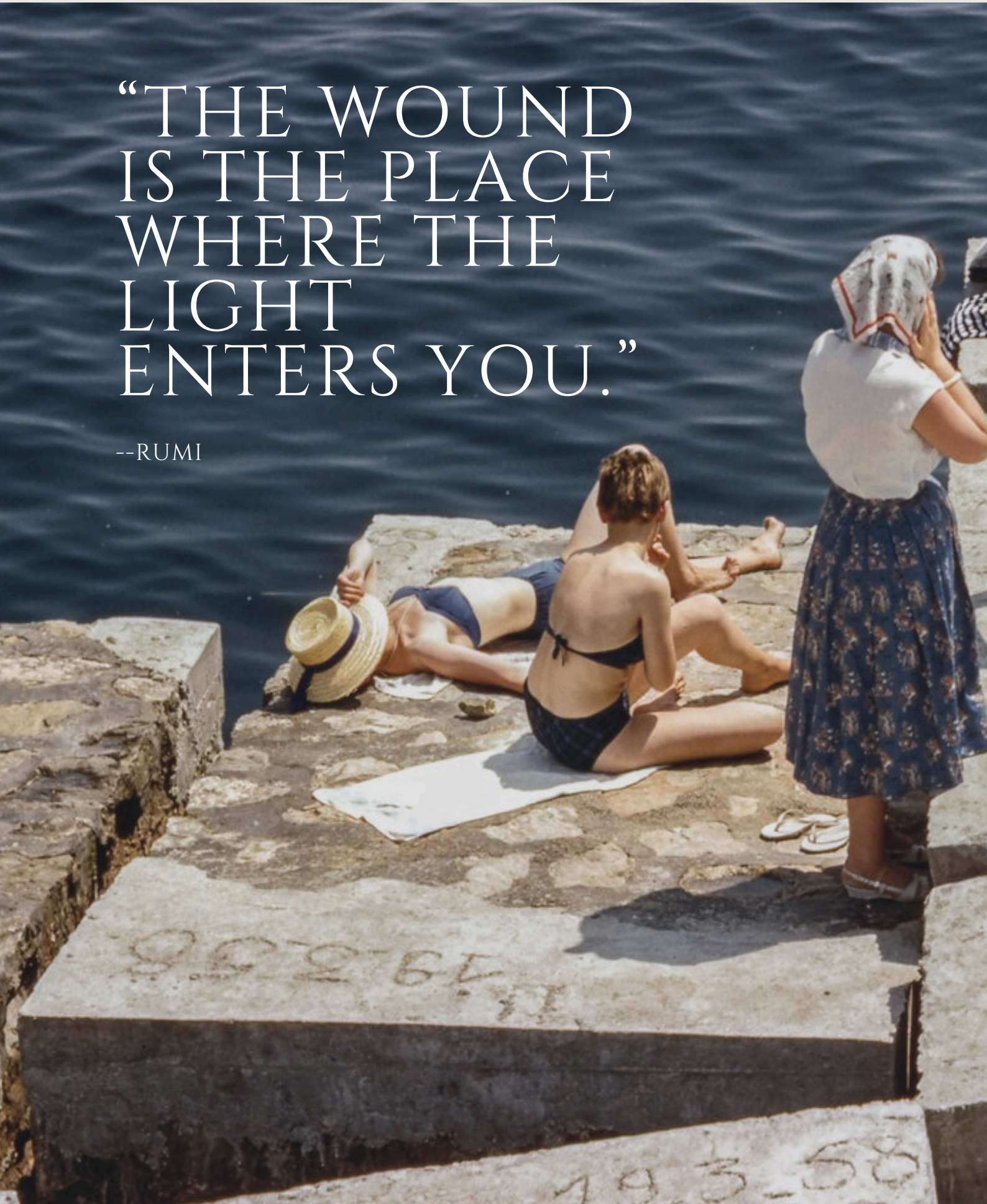


“THE WOUND
IS THE PLACE
WHERE THE
LIGHT
ENTERS YOU.”

--RUMI



[MUSIC PLAYING] Hello, everyone, and welcome back to another episode of the podcast. I don't think I can go for much longer without acknowledging what is happening in the outside world. I think that things are becoming more challenging, more heartbreaking, and more difficult to understand day by day.

And this is just for me. I don't know how you're feeling, but I just want to let you know where my mind is at. And putting together this podcast and suggesting that this world is magical-- well, sometimes it's hard to do that when the news is so dire, when the news is so depressing. But a part of me feels that introducing people to you, the wonderful guests that I'm meeting, the very different and unique individuals that are out there, and the work they're doing in the world, and the things that they've witnessed that are inexplicable. Well, these topics, these subjects, I hope that each and every week they remind you that this world, this universe, is peopled by those who are enchanted and who are enchanting and who really are here to make this place more magical. I mean, if you bump into them when you're taking the bus to work, you're going to have a really great conversation. So I'm going to continue bringing you this podcast and introducing you to really special human beings so that you remember that not all is dark, so that you remember that not all the news is bad, and that maybe just around the corner, you're going to bump into someone that's going to remind you that this world is a beautiful place. I have to tell you that my interview with Rudy Hunter this week was exactly the medicine I needed, because not only is Rudy hilarious, intelligent, and doing good work in the world, Rudy used to also be a professional magician. So here I am in this interview completely gobsmacked and kind of fangirling all over Rudy, and Rudy did not disappoint. And I think he will do a much better job telling you about the work he does and how he got there. So now, without further ado, here's my interview with the fabulous Rudy Hunter.

Rudy: I got a chance, I already mentioned it, to work with the men and the dogs inside this prison program. And I was there to do specifically-- I started being there-- to do energy work with a crew of people, with the trainers, a very skeleton crew of people. So I was the energy work woo-woo dude. We had the trainer, we had somebody taking photos for the press for trying to fund the program and keep it going. It was a small little crew. And I got access to the guys by happenstance. And remember, this is medium security. This is like neck tattoo medium security, like terrifying. My one goal when I first went in there was not to cry.

Kirsten: I'd love to ask you the main question of the podcast, which is, I would so appreciate if you would share an experience in your life, maybe more than one experience, where you feel like you've witnessed something magical, miraculous, or maybe even mysterious, whatever you'd like to share.

Rudy: OK. There's a lot. I want to tell you the prison story, because it stunned me. I got a chance, I already mentioned it, to work with the men and the dogs inside this prison program.



And I was there to do specifically-- I started being there-- to do energy work with a crew of people, with the trainers, a very skeleton crew of people. So I was the energy work woo-woo dude. We had the trainer, we had somebody taking photos for the press for trying to fund the program and keep it going. It was a small little crew. And I got access to the guys by happenstance. And remember, this is medium security. This is like neck tattoo medium security, like terrifying. My one goal when I first went in there was not to cry. 10 minutes later, I was, of course, crying because of the dogs. But the guys had worked very hard to be in this program. They had to be a lot of requirements. But one day, it had never happened to me before. We're out in the yard. It's in Florida. It's a sunny day. So we're out in the fenced yard with all the guys had one dog each. I'm there giving them instructions on the energetic work. And I'd gotten very friendly with the lady who was the head guard, who was, to a great extent, responsible for the program. She and I were very much on the same page. And I'd been there multiple times. And we started. And she just came up to me and said, I got to run some errands. I'll see you in an hour. And I went, oh, OK, great. Because I was in the middle of blabbing on about energy work. And then it slowly dawned on me. I'm in the yard outside of a medium security man's prison. And the guard has left. So I had two thoughts. The first was, is this where I'd die? It's like, I don't know what's going to happen. And the better thought was, I wonder what the guys want. Because I'd never talked to them directly, because we're busy focused working on our animals, right? And the revelation to me was what they asked for help with. And I'm going to make you guess-- not to put you on the spot, but I'm going to make you guess what the guys in the prison for various offenses wanted help with.

Kirsten: Was it kind of unanimous? Did they all want the same thing?

Kirsten: I'm going to guess to see whether their dogs liked them.

Rudy: Oh, that's very sweet. No, they were good with the dogs. They were good with-- and the dogs did like them. They were great dogs. What they actually wanted help with was dealing with their feelings, especially anger, being so closely confined with other dudes. And I thought to myself, huh, so they're asking me to teach them the same stuff I teach. Everyone who works in an office, everyone who lives in a family, everyone who has a terrible relative that comes for Thanksgiving and annoys them, it's the social skills, but specifically dealing with their own anger and frustration. And that was a turning point for me as a practitioner, because it really pointed out it didn't matter that they were in prison for what they were accused of and had done. The management of the day-to-day stuff for them is the hardest stuff. That's why they worked out. That's why they lifted weights. It's not to be big and strong to be in a fight. It's to discharge some of that anger because they had no skills for what to do with it. It was a big turning point for me.

Kirsten: Wow. I've often heard it said that anger-- and I'm just saying this because this has proven to be true for me. It is really challenging for me to get just actually really angry. But when I do, I'm incandescent. And I don't ever hurt anyone or do it. It just feels, first of all, like a massive energetic release.

I can just feel it. But there have been times when I've also understood that anger is grief or sorrow that hasn't been released. And so when I start getting angry or when I start feeling the glimmerings of it, I think to myself, I need to go cry somewhere because that usually dispels it. And that's actually worked for me, too, with anxiety. When I'm starting to feel anxious and I think to myself, I need to cry. This is a way to get rid of it. Would you agree with any of that?

Rudy: Oh, all of it. And let's put in a layer of complication. If you're a big, tough dude in a men's prison, you can't be seen to cry. And by the way, crying is a great way to get that out. People are afraid of anger because it always feels Pandora boxy. Like if I take the top off this, it's going to all come out. The allegory of Pandora's box is actually a little misunderstood. The problem is not that she opens the box, which everyone thinks, oh, that's the problem. Just keep it all in there. You'll work it out with your therapist next week. It'll be fine. So the gag is not that she opens the box. The problem is she knows as soon as she's opened it, she can't get it all back inside. It's the wanting to pull it back in and control it and recapture it that's an impossibility. So that's one of the reasons exploding with anger, or even crying with anger is challenging. And while we're on the subject of feelings, it's one of the things we're never taught. You can express anger. You can go break some dishes. You can go punch a wall, punch somebody in the face, kick somebody. Don't recommend any of those. That's explosive. What most of us do is implosive work. So we have our stomachs full double. We produce a bunch of bile. We get an ulcer. We start the beginnings of a biological process that leads to all kinds of diseases by constantly clamping down those feelings.

What we're not taught is the middle road of how to let go of anger by just letting go of it. That sounds impossible, especially when you're angry. It's like, you've got to be kidding. You can't do that. Well, you can do that. That's actually a real doable thing. And it means you don't necessarily have to implode. You don't necessarily have to explode. You can do bits of those if you like. But if you let it go directly, it's a very different experience. And it's one you can do anywhere.

[MUSIC PLAYING] Kirsten: And that's it, everyone. Another enchanting human being on this planet, making it a more beautiful place. Now, at the end of the credits, stay tuned, because Rudy has two-- count them two-- free meditation sessions to help you feel better, heal faster, and discover that the path to healing might be a lot easier than we suspect. I'm also going to release both of these beautiful healing sessions in their own separate little podcast. So if you want to go back and listen to them in the future, you can just hit Play and Experience Rudy's Magic. There will be a link in the episode show notes to Rudy's website. So I do encourage you, whether it's for you or your beloved furry friend or feathered friend, if you need some healing, hit Rudy up. If you want to laugh, hit Rudy up. If you want to be amazed, hit Rudy up. With the news this week, with the seemingly crazy direction this world is taking, these interviews ground me and they remind me of just how enchanting this world is and that there is hope and gorgeousness everywhere if we just know where to look for it. Please do give me a rating or review. Those ratings and reviews help other people find the podcast. And they mean so very much to me. Thank you for listening. And here's my one request. Be like Rudy. Be endlessly surprised by the world and be delighted by it. What I think is especially powerful about Rudy's story is that Rudy is in service to everyone and every little creature out there. And he doesn't say, I can't do it or animals don't deserve to be healed or what are you talking about? I don't have a connection to this or that or the other. Rudy just wades in and says, I see you. I can be present for you. And I can help you in ways that are truly profound. So who knows where you're going to be asked to be of help, to be of service? I think we shouldn't let ourselves limit our own selves for where we can show up and where we can be powerful, where we can change the world. Those opportunities are out there and they abound. So be like Rudy and be present and be ready so that you can change the world when you least expect it.

