

[00:00:00] Jade Stoner: Hello and welcome to this week's episode of Soul Growth, where I'm getting into having more fun in your life and sharing why it matters and how it'll help you to elevate faster and become a magnet for all of your soul's desires. The whole concept of having more fun in your life and business has been coming through the online coaching and business space for a few years now, and it is one that is getting stronger and stronger.

[00:00:28] Just earlier this week, I heard I measure my success based on how much fun I'm having from Gabby Bernstein, and I love this emerging attitude to life because let's be real, we didn't just come here to pay bills and die, right? Life is meant to be fun, fulfilling, and effortless, but we've learned and been conditioned to believe otherwise.

[00:00:52] We've all heard things like you have to work hard to make money if it's worth having, it's worth fighting for, and no pay, no gain. And all of the other mantras that have us believe in crap, like if it sounds too good to be true, then it probably is. I mean, I, who the hell made this shit up? And it's all of this kind of programming that we need to unlearn and deconditioned so we can get out of our own way and rise the fuck up.

[00:01:23] And keeping it all the way real. This like a lot of other things is a journey, and I'm reminding you of this because of all of the microwave instant and on demand vibes that have been poisoned into our society, which are all ego slash fear-based projections, and they're not conducive to being on the path of personal mastery and elevating your life.

[00:01:47] All the way up, healing these parts of your belief system might take you a minute and just like with other parts of your glove up, cut yourself some slack. For me, learning to have more fun isn't an issue. For the most part. When it comes to my social life, I'm always up for doing something fun and you know, I love to listen to music, dance, have a drink, go to festivals.

[00:02:13] I'm all about a good time, but having the same attitude and way of being when it comes to business learning and making money. Well, let's just say that's been a work in progress and recently I've been leaning deeper into where of all of that comes from. And what I've seen is that when I was younger, I was, as is said, very academic and studious.

[00:02:41] You know, I like to do well and achieve. Not much wrong with that, right? Until you dig beneath the surface and look at the truth of those ways of showing up. You see, they weren't about me wanting to do my best for me. They were about pleasing others. My mom and my teachers. If I was a quote unquote good girl, I'd be safe because I wouldn't get into trouble or set my mom off.

[00:03:11] I'd be validated through my efforts, which I'd interpret as being a measure of my self worth, and all of that was a byproduct of being codependent, and it became a way of surviving. The only strengthened as I grew up. You know, for me, being serious, equaled safety and the fun side that I did develop really came from a place of rebellion more than anything else.

[00:03:38] So, Fast forward to being in business, and my serious and academic side thrived and grew even more, and it grew faster because now what I was learning weren't things that I had to learn like when I was in school. They were things that I wanted to learn about, things

that I love. And at the time I was very much functioning from my masculine energy, which in its purest form, is all about providing and protecting.

[00:04:07] And again, this is a way of being that I learned in childhood, and it only strengthened as I grew up. And when I started my own business and became a single parent. My focus was surviving, raising a child, running a business, and making money, and all of this was only further perpetuated by the predominant masculinity that was present in the business world at the time.

[00:04:35] Having fun was more of an outlet for my pent up and unchecked motion, and it came from a place of need versus desire and was definitely something separate to my day-to-day of being a business owner and mom, and came as a secondary thought, and at this time, having fun wasn't being advocated as part of the journey in business or personal growth.

[00:04:59] And in fact, it was the opposite. And all of this was compounding inside of me and becoming a part of my belief system and would direct my actions on all autopilot. So I share all of this with you, for you to get a deeper understanding of how and why we can end up finding it hard to let go and have fun.

[00:05:21] That's not just compartmentalized to weekends and after hours, and when we feel like we've earned it. And in me sharing this, it's gonna start to nudge what's true for you to the surface, and you'll be able to see what that is, whether it's from your childhood or later in life, or a combination of all of it, so that you can start to become aware of what program is holding you back so that you can heal and release it.

[00:05:52] It's time for us to destroy the bullshit paradigm that life, work, business, and relationships are meant to be hard, a struggle and boring, or that they're only meant to be fun in the beginning. Life gets to be so much more than that and it can be fun at the start, in the middle, and at the end, you know, let's make that the new normal.

[00:06:21] Let's normalize having more fun and allow it to be okay. Not something that we do as an afterthought, or something that you can only do when you've done X, Y, and Z, like a good boy or girl, even though we now men and women. And I'm talking to myself here too, like I shared, I've got years of unconscious programming around being serious to undo.

[00:06:46] Remember my being serious equaled safety, and now that I don't need to feel safe anymore as a way of surviving. It is about detoxing my cellular programming and my habits and my default responses so that I can let go more effortlessly and make light of learning and business and making money and enjoy the journey more.

[00:07:12] Because here's the truth, it's the journey that makes the destination and we don't got to be so serious all of the damn time. When you're dealing with difficult people, what if you were to laugh to yourself instead of lowering your standards to match them? What if instead of getting down, when you realize that there's something else in your life to overcome, you approached it with playful curiosity.

[00:07:41] When you can't figure out the solution to a problem, what if you were to release it to God, the universe, and trust that the way will be shown and just have fun in the meantime?

Think about how much better all of that would feel, how much more fun it would be. Let's make, how can I make this more fun? One of our new life mantras.

[00:08:07] When we have fun, we are so much more relaxed, and when we're in this energy, it's so much easier to not only enjoy life and be grateful for what we have versus being focused on what we don't have and how far we've still got left to go until we reach our destination. These fun and relaxed vibes become what we send out and what will attract more of.

[00:08:33] Is more good things, fun things, things that make us happy, and that's what it's all about. When we're having fun, we are fully immersed in the present, in the now, and that brings with it peace. And on the scale of consciousness that was created by Dr. David Hawkins. Peace and joy are some of the highest levels of our being, and it's when we're in these states that we can manifest our soul's desires more effortlessly and better hear our intuition and so much more.

[00:09:10] You wanna live a life that feels good af on the inside, and not just one that looks good on the outside. Have more fun. You want to have a more beautiful and fulfilling relationship? Have more fun. You wanna make more money, have more fun. You want to open up more to self-love? Have more fun. You want a thriving career, you've got it.

[00:09:37] Have more fun. Struggle is not required for success. So some of you might be thinking that if you have more fun, that nothing will get done, and you'll just wanna be silly and party 24 7 and I get it. I used to think the same, but here's the truth, the more you work on you and the more you elevate, the more you'll learn to let your soul and your intuition lead the way, and your soul would never guide you to nonsense.

[00:10:10] When you wanna go crazy and spend, spend, spend party all night, have an orgy, not do any work and let your home go to ship. All of that comes from a place of fear and unconscious pain that has yet to be resolved. And all of that is the direction of your ego. I am not saying that your soul would never guide you to spend money at a high level.

[00:10:33] Be extravagant. Let your inner sex siren out party not work, or let your home get a little messy, but ultimately, the energy behind it always different, and that's what you need to learn to start tuning into more. And learning to have more fun in your life is not a hall pass to bypass doing the inner work or your permission slip to not do the outer work.

[00:10:59] After all, action inspired action is the bridge between your inner and your outer world. It's how we real life, the desires that we have in our soul and in our heart. When you're having fun, you're in that and you're in that high vibe. Check in with yourself and notice the feelings that are in your body.

[00:11:21] Notice how it feels, acknowledge it, and hold onto those feelings. Get familiar with them and normalize them. This is how you start to anchor them into your body at a cellular level and get used to them so that you can hold them for longer without rejecting them. When you give yourself permission to have more fun, you unconsciously give yourself permission to open up more, to be more of who you are, and you teach those around you to be more free and shine brighter and the ripple effects of all of that will be amazing.

[00:11:57] And I'm sure you'll agree that our society and the world around us need more high vibes, especially at this time. And let's talk about the future generations. When you start living your life from a more open and fun space, you teach them to integrate this way of life as their normal, and that is powerful.

[00:12:20] Prioritize your joy because it's good for your soul and your emotional and physical wellbeing. So eat dessert before dinner. Dance naked. Get freaky with your partner more often. Dance like nobody's watching. Wear your best underwear any day of the week, not just for quote unquote special occasions.

[00:12:44] Drink the champs for breakfast on any day you want to celebrate, not just on your birthday. Stop working a little earlier. Join your kids in the play center and jump in the freaking ball pit. Notice how much fun you have. Watch more comedies, crack your own jokes, even if you are the only one laughing. Who fucking cares?

[00:13:07] Celebrate all your wins, big and small. Reconnect with your inner child and whatever makes you feel good. Do that and do that more. Live your life. It is what you came here to do. Start cultivating a life where you only start to do stuff. If the answer to it bringing more joy into your life is a full body.

[00:13:32] Yes. If it doesn't, perhaps you're not supposed to be doing it. And as you start to bring more joy into your life, watch how your life opens up more. So, what area of your life do you need to allow yourself to have more fun in? Where do you need to open up more and let more joy in? Remember, the goal is to live a life that feels good af on the inside, and one that looks good on the outside too.

[00:14:05] This is about having it all. So that's all for today's episode. Share your favorite soundbites with us on Social at Soul Growth Podcast and use the hashtag Soul Growth Podcast. So until next time, I'm out.