she's saying right now and message her and let her know the results you see after 30 days, and don't take our word for it. Just go do it. And you'll see. I love asking this question when I asked you this question and I'm very curious actually to hear this answer. If you can have dinner with one person living or dead fictional or nonfictional, who would it be?

Monica Loren: Great question. Probably Buddha, probably Buddha, not religiously, but I'm big on compassion for all, so someone who's really mastered that would be incredible. My parents did raise me with Buddhism, so that could be why as well, but

Travis: I love to hear more about that. What would you ask Buddha?

Monica Loren: How can I fully, unconditionally love myself more? Honestly, I would ask that question because as much as I love myself, there's always something to love and accept. And I find when I'm in that space, everything is perfect. So I would ask that question because then I love everybody else unconditionally. So

Travis: now, it's interesting. As a coach, I believe I have no information to give to you that's ever gonna change your life or anything along that. I believe you have everything within you already. You know the answers already. So I'm curious, if I were to really, really ask you, if you asked Buddha that question, what do you think you would say? What, what does the answer you think you'd give you?

Monica Loren: You already do love yourself unconditionally. It's already here. It's already here. Now

Travis: that's such a Buddha answer. That's totally fine. I can see it says this thing, something like that. And you're all frustrated. You're like, that I don't understand. Help me give me more information. He's like, no son within yourself. Right? And that's typical. Uh, zen, uh, it's like a little Zen Koan almost. All right, go figure it out. How do you practice Buddhism now? I'm cause it's something that I practice myself. I practice in meditation and Taoism and all these things. How is it something that you practice? Is it just through meditation or any other things?

Monica Loren: Just the simple principle of being truly this happens for a reason and to completely trust that. Going back to compassion, so the principles are more kind of what comes into my world that anything else. It's funny. It really goes back to fully just loving everything as it is. Having the compassion for everything. It's just a beautiful space. When you're in that space, you know? If you tune into that, it's profound. There's no separation, there's no judgment. There's no, you're different. This is wrong. This is right. It opens you up to kind of a oneness feeling of realizing that we really are all truly connected. It's powerful when you're living from that space. Yeah.

Travis: You funded that kind of space can often be fleeting because I'm certainly in that space. Not consistently, but I'm, I'm in that space in very fleeting time. Sometimes days, sometimes just very fleeting moments. How do you typically find yourself in that?

Monica Loren: I mean, things like ebs, and flows, but I find when I'm doing my practices, meditating, when I'm doing my physical activities, when I'm doing my gratitude

lists and just thinking about being appreciative, it keeps me in that space. Opening up. I kind of imagined myself being open.

Travis: You just gave me an insight. That's why I'm like for anybody listening. Totally. We just had an insight. I mean, it's so simple, but yeah, I mean it's, it is a consistent practice. You've talked about persistence to be successful. Uh, you know, when I am focusing on more long-term meditations and I'd take that meditation off the cushion and I'm consistent in my gratitude practice. I do notice certainly a correlation where I'm more blissed out and zenned out more often. So yeah, definitely. Okay, I'm going to go sit for an hour after this.

Monica Loren: I did a yoga training 2007 and it was a lot of meditating. It wasn't really about the physical, it was more about going within and uh, we had to meditate in the morning like from like five to seven every day for one to two hours sometimes. And that's when I got the most information. I wish I could do that again. I was younger.

Travis: Well do it! Yeah!

Monica Loren: You get clarity, you get, you get tuned in, you get answers, you get visions. It's not this magical thing. Like you get completely tuned in, you know,

Travis: people ask me this, all the time, how do you sit for an hour every single day and just do nothing? I always answer because in nothing lies the answers, the wisdom doesn't come through your thinking, it comes in the space between your thinking and the longer that you can sit between thinking, the more insights, the more breakthroughs the more awakenings you're going to have. This is why our best ideas come in the shower, right? It's because we're not sitting on it with our face in our phone and when we're not thinking about anything. Right. Certainly, and I've, I've done meditation is like that. I've done early morning, I'll sit for a couple hours and those have such a deep effect on everything I do for the rest of the day in my coaching calls and my surfing and, and the way I talked to people in line at Starbucks or whatever I'm doing. It's incredible.

Monica Loren: Everything your whole world can shift if you tune in like that. And even my clients will notice too. I had a very honest with me like you are really great last week and then I got sick the following week. He's like, I can tell you haven't been meditating. (laughing) I was sick okay, give me a break. He was like, "I can tell when you're doing your practice and when you're not" like, cause I have to, I have to meditate. I have to be on point for my clients. Like I don't have a choice.

Travis: Yeah. And I think that's not to say, you know, listen, plenty of people listening to this right now, they don't meditate. Right? And they're listening to this going, what in the hell are they talking about how can something so simple. have such a profound impact. The thing about meditation is that when you do it, you do it consistently, you become more and more you. And so in meditation you really,

it's a sense of happiness. It's a sense of peace and I think that's become certainly my new surface level in life. That's just, I love having that kind of experience on a day to day basis. I love feeling like that. So meditation, it's like going to the gym. It's the same thing. You're working out your mental muscles,

Monica Loren: you know, it can be difficult to meditate. There might be something that could be coming up that you're finally getting in touch with that is hard to be present with. So I actually, this is often what I work with with my clients is we face those feelings, emotions, energies that are hard to be with so that we can release them and then get more present with ourselves and open up a space for what we're actually wanting. So that's one reason it's hard to be present. It's hard because then you have to face all this stuff you've been avoiding with being distracting, distracting yourself, right? With every possible thing you can distract yourself with.

Travis: What are our distractions during the day, right? It's surface level crap that kind of keeps her mind occupied so we don't have to focus on the big things in our life and it's easy. It's easy to pull out my phone and just check Facebook instead of dealing with the really awful relationship I may be dealing with and trying to remedy that, right? It's easier to do that and I'm getting some endorphins in my and my brain kind of, you know, cause I got, I got to friend request or whatever. Right? But here's the thing, if we do what is easy all the time, life will continually be difficult. But if we do it as difficult, in your case, what you're talking about is, is confronting these feelings and heading to our challenges. If we do what is difficult, life will be easy, right? It's a very simple paradox. Truly. If we run away from our challenges and we run away from all these things and we the expect life to be less challenging as a result. And it doesn't, it becomes more challenging. Right. But what happens when he faced our challenge doesn't face things we have to be with. Yeah.

Monica Loren: We're always trying to self medicate.

Travis: Yes. Especially now. It's like, it's like we want to put a band-aid over a something that needs stitches and being dealt with. Right? We, it's like we want the quick fix. We want the easy answer. Right? And we wonder why we're sicker as a result of it. Right? We don't get better. We get worse.

Monica Loren: The way out is through though.

Travis: I said Robert Frost said something like that, I think a long time ago. I love that. The way out is through. So you're saying you have a challenge in your life, you're having something you're dealing with in your life, you're saying to just step into it.

Monica Loren: Absolutely. Fully step into it. Your life will change.

Travis: Yeah. Full on. So this is a call to action, ladies and gentlemen. This is a call to adventure. This is your breakthrough waiting to be had. This is your threshold. Ask Yourself, what is that threshold? What is it that's challenging you and your life? What is your call to adventure and what's stopping you from getting there? And I'm going to let you know and I think Monica would probably agree with this, if you continue to run away from that, if you continue to resist that call to adventure, your life won't get easier, it will get more difficult. The question is how will you step courageously into that? Monica, I got just one more question for you before we wrap up because we're running out of time. Unfortunately. What's do you want to be etched on your tombstone?

Monica Loren: Oh my gosh. I want to be cremated and spread into the ocean. Or you can plant me as a tree,they have this cool thing now where you turn your asses in with the seed.

Travis: Wait, that's a thing now? Hey I didn't know that and I got to look this up because now I just changed my entire, wow. Didn't know that. I'm like really into that. That's really cool. Can you imagine you're not going to do a gray stone anymore. You're going to a tree. Your great grandchildren will one day visit a tree and say, that's my great grandmother. Right. It's beautiful. Where can the world find you? If people want to go follow you on social media? If you go to your website, what's going on over there?

Monica Loren: Yes, I have a website and monicaloren.com. Instagram is my main social media and that's also @monicaloren. Yeah, those are the main ones. Youtube eventually will come. Not yet, but it's coming.

Travis: Yeah. So you ladies and gentlemen follow her on Instagram. You said @monicaloren? Yes. Okay. @monicaloren on Instagram, uh, I give her a follow teller, hello leather know, have a conversation with her or hit her up. She's got a great page. He's doing amazing things. It's super inspiring. Honestly, one of my favorite pages on Instagram, It has been nothing short of a pleasure of having you on.

Monica Loren: Thank you so much. Amazing. Awesome.

Travis: Absolutely. Absolutely. You guys onward and upwards. Go out there and get them. Hey guys, it's me, Travis Barton. If you want to learn more about living The Dream With Travis Barton, visit us at speakingtotheheart.org and at iTunes,

Speaker 1: music