



LIVING A PURPOSEFUL LIFE

Episode Transcript

Hey, it's Rebecca, and welcome to Returning. A podcast to return to yourself and the wisdom within. I'm so glad you're here with me. Thanks for returning.

Today, I'm returning with entrepreneur and content creator, Tray Rush. Tray is a Canadian YouTube sensation known for his family friendly vlog channel, The Rush Fam, which has racked up over 6 billion views. A devoted husband and father, he has built a really passionate and successful life with his family right at the center of his purpose. Tray initially reached out to me after he connected with my book Letters To A Starseed and this conversation that you're about to hear in this episode is actually the first time that we had met after exchanging messages back and forth on Insta. When I first received a DM from Tray, I instantly resonated with his positive, deep, activating, joyful energy. Our conversation was really effortless, genuinely informative and really interesting. Tray shows us how determination, manifestation, vision and consciously working towards the calling of our soul can truly create an unlimited life beyond our wildest dreams. And he even leads us in a quick visualization exercise in this podcast, which I got so much from and I've been doing myself the past few days since having this conversation. At the end of this episode, you'll also find a guided Soul Inquiry for you to explore your purpose and how you can step into an unlimited life as well.

I know how precious your time is, so let's jump right into Sacred Space together now. In the center of your heart imagine a beautiful flower. With your breath, invite it to open petal by petal, revealing a light in the middle. This light is your soul, your ancient self, your intuitive self. Really inviting it to step forward now and acknowledging the keepers, custodians and spirits of the land where you are, where I am known and unknown. Beautiful. Let's begin.

Rebecca: I always find when I'm meeting someone and I'm doing a podcast, I'm like, I just want to talk first and then you end up having no podcast interview. So I thought we'd just jump in.

Tray: It's okay. Yeah, it's part of the process.

Rebecca: It so is. When we first connected, I was like, I checked out your amazing work and, well, I was just blown away by was, like, the pure energy that you put into it and like the joy that you put into it. And then I read that amazing article about you. I think it was in the Daily Mail, right? That was a big article lately. And yeah, it was amazing to hear about your story, like, you know, working in a call center and, like, feeling kind of, like urch, like stuck and wanting more, wanting to create something. Like, where do you think that came from? Was that something that you always had within you, or was it something that, like, came in because of something happening in your life?

Tray: Great question. I actually think it was a mix of both. I definitely, even from when I was, you know, my youngest memories, childhood memories, I always had this feeling that I wanted to have a big impact on the world. That I wanted to, you know, to be a positive force in the world. That I was, you know, called to do big things. I always had that feeling for sure. However, I would say in terms of something that accelerated it, it was definitely having my first kid. When I had my son, my wife and I, we had our first child quite young, we had turned 20 when he was born. And that definitely kind of accelerated, I was like okay, I know what I want to do generally. I know I want, you know, as I said before, but now that I have this responsibility, now it's time to get serious. So it was really a combination of those two things.

Rebecca: And you finding, like, your kind of, like, area of, like, what you really wanted to do, because I know that you, like, you kind of, like, educated yourself, like, by reading loads of books and learning lots of things, and, I'm sure, taking loads of courses and stuff. Like, was it easy for you to find your thing or was it kind of, like, trying loads of random things in order to find your thing?

Tray: The latter for sure. So yeah, 100% the latter. And this is something I'm actually very, very open about. It was, like, it's easy to look at my life now and, you know, the success I've had in my career, you know, what I've been able to obtain. But I'm very open with the fact that it wasn't always like that. Like I was struggling very, very much before I went down that personal development journey. And, you know, I had anxiety issues, confidence issues, depression, you know, throughout my younger life. And at the same time, I knew I had big dreams, I knew that I was, you know again, called to do more. So I realized I had to, I had to go on, I had to search within and start to build myself up before I could, number one, figure out what I wanted to do. And number two, before I could have, you know, the ability to do it. So that's, you know, I started to look within and I started to realize I don't really have the answers. So I started to, you know, read everything I could on personal development, you know, try different meditation techniques and things of that nature. And then from the business side, oh man, we, as in me and my wife, we tried everything. We failed at so many things. But we were very persistent.

Rebecca: Tell me the most way out one that you, like the most random one.

Tray: There's so many. We went door-to-door for a while. I can't even remember what we were selling. I literally can't remember. We went door to door. We did like a bunch of mid-level marketing. So like different services that we would try to, you know, accumulate friends and family, try to get them to buy in.

Rebecca: Oh, yeah. I did one of them. Oh my god.

Tray: Yeah. I don't want to say the word, like, but pyramid scheme, that's what people would call.

Rebecca: For sure. Oh my God, You're reminding me, I remember, because I definitely had that drive within me. And, but I didn't know what I wanted to do, but I knew I wanted to have a positive impact and, like, go out into the world, right? I remember, like, I'd just finished school and I was saving up to, because I wanted to come to London because I was like it was like the center of the world. So, I took about four jobs and one of them was just so not me. It was, like, it was one of those marketing ads that you get and you're, like, you don't know what it is until you kind of get the job. And then they're, like, welcome to 'company name'. And you're like, what? And I was, like, selling knives. And it was, like, it was, I'm so uncoordinated that I, like, I did the demo on my friend's mom and she, I cut my hand so bad. Oh.

Tray: Oh man. In the demo?

Rebecca: In the demo.

Tray: Wow.

Rebecca: The knives were really good though. And then so she gave me a little Band-Aid pack in there. And I remember just, like, bursting into tears going, this isn't for me. Oh my God. But you got to do it. You got to try it. Yeah.

Tray: Exactly. Like it's those experiences that it's beneficial in so many ways. Just putting yourself out there. It builds the character. It shows you what you don't want to do, clearly, right? And it's, like, and I think it's really, it's about the shifting the mindset that I'm not going through all these negative situations. It's more so switching it to, I'm going these things, through these things for a reason because it's bringing me where I need to go. So even though, like, you know, I was failing at so many things, I hated all the different new ventures and different things I was trying, you know, to be honest, I hated the process because I felt uncomfortable. I wasn't good at these things. I was failing at them. But I always kept that energy, which was, you know what? Even though I'm not enjoying this moment, it's happening for a reason. It's bringing me closer to where I need to go. And I think that kind of allowed the circumstance for me to eventually find the right thing and find something that clicked.

Rebecca: And I love that you brought up being uncomfortable and, like, resistance and all of that. Like, what role do you think that plays in, like, properly embracing your purpose and creating, like, an unlimited life.

Tray: A huge role. And I love that word, I love that, unlimited life. I think that's, it's fundamental. I often say, like your success. And success is so broad. I don't want to think just career success, happiness, whatever your version of success is. It's literally right on the other side of your comfort zone. That's what I'm constantly telling people because that's how it was for me. When I finally kept pushing myself past my comfort zone, that's when I started to have major traction in every aspect of life. Not just career, in my personal journey, you know, finding my truest self. Everything, all the, all the success, so to say, was right outside of my comfort zone. So, and then you do it, like, the amazing thing is like any other skill set or like any other habit, the more you do it, you start to become comfortable in those uncomfortable situations. That starts to be your comfort zone and you crave more of that, I guess that feeling, or that energy you get when you successfully push yourself past that point, you start to become comfortable in that.

Rebecca: And what makes you uncomfortable now? Like, do you still feel uncomfortable or you feel confident all the time or a bit of both?

Tray: I would say, I can confidently say mostly I'm confident pretty much all the time now, but there's still, like, I'm trying to think of a situation. Sure, sure, things will come up. Actually, that's a good example. Recently, I did, like, my first public speaking endeavor. And I was nervous, super nervous. But again, I was like, you know what? I'm used to this feeling, I know what good is on the other side, so let me just push through. So sure, things still come up. Overall, I'm pretty confident overall now, but it was a tremendous amount of work. It was ten years, ten years of working on myself to get to this point. And I'm still learning. There's always room for improvement, but it's a long journey, but it's worth it. It's always worth it.

Rebecca: And do you think the uncomfortableness is, like, the fear of what will happen, like the unknown because we haven't done it before or is it something else?

Tray: Good question. I think it could be different for everyone. Rather, it could be based on, you know, overcoming childhood traumas. You know, maybe it's the way you were raised, you know? I think parenting is a huge deal if the parents didn't instill confidence in the children. It can be, there's so many wide variety of things. But that's why I don't feel that with personal development or growth, I don't feel there's like a one size fits all because I think that everyone's situation is so different, right? So these different factors are different for everyone. That's why it's very common for something that worked for me. Let's say I have five things that worked for me that enabled me to grow and find my truest self. Those five things, maybe only one will resonate with someone else.

And then they have to go through their own journey and find the other things that resonate with them, if that makes sense.

Rebecca: Totally. Totally. And, like, in your experience, what, like if someone is, like, struggling with confidence and just, kind of like, they've got a call of, like, I want to, I want to do this, but I don't feel ready or I don't feel confident. Like, what advice would you give them?

Tray: First and foremost, I think it's super, super important to, like, to find your why or find, like, you're, where you gonna go to for inspiration. So for me, again, it was really spending time with my family. It was my newborn son. My wife and I have been inseparable since we met. So my why, my driving force was I want to be with them 24 seven. I want to create a life where it doesn't really matter what I'm doing as long as it's, again, positive impact on the world, as long as I can be with my family. That was my driving force. So that inspiration or that why for me was stronger than the fear of the things I had to go through to obtain that. So I was scared as hell on my journey. I'm open about it. When I, when I started picking up that camera and I was starting my YouTube career, I was, oh man, I like, I don't want to curse. I was gonna... I was so scared. Oh my gosh, I was, like, I was extremely nervous. I was like, looking at myself on camera, like, Tray what the hell are you doing like? But I pushed through and I pushed through on, you know, all the different levels of my self-improvement. Because, again, that fear of not being, not having my why and not being with my family 24 seven that was to me stronger than the fear of these things I had to do. So that's why my, circling back to your question, that's why I think the most important thing that anyone can do is really do that soul searching as to what's their why. What's gonna be, where do they come back to when they're facing these challenges and what's gonna be that source of inspiration? Because we're going to go through it. It's not going to be an easy journey.

Rebecca: It's so true. Yeah, I so resonate with what you're saying. I was always so scared to do what I do now. And then you kind of take for granted, like, that it becomes easy. But, like, a basic thing, like I remember when I started my Instagram, I was like, I couldn't even put a face, like, my face on there. And I would do these little quotes. And at the beginning I would put, like, my hand in the camera. So it was like, oh, and then my rings and then I did like the first selfie I ever did was, like, it was, like, I think the post was, like, post-meditation or something. And it was, like. A picture of a tree with my head like that. And little by little, week by week, you can see that I'm literally going... I mean, if someone's listing, I'm basically saying the top of my head right down to... Then all of a sudden oh my eyes are in camera. Oh my God, you know, you forget these things. And then, you know, I think we're constantly growing and expanding. I had a great teacher who, there's a famous quote and a look up in the show notes who said it, but it was essentially fear is excitement without the breath. And, oh my God, that so helped me. Because I think so often it's, like, you know, I was with my son this morning, we've got this little veggie patch and we found a caterpillar and so I'm talking to him about the butterfly and, you know, all of that. And it this, like, is this, like, that expansion. Like, doing something different is, like, so scary because we don't know

what's going to happen. But I think sometimes when we have this call within us, sometimes it's more uncomfortable to resist it and ignore it than it is to actually do it. Have you found that?

Tray: Yeah, absolutely. I agree completely. And I think that, in this, you know, physical life that we're in right now. Like I, you know, I know you're the same, I've read quite a bit of your stuff. You know, we're spiritual beings, you know, having a physical experience right? A temporary physical experience. I think the whole point of it is to grow and to push ourselves, you know, to have a positive impact, to understand ourselves better. And if we're not pushing ourselves, if we're just staying in that comfort zone, where's the growth, right? If that is our purpose, at least in my opinion, to grow, to understand, you know, ourselves better, to help people. It's not supposed to be easy, you know. And put it like this as well, like throughout the history of mankind, right, throughout the history, what great things have been accomplished just at, you know, by relaxing and, you know, we all need that. But I think all the great things that have happened, you know, has been pushing through turmoil, pushing through that comfort zone and, yeah, so I agree completely.

Rebecca: And for you, since becoming a dad, like, what's your favorite thing about being a dad?

Tray: Ah man, you see the smile it brings to my face? I'm like, yeah, I'm a dad and a husband, of course, first and foremost. That's literally my, it's my everything. There's so much fun. There's no better feeling, like you can't put it into words until you become, like, a parent yourself. It's super emotional. Like that's, you know, sending my kids to school. Like, let's say, for example, our youngest, she's four, she just started her new class and it's summer school, but still her new class and sending her in, I'm like, nervous for her. So there's a lot, I'm so, and I'm like why am I nervous? She's going to be good. But it's the best feeling. There's so much emotion, there's so much, you know, amazing moments. I wouldn't trade it for the world. It's everything to me. Yeah, it brings me so much happiness.

Rebecca: Yeah, I can tell. Oh my gosh. And is there any part of being a parent that, like, you find the hardest?

Tray: Yeah, it definitely, I think it gets a little bit more difficult when they get older. You know, when they're younger, you really just have to be their support system. But as they get older now, I mean, still as they get older, same goes. But as they get older now they start to have their own challenges and you just want to be able to solve everything for them. But at the same time, they have to learn and grow and understand how to overcome obstacles themselves and how to, you know, it's okay to be down and to be sad and to cry. But how to overcome that and how to be strong. So trying to find that balance of being there for them, you know, handling all their issues for them, but at the same time letting them develop as a person and allow them to, you know, develop these skill sets and the strength to be able to survive in the world when they're, you know, when they're no longer in the nest, so to say right. So I found that that's one of the more challenging things that we've had

to deal with recently. We have a 13 year old, so our oldest is my son, he's 13. So he's in that age now. He wants to be out biking all day with his friends and that, he's an amazing kid. But naturally, they're going to get into stuff. They're going to, they're out there in the world now a little bit. So it's kind of nerve wracking. But, you know, the best thing we can be that, be that example for them for sure.

Rebecca: And then what about, like, the balance between, like, working on your marriage and then being a good dad and business. Like how do you find the balance? Do you have, like, date night or do you have, like, some, like... Give me some advice.

Tray: Yeah, it's a work in progress. Like I'm sure every couple knows it's difficult balancing everything. So date night is tonight, actually. So yes, we do.

Rebecca: Are you going anywhere good?

Tray: We just go, so we're in Miami. We just go down usually to South Beach and get, like, you know, a nice hotel on South Beach, go to a nice dinner, stay overnight. And then we have some help overnight with the kids and then come back in the morning. But really, like, the advice and I'm still I'm taking it for myself, because we need to do it more. But it's really just forcing it. It's like if you just keep putting it off, it ends up being too few and far between. And so forcing it, just booking it, just doing it right? And then, I think, like, there's always other, not currently, but there used to be a little bit of sense of guilt when we would be away for like two days or let's say we would take a a little trip and the kids miss us, they're calling us, they want us to come home. So there's that little bit of guilt. But what we had to do, my wife and I, we had to like, talk amongst ourselves and realize it makes us a better parent when we are able to have that time to ourself. Reconnect and make sure that our love and our relationship is strong as it needs to be. It allows us to be a better parent. So I think there's no, you can't have any guilt. You're doing it for the right reasons right? So it's important.

Rebecca: Yeah, I so hear you. I've got a six month old and a three and a half year old. So, like, we're in the trenches right now. And I've been working with this coach and she, like, the sessions, just keep on going to, like, date nights. And I'm, like, no come on, let's like, work on the bit, like, you know, this is what we're doing. And then I'm really realizing just how... I really hear what you said about know your why? Because it's, like, if you're creating all these things in the world which, you know, you may have a different why to that, but you can't be at home and, like, enjoy it, it's like, what is the point? You know? And I think that, yeah, like, as a new parent I am, yeah. It's so easy for the relationship to go. As you know, I work with my husband, so we spend plenty of time together. But yeah, it's, like, the relationship is probably fourth on our list. And yeah, we're trying to get it up the top, which is not always possible. It's probably second. But yeah, that's really good advice. We're not quite on the hotel away nights yet, but I will add that to the next list.

Tray: Absolutely. It's so healthy. One thing you just said really resonated with me as well. You said that basically to summarize and correct me if I'm wrong, but you're saying that although we're pursuing all these things that we have a calling to do everything we're doing. At the same time, if we don't stop and enjoy the moment, then like we missed the whole point, right? So, that's, for me, that, like to summarize, what I call that is like enjoying the journey. Because it's great to have these aspirations and these goals, it's very important, that gives us purpose. But if we're only kind of celebrating and waiting for the accomplishments to bring us the happiness and that sense of fulfillment, then we literally missed the whole ride, which in the big picture, that's our life. It's the journey. It's not the end goal. Because once you reach that goal, what do we do? We make another one. We have new things on our plate, new things we have to do, right? New responsibilities. So if we're constantly just chasing that achievement. That moment where we achieve this thing, or whatever it is. We missed the whole journey, which, and I think that's where the beauty is. It's in the journey, it's in the little moments building towards that. So I don't know, that just really resonated with me when you said that.

Rebecca: Oh thanks. And yeah, I so... That resonates with me now. I'm thinking, like, what I want to ask you is, like, with that knowledge. So you know that you want to enjoy the journey, but, like, do you have any tips or any things that you do to help you kind of, like, be in the moment before leaping ahead? Because I find that, you know, and I think most entrepreneurs are like this. It's like you, when you relax, all the ideas come in. Like, how do you... Do you, like, ringfence, like, weekends we only do this? Or do you... Tell me if you have any tips for that?

Tray: Yeah, absolutely. It's a combination of things for sure. Definitely, you just mentioned weekends. We try to minimize work and just do family stuff on the weekends, 100%. That helps for us. Everyone's schedule is different. For us, that works. But in terms of like the day to day, especially during the week when things are busy. From a father perspective, one thing that I've, and this is something I recently improved on. I was bad. I'm a workaholic, I'll be honest. I love my work. I'm very passionate. And then I had a few moments where, like, I'm always at home, I'm always with the kids. I don't want to paint a picture where, like, I'm always working, I'm never home. I'm always spending time with the family because I work from home. But I had a few moments where, like, you know, it was our oldest daughter who's nine. I think it was like two years ago when she was seven. She just, she asked me to do something. I can't remember what it was, maybe a bike ride or something. And I said, baby I'm just, you know, busy, give me like half an hour. I'm just, you know, let me finish these meetings or whatever. And she just said, like, kind of quietly, like, oh that's what you say every time, you're always in, you know, you're always working. And it just really hit me. I'm like, okay, the whole point in what I'm doing is for these moments. So circling back to how it's relevant to your question, I just started forcing myself, not forcing, because I want to do it. I just started deciding. Just say yes in the moment as much as possible. Sure, there's going to be meetings. There's going to be things that I can't get out of. Or, you know, have

to handle. But as much as possible, if I'm able to just say yes in the moment and then I find... So the bike ride is a perfect example. Now, when I'm on the bike, ride, I realize I needed that more than my kids did. I'm out there like, okay, this is what I needed. So it becomes, like, and then that motivates me to do that more. So really just saying yes, you know, especially if you have a family or what not. Just saying yes. Those little moments, they matter so much.

Rebecca: Oh my gosh. That's so true. I think especially like, when, like, if we work from home and so the kids are around. Because I think, I often wonder about, like, because like you I love my work. And so it's this constant, like, where do I find the balance? Because when I go, like, have time off, I get inspired and then I want to go ride or I want to, you know. But yeah, that cut me deep, you telling that story because I've definitely been there. I'm sure we all have. But yeah, this like, oh, like, if we were able to, like, go away for work, is that better? Or being at home for work? But then, yeah, it's, I think it's such an interesting balance. And because I think with entrepreneurs as well, you can fall into that trap of, like, working more than you would if you were working for someone else.

Tray: Oh, 1,000%. And I think people are more so catching on to that. It's really like a sacrifice. Like, so as an entrepreneur, you definitely have less of a ceiling, you have more of an ability to control your income, your, you know, your career, your trajectory. There's less of a ceiling, I believe, in the corporate world. However, like you said, the work, you have to work 24 seven almost. You have to be relentless because it's really, it all falls on you. And when you get to a certain level, of course you can build a team and whatnot. But at least early in those, in those building stages, you have to... For me almost I felt like this, sometimes I can explain it better with, like, an example or an analogy. It's like you're sprinting on a treadmill and like you saw your life your career is like sprinting on a treadmill as an entrepreneur. And the moment you just want to hop off for a minute and rest, you're losing all the traction that you made. So it's like this constant sprint. However, that being said, the trade off the upside is amazing to be able to, you know, if you're... I'm big on not putting down, like, you know, typical jobs and 9 - 5 super important and if that's your happy place amazing. But if you want the entrepreneur life the tradeoff I believe is so worth it.

Rebecca: Yeah I so hear you. I so hear you. And it, yeah, it's really nice of you... Like you I work with my husband which we did not plan, like, consciously but it's just kind of happened. Like, it was a conscious decision when it was a conscious decision. But yeah we didn't, we didn't predict it. And it's so good. But yeah, it's, we put in, we try and ringfence time where it's like no work talk only if it's urgent, you know? Because it's, like, you could kind of like be terrible for each other going, I got this idea. I got this idea. Oh my gosh.

Tray: Yeah, I've seen my wife, actually. I was just going to say she gets on my case we'll be like.. Recently we went to Aruba, and, just the two of us. And she'll be like, I'll be like, doing push ups,

I'm on my computer. She's like, can you just relax? Like, please so she'll force me to relax and, you know, I need it. So she helps me find that balance for sure.

Rebecca: Oh, that's so good. And would you say, are you guys like opposites? Are you that opposites attract type thing or...?

Tray: In some ways, yes. But overall, no. We have actually, like, so much in common. Like even before we became, like, a romantic couple, before we were dating. Like we were best friends and we just, yeah, we actually have so much in common. However, there are certain things where it's like polar opposite for sure. But overall, we have a lot in common.

Rebecca: And I love asking this question. So I want to know, like, what you would, if you look back to you being a young boy, like a little kid. Like, what were you like then that or like what were some traits about you that would help us understand you a bit better now?

Tray: Yeah, so I remember one memory very distinctly. So I actually grew up on a relatively small island in Canada. Vancouver Island, it's called. And I would be with my mom, I was with my mom a lot. And every time I would see a plane, no matter if we're on a walk, driving or whatever, I would just stop and just stare at the plane. And I would tell my mom, I'm going to be on that plane. I'm going to be traveling the world. I'm going to, I'm going to do big things. I'm going to you know. And she would just go, I don't know how but I believe you. And so I would say I was always a dreamer. Even from the earliest memories, I just had these big dreams. And I wanted to, I wanted to, at least be a part of changing the world you know. I don't want to sound egotistical, like, one person can do it, but I think collectively, you know, through the energy transfer that we're able to affect other people and ultimately, you know, be a positive force in the world. I was a dreamer from a kid for sure.

Rebecca: Oh, that's amazing. And so do you, I so see that about you. And would you, do you believe that perhaps you came in that way? Like, as if, like, it's like your soul had something that it wanted to do?

Tray: Yeah, absolutely. Yeah. And I think I also got to give credit to, you know, some of the circumstances that enabled me to kind of grow into that maybe faster or to be able to be more open to it. You know, my parents, they just showed me so much love and they raised me the right way. And they they really anything that I said I wanted to do, they supported it. So I had this naturally in me but then having that support. And that's why I think it's so important. And not everyone obviously has that unfortunately right? But I think if you don't, if you were someone who unfortunately didn't have that love growing up. Then you're in an amazing position to kind of change that cycle and be the first one in your family, maybe to really instill all these qualities in the children that allow them to dream and to go after their goals. So anyways, back to your question. I

think it was a combination, definitely. I was born with these big dreams and I was born a dreamer and I had all these... I've always had visions, to be honest. I've always, like, used my imagination. And this is actually one of my favorite, like manifestation tactics I talk about all the time on YouTube, on my social media, on Instagram. I've always like, had this, I wouldn't say gift because I believe anyone can do it. But I've always visualized and had like this picture in my mind, this movie of how I wanted my life to go. Even since I was a kid. And when I was down, when I was bored, whatever, I would just envision myself living the exact life that I wanted. And I think when we do that long enough, it's, like, that almost becomes our reality subconsciously. And once subconsciously this is your reality, then those, you know, the universe will provide the circumstances to make it happen.

Rebecca: Amazing. Do you reckon you could lead us in that? Like, for 60 seconds or something? Like a mini visualization?

Tray: Absolutely. Yeah. This would be my first time leading that, but I'd be happy to.

Rebecca: Will return for Tray's visualization meditation process right after this quick break.

Rebecca: Awesome, let's do it.

Tray: Yeah, let's do it. So do you want me to explain the process? Or like, guide just, like, guide us if I'm telling someone how to do it.

Rebecca: I want you to guide us. Yeah, tell us, like, yeah, so maybe if we start by everyone just thinking of what they want to, what they want to step into or something, and then, yeah, you guide us through visualizing it.

Tray: Let's do it. Let's do it. I'd love to. So first, most importantly, we would all need to get into a comfortable, quiet place. So, as with any meditation, we want to be relaxed, we want to be comfortable, we want to, you know, focus on our breathing and just get as calm as possible. It's natural to have, like, the noise, the loud noise in our head and, you know, our inner voice. But we just want to talk to ourselves and calm it down and just be as relaxed as possible. Next, what we want to do is we want to visualize our happy place. So we want to visualize what circumstances, what would your life look like if you were, you could paint your perfect life. What would you be doing? Where would you be living? Who would you be with? What would your career be? All of those circumstances that would bring you the utmost happiness - visualize that. Be in this movie, be in this picture, watching your own life, everything that you want in life - you have it right now. Visualize it and feel it. You need to feel the emotion of how this will feel because it's going to happen. And so that's how the process starts. And then once, and it'll take some time, it'll take some practice. Once you're able to start to feel the emotion you want to dwell in that. You want to dwell in that happiness. And wherever it takes you, what you start to, you know, through your

imagination, through the universal mind. Let it, let yourself go with it. And see where it takes you. But this happy place that you're imagining, this is what you want to work towards. And the more you do this. The energy will start to become natural. It'll start to be habitual. So I don't know if that... That's my first time doing it.

Rebecca: That was amazing. Hooray. That was so good. I appreciate it. I visualized something really clear. And yeah, it's amazing, I got a symbol for it as well. And yeah, I'm going to keep doing that. How long do you do it for?

Tray: So I, well, the minimum I try for is 15 minutes. But I will do it throughout different times in my day. So I'm, as I'm sure you've see, on my socials, I'm super big on fitness. But one of the reasons I became so obsessed with fitness is because I found, for me, when I get into almost like a meditative state. So I'll start with my weightlifting, but then I'll go into the cardio for the second half of my session. I'll be on the treadmill. And I can get into a meditative state where I can have these visions and meditate during the cardio. And something about, you know, the blood pressure going, I just, I can tap into like a different level. So I'll do it on the couch, in the bed, like dedicated time, but also while I'm working out. And one thing I found, I don't know if you found this as well, Rebecca, the more you do it, it starts to kind of become your natural state. And you can get into this amazing frequency where you're kind of manifesting and attracting subconsciously. You're kind of in autopilot in the state the more you do it.

Rebecca: Yeah, that's so true. Yeah I like to imagine it, like, when I did my Kirtan Training so, like, chanting. My teacher said that each chant exists in the fields like as a frequency. And so as you're chanting it, you're tapping into that. I kind of see it a little bit similar to that where it's, like, it's a vibration. And then I think the more you kind of connect in with it, the more familiar it feels, and so the stronger you get at being able to hook into it. And so yeah, and then, so it was interesting. And the thing that you just led, I got really quickly a symbol for it, which was based on the world, but it was, like, basically a triangle. And so now I'm like, oh that triangle can be my symbol to hook in. So you just taught me how I want to do my visualization now. It's so cool. Really, really good. Thank you so much. Well, you should definitely do a guided visualization on YouTube. I'll do it.

Tray: Yeah, good idea. I actually have an app coming out Life Unlimited the application. And there is some meditations in there as well, but currently there's none... So it hasn't launched yet, it's launching in October. But I didn't add any guided meditations for myself. Maybe after today, maybe I will.

Rebecca: Do it, do it, do it. Yeah, you've got such a calm, steady voice. No, you're great. You're great. You'll find your flow as well. Awesome. Awesome. And congrats on the app. Has that been, like, a huge creation? Like, it's been a long time in the making?

Tray: Yeah, it's really like my passion project and it's, you know, something I'm very, very excited about. It's also me pivoting, you know, from YouTube into like, kind of... I love what I do. But into, like, passion projects where, you know, I can really align what I'm doing with my calling and everything like that. So really the app is about manifestation, meditation and just helping people have, like, practical daily steps that they can implement to really get the most out of life and whatever their goals are. So that's what it is. I'm super excited. Yeah, for sure. I'm super excited.

Rebecca: Oh, I can't wait for it to come out. You've got such a, like a positive, like, deep, joyful energy. And so I'm sure that, yeah, the app is going to be amazing.

Tray: Thank you so much. Yeah, I appreciate it.

Rebecca: So, okay, I've got a final question, which is what returns you to the wisdom within?

Tray: Great, great question. So I don't know if this answer will make sense, but I'm going to try my best to convey in a way that does. I have this knowing that, I am the universe. That we are the universe. That we are the Creator. And whenever I'm going through anything in life that doesn't align with that knowing. It becomes like a signal. And I'm like, okay, if something is off, if I don't feel that it's like a trigger that I need to reconnect. So I've kind of conditioned myself to have these triggers. And for me, the connection is with emotion. So if I'm feeling down or if I'm feeling frustrated, I feel my blood boiling, I'm feeling like anything that doesn't align with, you know, that the love and the ultimate loving energy of the universe, which I know is my truest self, truest essence. It's a trigger that I need to realign. So in that moment, I'll take a quick moment and I'll stop whatever I'm doing, meditate, breathe, talk to myself, affirmations and realign as quickly as I can. Because the longer we continue doing whatever we're doing when we're not in alignment. That is, I don't want to live by circumstance. I want to be able to control my reality and control my destiny and live in that source, because that's my source of happiness. That's my source of abundance. And really, that's what it is. It's having these triggers, however it works for you to realize you're not aligned and then take that time as quick as possible to realign if that makes sense.

Rebecca: I love that. I love that. Thank you so much. Oh Tray, well, it's been so, so good. This is the first time we've met. We were DMing, and now we're here together. I'm just so glad we connected and that we've had this conversation.

Tray: All right. Likewise. Very, very happy to make it happen. Also, I got to give you your flowers. It was so when I, when I read, even before I read it, when I just came across your book Letter To a Starseed. It just instantly, I just had this feeling that I found something that I knew without knowing it. I found something that resonated with me before I even read it. So then when, you know, when I reached out, it was just, it was meant to be. So, you know, I appreciate it.

Rebecca: Oh bless. I Love it. Well, I'm glad we connected. Thank you so much for this episode.

Tray: Likewise. Thank you so much, Rebecca, have an amazing day.

Rebecca: Soul Inquiry is a practice where we enter into a direct dialog with our inner wise self. Today's Soul Inquiry prompt is what does a life unlimited look like for you? What does a life unlimited look like for you? And then what is one baby step you can take in that direction today? Let's all share a deep breath together as we close this Sacred Space we've stepped into. I'm so grateful for you being here. If you'd like to keep returning to yourself and returning here with me, then hit subscribe. If you love this podcast, leaving a review or a five-star rating really helps others to find it too. You can find all the show notes and all of Tray's details over at rebeccacampbell.me/podcast. Thanks for returning.