



Ep. 101 - Action Steps to Make Your Big Idea Real - Transcript

FYI: Timestamps listed here are not correct, but know that all of the content from the interview is here.

[brian]: hello and welcome to brian breaks character today well this is my birthday week we're

[brian]: recording this a little earlier than my birthday but the date that it comes out

[brian]: is right before my birthday my birthday is january too and i don't know what

[brian]: you're like around birthday but i was getting to think in you know i don't

[brian]: have a lot of hang ups around my birthday at all but i was getting

[brian]: to thinking around what does it mean to birth something and what does it mean

[brian]: to put something into the world and i and i know that coming right off

[brian]: of christmas for those of you who know the story of christmas and who doesn't

[brian]: you know it's story of being you know immaculately pregnant with some big idea right

[brian]: that's the metaphysical meaning of christmas is that you are given by the divine some

[brian]: big idea that you're meant to birth and so on my birthday i wanted to

[brian]: unhash a little bit of this to really bring to you some of my non

[brian]: denominal non denominational reverend background into a conversation around purpose and desire so it's just

[brian]: me it's just you and me on this boy cast today um and so i

[brian]: wanted to take a chance here to share a little bit of my beliefs around

[brian]: what it means to hatch to birth the big idea to say yes to your

[brian]: purpose and all the different facets of what that means because i know there's a

[brian]: lot of talk in the world and the zitguys around purpose and follow your purpose

[brian]: and and i wanted to get a little more specific today around listening to that

[brian]: and maybe you hav a really clear sense of what that is if you're like

[brian]: most people maybe have a real sense of like maybe i've got more than one

[brian]: or maybe there's another one that's kind of trying to hatch and you're trying to

[brian]: shut it up so i wanted to talk about that today so let me start

[brian]: with a little background so as a nonnamnondenominational reverend i was trained in the course

[brian]: of miracles of course of miracles is
no religion there's no dogma there's no doctrine

[brian]: it uses uh christian themes and stories
to teach the spiritual truths that are true

[brian]: of every single religion in the world
so while you do not have to be

[brian]: any religion to agree that being kind
is i think the definition of spirituality uh

[brian]: and so using that thought i'm going
a pull on a lot of different parts

[brian]: of my background to share one of
the ways that i think you might embrace

[brian]: your purpose more deeply or be open
to a shift in your mind set around

[brian]: that so yeah some of you may
know this is an ignition way of looking

[brian]: at the world sating nais was long
time ago the way that he was having

[brian]: his relationship with god blah blah blah
blah whatever god universe whatever word you want

[brian]: to use here but the ignition way
this what came from the ignition way of

[brian]: looking at the world is that desire
is one of the ways that the universe

[brian]: organizes itself so let me say that

in a more practical way so your parents

[brian]: desire for each other and then their desire to have a child possibly is why

[brian]: you're in the world right your desire to let's let's speak to my actors for

[brian]: a moment here to pursue acting at a high level at the highest levels of

[brian]: the art form might be why you're living in london right now or you're living

[brian]: in los angeles or you're living in new york city or atlanta or one of

[brian]: the bigger meccas for acting in the war old because you want to be acting

[brian]: at that level and at that level of consciousness because you believe art at its

[brian]: highest purpose is shifting the consciousness of the planet right that might be a deep

[brian]: belief inside of your hat you believe that's where you can have the most impact

[brian]: now if you grew up in topeka or cleveland like myself what do you do

[brian]: and living in l a well you're living in la because that is where it

[brian]: is possible so that desire to express your purpose at that level hell you or

[brian]: directed you or led you to live
in los angeles and i just want to

[brian]: take a moment here two i want
to zoom out for a moment and think

[brian]: about the spiritual gift or certainty that
you can take from oh i live in

[brian]: los angeles because that is on the
path towards fulfilling my purpose or that is

[brian]: part of me truly fulfilling my purpose
it's a lot different than just i do

[brian]: move to lay because that's here the
work is right so i think that's one

[brian]: that you can probably grasp on to
right away another one i want to also

[brian]: you know using the signation wave looking
at the world is your desire to go

[brian]: get a subway sandwich for lunch today
is going to put you in on the

[brian]: subway taking the subway to thirty four
street and you're going to pass that person

[brian]: on the street you're going to say
hello to that shop you know that person

[brian]: that sandwich what call the people in
subway sandwich magicians and the sandwich something artisans

[brian]: or something sandwich artist right you're gonna talk to that sandwich artist making your sandwich

[brian]: and you're goin to walk rom there and pass some one on the street and

[brian]: through all of that if you believe in a constantly conspiring universe that is working

[brian]: towards its greatest good at all given times your desire is why you enter acted

[brian]: with those people why you're on that street in that moment why so many of

[brian]: us believe in signs that you are open to or available to the signs or

[brian]: the goodness that can come your way so that is kind of the ignition way

[brian]: like of like i'm listening to my desire and what you and i both know

[brian]: is this can be a double edged sword right so you can feel like oh

[brian]: i guess i got to move to lay because that's where the most work is

[brian]: and i want to have my purpose and so we have to be really mindful

[brian]: relating to this voice with an embrace i would say you know my mom was

[brian]: just here visiting for christmas and i'm

sure anybody can relate to this is when

[brian]: you are with family all the old stuff can come up and my mom and

[brian]: i have a great relationship but still i could relate his mom don't do that

[brian]: but don't bug me but we can relate to the voice of the universe or

[brian]: this intelligence that we're given i know that sometimes it doesn't always come in a

[brian]: form of a voice but we can relate to it as damn it do i

[brian]: have to or really or we can bring some curiosity to it and say oh

[brian]: wow i'm i meant to be doing this and so why i think this is

[brian]: so important for everyone and why i think it is so important for us to

[brian]: take a moment to take stock around desire and around purpose is if we can

[brian]: believe that desire is planted in us by the universe it is then what is

[brian]: going to create the most perfect expression of your life and of the time that

[brian]: you have on this planet so again it's my birthday right so this is kind

[brian]: of connecting back to that and drawing back to that so even if you think

[brian]: it is a miracle of brazilian cazilian proportions you and i are on this planet

[brian]: at the same time someone listen to his podcast after i'm dead and so if

[brian]: you are praise be but i'm just saying for you and i to be here

[brian]: at the same time and even being possible that we can connect in this way

[brian]: through the head phones or in the car if you're listenin here you're listening that

[brian]: we have the ability to do that and we're here in the planet at the

[brian]: same time that alone is a miracle and so if we believe we're both here

[brian]: to see the best unfolding of this planet for the people who are here for

[brian]: all the sentient beings that are here then we want to be so in touch

[brian]: with this desire and allow to percolate the things that are meant to be birth

[brian]: right why do you think there's no room at the end there's no room at

[brian]: the in because you have this conversation
with yourself you have to go oh i'm

[brian]: not i'm going to it's earthly it
is in the manger right it's with the

[brian]: animals and the dirt and the manure
it's like it's earthly it's of the earth

[brian]: you are on this planet for a
reason right and this is whether you believe

[brian]: in the christian story telling or not
i'm using this analogy because i know you've

[brian]: heard this story or kind of to
use it that way why is it the

[brian]: immaculate conception because this idea that you're
impregnated with is divine and it's beyond the

[brian]: earthly it's where the two are coming
together right i also believe that in the

[brian]: story you know mary is not listen
to anybody until an angel comes down and

[brian]: says you're going to give birth to
big man that's gonna that's what's going to

[brian]: be happening and so the communication that
you have around that thing that might be

[brian]: percolating or that thing that you already
know about yourself is percolating as percolating who's

[brian]: on the percolata mount up and saying

that okay anyway the thing that's percolating for

[brian]: you might be if you don't already
know what it is is meant to be

[brian]: a conversation you have with something greater
than yourself for some of us that comes

[brian]: through yoga class and might come through
meditation for some of us for me sometimes

[brian]: it comes through prayer or it can
come through a walk where i'm just making

[brian]: spaciousness to hear sometimes we get answers
right away sometimes they come a little bit

[brian]: more slowly but one of the things
i know where a lot of us show

[brian]: up it's that parental thing where we
can whatever information we're given from the beyond

[brian]: is unreasonable and say no you can't
really want that for me so i'm going

[brian]: to use my own story a little
bit to help illustrate this it's my birthday

[brian]: so i can tell a story about
myself right so many of you will know

[brian]: that i was an actor for a
long time and i was successful and made

[brian]: my living as an actor i was
very lucky in that way i think that's

[brian]: that's not something that i take for granted and as i was acting i can

[brian]: remember i was on the set of the news room and aaron orcan was there

[brian]: and we were you know working out the scene and talking to allen pool the

[brian]: fabulous director and like you know this is top of game kind of gig right

[brian]: as a coaster that sould have ben a guest or we're goin to let that

[brian]: go but like this is like i'm with the series regulars and john galliger like

[brian]: it's an amazing moment and i had a great time but i left going wait

[brian]: that can't be all there is and what was going on at the same time

[brian]: as me booking this was i was coaching creative people mostly actors on how to

[brian]: make their lives bigger get more editions have great representation all that stuff but true

[brian]: to believe in themselves and their own worthiness and somehow i was just feeling less

[brian]: than when i was onset i wasn't getting that jolt that you're in the right

[brian]: place at the right time vibes that
i needed to have and so that is

[brian]: when things started to change inside of
me and i was able to go oh

[brian]: no no no how dare you a
verse of course i was like no how

[brian]: dare you say to me i want
to be a coach more than be an

[brian]: actor i've been an actor for twenty
years i think maybe almost at that point

[brian]: almost twenty yar at that point i
made my living here like i went to

[brian]: school for this i went to north
wester and i paid off my student loans

[brian]: for that like i've learned this business
and i was and i wrestled and i

[brian]: would say i wrestled with it for
not a very long time i gratefully had

[brian]: the gift of a friend she's been
on the podcast actually sharing freedman who said

[brian]: to me what if you just give
up acting for two weeks and that two

[brian]: weeks permission slip birth allowed me to
say yes too gave me the moment of

[brian]: going wait i'm allowed to be impregnated

with this idea of just being a coach

[brian]: or in addition being a coach to being an actor and if this is lighting

[brian]: up some parts of your brain right now great don't walk away now could be

[brian]: the time you're wanting to turn off this podcast because you don't want to get

[brian]: any other news because you're like i got one purpose brian i'm not trying to

[brian]: embrace or i don't want to shift the way things are going right now but

[brian]: i want you just to stay with me here i get that there's no room

[brian]: at the end right now it doesn't feel safe like there's a home for this

[brian]: idea so make some space here to allow any intelligence you're getting this is the

[brian]: word i want you to use it may feel unreasonable but give yourself the space

[brian]: to consider it give yourself the permission is the word i'm trying to get to

[brian]: here give yourself permission to consider that what's being asked of you may be necessary

[brian]: maybe needed may have more for you and thinking specifically of a couple actors that

[brian]: i work with who doing things other than acting i just want to make sure

[brian]: before we go into this there is no need for you to have more than

[brian]: one purpose let's get clear on that you might have one it's big it's bold

[brian]: it's awesome awesome congratulations please remember that it is your purpose it is not a

[brian]: mundane thing treated sacredly but i'm thinking of some actors that i know one who

[brian]: is launching their coaching business like acting coaching and another who is creating dance workshops

[brian]: and both of them can wrestle with this idea of how much time am i

[brian]: allowed to give to that what are the exact steps i should take to make

[brian]: this be profitable or lucrative or just be trained you know teaching people in a

[brian]: great way and having the impact that i wanted to have well i'm also trying

[brian]: to balance an acting career an if that's a h if that's kind of where

[brian]: you're at right now good you are exactly in the you're looking for the manger

[brian]: that's where i want to be with
right i want to be with you looking

[brian]: for the major but the question i
want to give with you today to kind

[brian]: of leave you with to get you
started around this right is i'm sure something

[brian]: here is already hope fully something has
sparked some ideas in you but one way

[brian]: to get started with saying yes to
your purpose saying giving a bigger guess to

[brian]: the purpose you've already identified is to
notice what delights you and what energizes you

[brian]: those two things what delights me what
energizes me if you're not on to think

[brian]: about desire yet sometimes desire might feel
too big so what delights me wot energize

[brian]: me i'll give you all an example
before i record this podcast today my boyfriend

[brian]: who's actually my fiance went and got
some flowers at the flower market downtown he

[brian]: brought them home and he left so
you put those in some water and like

[brian]: of course i'll put flowers and water
i feel like miss dalloway i feel like

[brian]: fabulous right a marl stream in the

hours right so i'm cutting the flowers and

[brian]: putting them in the in the vase
and in my mind this is giving you

[brian]: a lot of who i really am
right now i'm like having my own t

[brian]: v show like telling you how to
arrange flowers in this in this vase right

[brian]: and i'm like if you stick a
plastic bag it's a i'll teach you all

[brian]: right here's what happened on the here's
what happened on brian attacks talk show today

[brian]: i was arranging these hydrangeas in this
big vase that is opaque you can't see

[brian]: through it and i was like the
the there's not enough flowers for them to

[brian]: feel bunch go here's the trick that
i like to use you cut a plastic

[brian]: bag and you shove it around the
stems so the flowers will stay in the

[brian]: center of the vase right and i'm
like having my own little talk show inside

[brian]: of my head well i but those
of you listening this does not come as

[brian]: a surprise to you because my way
of being is an extrovert my way of

[brian]: being is to narrate the actions that
i'm taking my way of being in my

[brian]: purpose is to open up the stories
of what delights and excites me so that

[brian]: i can share that with my clients
right so for you so that was definitely

[brian]: moment i was like oh this is
delighting and energizing me that's a moment i

[brian]: would identify i want you to find
those moments between now and the next podcast

[brian]: episode just notice them for yourself and
here's what you're not allowed to do don't

[brian]: write any of them off this is
not an assignment for you to judge yourself

[brian]: you might find i really love chopping
vegetables that's it i'm in write that down

[brian]: or you might put a note in
your phone if that's going to make it

[brian]: easier for you i highly encourage you
to write these down because you'll find a

[brian]: theme or pattern emerging because of this
and i don't think it's easy to find

[brian]: that if you're just thinking about it
actually in it's way more helpful to write

[brian]: these things down okay and then we'll use them to find like what is this

[brian]: other thing being worth what's next so this whole month i'm going to be talking

[brian]: about the idea of birth in your big idea or saying more saying a bigger

[brian]: yes to your purpose you're going to hear from me i'm gonna have a few

[brian]: guests on and that's what we're gonna be talking about the rest of the month

[brian]: now if you're listening right now and you're already like whoa i've got something brian

[brian]: i want to take this so much further and i know that i can't do

[brian]: it on my own or i'd love to have a community of highly engaged people

[brian]: around me who are doing it this way i'm very pleased and excited to announce

[brian]: that i am starting a master mind group it's an intimate group where we're going

[brian]: to be working on this act journey with people who are birting something big and

[brian]: if you're the person who is not sure what your idea is yet you're also

[brian]: perfect for this group because that's the

first thing we're going to work on really

[brian]: articulating what your big idea so if this excites you i encourage you to apply

[brian]: just go to brian breaks character dot com back slash apply and you'll walk the

[brian]: walk through a couple of questions to help you figure out if you're fit and

[brian]: then we'll set up a call you and i will get on the call and

[brian]: we'll see is this master mind the next best step for you to really give

[brian]: birth to this allow me to show up with the manger right like let's create

[brian]: a space where you can give birth to this thing on the earthly plane so

[brian]: just remember what we're talking about is taking something from the divine from the universe

[brian]: from god opera buddha whatever you believe and bringing it out to be to be

[brian]: on this planet because you believe or you have a little bit of a belief

[brian]: right now that it could make a difference and that's wat we're gonna be doing

[brian]: inside of that master mind so i hope today kind of got you started thinking

[brian]: about what are you passionate about what delights you what energizes you and make that

[brian]: little list to help us start here and on a personal note i just want

[brian]: to say this is super vulnerable for me to share with you m i think

[brian]: most of you know that i've worked with actors for a long time and i

[brian]: love actors and they have taught me so much and they continue to teach me

[brian]: things and open my eyes every single day and this conversation that i've been having

[brian]: in this podcast has continuously been around how do we identify how do we allow

[brian]: an actor to identify themselves as bigger than just an actor as the imp that

[brian]: creatives have on this planet um and in the acting business which we know is

[brian]: tough it is especially hard to maintain the stamina around that and so i just

[brian]: want to say on a personal level thank you to for listen to this conversation

[brian]: that i'm having with myself with you and for believing that there is a deeper



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[brian]: deeper spiritual purpose to what you're doing on this planet and on the planet that

[brian]: we all want to see um until next time be kind be kind be kind

[brian]: i love you and again if this kind of conversation is exciting you the application

[brian]: is that brian breaks character doc back slash apply and we'll set up a call

[brian]: to figure out if this master mind would be a great place for us to

[brian]: dream and scheme and put together a plan for what you really want to see

[brian]: in twenty twenty three all right take care of yourself i'll see you next time

[brian]: by bye you know i always say i'll see you but i mean you know

[brian]: what and right okay see ten m