

## Ep #23: Difficulty Ease



### Full Episode Transcript

With Your Host

**Dr. Tangie**

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You're listening to episode 23 of *The Wealthy Happy Soul Podcast* Difficulty Ease.

Welcome to *The Wealthy Happy Soul Podcast*, a show for high achievers who are ready to start enjoying the life they've worked so hard to create. Join me, your host and certified life coach Dr. Tangie, to learn how to start infusing the dedication you have for your career into living a truly fulfilling life. If you're ready to finally gain the happiness your soul has been longing for, this podcast is for you.

Hello everybody. Welcome to episode 23. I am so happy you are here. Today we are going to talk about the difficulty that comes with life and being human and living on planet earth. And how to accept those moments with more ease and more grace. Not that it erases any difficulty at all, but just so that it helps you kind of navigate through difficult periods that may arise for you.

I'm actually going to start by reading one of my favorite quotes by an author and a physician M. Scott Peck regarding accepting the difficulty of life. What he said is, "That life is difficult. This is a great truth. One of the greatest truths. It is a great truth because once we truly see this truth, we can transcend it. Once we truly know that life is difficult, once we truly understand and accept it then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters."

This is from a book he wrote called *The Road Less Traveled*. M. Scott Peck was a physician, a psychiatrist, and his argument was that life was never meant to be easy for any of us. What life actually is is a series of problems that we can either solve or we can ignore. What he believed is that it is only because of these problems that we are able to grow spiritually and mentally.

On the other side of the coin, he also hypothesized that our tendency to avoid our problems and sweep them under the rug because we don't want to deal with emotional pain, that emotional pain that tends to accompany

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them was the main basis of a lot of our problems that we experience as humans.

For me, what I have noticed in myself is a lot of the times when I'm living on easy street and things are going really well and I start to see this difficulty creep in because I know there's another shift coming. There's another transformation coming. There's another level that I need to transcend to. I've noticed that even in my own body, mind, will, what have you that there can be this sense of entitlement and this expectation of wait. I've already done so much work. I've already done x, y, and z. Everything is supposed to be easy for me from here on out.

Of course, this isn't helped by what we see in our current culture and movies, reality television, influencer type culture. Everything outside of ourselves that we're supposed to want is portrayed as being super easy. If it's not easy, then what the hell is wrong with you? What I want to say is that what I've come to learn is that life so much of the time is simple. It's really simple. But rarely have I found it to be easy.

One of the biggest things that I have grown to appreciate about life are the difficulties that I experience because they have been the biggest catalyst for my change. They have been the biggest supporters of the character and the depth that I now possess. This character is what gives you the strength to conquer what comes next.

None of knows really what's coming next, but the more character you have...It's my belief that if you take the time to learn from your difficulties, to build your character. That the things that come next become easier than they could have been had you not taken the time to explore what's happening for you when life actually does become difficult.

Our character will a lot of the time depend on whether we succeed or whether we fail at the tests that are thrown our way. It's not that you can every really control situations. We're definitely not able to control other people, but there are things we can control. We can control our mindset

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and how we think about things. How we choose to approach problems. We can control what our values are and how to approach things in integrity, in wholeness, and in truth.

We can learn to always try to take the high road in love and enjoy as much as we are able. Because the truth of the matter is that at the end of the day, what your life looks like in the midst of your difficulties is entirely up to you. I know that a lot of us have been conditioned to think that a lot of external factors such as who our boss is or who our friends are or the actual circumstances around us. We tend to give them more power than they actually have.

What's real is that we have all of these facts of life outside of us that are our circumstances. Then we have our mind and how we think and how we choose to navigate through the world. That plays a major role in how we experience the difficulties that come our way. It's this accepting 100% responsibility for our life even when it seems like we're not 100% responsible for the things that are happening in our life, right? It's the idea that nobody owes us anything, not even in the midst of difficult.

So it turns into a bit of a waste of time to get stuck in the entitlement that we think life should be easy when it's really difficult. Or to get stuck in waiting on somebody to come save us or fix us or even help us when we can do that ourselves. The recognition that nobody owes us anything. So, for me, what I've figured out is rather than indulging in this sense of entitlement, it was really important for me to internalize life and learn how to navigate the totality of life. Whether it's the easy parts or the difficult parts, to recognize that they are all blessings.

Regardless of what we're going through, we always have a lot to be grateful for and thankful for. Like are you alive and breathing? Are you in decent health? Do you have clothes on your back? Do you have shoes on your feet? Do you have a roof over your head? These are all blessings that we should never take for granted. So a lot of the times when we are

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experiencing difficulty, it is beneficial to go back and anchor ourselves in these things.

So my quick guide to additional things you could do when life gets difficult is to number one, recognize that you are in a rough spot. Recognize that hey, this is difficult. Recognize that you are in a challenging spot, and that there is a new level of growth approaching you. One of the key things I do is to acknowledge why this feels difficult to me. So this is akin to doing a thought download where you just get kind of get all of your thoughts about a situation down on paper, and you acknowledge everything that feels heavy and burdensome and why. Why you don't want to go through it. Why it's a problem. Why you're struggling. Acknowledge all these things.

Then finally what I like to do is connect with that future version of myself that is experiencing ease and grace and abundance at some future point in the timeline when this particular difficulty is no longer an issue. I like to meditate on what are the lessons that she has for me at this time while I'm going through the difficulty?

What lessons does she have for you when you're going through the difficulty of experiencing success exhaustion? What lessons does she have for you when you're going through the difficulty of feeling like an imposter or unworthy when you're feeling disregarded? What does she have to say to you? Start living your life from that point. That, my loves, is when difficulty starts to shift into difficulty ease. You're not going to get rid of the difficulty, but you can navigate through it with more ease and grace than you ever have before. Have a wonderful week.

Hey, want to learn exactly how to overcome all the obstacles that are keeping you from having both success and happiness? Well, sign up for The Wealthy Happy Soul Project so that you can begin creating the life you really want to live. This is perfect for you if you don't want to waste another year swimming in indecision while watching other people just get over themselves and do the things that you have been dreaming about.

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