

MERYL: And so I, yeah, and that, and that is fascinating. So I guess the other part of that is, right as you start to look at that, cuz we talk about this with like sort of **trusting your intuition**, right?

So if you're saying, okay, well how I think people. Really **that self-doubt of maybe there's an answer, but then they're like, is that the right answer? Not trusting their intuition.**

That's right. Right. And, and then there's resistance. So how do you what, what does that look like? How do, how do, how do we manage?

RICK: Well, **there's an infinite number of answers to most 'why' questions when it has to do with your personal interpersonal stuff, none of which is complete.** I mean, Peter there it's tendency to think, well, if I just understood why, if I just understood why she left me or, or why he didn't like me as much as I wanted him to or the **all we want is peace, and the illusion is that I'll feel at peace when I understand why. It's gonna lead to another why, to another why, to another.** Why did he divorce me? Why did she run around on me? You know, I mean, it just is, it's inefficient. The thing, this is something PRI talks about a lot and I really, I not only agree, but it's just so important that the, **that simple peace already exists within us.**

**What we have to become aware of is how we're getting in the way of it in the moment.** that we're getting in the way in, in the way of it. At that moment, we're in touch with the observer and that observer, what we're like, any organism we want to be completely in balance, right? That little observer in there's trying to get us in balance and it doesn't give a damn why.

He just wants to get you back. . So again, we learned to walk and talk, so.

MERYL: Yeah. And, and, but maybe it is, if people don't cut themselves, it's like cutting yourself a little bit of a break, and, and I think so many people we're so hard on ourselves of.

No, I don't have the time to deal with this cuz I have to get to that. And they don't realize if they don't tame the gremlin, they won't get to that. Is that right? Right, right.

RICK: Yep. But you know, the I was just, was having a memory I'll share. Might be in a minute, but they, **you don't tame your gremlin once and for all** right.

That is out to eat your lunch. and it's here for the rest of your life. But when you get, **that's why I say you gotta practice when you get good at taming it on the spot** and as soon as it's on the spot, you can feel it. And when you really get good at it, it's pretty much, you can, I think of it as right here.

You know, you can flick it. Yeah, flick it away. But **don't you dare jump to that part of trying to be different until you really accentuate. How you're contributing your own misery.** Right. It won't work. It won't last, I guess is what I wanna say, Meryl, it's, **it's a maybe a temporary fix for some people, but it won't last.**

**You'll end up right back in the same place.**

MERYL: Well, that's interesting that you just said that, right? That you're continuing to contribute to your own misery. And I think that's where so many people find it really hard to get out of their own way is they don't know how to do that. Right. And, so it goes back, right, the how, the why, it's still, we're back at that same conversation.

But I think for the, and I'm just thinking right, for our listeners cuz so many of them wanna know, well how do I do this? Right? But it's, it, you do really have to take a step back and go, okay, wait. What, what, how am I, how am I. ,

RICK: it's very likely gonna be one, or all of those things I mentioned.

**They're either gonna be scaring the hell out of themselves, putting themselves down, beating the hell outta themselves, miring themselves in regret** to the regrets. Not a bad

thing. I mean, if I accidentally stepped on your toe, I'm gonna regret it, right? **There's only two questions to ask with regret.**

**Number one is, anything for me to learn from that?** Well, yeah, well watch where you're walking. Rebecca . So **two is there any action for me to take** mm-hmm. ? Yeah. On Merrill's toe. Apologize to her. That's all the thinking you need to do about it, but **you start ruminating about that, it becomes a feeling called guilt.**

which is in the upper part of your abdomen, lower part of your chest, and is a. Okay, so **people can start paying attention to scaring them. Hell scaring themselves, putting themselves down, miring themselves in regret, clinging to a resentment, and trapping themselves in a concept of who they are.**

People, you, I mean, we all do it. You know, if you, I mean, think of this, so based on your concepts that you start getting, when you're a little munchkin of who you are, **based on those concepts of who you are or how you think you're supposed to be, you develop another layer.** , you're advertising your style of.

your persona what the rest of us know as Meryl or Rick or whatever, okay? Mm-hmm. , nothing wrong with a good act. I help people get their acts together, but **there's two pitfalls. One is you don't wanna become too attached to it** because it is going to get the dickens kicked out of it at some point. Okay?

You don't wanna be too attached to it. **Secondly is you want that act to reflect who you really are on the inside**, who you really, which of course takes practicing the method. **So you start to tap into who you really are on the inside.** Yeah. You know, the gremlin method sort of points the direction to that.If you're digging in the right place, so, .

MERYL: Yeah. You know, it's so interesting. I'm just going back to some of the things that you were saying, and so many of the clients that come in who have. . It's that come

in with, let's call it the diet culture mentality. do exactly. I mean, I guess it's, it's pervasive in whatever industry.

Right. But you know, the scaring, the regret, the resentment, the guilt that they have put on themselves for not succeeding. And "I'm not gonna be happy until I get to this weight". And and we have to undo all of that, teach them how to undo all of that. Right. Very similarly yeah. It's just, yeah, it, it is.

It's just fascinating right. To, to I, you know that, to hear you say it that way and I'm like, wow. It's just, it's so true.

RICK: What a challenge you've got when, I mean, when people are really.

I mean, **your body is the instrument through which we experience everything.** Right. And you know, **you're really working with people who are not feeling at all good about their bodies.** And I mean, that's a major part of Gremlin taming, of course, but you know, you're on the front lines of people presenting with that particular whatever we're gonna call it, gremlin strategy.

MERYL: Yeah, those, those roots run really, really deep. And that maybe that's why I was asking in the beginning how we really get people it's getting them to listen long enough to say, oh yeah, I recognize that's what I'm doing, because they just it's, it's like so rote for them. So I just I'm, I, **I'll say, let's work on the behavior. We've gotta work on the behavior. The diet is not the answer, and yet they keep saying, no, no, but I just want the diet. I got everything else.**

RICK: and, well, maybe they really think they do, but, oh well. Yeah. I don't think though, Meryl, that it's, it's completely necessary to dig around in history.

you know, although as you start to focus with somebody on, and I'm sure you do this on exactly what their experience is in the moment that they're thinking about. going

unhealthy. , and when I say their experience, I mean what's going on in the center of their chest and their belly. you know not just the hunger or appetite that occurs. You know, , but what on, **just stay with that feeling. Just stay with it and see what emerges for you.** because the illusion of, a lot of times people just want that simple peace and **the illusion that I'm gonna get it out of the food outta that next Tootsie Pop or whatever is really no different than I'm gonna find that peace when I get. Just right relationship.** Yeah. Ory toy mansion or a tree line street or that cabin in the woods. In relationships, man, the amount of misery that causes because people develop a hostile dependence. I can't, well, all people want is peace. I can't feel at peace until that son of a bit shakes up , you know?

what an inefficient thing. And not only that one. What about that one? That one doesn't think of me, but I want 'em to think of me, you know? And it's just, it's it for me. It's a full-time job just taking care of this thing. So it's probably another reason I wrote the book, right?

MERYL: So, I'm curious to know. Right. So you book wrote the book in 1984. Obviously there's been the masterclass, but you know, you wrote it well before you, we had internet and technology and all of that. What is your, so we're gonna turn the tables just a little bit, but.

My feeling is, is that **we have become so much more disconnected as a society, disconnected with ourselves, and maybe that's why we're seeing so much of this angst in people** because they just can't even get back to feeling, what do you even want them to feel? Right, because they're so disconnected.

What is your take on that?

RICK: You just said it.

MERYL: Well from your, well, okay, so there you go. But I mean in terms of the work, **does it make the work that you're doing more challenging to get people to really dial into that?**

RICK: Not really, no. I mean, the game is the same. some circumstances are tougher than others. Like people who are really mired in like games of video games and stuff like that.

You know that that's their pleasure, but the game is the same. is learn to leave the theater from time to time. Right. The theater, there's three, let me just say this. There are three realms of awareness. This is important. Merrill, this will. . For those of you, for your listeners something you can really use, A few things you can use.

One thing is I want you to **start staying aware of the surface of your skin, where you end and everything else begins.** It's funny cuz I get the most emails about that I don't get the skin thing and then I get emails saying I finally got the skin thing. people. Complicated. What I'm saying is **stay aware of clothes on your skin and air on your skin on this physical plane.**

**Not only is it a very sensitive organ, a receptor, I mean, it's surrounded by an energy field.** It's very sensitive. **It's a boundary on this physical plane. Every experience we have, as I said earlier, occurs within that boundary.** If you can keep this thing feeling. , you can still handle all those stuff. You gotta handle 'em.

You can still straighten that other person out, pay your insurance bill. But there's not that desperation to feel at peace by straightening them out. Cause you know where to focus first. So anyway, the techno, **the three realms of awareness.** Yes. **Realm number one is from your skin in. your focal point of that is your breathing.**

**Realm number two is what you experience with your senses, your immediate surroundings, what you see here. Feel, touch, smell,** all that, okay? As long as your

foreground of your experiences here. Here, **you're grounded in the present.** Well, I'm not saying be here now all the time, but I do say **come home several times an hour.**

But there's a third zone. Excuse me. This is a very important zone. **third zone is the world of mind. Analytical, thought. Memory, creative thought. Some good stuff up there, but there's some terrible neighborhoods. Where your gremlin lives.** and even if you just spend too much time up there, you're gonna get bummed out and anxious because it's the same stuff over and over again.

So I'll give you a quick example. So, well, I'm my hand on my chin. That's, that's just inner zone. Okay. Inner realm. I see you nodding. I know. Damn gun. Well, you're nodding. I know those two things for sure. I'm making. , you're listening to me. I don't really have a clue, but I'm making a point. That's the world of mind, right?

If I believed you were mad at me based on past experience, people who look like Meryl are mad at me or treated me bad then I would have a totally different experience. I would probably turn around and run outta the room or something. . **The point is when we contaminate the present this and this with stuff from the mind without knowing we're doing it.**

**It's not a good thing.** It's what's called a neurosis in some fields, you know? Without knowing we're doing it. That's the key. I'm not saying don't go into the world of mind. There's some beautiful memories, nice thoughts, nice fantasies, you know? but **you gotta know the difference between those zones. And it's real good to notice where from moment to moment your awareness is. And to start choosing.** When I tell people we're turning their life, when they really practice turning their life into a meditation. That's what I mean. Yeah. **All meditate is, is learning gentle control over your awareness.**

you know, but to do it formally, you close your eyes and you focus on your breathing or a mantra, but you're, you're learning to gently focus your attention. So when you practice

that and then you come out of that, you start doing it in the real world, and there's one reason for it. It feels good. I know.

MERYL: So true. So true. So, I talk about meditation a lot. I meditate iff consistently different ways of meditating. But and I'll say it to a lot of my, well, probably every client that I come across if they're not doing it, like, consider meditating and this is why we do it, and the breath work and the cortisol and the stress, and da, da da and so, so many of them turn around back at me and say, well, I just, I can't.

You hear that? I mean, I'm sure you hear that. So, so how do you,

RICK: you know, I'm so glad, so glad you asked coach do that, co coach me through that one. So glad you asked. So in my office, I'll help people meditate. It's interesting is the, the very first version of Taming your Gremlin.

because now there's a revised edition and there's a masterclass and all that stuff, right? I called it, I think I called it **Grounding cuz meditation was just loaded in people's minds with all sorts of woo woo**. Yeah. . **In the next book, I called it centering. And then finally, I think in a, in a masterclass or one, I just finally called it meditation.**

You know this. But I would, **I would help people center or meditate in my office and it's predictable. And I tell 'em, go practice**. So they come back in two weeks or a week or whatever it is, three weeks. I'll say, well, you've been practicing. They say, yes. How was it? Really good, but **not as good as when I was in your office and you were guiding me**, I'm sure you're running into this.

Oh yeah. So it's like I, the number of times I end up saying, **let go of your little idea about what it's supposed to be like**. Just do what I tell you and see what experience you have. Yeah. Don't have some concept. People have so many concepts about **when people are saying they can't do it, that's because they have a concept**.



and terms are thrown around, like quiet the mind and all. Yeah. Maybe sometimes it's quiet. Sometimes it goes wild. You know? That's not the idea. **The idea is when you notice your awareness is drifted, to take it right back to, whatever you're meditating on.** That's it. It's called practice for a reason.

**It's the practice of meditation. It's not always total bliss and harmony.** But you. Absolutely. Just all of your awareness, that's mm-hmm. . So that, to answer your question, that's kinda how I end up yelling at people

MERYL: I know. Well, that's what I, I'm like, and I do, I say, you gotta practice it.

Just do it. You gotta try it once and then you gotta try it again, and then you gotta keep trying it, you know?

RICK: And that's a good way to put it. Yeah.

MERYL: Because I say you gotta get outta your own way at some point if you're willing. And, and, and, and I think just letting go of the resistance. You know, I still come back to people they're afraid.

There's the fear. If you don't let go of the fear, you're never gonna move forward. You're just gonna say stay stuck, right? So **if you're coming to see me, you gotta be willing to let go of that fear because whatever clearly you've been doing is not serving you.** . So I, and the, and the other word that we hear of a lot, again, especially in the work that I do, is I, I mean, look, it's anywhere, and I think now more so than ever, especially in the world of social media, is that.

you know, that, that, that, that **we self compare**, right? Compare ourselves to some, we're not as good, right? We're not as good as this one. We're not as pretty as that one. We're not as thin as this one. We're not as rich. We're not, but, but that is, I have a friend of

mine who does she's a excuse me, a coach, and she says nothing rips the life outta you more than self comparison

So how, how do we, is it, I mean, is it, I guess it's the same technique. , but getting out of our own way to say, but, but I find that that just seems to be, look, I know I do it right, that y you know, some people call it imposter syndrome, some, you know. Oh, that one has such a much more successful business than I do. What am I doing wrong, ? Oh, yeah.

RICK: Oh yeah, yeah. I don't take it so much, so what am I doing wrong? But it's there's a feeling of. Shucks

like yeah, I have a cousin who two cousins actually had this beautiful spread in Colorado and I see that and it just looks just wonderful. You know, and I. Truly am happy for them, but it's like, gosh, I'm so old now. I might not have that. You know, that comes up to me. That's not gremlin. **It's just the reality of acknowledging things like you can't have everything**

I mean, it's just life is just life. You do what you can do, right? but I think that inner experience is just the key. It really is to just really want number 1. This is the place I've seen people really breaking down the most, having the roughest time. And I had an interesting experience with this with somebody recently, somebody who's worked with me in all sorts of workshops. He's a yoga teacher. He teaches seminars in India, all that. Just a wonderful, wonderful guy. And he was feeling really good and he was saying how good he was feeling, and I was saying, well, what's going on? And he said, I finally realized, that, **when you say make feeling simple, peace of contentment, your number one priority.**

You really mean it. . . And I do, I really mean it. **It has to become your hobby.** It can't be the the, the, I dunno, the chutney on the plate. It has to be the entree. It has main event.

Yeah. It's a hobby. It's a **What else is more important than feeling good?** Yeah. No, nothing. It's, **we've got two charges in this life.**

**One is to survive and I guess that's really number one, but the other is to really enjoy this gift.** it's a gift. Think of it, something infinite. A power of some sort inside of all of us came together with something finite. Our bodies, which are constantly changing and eventually will rot. Something came together.

To create the entity that answers to your name. , **those two things are connected by your breath. So it's worth attending to your breathing, you know it's a miracle. The miracle's not in the sunset. Miracle is we get to be here to see the sunset.** and last forever. Sunset's gonna last. There's gonna be a sunset somewhere at any point in time.

you know, but we are not gonna be here forever to witness it. Right. So **to really have gratitude for each breath is, is important.** And again, I don't know super superhuman. I completely space it out from time to time, but not for long. I love that. That's that's pretty powerful. Yeah.

MERYL: Yeah. I, I got nothing after that. .

RICK: Okay. Well, we'll stop for today, but I hope we have, yeah, no, I think hope we have.

MERYL: Yeah, yeah. No, it, it, this is, I think this is the perfect point to end, but that is so true, and it's like you say, **so simple, so profound, and yet so difficult.** So I'm excited to put this out.

I, I'm excited for people to listen and really take a moment to stop and really listen to what you say. Grab your book. I gotta go back and read it again now. So funny. After talking to you now, I'm like, okay, well that makes sense. I gotta go back and do that. You know,

RICK: people read over and over again, and it's on audio.

People could get it on audible.com or Amazon. And yeah, a lot of people like to listen and I can identify with that. I like, yeah,

MERYL: no, I think I might need to do that because I usually I like to read a book. I like to, I'm not tactile person that likes to read and turn the pages and that's sort of how it, how it resonates.

But after hearing you talk, now I'm excited to hear it and hear you back in my head and go, oh, right, this is what I need to do, you know? So

RICK: well, I'm glad we've met. I will definitely be making use of your services with a lot of my clients. I'm glad they're gonna know about you.

MERYL: Awesome, awesome.

Well, vice versa, I'm excited to get this information out there and it has been a real, real pleasure chatting with you. Rick, thank you so much again for being on. This was really great. It was really great.

RICK: Let me if people wanna reach me, probably the easiest way is through the, our webpage, which is not very elaborate, but there's a place that you can you know, contact me if because I still do, I do private sessions with people.

You know, and I, people pull together a group and I get to know them a little bit. I'm, I'm willing to still work with some groups, so I just got, I work with various law firms and

MERYL: o yeah, your stuff will be published on our We published the podcast. So all that, all your contact information will be there.

So if you guys wanna reach out and connect with Rick, you will have that  
all.

RICK: Oh, great. All right. That, that's really good. Yeah. Well, thank you.

MERYL: Thank you. It was a pleasure, and I look forward to our next conversation.

So anyway, it was a true pleasure. I look forward to the next time. This is your Rebel  
nutritionist signing off.

Make it a great day, everybody.