



True Callings Podcast Transcript

Episode 6, February, 2008

Lissa: A few years back when we figured out that we were watching just a little too much television in the evenings and life might benefit a bit from less television, we started the process of weaning ourselves off TV. Some months we were more successful and some months we weren't.

Randy: No, no. Don't take away my TV.

Lissa: And over the course of probably a couple of years we finally kind of kicked the habit and we decided when we moved here to the cottage on Lake Huron that we were not going to have broadcast television of any kind at all. Because we just didn't want to get into the habit again. And because we kind of adopted the general philosophy that broadcast television really doesn't have a whole lot to offer. It's kind of mindless entertainment. What I agree about is that we found ourselves not choosing just sitting, and sitting mindlessly. So when we got here we decided no more of that. Cutting ourselves off is a good thing and it wasn't nearly as painful as I once feared it might be. What we do now is be very thoughtful and ...

Randy: Selective

Lissa: ...in our choices. Very selective in our choices. What we watch now are DVDs of movies that we're really interested in watching, and the DVD series of certain television programs. We don't do that a lot, but we found ourselves really attracted to a couple of series, one of which is Lost. If you listened to our last podcast, you know we have kind of a love thing going with JJ Abrams. But the other one that kind of took us by surprise is another primetime evening program called Heroes. Honestly, we tuned into it because one of



Randy's daughters suggested that we might enjoy it. I didn't expect to when we first put it on. But it wasn't long before I became really intrigued by the series. We've only watched the first season, and it's such a metaphor for life and a metaphor for True Callings.

Randy: Yeah, that's really what pulled us into it. We started to read a little bit about it, but we didn't really didn't know much until we started to watch it. As soon as we were watching it, we realized that it was about True Callings. It was a really dramatic presentation of it, but we saw all of these different characters who were in the process of uncovering their hero, their inner hero, and the journey that they were going through and the pitfalls and the challenges and the fears and each one of them was different, unique. But again that just seemed to illustrate the whole message about True Callings.

Lissa: I guess what really stood out for me, and there a couple of things. One, that we kind of fell in with the general idea that television and entertainment in general, is kind of mindless and escapist. What I'm being reminded of is that it's not, provided you have a choice in deciding what you're going to watch. In the olden days, and I'm going back to the Greeks and the Romans and way back in history, the way we taught ourselves, collectively, as societies, was through the telling of stories. The term 'morality play' is where that comes from. We use theater and storytelling to help ourselves kind of take in to our hearts and our minds what we needed to know about how to live life well. That's what entertainment attempts to do today. Theater. Television. Movies are an extension of the same thing. Not all of it is. Not all of it is good quality stuff. You have to be discerning, no question about it. But if you look, as we've said before with True Callings, there are clues everywhere and there are clues in good quality television programming, in movies and in theater. Wicked is another really good example, but we're staying with Heroes.



The other thing that I found really intriguing with this is that if you allow yourself to be mindfully entertained, edutained as some people say, the idea that you have to go to a workshop or you have to read something really meaty and focused and serious, not always true. You can sit down and actually be entertained by a 40-minute program that's part of a longer story line and have the truth of life revealed to you. You can empathize with a character. You can see the conflicts that they're feeling. You can empathize with their choices and with the challenges that they face and the lines that they walk and the troubles that they're concerned about and see yourself in it. And learn things about what it is to answer a True Calling. To feel cursed by a gift instead of blessed by a gift.

Randy: Yeah, there's an awful lot of that going on as we watch the different characters in Heroes. They each have a unique talent, a super quality or a super power of some kind. It could be flying. It could be healing. It could be fire.

Lissa: Reading minds, hearing people's thoughts.

Randy: And you know, you can get caught up in that and it's very dramatic. But the point of it for us is that each of them does have a unique gift, unique talent. Quite often in the beginning they're either resisting it, they don't understand why they were made that way, and they don't really want to be unique and different and standing out. Quite often they just want to be normal. They don't even want to talk about it or let anybody know that they have this unique gift.

Lissa: And very often as we hear from a lot of different people, the idea of being a hero or being heroic is not high up on a lot of people's list of things to do. Number one, they don't see themselves as heroic, as many of these characters do not. And those who know that they're



feeling called to something greater than themselves, or to make a difficult choice, don't really appreciate feeling called that way. They would like to remain in their comfortable life - to some degree, turn away from what their life is asking of them. The dramatization of those questions, those conflicts, those inner tensions is a great parallel for what a lot of people we talk to day in and day out are going through and asking questions about and examining for themselves.

Randy: Yeah, I like the way you said it about their lives are calling them. In the beginning there's this resistance, but that calling doesn't go away. It's just very persistent and the volume gets louder. They eventually reach a point where they begin to see how that talent can be put into service. How they can use that talent for good. So there's a journey that they're going through to step into that courage. I also like the other point you made about a definition of hero. This definition we have of what it means to be a hero. Very few of us would look at ourselves and say, we're heroes. But if you were to ask the people who we see as heroes, that question, they probably would say the same thing. They don't see themselves as heroes either. So it's really the stepping into it, the decision that you're going to make the best of your talents, that you're going to use them, and you want to use them for the highest good and to accept who you are. You may not even understand why it is you're made that way. But we're all made uniquely and we've all got these talents, whether we understand why or not. Our challenge becomes, are we going to use them? Are we going to be all that we can be? And maybe that's the definition of a hero. It's just to be the best you can be.

Lissa: Sometimes the way we've constructed our life prevents us from living the way we're called to: it doesn't feel safe, we've misunderstood what the call was, we feel obligated to follow a family requirement to live into a family business, all kinds of things. At some point our life



just says, sorry. But what you've constructed can't hold this tide back any more. It's like the boy with the dike. The dike kept springing leaks and at some point he didn't have enough fingers and toes to hold back the tide of his life. And it sprung a big leak which eroded away the dike and eventually the dike fell apart. Which, unfortunately in our society is what most people think feeling like you can't hold onto your life, that's what it feels like. You need therapy because there's something wrong. There's nothing wrong. It feels not so good. Trust me, I know. But in actuality, the constructions of your life that prevent the flow of your life are falling apart so you can fall together in a way more natural, in a way more aligned with what your true purpose is. In that process, whether you understand it or not, whether you're consciously choosing to be courageous or not, every day you get up, despite the confusion, despite the pain, despite the feeling of disorientation, despite feeling like everything's falling apart and out of control, every day you get up and you are courageous just in the choice to get up. To put one foot in front of the other. To feel your way through something you're completely unfamiliar with. That's the heroic journey. It's not the idea that you run into a burning building and save the kid, although that might be your thing. But most of the time it's facing life, where life is, one step at a time, without the recognition that that's heroic. That actually draws out of us the heroic response to our life's calling. In saying "yes," that's heroic.

Randy: There's a feeling that goes with that. You notice that in these characters in Heroes. That when they do begin to accept that they've got this talent and that they can use this talent and it can make a difference, the way they see themselves changes. They begin, not that they would necessarily call themselves a hero. They probably would say, I'm no hero. But I'm going to do what I can. And they feel good about themselves, that they have finally, instead of fighting themselves or resisting themselves or the tide, as you put it, that they are now in the flow of their lives and not resisting it any longer.



Lissa: That is such really well said. That's the hero's journey. Its not, I want to be a hero. In fact, most people who say that don't understand what they're actually asking to undertake. One of the characters in the series is actually a little like that. But, the idea that to be heroic we have to choose to be courageous is not really how it works. You be courageous and your life unfolds in front of you, whether you're saying to yourself, oh, today I'm going to be courageous. You're just getting up when you hurt. Getting up when you're confused. Taking an action or a step because you feel compelled and you can't explain WHY, is courageous.

Randy: It's not that you are intentionally becoming a hero. It's that you're finally accepting who you really are.

Lissa: And that's heroic.

Randy: And that itself is heroic. You don't set out to be a hero. There's a resistance to that because we typically don't see ourselves that way. All that's being asked of you is to be who you really are and to allow that to emerge. The other side of that is, the world needs that from you. When you're here to make a difference, and we all are.

Lissa: Every life is here to make a difference.

Randy: The world is waiting for your gifts. How would we all behave differently if we actually understood that? If we really got that? I have something that the world needs and I'm actually, if I'm not allowing that to come out, I'm actually denying that gift to the world.



Lissa: I think the reason why that gets so confused and complicated for people is because they think, when they hear the word hero, they think that means we have to leap from a tall building or fly faster than a bullet or do something extraordinary. In fact, a lot of self-help programs and workshops talk about living an extraordinary this, or being an extraordinary that. People just don't...the act of living your true life is extraordinary because so many of us aren't living that *fully*. It's not like a WOW kind of thing, the Hollywood big bang moment and the television series with drama. It's because we're confusing drama and the process of illustrating things for ourselves that we get confused. Living your true life is heroic. But it's ordinary

Randy: We need to make that distinction between super heroes and ordinary heroes. That each of us is an ordinary hero. We don't have to be super heroes. But we're each unique and we're each different.

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What do you think of the idea that good old broadcast TV – movies, theatre - might have something to show you beyond the standard evening entertainment?

And what do you think of the idea of being an 'ordinary hero'?

As always, we'd love to hear from you: feedback, *praise*, comments, *praise*, other points of view, *praise*... You get the gist. After all, this is a conversation - *and what you have to say is half the fun!*

Don't feel like writing (which, by the way, just takes a click of the [COMMENTS link](#))?

Call our comments line instead - and really talk to us: **(214) 615-6505 ext 4678**.

AND a big shout out to the winner of last month's **Where's Waldo – True Callings Clues Contest**, *Kelli Corcoran*. Keli has won one month's complimentary True Callings Coaching from your's truly! Congratulations Keli!



Keli's list of Callings Clues came the closest to the correct number, which was (drum roll please!)... a whopping 48, which was why the piece blew us away when we first watched it!

Download your own copy of the complete JJ Abrams video Callings Clues list [here](#). Enjoy!