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Announcer: The Art of Leadership Network.

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Carey Nieuwhof: Welcome to the Carey Nieuwhof Leadership Podcast, it's Carey here, and I hope our time together today helps you thrive in life and leadership. Jon Gordon is back on the podcast and we're gonna have a great conversation today about getting out of a slump, staying positive, and leadership, and energy drains. I mean, if you've led for more than 20 minutes, you've been in this territory, I really think this is gonna help you hate. Today's episode is brought to you by Gloop. The people in your community want to connect with the church now and there are easier ways than ever to do it through Gloop, go to get.gloop.us/reach to sign up today. And it's brought to you by Compassion. Compassion partners with local churches in the developing world to break the cycle of poverty. If you need a partner with that, go to compassion.com/carey to explore what they can do for you.

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Well, Gordon has a lot of, you know, has so many best-selling books and his talks have inspired readers and audiences around the world.

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His principles of been put to the test by Fortune 500 companies pro and college sports teams, school districts, hospitals and nonprofits. He's written 28 books, including 15, best sellers, and five children's books.

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And his latest tips have been featured on The Today Show CNN, CNBC the golf channel, Fox and Friends. Friends and numerous magazines. He's worked with the LA Dodgers In and Out Burgers, the LA Rams, Campbell's Soup, Dell public.

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Southwest Airline the Miami Heat the Colorado Rockies, Clemson football, Northwest Mutual, West Point Academy, and so much more in today. He's here for you.

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So there you go. Hey, I really appreciate everything that you do to support this podcast. It's why we can do this 30 million downloads. I never thought I'd say that.

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But you know why? That is because of you.

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If you subscribe, you share, you tell your friends. And when you do that, I am so deeply grateful and I really want to thank you for that. I do not take this for granted. But the more you do that, the more we're able to make the show better and we are committed to making a better I know a lot of you really enjoyed the integrity series. We've got one and on AI coming up this fall. You want to be paying attention to and well, we want to bring you the very best in what is going to help you lead in a way that you never thought possible.

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And on that note, are you ready to revolutionize the way your church connects with your community? Then you're going to want to learn about the Gloop Explorer Connection Program. Here's how it works.

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Gloop partners with renowned christian outreach campaigns, like he gets scale of and churches care. These campaigns are already touching base with millions of people across the country. Then when someone's inspired by these campaigns to ask questions about their faith or connect with the church, all they have to do is send a text. That's right. Just by texting in, Gloop's innovative platform will seamlessly introduce them to a local church in their area and then get guess what? This is where you come in. A pastor, ministry leader, or even a volunteer receives a notification on their platform. And guess what, you can start building a connection through texting, what really inspired me to share this message is that Gloop has already made over 170,000 connections so just think about that.

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Someone in your town right now, your community, who's got questions, what if they connected with your church? If you are ready to check this out, it's totally free. Go to get.gloop.us/reach to create your account today. People in your community want to connect with you, so sign up, and join a growing number of churches who are transforming their outreach strategies using technology. And I'd love to highlight another ministry that is all about the local church, and it's a ministry that we support. I love, it's called Compassion International. Compassion's mission, I know you've heard about them, but, you know what they do.

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They release children from poverty in Jesus' name, but they do it with local churches. So there's no Compassion office that people go to. It's all through local churches. 2.2 million children are being sponsored right now. They're all being cared for by a local church in their community, every single one. So Compassion partners with 8,400 churches to do this. And if you're a church leader, they can help your church by being the answer you have to what are you doing about global poverty? So I know, as a pastor, Compassion offered our church an amazing opportunity for outreach. It allowed everyone in our church to personally engage in mission. We've even arranged trips through Compassion, etc.

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So you wanna check it out, go to [compassion.com/carey](https://www.compassion.com/carey) to explore resources that Compassion has available for your church.

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And now, without further ado, my conversation with Jon Gordon

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CAREY NIEUWHOF: John welcome back to the podcast.

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JON GORDON: Great to be with you, Carey.

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CAREY NIEUWHOF: Yeah, so the older I get the more I realize so much of what shapes us starts in childhood, and you are talking openly about some of the things that you really struggled with. We've talked on this podcast before, but sort of your epiphany, in your 20s where your wife was like, yeah, all this negativity, right? But it goes back further than that because who we are, as adults comes out of our childhood. Can you give us more background into maybe your upbringing and how it shaped, who you are?

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JON GORDON: Yeah. Grew up in a Jewish-Italian family, with a lot of food, a lot of guilt, a lot of wine, a lot of whining, and there was a lot of love, a lot of love with my parents, they were very involved in my life, but there was also a lot of negativity. I

would say, there was a lot of pressure. A lot of expectations. I had a biological father who left when I was a year old.

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And my mom remarried when I was five to my stepfather, who was the Italian New York City police officer, and again, very loving. But, you know, again quite a lot of times and he taught me the world was out to get you and you have to take on this world. And there's a part in the book where I share, how I was, I was pitching. And I kept hitting one batter after another, as a pitcher, by the time. The 4th batter gets up there and he was shaking. I mean, he knew he was getting hit, everyone knew he was getting hit. It and I hit him too. And my dad was giving this dirty, look on the sidelines as he was watching and he was the manager.

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So he was just pissed and I kept looking over, looking over, looking over.

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And it was just this kid that was like terrified and my dad came over and took the ball away. I'm gonna go play shortstop and that was it.

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But I just remember that moment in my life and it was it was it was it was a tough moment just that pressure and feeling it and my dad believed in me, but there was also a lot of expectation that you were going to perform.

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So I think that's when it started and I got a lot of my recognition as an athlete as someone who performed at the higher level because it was a really good athlete and I stood out. So I always got praise and recognition through sports and do performance. So my identity was always tied to that but my dad again was a tough dad who taught me to fight taught me how to box because I lived in a neighborhood that was like Lord of the Flies and always battles going on with the neighbors and with the kids that we're all the same age and we would just fight and battle and there were some older kids and I just remember just growing up in a in a very like again, it was a good neighborhood.

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There was a lot of freedom, we played a lot, we battled a lot but it was also a lot of Unwritten rules. I saw a lot of that maybe I should have seen from the older kids and the girls daylight and things like that. So I do remember one moment that where my brother was allowing himself to be bullied games allowing this other kid to just hit him and slapping, while my brother just took it and my dad was watching from the front door and my brother walked in. My dad said, don't you ever let anyone do that to you again. If you do you're gonna have to fight me and I'm a lot worse than he is. So you better stand up for yourself or I'm going to be the one you're fighting and so the next day, this kid went to pick up pick on my brother.

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And my brother had to fight the kid and my brother wound up walloping him.

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I mean, just right hook, left hook, right hook, left hook.

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I mean, my brother like wasn't even a fighter, but he just swung away and he just connected and beat the kid up pretty bad and came in and my dad, watched it. And I remember because I'm a little kid and I'm watching this happening as this is going on and I'm like standing I think by my dad. So I'm seeing this all transpire and he was very happy, it did that and my Brother said, if you want more, you come back and see me.

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So literally like a few hours later the kid knocks to the door and says I want more. So my brother goes out and beat them up some more like this was my neighborhood. This was my life. So, so I grew up in that kind of way, but again, a lot of love, but a lot of negativity, a lot of food, a lot of guilt. And, you know, a lot of pressure, a lot of expectations and a lot of striving.

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CAREY NIEUWHOF: You work with a top CEOs, top athletes like the best of the best.

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I mean, you're always every time we connect you just flew back from somewhere, you know, coaching an NBA team or an NFL team or ah, with a bunch of fortune 500 CEOs, etc, etc.

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In my experience, almost six hundred interviews into this, Jon, a lot of quote, high performing adults, have some kind of trauma in their past. What? What do you see like where are you seeing that trend as well? Negative messaging sometimes dads who left or died, et cetera, et cetera. What do you see as like a pain in childhood and as that translates into a recipe for adulthood later

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JON GORDON: Totally, I remember telling my mom that I was depressed, and I wanted to kill myself when I was a middle school kid and my mom just freaked out.

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What do you mean you want to kill yourself? What do you mean?

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She's just screaming and going crazy, and I remember saying to my mom, it's okay, it's okay. I'll be fine. I'll be fine. So I forgot my feelings. And here I was trying to make my mom feel better. It's not me out of it in the moment, but maybe years later, it still affects you, you don't know, right? So I do know that we all have a whole hole in our soul. We have a wound that needs to be healed and those wounds come about from traumas, from our past experiences. And when you go through those experiences, it does something to you, it causes that trauma, it causes that separation, but you know, really, you no longer feel connected and one with your creator or maybe you never felt connected, but you do feel separate. And so what happens is because we feel separate, we're always trying to fill the hole in our soul, with achievements, with success, with fame, with celebrity, with wealth, with power, whatever it may be. Because we all have this hole, we all fill it with different things that it manifests itself in different ways in different people. And so some people want to be famous so they try to fill the hole with that other people want to be powerful. So they try to strive for power. Other people want accomplishments. Let's face it, the perfectionist actually feels unworthy and because they feel unworthy, they have to work hard and become a perfectionist to receive validation, to get recognition, to get praise. So it's two sides of the same coin, but it's the same issue. And so we're always filling that hole in different ways and it makes you strive.

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It does lead to accomplishments, it does lead to success. But eventually, if you don't heal the hole, what happens is, in constraint theory, you'll never rise above the level

of your constraint. And so the constraint will eventually hold you back, and then it starts to push down on you.

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Then the wound gets infected, and then it leads to your demise. So we have an opportunity to heal it. And everyone does need to heal the homeowner. And I'm convinced that God does not let you go through life without healing it.

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And so many people try to mask the pain. They tried to fill it with so many different things that cover up the pain, because they don't want to feel the pain. We spend billions of dollars in pain medications and other sources to try to mask the pain that we feel, to try to cover that hole in our soul. But it doesn't do it. It actually leaves us feeling more and more empty. And even we have success, we still feel empty. I mean, I've worked with CEOs and coaches who won championships and they said, you know, didn't really feel any better after winning the championship. They didn't feel like they had this incredible sense of accomplishment when they won or achieve. The IPL like it actually never feels like they expected to feel because you can't fill a spiritual void with physical things. Let me say it again. You can't feel a spiritual void with physical things and that's what he tried to do. So, yes, it makes us strive and And it can be a great success motivator but eventually it will lead to your demise and your destruction if you don't heal it along the way. And so what happens is the paint surfaces and it's actually a good thing. The pain is letting you know that it needs to be healed. Just like you have a broken arm. Well guess what it means you have to heal the arm and that's why you're the pain. Don't use it.

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Well, you're having the pain to let you know healing needs to take place, it's not masking it. God allows us to feel the pain so we can actually go. Okay, I need to heal on this journey so I can become all that God created me to be so I can be whole and healthy and that is the Journey of life to move from that hole in our soul could becoming whole.

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CAREY NIEUWHOF: If you think back to the neighborhood where you grew up, you know, I imagine that There are kids in that kind of environment who either imploded or exploded. And what I mean by imploded like turned in on themselves, ended up with drug or alcohol addictions Etc. You can see some I'm sure the faces the kids. Now then there are other people like you who are like no, I'm going to be a

former I'm gonna succeed. I'm going to be a top athlete. I'm going to make something in my life.

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Do you have any thoughts on what causes some people to implode and some people to explode in sort of performance? Like what the difference is?

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JON GORDON: Yeah, totally. It's that feeling of unworthiness as we go backwards as we've talked about, you have this feeling of unworthiness. So for some people you feel unworthy, so you just give up. You don't even try. You just retreat other people you feel unworthy, but you strive to then get your accomplishment and become worthy through success and validation in that way. And so the difference is, you know, what are we being motivated by? Do we feel is there something with us within us that we can become something, and it really goes to our state of mind in many ways.

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We're going to talk about that. That's a big part of the one truth. When you have a low state of mind, the circumstance happens and it bothers you, you don't deal with it. Well, when you have a high state of mind, you're able to rise above move forward through the circumstance. Let's look at people who come back from the war, for instance, 8 to 20 percent have PTSD, they say 8% but it's more like 20% has a lot go unreported. So other people come back from that same war and don't have PTSD. Other people can go through the same exact battle and have the same exact experience, and maybe it's not exactly the same, but go through a lot of the same things and see the same things and yet, they don't. So, what is the difference? Why do some people struggle? Why do some people don't? They're trying to figure that this out in science and so forth and a lot of it has to do. I'm convinced that with our mind and our soul, how we perceive the circumstances, in our life. If you look at the circumstance and you believe that circumstance has power over you,

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That lowers your state of mind, and now the circumstance has power and you become powerless. If you believe you can rise above your circumstance, that the circumstance does not define you that you can move forward, despite your circumstance that raises your state of mind and now you move forward with more power, High state of mind, low state of mind.

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What characterizes a low state of mind? A lot of clutter, a lot of thought, a lot of worry, fear, anxiety, doubt, insecurity. What characterizes a high state of mind? A lot of clarity, a lot of focus, a lot of positivity, a lot of confidence, and a lot of courage.

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And so you can have a high state or a low state and one will propel you forward and one will make you Retreat from life.

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And that's a state of consciousness.

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That's a state of I believe ah state of like your your inner being your inner spirit. I think being part of the spirit. Now scientists will cause you to look at the brain and look at different parts of the brain.

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But as we'll get into it's your mind and your soul that acts in your spirit that info ruins a lot of what your brain is actually doing and how it's functioning along the way. The brain is the hardware. It's where the activation happens. We're often looking to the brain and neuroscience these days thinking thoughts are created in the brain, but no one has ever found a thought instead of a brain. I believe that's where activation happens. And so you're always through your mind and your soul let your operating system and hardwares your brain. The operating system is running and it's running on your brain. So different events, different traumatic experiences ,what we go through.

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Those cause separation within you. So even at the neurological level of narcissists. For instance, a narcissist has experienced some kind of trauma, some kind of past experience that makes them feel separate and they actually cut off certain parts of their brain to protect parts of the brain. So even if the neurological level is a manifestation of the separateness that they feel and so that's why they focus on self. That's why they're not focusing on others because they are self-preserving. They don't care about anyone else because they don't think they're part of everyone else. They feel like they are just themselves and they have to protect themselves. So

because they feel separate, they act separate and they act alone. Now, a narcissist also suffers from mental health disorders as well.

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Most narcissists also suffer from common mental health disorders and issues like depression, like, bipolar, and severe anxiety, have much of the same symptoms.

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Well, if you think about it, as a person with mental health issues, you feel separate, the more you go from oneness to separateness, you go from positive to negative.

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What do people report when they feel depressed and down? I feel isolated and alone. This connected sad, they retreat from others, they Retreat from Life, they become separate.

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And that's what we have to understand. As we move towards Oneness. We move towards wholeness and health.

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As we move towards separateness, we move towards despair, loneliness, and isolation, and disconnection.

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And this is the whole point that I'm trying to teach her because the more connected we are, the more powerful would be the more disconnected.

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We are the more separate we will feel.

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So going back to your initial question. I would say that.

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Does life separate you? Do you allow the circumstances to make you feel separate? Do you feel alone or do you feel like you're part of something? Do you feel like you have something to live for? oR do you feel like life is a big waste of time? All of those

factors your internal mental structure your internal soul structure of what you believe and how you show up and whether you feel separate or connectable ultimately determine and how you feel and then how you take on the world.

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CAREY NIEUWHOF: I love how you point out that some days and I think most of us vacillate, I should say between high state and low state of mind. Right? Some days traffic doesn't bother us, getting a no doesn't bother us. Other days the smallest thing can set us off. Right? These dishes aren't loading properly in the dishwasher or my law needs cutting again or whatever, right? Um, what's under that, because I think a lot of us see ourselves in the middle, right? And you asked me a really perceptive question before we hit record chord. It's like Carey, how are pastors doing right now?

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I'm like, you know, generally not well, I've read the data, and like when 2020 hit and covid hit, we just got sliced open and I'm not sure a lot of people have recovered. So I would say there's probably a lot of people listening to this right now. Who would say, maybe I was in a high State of Mind, three years ago, four years ago, but I'm in a low state of mind. Now what is under that when you kind of vacillate between good days, bad days, good season, bad season, tell me more.

JON GORDON: That's a great question.

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And when you think about it, there's an ebb and flow to everything. And what happened in covid, though, there was separation, there was a lot of aloneness, isolation, a lot of disconnection. So people really suffered with their mental health during that time covid for many was the great separator.

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And because of that, they were now tuned in to the TV all the time, and the news, and they're being bombarded with all of this negativity. Let's face it.

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The media is the Bible of the fearful. And we're tuning into the Bible of the fearful and feeling more, and more fear. What is fear do? Fear divides. Fear separates. The root for the Greek word of anxious means to separate and divide. And so these people are feeling Separate anxious, divided, and powerless.

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And so, that's what's going on. So many people are feeling that way. We've got to bring these pastors who are struggling back to healing and wholeness and oneness. We got to bring people who are struggling back to Healing wholeness and oneness. Big part of this teaching is to understand, there's an ebb and flow.

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You're going to experience high stakes and low states. It's normal to experience a low state. You're not gonna be in a high state all the time. Are days that nothing is going well. You're in a low state. There are days when you know what things are happening. It's not going well, but you're like, you know what? It's okay. I got this. I'll overcome this. You get rejected in sales, I'll get the next sale next rejection is okay. The next one's going to be great. And yet another time you get the rejection you're like, oh, my career's over.

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I used the analogy in the book where you go on a date, you know, the single guy goes on a date and he says something a little stupid and the girl doesn't like it and it doesn't go well the date and now she will not go out with him again. So he goes on a second date. So now he's a little nervous.

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Now, he's hesitant now, he's overthinking. He has revved up thought which actually creates more clutter and lowers your state of mind.

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So now he's even feeling worse, feeling more and more separate, not feeling connected, not feeling 1.

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And now the day doesn't go well either.

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So now he's questioning everything.

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And now he's dealing with a slump which is what also happens in sports. We see it all the time.

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This makes so much sense.

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When you understand how thoughts work, the more thought you have, the more clutter you have the lower the state of mind. And the more clarity you have, the less thought the higher the state, I always draw two circles for my audiences and for athletes, especially thousand dots and three dots, which mine will perform at a higher level. One circle has 1,000. The other Circle has three. The one with three dots will perform at a higher level. We know that. So, as we're going through this ebb and flow, of high states and low states. It's important to know when the roller coaster is going down and you feel like, the roller coaster is going to crash, because as it's going down, you think it's gonna crash. You don't know, the roller coaster goes back up. So let's just say, you've never been on a roller coaster before and so, as you're going down, what do you want to do? You want to escape, you want to jump off the roller coaster? And that's how many of us feel in our life when we're going through a low state of mind. We want to escape, we want to jump off. We feel separate. Riot. So we're trying to fill the hole when we fill it with drinking and alcohol and drugs and video games and sometimes it's work. All sorts of things that make us feel better to fill that hole. I had someone the other days say, John. I keep building more and more companies and creating more and more success because when I stop, I get so negative and down. This person is actually addicted to success because success keeps him busy. The business keeps him busy. So I don't have time to think to deal with their issues that need healing. I said, I bet you're dealing with this, this, and this.

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They said, how did you know? How did you know? I said, I bet you feel really far from God. How did you know? Because if you connected to God, you wouldn't feel that way.

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You would feel more joy, more peace, more love, more purpose. You wouldn't need to fill it with things because I know why you're feeling it. If you're telling me you're filling it for ambition and love enjoy. Okay, then I would know but you're filling it to actually stay busy. So you don't deal with negativity or have negative thoughts. This

is a great sign letting you know what's happening. So we are always escaping the reality of life and the disconnection that we feel when we're going down that rollercoaster. One of my tips and it's so simple is just to stay on the rollercoaster

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Don't jump off, stay on. Ride it back up. Remember nothing is broken. Nothing needs to be fixed. This really is helpful for kids when I teach teenagers this because they think something's wrong. They have all these negative thoughts, save all this clutter and then I say to them, do you - thoughts come from you? The like, yeah, of course, they're in my head. But then my next question is, who would ever choose to have a negative thought? Would you ever choose a negative thought? No, I know. I wouldn't know they're not coming from you. You wouldn't choose a negative thought that sabotage you or said you were hopeless or not powerful enough, not strong enough, not successful enough, not pretty enough, not handsome enough. You would never choose those thoughts and yet they're always coming.

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So, once you realize is a spiritual battle going on and these negative thoughts are trying to divide you and separate you and cause you to actually feel discouraged and then give up and then field, divided and anxious and be defeated. I want you to recognize this. Then what happens as you go, okay, these negative thoughts are coming in. I don't have to believe the lies. I know they're not coming from me and now you stop beating yourself up. You stop feeling shame and guilt and then you can actually start winning the battle of your mind. And I did this with a suicidal teenager and once you understood that is negative thoughts, when not come in from him, it was a game-changer because what was happening, he thought something was wrong. He thought he was broken, his parents now think he's broken. They think something's wrong. They don't realize how thoughts work in the ebb and flow of thoughts and so they know are trying to fix him or get him fixed, which is leading to more thought and more clutter and a lower state of mind within a day after teaching him this

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That's when I knew I needed to write this book *The One Truth*. I'm like, I've gotta get this book out there into millions of hands kids need to read this because this will save lives the next day his parents said, what have you done to him? He's great. He's normal. One day Carey, one day. One day of teaching this of him understanding the truth changed everything and I just reach out to him recently. How you doing? Doing great, Mr. Gordon.

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High state of mind, staying on the rollercoaster, knowing that I'm gonna go back down again. There'll be days I will but when I'm in that state, nothing's wrong.

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Nothing's broken the circumstance. Okay, I'm looking I'm looking outside right now. So I'm thinking the circumstances pow over me causing me to have the lower state. I'm remembering the truth. I'm remembering where my power comes from inside not outside. I'm gonna start moving from the inside out from

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Seeking back to knowing that I'm one with God, I know that I have this power, this ability to take on this world, to change this world. I'd have to be defined by this world. I'm in the world but not of the world. And I'm now going to move forward in this powerful way. And I'm gonna overcome I stand the roller coaster and it's amazing your state of mind starts to go up right away.

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CAREY NIEUWHOF: It is interesting. You know, the roller coaster metaphor because I think you're right, we have good days and bad days and it's like, okay, this is going to go up and I'm not going to get thrown out. I've got my seatbelt on. You know, 99.99999 percent of people make it through this roller coaster and I'll be one of those people. But you know when you think about a three-year slump and we are seeing momentum in a number of churches right now which is so encouraging and but I would say the majority are still probably struggling to get their way back. So you've coached a lot of sports teams say you go into an NBA team that's 0 for 11 on the season and, you know, a bad bad, bad, bad bad start.

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And that's a big slump and they had a losing season last year and didn't make the playoffs and so on and so forth. When the slump gets bigger like that, what do you see as being effective to help people look up?

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JON GORDON: A couple of things. And I deal with this often with high performers, with athletes with teams with successful people, you name it, Tampa, Bay, Lightning. I was driving to speak, they just lost in the first round a couple of years ago and so they're devastated their down. They were picked to win the Stanley Cup.

CAREY NIEUWHOF: I think that was Toronto, that knocked them out, not that I'm bragging or anything,

JON GORDON: That was this year. That was this year Toronto did. And the coach actually came through our positive leadership program Sheldon Key from Toronto.

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Yeah, but they won for the first time, in like, what? 20 years?

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CAREY NIEUWHOF: Anyway, I digress.

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JON GORDON: A lot of belief, a lot of optimism.

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A special guy, came up to me at the event. Hey, I'm a minor league hockey coach. Love this, really working on positive leadership. I think it's the way forward a year later.

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He texts me. Hey, I just got the job with the Toronto Maple Leafs. I'm the head coach now.

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Oh, yeah, it's really cool. It was really cool. Really cool to see this happen. We've had a lot of coaches go through and have that happen. So I love seeing that but few years ago Tampa Bay Lightning loses the first round. This was several years ago when they're picked win the Stanley Cup and I got to speak to the team. They're in training camp and they're all down there pessimistic. They're searching for answers. They got a lot of revved up thinking. And so I gave him research teams that feel like they're defending something don't do very well, but teams down feel like they're attacking a new opportunity do great.

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I said stop defending your status as a team that should win the Stanley Cup and just attack a new opportunity.

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And it's like I told a minor league hockey player who was really struggling. Hadn't scored a goal in six games, he's fearful he wants to make in the NHL. He's now thinking he's on the roller coaster, he is ready to jump off. He is so frustrated, he was at his wit's end, I talked to him, I shared this whole framework with him. Ultimately, I shared the idea that love casts out fear, All you gotta get back to is loving the game.

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Loving playing, love the competition, love competing.

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Love the battle in the moment.

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Not worrying about the outcome and love the moment.

[00:31:27.500]

Love the opportunity. Love what you get to do.

[00:31:29.900]

He's like, man, I just got to get back to loving it because I've been fearing the outcome, fearing the performance, fearing not playing well, and that's what people are dealing with its fear. That is dividing in separating. But what does one do? Love creates connection. Connection feeds clarity. Clarity creates confidence, and confidence creates courage. That's why when you're loving something of all this confidence and courage, you're in the moment, you're battling. It's what made Michael Jordan. So great. He loved to beat you. He loved to win. In he actually left to destroy you. He wasn't thinking about missing the shot in the moment. He's only thinking about beating you and loving the competition while he's doing it. So I encourage you to get back to that whatever you're doing. So a pastor, I would tell this pastor. Listen, remember what got you here in the first place? You love the Lord. You love sharing Jesus with others.

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What is your purpose? Why are you here? We don't get burned up because of what we do.

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We get burned up because we forget why we do it. You've allowed the negativity to get to you.

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You've allowed the negative frequency that your brain is now tuning into to actually make you feel separate. You're allowing the enemy to divide you and separate you to try to keep you from your destiny and the message and the mission that you're on to make an impact in this world to lead people to Jesus to create more connection, to save souls, to transform lives. You're meant to do that and the enemy is keeping you from doing that. I want to encourage you to get back to loving what you're here to do with loving God, get back to oneness with God, spending more time in the healing of God that you need because there's a hole in your soul and you're feeling separate. And so this is a sign that you need to heal and allow God to heal you and heal your soul

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And again a mind governed by the flesh leads to death. A mind governed by the spirit leads to life and peace. Romans 8:5-6. This is it right here. If you're allowing your mind to be governed by the flesh and everything going on in this world, it's going to lead to your death. But if you are allowing your mind to be governed by the spirit, the Holy Spirit, and your, your healing in the Oneness of God, and being one with God, one spirit with him. Right Corinthians, 6:17 one, spirit with him, your join with the Lord, one with him. What happens is now you start to have the renewing of your mind, the healing of your mind, healing of your soul, and this is we have to get back to, we have to get back to healing with God, so that we can heal others. And what's happened is all these pastors, a lot of people in this world are feeling more and more separate and disconnected than ever and they need to feel more one than ever. And that's what we have to get back to. Am I making sense?

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CAREY NIEUWHOF: You're making a lot of sense. I'd love for you to define, because I know you're really passionate about this Insight, this understanding your teaching, it around the world. How would you define? Like, what is the one truth?

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JON GORDON: Yeah, the one truth is that everything comes down as we've been saying to Oneness and separateness so think about a team that It feels one. They feel powerful and connected. Think about a team that feels separate or divided. They feel very weak. Think about how you feel. When you feel one, feel connected to God, you

feel joyful, you feel peace, you feel power. You feel loved think about when you feel very disconnected from God. You feel very anxious and worried and chronically stressed, like so many are right now.

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And so everything can be explained in terms of oneness and separateness. And once you realize there's a battle going on between good and evil and that evil is always trying to separate and divide and there's a power God that's always trying to unite you back to himself back to oneness. Everything makes sense as I've been sharing. Do I feel one do I feel separate now the brain is an antenna. And so from the one truth standpoint, we're always tuning into either in negative frequency where a positive frequency for those who have pastors are Christians.

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They understand the story of the garden, where most people understand the story of the Goran of Adam and Eve who they were in the garden and there were two voices two frequencies.

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The voice of The Serpent and the voice of God. Which one were they listening to? the voice of the serpent was lying to them, calling them to less, but trying to make them feel like they would become more. And then there was the voice of God saying, hey, I've given you everything in. Here's all your abundance and you have everything that you need, there's nothing you lack. And so God was calling them to a place of abundance and being a voice that was calling them to be more and be one with him.

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And so the Old Testament is a story of Separation. It's really Cool, you think about this. Because when I wrote this book, I'm like, you know, this isn't just about telling about the Christian religion, because I'm not here to preach religion. I'm here to share Oneness, and separateness, and lead people to the truth.

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And from that standpoint, if you understand that the Old Testament story is an ancient Jewish story. It's not a Christian story, it's an ancient Jewish Hebraic story, think about that. And it's a story about separation. So the problems of Separation existed long before Jesus even walked the Earth, there was a problem separation and so Jesus came along to provide the solution to bring us back into one as we go into that later. But it's important to just understand that everything comes down to

the separation. And this force that separates us with the 5D's there is doubt. There is Distortion lies, negative thoughts. There is, we talked about there is distractions and there is a division that happens when we allow those deeds to take. Hold of me feel divided and we feel separate and we feel weak. And so that is what's going on for people on a daily basis.

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And they don't even realize that's what's happening. They really are dealing with the separation that's occurring, but it's because they're tuning into the negative frequency that's allowing them to feel separate. They're tuning into the negative frequency and negative thoughts that are separating them and the ideas that we need a tune into the voice of God more we needed tune into the word of God. We need a tune into the spirit of God. And as we tune into that, that's we start to experience more oneness and more wholeness.

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And if you look at the Bible and you start reading the prescription of the New Testament, that's what he calls us to do. I wrote this book not knowing lot about the Bible and scriptures, right?

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So here I am writing, God's giving me these ideas and I'm writing it and then I'm talking to theologians.

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Matching up what I'm getting and what I'm writing with scripture like, oh yeah, John it's right here. Oh yeah, John's right here. John's right here and I think that was a good thing because uh I'm not writing it from this Christian Pastor standpoint. I'm writing it from this business author leadership author who's getting these ideas and understanding Oneness and separatist, teaching it from a high seat of mine, low state of mine. But now I'm recognizing way, there's something greater here, there's one distance, separateness and everything plays out according to that way, there's negative thoughts and Of thoughts and I'm walking one day and it hits me. The brain is an antenna. Just comes to me, I feel like God gave me that okay, the brain is an antenna, yes, that makes sense because if you have a damaged antenna, you start to tune into a more negative frequency. That's why health is so important. And so as I start recognizing this and I started writing this, then I'm recognizing. Wow, the scriptures are actually talking about the very things.

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Then I'm writing about in here in the solutions and it's already there in the New Testament. And my good friend, who's a non-duality teacher, a Consciousness kind of guy, and we've had conversations over the years. He's the one who taught me initially about high state of mine lawsuit, but he taught me that I kept thinking that's good and evil. Oh, that's that's the enemy, that's God. Hmm. I was going further into this and Diving deeper into this. We had this conversation about Jesus and about about the Bible said, you know what, I love about the Bible, it off, Offers a prescription and a solution on a hill, how to help people have a higher state of mind? Like, take every thought captive, when by the patterns of this world, but be transformed by the renewing of your mind. What's happening from a spiritual perspective, when we become one spirit with our creator, what's happening there?

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So the Oneness was all there. And now I've been reading Oswald Chambers by the way and I'm reading. Yeah.

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He talks about oneness a lot in in the devotional. I'm like, I can't believe it. It's right there. So so that's what one is in separateness are all about. But but if you want to get practical even from a business standpoint, I know the word integrity, for instance, comes from the word integer, which means all incomplete to a leader with integrity has wholeness and completeness. I have oneness. There's no gap in their character. There's no gap between what they say and what they do. There's alignment. There's oneness vs the leader that we talked about. That's a narcissist. It's why narcissists are weak leaders because there are a lot of gaps there or a leader with a big ego. Ego stands for edging God out, that ego separates you and makes you a weaker leader while humility connects you to others into God and brings about oneness which makes you a powerful leader. So this plays out in a very realistic practical way as well, which I detail in the book.

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CAREY NIEUWHOF: Yeah. So I've got a lot of questions. One of them is when you find yourself in that low state of mind, you've hinted at it. But you know, some pastors have been there for a little while. And is it a question of just reminding yourself of the truth? Like overcoming the 5D's? What are some practical steps that leaders can take? If they find themselves? I mean, obviously we all get in it for a couple hours, but if you're in a low state of mind for a week, a month, a year, a

season, what are some keys to breaking out of that and getting back to the oneness from the separateness, the one truth?

JON GORDON: I'm so glad you asked that.

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Because, as I wrote this book, and at the end, I say Jesus is the solution to the separation and I go there, but then I had to think, wait a second, if Jesus is the answer. How come? So many Christians are struggling.

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Bingo, how many how come so many pastors are struggling.

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Why are so many pastors are struggling with their mental health. Why are so many being depressed, isolated and and down.

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And I realized that you could be saved in your spirit. And so when you get saved, your spirit is saved, but your soul, still needs healing. And we had a lot of pastors and a lot of people who have passed wounds and traumas that their soul is, never be, never been fully healed and so they're so still needs healing. Its encumbered by the past, they're still feeling the wounds of the past, the dysfunctions of the past. And so what happens is, is we have this baptism where you are dunked into the holy spirit, it's not meant to be a one-time event. It's like, taking the cucumber and you put it into pickle juice.

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And if you just submerge it once and pull it out, it's not going to do a whole lot to the cucumber.

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But if you submerge that cucumber in the pickle juice and bathes in it, it will be transformed. It will be renewed. It will be pickled. And in many ways that should represent healing, right?

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Oh, you take you take dirty water and you just keep flushing it out flushing it out. And the more you flush it out what happens is eventually that living water Jesus talks about that spring within you actually flushes out all the dirt all the stuff that you deal with all the debris in your mind in your soul. You gotta flush it out. So we get to bathe in the Holy Spirit and do that more often. And I don't believe that we're doing that enough. I believe that we may know about God and we may know we're going to heaven, but we're acting like we're living in hell. And pastors included. And so it happens is going to take time to connect with.

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Spend time with his word and with his Holy Spirit and truly connect and that means surrender and so God gave me an acronym.

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That's been around P-R-A-Y, has been around. But I added ER, prayer on how people can start to connect more with God and the P stands for praise which we praise God. R means we repent. We got to repent of our past sins. Again, we let it go. We repenting were asking.

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Forgiveness that allows the healing to start to take place because 11, forgiveness heels the whole in our soul and especially the love and forgiveness of Jesus. A, we ask, we gotta, we gotta ask God for what we want, Y we yield, and there's a big part right here.

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We've got a surrender and just no Mal God's spirit to start to move to us and live to us.

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The other day, had the visual of a lake and a river.

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Many of us are walking around like the lake and a leg doesn't have living water, or Living Springs moving through it. And what's happening is because when I bathe in the spirit will like Lakes where we get toxic and the toxicity starts to build up and if you know about Lakes, they can become very unhealthy but rivers are always flowing. So Rivers can be very healthy because you always have flowing, living water

moving through it. And so we got to take time every day to surrender to allow God's living water his Spirit to live through.

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To us on a daily basis. And I do that every day in my depression and my anxiety years ago, my wife was going to leave me a little.

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You leave me because I was such a jerk because I was in the state that many of those pastors are in, you know. Now, I was in that state, then and I don't judge anyone going through a tough time, because I've been there and it was a sign that I needed healing.

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So, one of the things I started to do every day

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Because I would take this walk of gratitude and prayer and doing that day in and they had I realized now I didn't realize time but why it helped me heal was because every day I was praying to God tuning into God surrendering to God and all of a sudden I start to think carefully act differently his spirits start to live through me. I was be and governed by the spirit not the flesh and that renewed my mind and it healed my mind. So why is essential? But then there's the E a lot of times we ask we surrender but the ease we must expect should expect and we should trust so when I think of E, I think of trusting God. And a lot of times I believe we've lost our trust in God. We don't really believe that God's gonna deliver

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On his promises. We think God is the god of things. Yeah. And he's only, he only did his miracles in the Bible but not anymore. Yeah. God is still delivering Miracles every single day and I see them over and over again. I experienced them and I talked to people who experience them. It's incredible, the more you're open. So we expect let's expect on to deliver on his promises and guess what? God wants to heal you. He wants to heal you. Maybe not right now. I suffer from autoimmune issues for over 12. Years where I can only eat three kinds of food Seafood. Some white rice, and some cooked steamed vegetables, like baby food vegetables. Couldn't eat, I would get sick for years.

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And I kept praying. God heal me. God heal me. I look back over time. Then what I realized was God was starving. My flesh and he was lifting up my soul. My spirit. He was strengthening that. So that's what he was doing, just like Jesus in the wilderness after all these years that's what he was doing and actually made me better in the long run. But that's what's happening for a lot of people now is that they are not trusting and expecting God's Miracles and I have experienced his healing can happen overnight but in my experience it and now I've seen Seen it. And I believe that we have to expect it in his time that our time. And then, finally, I think this is the big one for Christians is receive. We've got to receive God's blessings and a lot of times, we don't feel worthy to receive. So we don't allow God to do his miracles and we don't allow ourselves to receive.

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His miracles and his blessings and he really does want to bless us and we have to believe that he's a father who wants to bless us and give us strength and give us the power to take on the challenges in the world. See a lot of times people have dealt with so much dysfunction so many challenges so many circumstances so many wounds. They're believing the lies of the enemy. So they basically are separated, disconnected, until they've lost their trust in God. And that's the whole point of what the enemy is trying to do is actually get you not to trust in God not to believe in God to look at your circumstance and the story of the Bible and the story of healing is all about looking to God and being one with God to allow the healing to take place.

CAREY NIEUWHOF: Wow.

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How did um your physical healing with your diet restrictions get reversed. What happened with that John?

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JON GORDON: Well, a lot of prayer, a lot of a lot of surrender. I think that's a big part of it and out of that of just saying, Jesus, Heal me, Jesus, heal me. I know you can, you know, in one touch. You can heal me, and I would say it over and over again, and out of the blue, my wife, she found online. This thing about, I own biome that people were having a lot of success. With this product called Ion biome that's sold on Amazon. So went on Amazon. I bought it as it are. I'm gonna give it a shot. I looked at all the reviews and it talked about how it really helped create this energetic pathway and Alignment communication pathway that allows your cells in your gut lining in your gut, in the bacteria, to start talking to each other and because of the way

they're electrically charged, it allows them to start working together and over time, it starts to heal your gut.

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Well started doing it and within three months, like transformed my life. Yeah, I told Donald Miller about it and then he's told the number of people that he always says, man, that dirty brown Water stuff really works. Everyone says it works and I'm not paid by them. I don't have any ownership of it, but it was a game-changer, a life changer for me that one product and I believe that was the result of prayer at showed up in the right moment, the right time. And then within a year, I noticed a major difference. And now I can eat pretty much whatever I want but now I still try to eat really healthy based on just all the past experiences I've had, but I can occasionally, enjoy a nice meal. You know how frustrating was to not be able to have fellowship with people and go out and eat and not be able to eat. I would always sit there and I couldn't eat at the dinner as we were at and I just sat there, it wasn't the same kind of connection, not be able to eat with.

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And it was you know again, a lot of people go through a lot worse and a lot of people deal with them. Ah, yeah. So so I think mine are very small, but I had to deal with compared to what people have to deal with but I did see God heal me in that and my daughter I'm seeing healing and her she deals with a lot of stuff. I'm feeling seeing healing in her. My son deal with some challenges in the past when he was younger. I'm seeing healing happening him. It's been really cool to watch God heal our family over time.

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CAREY NIEUWHOF: That's so good. And thank you for sharing that. And you know, I'm glad you reminded me about the gratitude walks too because I find if I get overwhelmed or in negative headspace that a gratitude journal. A gratitude walk, as you talk about, can make a big difference and really want to underscore what you said about defending versus advancing or what how would you describe it as defending versus attacking. Yeah, I've got it my notes now because I think you're right. There's this thing about success like you deal with a lot of publicly traded companies to write your only good as your last 90 days and then stock price is going down, might be going up franchise sports franchise, you're the winning or losing you either, you either came out on top or you lost and and that that, you know, that idea of falling in love with the game. I think is really helpful. Like why did you get

into ministry? Why did you get into leadership? Why did you start this company? Why did you start this church? I mean that's just so encouraging, Jon.

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JON GORDON: I went and spoke today and I got to remind myself. Every time I give a talk, like, have fun,

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Right.

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Run, you're gonna die, you know, in, who knows? How long like, you know, you're 52. Maybe you got 30 years tops, you know, I see my great mentor Ken Blanchard, who I love, and Ken's now 83 years old.

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He impacted my life in so many ways. Ken's, not travel anymore to detox. He still doing some resumes, which is great. But I look at kind of like, that's going to be me at some point in my life so you know what have fun and love it and just make a difference while you're there. It's that worrying about what people think of you Pavarotti said, everybody wants the audience to love them but I love the audience. See when you're concerned with loving the audience that way, what they think of you, you now feel connected and you feel one with the audience you don't feel separate. There is now one nest and there's their power, this power, there's love and of course, to talk, is gonna go better when they feel your love and you feel there's and you feel Oneness.

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CAREY NIEUWHOF: That's a really good thought. You know, I've also heard it described as ah, you forget about yourself and just think about God think about the people that you're speaking to and it always tends to go well and that's when I'm thinking about myself or I'm thinking about how I'm doing right or can I do as well as it did at the last talk last service or the law last guy. It all falls apart once you think that.

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JON GORDON: I know you love it come up. Oh, we had so and so and he was awesome right as you're about to speak that that could get you right in your head

and thinking about yourself. And again, that's where the thoughts come in. Yeah, we have to be wary of what's happening and aware of what's going on and and understand a lot of times that's happening, it's the wound that's driving us. So are we acting out of our wound and our separation? We acting get out of our wholeness?

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And our high going back to pastors, those who are struggling. I guarantee they have some kind of separation in their past, some kind of wound that needs to be healed and then experience with these circumstances right now is just revealing what they're going through and as they move towards wholeness and healing, it's going to take them to a much healthier place and then also another level of their influence and impact as they heal.

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CAREY NIEUWHOF: Well, 52 is a really interesting stage to John because if my math is right, that Means you've got over two decades in this more positive space, is that, right? It was like, at 29 or 30 that the big change happens

JON GORDON: Around 30/31. So almost 20 years.

CAREY NIEUWHOF: Almost 20 years, so give yourself a few more years and you'll spend half your life in the positive space which is really interesting. And I think what's encouraging, when you look back on these 20 years, you've generally stayed in a higher state of mind, and you have low moments.

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When you when you look back at that has there been one or two keystone habits, lynchpin things that you do whether it's a gratitude walk or whatever. Because you know, the teachings are so deep that you give, like you've got lots and lots of tips. But if you're like, hey guys, turn this one dial tomorrow and you'll see a difference. What would that be?

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JON GORDON: No doubt. It's talking to yourself. Don't listen to yourself. So when those negative thoughts come in and again, you're not really listening to yourself. It's negative thoughts not coming from you, but those negative thoughts are coming in and you think they're from you. Don't listen to them, talk to yourself with words of encouragement with words of life.

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And speak those words often. So for me, it's anytime there's they have thoughts or to come in, I'm responding with truth. I'm responding with words of encouragement. I'm responding with certain phrases that keep me going, like, have fun, make a difference. No one's gonna care about this twenty years from now. Don't take yourself too seriously, you know, just love it. Love the moment, you know, so it's it's often the words we say that gives us energy and life. My wife got to tell you this few months ago, she was feeling really down. She said, I'm getting old. I'm sore. My body is breaking down. I'm not going to be like I used to be. Like, that's it. I'm done.

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I'm like, no, you're not done. What are you doing? She's fifty-five. She's not old. And so I go away for speaking engagement.

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I come back, she's like completely different. She's all energized. She's bouncing around the house. Like what's going on here, you get a boyfriend or something. She's like, no, no. I met with the health coach. And you know, she got this intensive testing that test your blood work, your jeans, and your DNA. And they told her, this is really rare. We don't see this often you have the genes of an Olympic Athlete, is what they told her. So now, she's walking around the house like I am an Olympic athlete. I am an Olympic Athlete. She's saying over and over again. You wanna play tennis tomorrow? I'll crush you because I'm an Olympic Athlete.

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I kid you not, the pain goes away. The stewardess goes away, she stops complaining. She's now working out harder than ever. She is driving. She's lost weight. She looks amazing. She's feeling great. It really made me realize the words we say,

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And the thoughts, we think actually becomes who we are. So, start saying I am strong. I am powerful. I am a child of God. People often laugh at that but you know what? It's true, those words, those thoughts are powerful and we are tuning into those thoughts, all the time. And the more we tune into these positive thoughts, they do uplift us. Think about laughter, think about positivity. It uplifts you think about negative thoughts? How does that make you feel? It? Brings you Down. And so we've got to each day, spend more time, lifting ourselves up. So that's what I do. I talk to myself instead of listen to myself is a really great practical tip that I do and then no

good. Yeah, I love that tip and I also, you know, I'm really big on. I'm just reminding myself.

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Took to love the audience and just to love the moment and just I'll say often now. I am one with you Lord.

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I am one with you. On my own I am powerless, but I surrender and I am one with you, and I'll just say that. and in that saying I am one and that oneness. I find peace and whenever I start to feel anxious, I'll just say also I trust you, God. I'm anxious right now, but I trust in you. I don't know all the answers. I don't know what tomorrow brings. I don't know how we're gonna work this out, but I trust in you and I find myself when I'm not doing that getting more anxious more stressed more overwhelmed the minute I return to that trust and that oneness and reminding myself load on one with you, I feel more peace?

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CAREY NIEUWHOF: One of the things I've noticed about your writing is you know and you've got books that have sold millions of copies but you sort of end you've been a Christian for decades now. I mean a later in life

JON GORDON: 16-17 years.

CAREY NIEUWHOF: Only 17 years. So you started your writing before you became a Christian.

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JON GORDON: Yep, actually wrote The Energy Bus as I was starting to follow Jesus and got baptized and people said they can actually see the change in the story and literally see the spirit Move through me in the story and it was my first book. Now sold over millions of cop. You have 34 million copies and no doubt the Holy Spirit was moving through me during that time. It was a very powerful experience, you know, giving my life to Jesus writing this book and and changing my life.

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CAREY NIEUWHOF: But what's interesting is, you become more explicit in your theology and sharing your faith over the last few years. And I'm wondering, you know, because you're sharing this with teams, sports teams, businesses, etc, etc.

Many of whom would say. Hey we're not Christian man and yet at the end you basically got the gospel in this book. Why did you choose to use the explicitly theological route as opposed to just, you know, the ideas and then you know good footnotes and you know that hey this is all biblical but I'm just going to put out the popular version? Why did you choose to be specific?

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JON GORDON: Yeah, it may not be the best business decision, you know, I speak to a lot of companies, you know, a lot of organizations, a lot of CEOs, you know, private, equities. You name it. I do a lot of leadership stuff.

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And the thing is I wrote The Power of Positive Leadership. I wrote the Power of Positive Team. I wrote my defining books that were bestselling books on leadership on culture, on teamwork, and I think those books are essential and I'll be writing more books from a business perspective that way. But as I was writing this and I was sharing this I realize okay, I could teach high state of mind and low state of mind and just stop there, which is what I do when I speak to sports seem sometimes I'll just stop with Isaiah mine low state of mind will lower your state of mind and how you can raise your state of mind and that alone as I say in book one of the book that alone will help you. So I broke this book down into three different books on purpose. So it's three within one you can call them sessions, but I home books and in book one or section one, it's high state of mind low state of mind and I say if you want to stop now after this a lot of teams, organizations, companies, sales teams right here.

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Just use this. It's going to help you a lot in understanding high state and low state.

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Book 2. I now teach you the one truth and Oneness in separateness and all real life examples and practical examples, mine, how to understand it and how it plays out in our relationships and Team Dynamics in traffic. When you're in traffic you actually see the other person as separate from you so you get mad at them, they see you as separate from them so they get mad at you. You each think that each other's the traffic when there was a sign in l.a. that said, you are the traffic traffic. We're all one. So book two is all about those real-life examples. And even I'd even talk about racism, that racism is actually looking at someone feeling separate from them and somehow, believing you are better than them. When really we would see the

Oneness in each other and how we're all one that would, that's really the key to health and healing for our country. To know that while diversity training is good to understand uniqueness and differences. I say we actually need even more.

And the more we do that, that actually is going to heal a lot of people that I'm no different than you. I'm no better than you. We are just one. And guess what? Now we can move forward to helping each other with with power and strength together. So that's Book 2. And then book 3 is now where I really go more into the science of the antenna behind the brain and then the biblical aspect of it and I go there because you have to explain it how science psychology and the Bible all converge together. Leather and all explain the same thing in science is actually the search for truth and if it's the search for truth and I find the truth. I know have to share the truth and I tell the reader I've been writing for a long time and I've been seeking the truth and as a truth Seeker, you're gonna find the truth everywhere. Like the truth will be found everywhere wherever you find it, because it's the truth. So the truth doesn't need the Bible to exist.

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It exists whether there's a Bible or not. The Bible just explains the truth that's already there. And that's why I went there because the Bible actually explains the truth. It is the word of God. It is the truth.

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And that's why as you read the Bible, it makes the one truth understandable, applicable, and makes you realize. Okay, there's something to this.

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So I didn't tell you, you know and write this book to convince you Jesus at the answer. I wrote this book as I realized that if the Old Testament is about the separation and that's an ancient Jewish story and Jesus is actually about restoration and bringing you back into oneness to the Father.

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That's his whole purpose, to bring you back into oneness for healing to take place.

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Well, it would make sense that I would have to share that if I actually am ready to go this separateness, because how else do you get back to oneness if you're feeling separate?

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Now, self-love is important. So that's important. We often hear that. In the self-improvement world, you got to have self up. Okay. Self-love is important. But self-love is not going to fill up the God-sized hole that you have in your soul. It's not perfect enough. Community is important. So we have to have community, community actually leads to healing and research shows that you heal in a loving relationship. Relational psychology shows us that so you heal in a loving relationship, Europe. But Erwin McManus, and I talked about this and I want to give him credit, you know, Erwin. I know everyone really well. He is brilliant. We had a great conversation about this. I was sharing this with him, he says to me and I will just in the book.

[01:04:16.700]

He's taking you here with a stranger and I said, no has to be a loving relationship. He goes, well, if God is a stranger and just the higher power, can you heal? No, It's gotta be a personal God. It's gotta be a god of love and forgiveness. And so, as a former Buddhist, if you believe the answer is not attachment and that's what leads to happiness. I believe you look in the wrong direction because the key to happiness, is to be attached, to your creator to a loving God loves you wants to heal you and he does it through love and forgiveness. And so it makes sense because we all have a hole in our soul. And I even asked the Buddhist friend of mine the other day, like, how do you heal the hole in your soul?

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He couldn't give me the answer but he believe we had one ISO will actually once you understand the one truth that Jesus came to deal to heal the hole in our soul to make us W H O L E and make us whole to what, to create oneness.

[01:05:12.000]

So to me, I had to show because it fits too perfectly together. Yeah, it is the answer. And again, ah, you know, I would rather not do you know, like you say like I would rather just say well, you know, just do this just do this but that I wouldn't be sharing the truth. So how could I write a book called the one truth if I'm not sharing the truth, the one truth? I have to actually share what the truth is and we know that this is the truth. And again, Jesus didn't come to establish a religion.

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He came to heal and establish a relationship. He came to help us bring Heaven to Earth and make earth like heaven when he talked about constantly the Kingdom, right? Literally, the kingdom is near. The kingdom is inside of you. His teaching was about the kingdom, and he came to heal. So we can actually inhabit and live in and experience the kingdom. And guess what, you have a relationship with the King, he gives you the keys to the kingdom, and what is the kingdom, but eternal life, what does it?

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Oneness, your spirit connected with God's eternal spirit, which actually gives you eternal life and Oneness with God. So true oneness is all about being eternally connected to your creator and I would also argue carried it to all those who may not believe and it's okay, we're all on a journey but just as the tree must be connected to the soil.

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To grow. And the fish must swim in water. We were born and designed and made to be connected to our creator and connected to that Creator. That's when we feel the one, that's the power, The Joy, the love, the peace in the purpose and if you're not feeling that way, if you're feeling down, you feeling anxious, you're feeling cluttered, you feeling stressed, I would say in some way life circumstances experiences, the enemy whatever, maybe they have sabotaged you, they have caused your brain and your soul to have some I'm wholesome dysfunction some wound that needs to be healed and what I'm sharing is the path back to wholeness and healing from whatever you have been through to find that healing and I don't think that's a bad thing. I think we should all seek that live that we have a mental health epidemic going on in this world and guess what? We're spending more money.

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Prescribing more medications. More doctors are doing more things, and yet it's only getting worse. Clearly, we're not going where the answer is and not using or finding the correct answer. Are we good people doing it? Are a lot of people trying in this profession who yes, they're wonderful people. They care. I want to give them better tools and give them a better understanding about how to do it.

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And I believe The One Truth is gonna save a lot of lives, heal a lot of people, when people start to put this into practice and science actually starts to test that things

that I'm talking about and use this knowledge to actually test and then create methodologies to bring us back into healing.

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CAREY NIEUWHOF: Wow. Anything else you want to share man?

[01:08:06.400]

JON GORDON: I know I shared a lot. This is different than my other work. What I want to share his, this is totally different. This is nothing like I've ever written, but when God gives you some that, right? You got to obey God. You know, we have to focus more on obedience than anything else and I'm not big on just sacrificing to sacrifice but if God, Tells me to sacrifice, I'm going to sacrifice. So I'm going to be obedient and then I'm going to sacrifice for what he wants me to sacrifice for. And so I believe in doing this work, like I don't know if it's a big sacrifice but I just know that I was meant to put it out on the line because I can continue to make millions of dollars.

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Writing more, you know, success books, which I will and love the and love doing that and love impacting leadership and team. I want to do a lot of corporate work.

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I still want to make a lot of impact.

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I'm not gonna always share the one truth in every talk. I will tell him that you have to be connected to be committed. I will tell them that Division and anxiety where it leads to. So they'll understand that I have to go to the total answer, but I'll still do that in Corporate America. But I realize, at the end of my life, I will have wanted to know that I actually share what I was supposed to share. I know that you like to ask people, what successes, and for me, it's Dr. David Jeremiah changed. The definition of success for me. "Success is the fulfillment of God's plan for your life." And I believe that this is part of the plan and fulfillment of my life to do this work, one final thought we're not meant to go through life.

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Fearful, anxious, worried, and chronically stressed all the time. Yeah feeling fearless. I mean fearful. Sorry fearful and powerless were not meant to go through life that way. We're going through it so much and so many people are going through it.

[01:09:53.900]

It's actually become normalized where we now actually accept it as normal like, oh this just the way it is. It's like, oh so-and-so has this chronic illness. Oh, so and so has this depression. Oh, so has this anxiety. Is it okay to feel that way?

[01:10:06.200]

Yes, because I've felt that way throughout my life, but it's not normal, you know, it's normal power enjoy and love and peace and confidence and courage knowing that you have the power to transform this world the power that God gives you. That is how we're meant to go through life. That's what God wants us to go through life with that power, to overcome this suffering, overcome the challenge, overcome the obstacle, to ultimately live his plan for your life and to do what he's called you to do and you can't do it if you're weak and powerless.

[01:10:34.800]

You'll do it with his power. One with him. He gives you the power and then you go do it. And that's what it's all about. So for me, I've got to share that message. I'm going to do it for the rest of my life.

[01:10:45.700]

CAREY NIEUWHOF: Well the book is called The One Truth, that's available everywhere. And Jon, where are you hanging out online these days, where can people follow you?

[01:10:51.600]

JON GORDON: jongordon.com and I love interacting with people on Twitter, Instagram, a lot @jongordon11

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CAREY NIEUWHOF: Awesome. Awesome, Jon, once again. Thank you so much.

[01:11:03.700]

JON GORDON: Hey, thanks Carey, appreciate you.

[01:11:05.400]

CAREY NIEUWHOF: Well, John's always so super encouraging, isn't he? He really is. We have everything including links to his new book and everything we talked about and some insights in the show notes. You can go to careynieuwhof.com/episode584 to get more and of course, wherever you're listening. Please Subscribe when you do that and you share it with your friends, man. I'll tell you this podcast grows. When it grows, we can make it better. That is what we are. Committed to with you. I never take that for granted, thank you so much and

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Thank our partners. Encourage you to check them out. We pick them carefully, and you've got to check out Gloop, go to get.gloop.us/reach it. You can start connecting with people who are asking spiritual questions in your community starting now. And Compassion, they do amazing work with over two million children around the world through the local church you can partner with them. Go to compassion.com/carey to get more information. Well next episode, we've got Paula Faris, coming back on the podcast. We talked about her work on starting an entrepreneurial Journey after leaving ABC News. She talks about what it's really like to interview celebrities like Scarlett Johansson Tom Hanks and Chris Hemsworth. Mom guilt and women at work and a whole lot more. Give this a listen.

[01:12:23.400]

Paula Faris: I just like, I wanted to punch a wall. I was so I was angry and I was born on my expectations. I had such high expectations of my children and of what they should be doing, what they should um, contributing. And that was adding to my burnout. And then another friend of mine who's an entrepreneur, she said that when she feels herself reaching those like DEFCON levels of burnout, what she tries to do is, of course you have to say no to things. So, you know, we talk about ruthlessly say no to things that aren't your priority.

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She said I realized I had to start weaving and things that brought me joy.

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CAREY NIEUWHOF: That's coming up next time. Also had an incredible conversation with John Maxwell. I can't wait to bring you. We've got Kevin Kelly coming up. Sharon McMahon. I know tons of you follow her on social. Richard foster on humility. Miroslav Volf, Mike Todd, John Chris

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And so much more. It's coming up on the podcast and hey, because you listened to the end. Thank you so much. I want to give you something and that is my every Friday newsletter. Over 85,000 leaders receive it every Friday and I send you the latest research on the church, but also some really curious things. So I just get interested. I learn best from a multiplicity of sources.

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So I might send you an article on how Lego is made, or I might send you an article on, well, for example research that shows people who nap have bigger brains. Yep. That was in a recent newsletter plus Church Trends and a whole lot more. You can sign up at ontherisenewsletter.com, it's absolutely free. Would love to connect with you there as well. Thank you so much for listening today and I hope our time together today helped you break a growth barrier you're facing.