

Jeff Terasi

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[00:00:00] Jeffrey Besecker: Hello, Jeff, how are you? Fantastic.

[00:00:08] Either

[00:00:13] I go by Jeffrey professionally.

[00:00:19] Okay. Well, I'm glad we finally got this worked out.

[00:00:24]

[00:00:24] Jeffrey Besecker: , , diving in you're Einstein reminds us strive not to be a person of success, but rather try to become a person of value. I think that's a good place to start our focus today, as we dive into this conversation about cultivating, encouraging connections by intentionally being in service of others, so often we live as a society.

[00:00:47] Hyper-focused on the pursuit of personal success, not to discount the importance of creating your own pathway to success. Let's dive in and start our discussion today by looking at how the act of encouragement plays out in how that forms meaning in connecting with others. From your perspective, how do you form an understanding of how we can be more aware of how we give to someone in support of them and becoming a source for inspired confidence?

[00:01:23] Yeah. I'm glad to have you.

[00:01:45] Hm.

[00:02:06] Now that intentionality is so important that creates all of that momentum to become that uplifting positive force for others, giving them hope for not only your future success, but also the hope for their future success.

[00:02:44] Yeah, that's such a crucial element that we look at things as that equal exchange of energy, that equal exchange creates that space for us to truly come together and connect with each other. no. So often we're zeroed in, on chasing our own interests, our own notion of success that we essentially forget the task of bringing others along for the ride. We forget that creating that fulfilled and joyful life involves that connection with others.

[00:03:51] Yes.

[00:04:05] Yeah. And that starts first and foremost with that relationship to ourselves.

[00:04:11] So you mentioned in this process, in through the book three core steps in creating. That connection, not only with yourself, but that creation of those steps with others, the three simple part reminder called link lock in lift. You know, I feel this is, this is such a solid foundation in creating that momentum.

[00:04:33] What can you share with our listeners about making this a productive, personal stretch?

[00:05:54] Yeah.

[00:07:35] what importance would you place on meeting someone where they are at to be available, to just accept somebody for who and what they.

[00:08:07] So often we're seeking that notion of singularity discounting things which do not subjectively fit into our sense of purpose, rather than finding that objective fulfillment of our combined visions and missions together. How do we start to open up to remove some of those blinders that so often come in that start to limit that connection?

[00:09:10] It's such a key element to me to surrender that sense of control for another. So often we want to impose a reflect what we believe is going to happen any situation, rather than just allowing that person to step in and be their authentic self.

[00:09:40] Yes.

[00:10:13] Yeah.

[00:10:46] So often we're helping each other drag that train off the track by exercising things like expectation, emotional reactivity, I'm emotionally upset. You know, this is taking me out of my comfort zone, , so often we're setting that table with that expectation. From that perspective, how can we become more accepted, more vulnerable, and have more faith in others from your perspective?

[00:11:56] that to me, can't get any more cut and dry, simple to that. You know, I thank you for bringing it down to such a simple succinct look at that simple fact of just accepting people without that expectation.

[00:12:17] No, rather than build an authentic notion of trust. We have that simple faith in others. From your perspective, what role does trust play in that equation?

[00:12:41] Hmm.

[00:13:31] That's brilliant there again, you know, sometimes we get so caught up in validating ourselves. Not only to what we think is right, but also in trying to prove our worthiness to others rather than taking what we instinctively often know inside can be meaningful to someone. We don't have to be meaningful to everybody all the time.

[00:13:57] We're never going to be meaningful to every person we meet and that oh Kay. That's acceptance. That's vulnerability. That's authenticity. That's openness and faith at its simplest.

[00:14:22] Thank you for that. Great reminder, Jeff. Sometimes that very act of expecting from our side. Let's us down to who and what we simply can be because we are so caught up in that ego response of protecting who and what we are that we block out the real last.

[00:14:46] That real doesn't have to prove anything to anybody.

[00:14:55] No, that to me in and of itself, is that true act of authentic trust. We are judging someone the moment you start to judge someone you've already taken the trust away. From my perspective, you've already started to establish, this is what I expect of you. That's not trust

[00:15:18] authentic trust is that leap of faith that says. I believe that you have the faith and belief in yourself. It's not for me to judge the faith. It's just simply there to say, I believe and let it go.

[00:15:46] Yes.

[00:15:54] Hmm.

[00:16:03] What a beautiful reminder simply be you when you add that up, you know, That's be you to fall.

[00:16:17] You inspired me, man. I'm going to take that active inspiration. And you've inspired me of that in and of itself is beautiful. That in and of itself allows us all to just be beautifully us. That's I love that, man. You, you've kind of shed that light on me today and I owe that all to you. So thank you now, Ms.

[00:16:37] Stay for shining that light today.

[00:16:46] I'm going to divest in some of my pre-planned thought, because there again, I'm going to follow that simple lead today that says sometimes you don't have to muddy things up by over-complicating them anymore. I was gonna come in with a little bit broader perspective on how we attach our attachment styles.

[00:17:08] So much of what we do when we connect with others, begins in child-rearing begins from the very act of birth. I'm going to leave a little bit of that there today and say that attachment style often matters in how we form connections with others. I don't know that I'm going to dive down at too far today, but we do relay largely from who and what we have been in the past, because we're taught to do that.

[00:17:37] We're taught how we're supposed to connect. We're taught a lot of times that act of expectation, that act of. That projected sense of what trust is supposed to be? I don't trust them because they did this or I don't trust them because I expect that.

[00:18:12] Hmm.

[00:19:20] Uh,

[00:19:27] what a great analogy, you know, what happens when you hold onto that rope? You're drugged down, to dramatize it into that a Bess right along with your cohort.

[00:19:47] Yeah. Yeah. Simply knowing when to say, yeah, it's okay, I'm good. You have that rope, but you may not want to throw that rope over the edge and you may not want to jump

[00:20:10] that role of boundaries in every aspect of our own personal wellbeing in every aspect of forming those crucial relationships with others is so key. You know, it's one of the five key

points that I had hoped. To look at in building encouraging relationships. I'm going to name off my perspective on these five key points.

[00:20:30] Number one, being yourself, relationship, you know, how are you relating to yourself? As you mentioned, is such a key element. It all starts with that relationship with who and what you feel. You are number two, authentic acceptance for yourself, for others, for that sacred space that simply says I'm meeting you where you're at.

[00:20:57] That takes vulnerability. That takes render. That takes that leap of faith. When we're talking about leaping, you're deciding. Where you jump rather than grabbing that rope. That is the boundary that's dragging you, where you don't choose to be. That's such a key element. Then that brings us to that personal sense of boundary.

[00:21:21] How am I honoring my best interest? How am I honoring my core values, governing all of that? How do I then meet you where you're at with that honor and say, but I'm here and I'm going to be open to who and what you are with that fateful belief, then also saying, but I'm not going over that cliff.

[00:21:48] Yeah. That brings us to number five, that simple act of effective communication communication first starts with how effectively we are being open to another and how effectively we are listening to each other. And that's a back and forth exchange before you open your mouth, know what importance, what meaning, what weight that communication is going to carry with integrity, with focus with intention, bringing this back to that notion of purposeful intention.

[00:22:29] From that perspective, from your view, how do we create better channels of communication? What comes to mind?

[00:24:05] Hmm,

[00:24:15] what a fantastic reminder, Jeff, that pause is that space where we're meeting another, where we're opening those ears, where we are opening our hearts, our minds, our spirits, our energy, and our intention. That's such a valuable lesson. Thank you for that

[00:24:40] again. Yeah. I love how you can take some of these. More challenging views. We have to face in life and make that be such a clear, defined, easy to grasp concept.

[00:25:13] Hmm.

[00:25:31] Would you be open to share a little bit of that story with us today? I feel like that's such a key point. We can look at here in creating. That understanding of how some of that connection is formed

[00:26:07] to right ahead. I'd love to hear this.

[00:26:24] Okay. Yeah.

[00:27:49] What a beautiful way to not only bring awareness to Asperger's, but also. To bring awareness to how we often have our own subjective view of things, how we often consider

others, how we often miss that opportunity for that connection. From your experience, what is the greatest lesson you've learned in how we can create a better connection with others?

[00:28:54] Yeah.

[00:29:06] Okay.

[00:29:21] Hmm.

[00:29:34] No, that act of self-talk is a big one. What are we forming in our personal view, in our personal belief in ourselves? How does that then become the very energy we start to look out for and see in life?

[00:29:53] So often we get caught in that mode of projecting how we think and feel of ourselves that others start to believe that before we even say

[00:30:09] that's a big space, it's a big space though. Not only in the pause there. And that pause was great because we're stopping and sitting with that for.

[00:30:21] How do we start to shift some of that self-talk to open up to others.

[00:31:53] No to me, that speaks to a big vision of motivation. You know, what is our internal motivating drive? We can look at that in two ways. We can look at that as being vision driven or circumstance driven. I'm going to break that down a little bit in a really simple overview, not diving too far in it, but when we're vision driven, you were being based in rooting our motivations in our core values.

[00:32:23] What beliefs and principles do we hold onto throughout our lives? Are the very things which give us our sense of purposefulness, our sense of purposeful intention, stepping into that purposeful intention, not a singular purpose. So often you're we hear, I'm trying to find my purpose in life.

[00:32:45] That's not to discount that we don't find things that become of great importance to us, but we can often get stuck in limiting our search because we are only trying to find that one thing, find purpose value in meaning in whatever you do. Why am I connecting with this? What can I do to be of service to this idea, this person, this motivation.

[00:33:18] We're capable of fulfilling more than one urge. When we step into the next level, that next thought we're integrated in alignment with our body, the energy within it, our mind, our thoughts, our heart, what we think and feel our spirit. What is our sense of purpose and our level of intention?

[00:33:42] Where am I feeling my connection to the world and others around me looking at a notion of evolution and expansion, rather than just stopping at growth. How am I being, what am I becoming? What cycles am I creating too? Simply? Be present with who and what I am energetic alignment, that classic law of attraction.

[00:34:07] What I believe I put out what I put out comes back at its simplest, not limiting that belief by simply forming that judgment. And that expectation ultimately brings us to that notion of

enlightenment rather than just stopping, looking at things as a step into another level. I am just seeing things in meeting things where I am at and where they're at.

[00:34:34] That's a broad overview, uh, being vision driven, circumstance driven. You're stepping more into those notions of validation. I'm seeking to either validate what I believe, what I think will I feel. Or looking for that same validation in others. I'm looking to find that acceptance and approval based on how somebody is interacting, rather than based on who their authentic self is getting stuck in achievement.

[00:35:04] There's nothing wrong with finding value in the things you do, but don't get stuck in the doingness of things. I'm stuck by finding my validation, my meaning based on how much I do, how well I do it, how often I do it, how others see what I'm doing, reactive responsiveness, because of this. I then do this because somebody acted this way.

[00:35:30] I'm going to react this way, limit that to just simply. Being vulnerable open, and having that simple faith being stuck in a growth minded mind set or mind state can become limiting in and of itself at times, because you are so focused on the change, you are available to meet the change where it's at. We look at that from that standpoint of moving into obtain, I'm trying to get things I'm trying to achieve things.

[00:36:04] I'm trying to acquire things we get so stuck sometimes in that act of chasing it, holding onto it, that we're holding ourselves stuck in one place rather than opening up to that beauty. You've so often mentioned today, that act of judgment, that act. Criticality high importance in things we're trying to always find the higher meaning the higher importance, the higher belief in something can become a stuck mindset.

[00:36:35] When we let go of that ego notion of protecting ourselves, that protective mechanism, that's rooted in the shadow self, that veil, that blocks who we authentically are, we limit that drive to the circumstances around us, rather than being open to the flow of anything that may come to us. That's a broad view.

[00:36:59] I'm going to throw it out there and leave it, stand for what it is. And I know that went off the map and I just kind of hijacked that whole conversation.

[00:37:14] Okay, I'm glad I'm just kinda riffing on this today. I had some notes to hope to interact with and respond out of, you know, the conversations we've had and the inspirations I've been brought, watching all of these very direct, thoughtful videos you've been producing.

[00:37:33] How do we then take that knowledge combined together to create authentically accepting open relationships that serve others? How do we start to make that step that says, this is , less than about me and more about what we can do to get.

[00:38:21] Hmm.

[00:39:03] Yeah.

[00:39:33] Hmm. No, that to me is huge. That just steps us into that simple state of availability. What are we being available to for ourselves? What are we creating an available ness for others to step into also create to co-create to collaborate with.

[00:39:58] I don't tell you, man, you've got me inspired today and your flow of poetry is making me kind of lean in and say, wow, you know, it, is lighting up this light inside of me. And I am so thankful for that today. You know, that speaks to that act. We are being in service of each other, inspiring each other, finding that commonality, finding that motivation, that drive that sense of purpose.

[00:40:24] It becomes such a beautiful thing. As you mentioned, everything I've expected, I've shoved off the table today. Every question I'd had beforehand, you know, I tend to go in and type up some forethought questions. I've thrown them out the window because I am finding such a new light, a new meaning to guide toward today.

[00:40:43] Thank you for that. Jeff,

[00:40:50] we've been kind of all over the map. I want to reel this back a little bit here at the tail end of our conversation, and look at your book. Seven key abilities, how to succeed seven days a week. Now that we've talked a little bit about our ideas and our thoughts on success, let's look at how others can guide to their ideals in notions of success.

[00:41:15] Based on the book, give us a little overview on what these seven key abilities are.

[00:41:32] Mm.

[00:42:18] Hm.

[00:42:27] Hmm.

[00:43:01] You can't put that to me in any more succinct, meaningful way. With those very notions, they empower us to not only lean in and be of service to ourselves, but to also reach out and extend that connection to be of service to others. What a beautiful way to wrap up. That idea today for us. Thank you. Where can our listeners go to connect with the book and then also to learn more about your video series in your programs?

[00:44:05] Congratulations.

[00:44:35] Awesome. Thank you. I appreciate that. I'd be so grateful to take a look at that. Thanks,

[00:44:45] please reach out and follow this video series at great, great inspiring information. Very simple, very to the point and very enlightening. So thank you for sharing those with everybody.

[00:45:08] For sure, for sure. This has been such a fun interaction. I want to thank you for joining us today for sharing your insights, for sharing all of your wisdom. And also for the reminder for us to be mindful of the Asperger's community and be open to form a new awareness of that. So thanks for sharing that story with us also.

[00:45:30] I appreciate that. I'd love to have you come back. This has been such a fun conversation. Let's do it again soon. Thank you, Jeff.

