From Dishwasher to Millionaire: How Emotional Intelligence Saved Jarek Tadla's Life | Ep. 45 Transcript

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Opening Message on Not Being Alone

Or whatever you're struggling with, please remember you are not alone. Reach out to somebody, share your story to someone else who is also struggling.

Don't be selfish. I had a lunch two weeks ago with my friend and he goes like, Yarek, I read your book. When I'm looking at you I feel like you naked, like I know everything about you.

Meet Jarek Tadla. From a humble start in Poland to building a real estate empire in the USA, he's not just a mogul, but a passionate mental health advocate.

Tune in for transformative insights that can empower your own journey to success. What was your purpose until you developed the true purpose? I was a dumbass.

Be rich, that's it. That was your purpose? Be Rich, provide for my kids, provided for family, then it wasn't enough. And all the stuff that I really missing, it was inside me.

You published your first book, Not Enoughness, the Gift and the Curse. What is your Purpose today? To help men and women to understand that we are born with everything within us and we don't have to chase anything outside to get a validation that are worthy, we're enough, and that love.

Podcast Introduction and Guest Welcome

Yadik 10 years ago vs Yaddik today, what's the difference? The biggest difference is I'm the shit that can do everything alone and now I have people that I cannot do anything without it.

From a scale 1 to 10, how important is faith? I think… Welcome to another episode of a Healthy Point of View podcast. I'm your host, Sam Tahata. Today, as you guys know, we bring people from all walks of life.

We bring a lot of experts in the respective fields. today we have an expert in many different things. You've probably seen him in a lotta of my content.

This is someone who's been featured in Forbes. He's on Good Morning America. he's be on Tommy G. Living in The Life of A Real Estate Billionaire. He's a published author.

This guy here, you've seen me flying on his private jet. He is a dear friend of mine, also a business mentor. I'm gonna talk about how this relationship came to fruition.

Today we have my dear friends Jarek Tadla. Jadek, welcome on the podcast. Thank you, Sam, thank you Sam. Finally made it. You made. And this is the interesting thing.

It's like you and I talk all the time. We're hanging out, we're doing this, We are moving around together. And, you know, bringing all these people on the podcast and stuff, and we're always, I was like, oh, well, You got to come on my podcast.

And it even took a while for me to combine yours. We're just so busy. Well, we just know it's like. I'll get on his podcast at some point in time. You know?

I think that's it. It's funny point for anybody who's listening right now. that we take stuff that is like available for

granted. You know what I mean?

So we have a connection all the time and we talk all of the times, so we're like, it's normal, but do the podcast, like with mine it took a while, now this is, you know.

But I made it. But see, the crazy thing is, if our publicist calls us and says, oh, I got this opportunity for you, we're rearranging our schedule. We're flying back from vacation somewhere to just go on this other program.

I was like, come over here. It's like because we have access to ourselves. You know what I mean? That's what it is. So yeah, you know, I want people to kind of, first I wanna start off with talking about how our relationship came to fruition.

And I wanted to tell the listeners, we have a lot of doctors that tune into the podcast and they see, obviously, my success of where I've grown and you've seen it from the beginning.

And I want to tell people a little bit about the relationship of how it started. Because, you know, initially you were a client. You were actually one of my first clients.

And i would actually go to your house and do these IVs. I was the only employee of Liquivita. So you've seen it from the beginning. i want you to sell the story.

create a VIP service, but I was the first one. I said, well, I'm not coming to you, you got to come to me. And I love it how that's how relationships started.

What happened is we have access, like you have to access me, and I have you because you know, when I getting the IV drips for an hour, we were talking.

I was always so impressed with your drive, with the discipline, and with perseverance. You were never ever complaining. In the worst possible, you have a bad day in the fire department, there was a death, something.

And you always have the spark in you. I always admire you, like you inspire me. Like, no, I'm like, bullshit, what are you going through? And always a positive outlook.

And I told you from the day one, you're gonna have an enormous success. And it's not because just to pop your eyeballs, kind of inspire you or motivate you, it just, You had it within you.

You have this charisma about you that you like, that I knew it, like completely believe it. Here we are. What's interesting about what you are saying is, you've gone through that journey of becoming financially successful, right?

Building a Non-Transactional Friendship

Doing business and putting yourself in different rooms and a lot of dedication, spending time to be successful business-wise. And when you first met me in my early 20s, I was on the journey to try to figure that out, so for me, when I would show up to your house to do these IVs on you, I'd see the success that you have, that's you've built, you know, beautiful home, the Rolls Royce and everything.

And I remember going, it was in your master bedroom. You had a desk past the shower. Yeah. and you'd be getting on, You were nonstop. you were getting a FaceTime calls and talking to people and making deals.

I would always question myself. It was like, man, am I doing it right to get where he's at? And, I don't know because I have never been there, but you, From your perspective, you're seeing me and you are like, he's already doing it.

He's on the right track. You know, I'm getting goosebumps when you saying that. But what happened is, and I told you this a billion times, like you always remind me of my young myself.

And that's what I knew that your mindset was there. I already was in a grind. You know what I mean? And I already have, I was already out of pilot. So what you saw in me, is something else that I saw you, you know?

So it was like, but it's never ending game. You watch me from different perspective than I watch you. But you remind me like you have a one job, then you go to the other job and then do the IVs and you're going to fire department, oh I slept two hours last night.

And you talk about it like normal and I'm like Jesus like this kid got so much going on and he's so young and He's already there. So I just knew it It's it's gonna happen, but we all want everything quickly And you were in the grind and you would like you unbelievable grind and I saw it from looking from the outside box and you did not see it you like to you it was normal right and i was like looking it's like when you know what happened is like for us like because I was swimming like you I learned you the hard work the work ethics I have from from beginning like my father was very hard on me right you and we talk about it a lot And then, you know, the sports and swimming six hours a day, being six, seven years old.

So for me, what is for somebody's heart for, me was easy. Like, that's what it has to be. Right. And you took it. That's normal. I was giving you kudos and you're like, What are you talking about?

This is normal! This is what we're supposed to do. And I'm like, no, Sam, it's we, we weirdos. That's not what normal people do, you know? It's like work 20, 22 hours, having three jobs and businesses and trying to different things.

It not. Yeah, and you don't, that process is not easy, but I've always been programmed, especially being a firefighter, right? Paramilitary is that old school mentality, like I am a man, I suck it up, let's just do it.

At that point in time, I don't want to touch on that. Thank you. And that's what I know we're going to lead into that because the thing is is there's a part that we have to focus on, that you're really big on.

I was concerned a little bit because of the bubble you were in and nothing against that, but I was concerned because you around so much trauma that you're gonna kind of consume the toxicity, the negativity and all the stuff that, you guys see it on a daily basis.

Oh yeah. And I wasn't concerned that it's gonna, I can curse on this podcast. Yeah, of course. It will fuck with your mind. Right. With your mindset. That was like, keep telling like Sam, hopefully you don't mean no, no I got it, That's why you kind of like you stay being the fire and to the point is like, OK, it's time to go.

Yeah. But you but but you still need the brotherhood. You need you. Still need that. It makes you like a team player. I mean, because I have a lately very big like aha moment that, you know, like because almost a swimmer.

So I was always in solo sports. and you like you know it's funny you swim too but but you always was also part of us like a brotherhood like, a team you, know you don't mean the fire never rolls so you how to how, to be a, team player and now it shows you in the successes that you achieved right because you.

Know like we cannot do shit alone Yeah, you we need all the other people and you were the part of it and You have the mindset. It's like let's go and then you bring people like it's funny if anybody listening We have a competition who does more favors It is like, she knows not like who it is.

Like, oh shit now I own you more like I only and this is Like a healthy healthy competition. Yeah. But at the same time We just want more from life and we know that we are born to do more.

For us, we love to be comfortable and uncomfortable and always looking for the new challenges. I love that. So I want to put emphasis on something that you just said.

What we do in regards to doing favors for each other. I do favors not expecting anything back. I'd do it because I care and I wanna keep on doing it. So it's a healthy competition, how you said.

And for the listeners that are listening, this is something that they should try with people that within your bubble. And one of the things with our relationship, our relationships is proof that relationships, if you cultivate them, they turn into greater relationships.

Because initially, you were just a customer, a client, who then went from being a clients to, we're going out to lunch, your feeding me very, very helpful, powerful, valuable information on business.

me learning a lot of things that you did that I shouldn't do, right? And you became that business mentor of mine, to then you went from customer, business, mentor to really, really good best friends, so it just shows you what can happen throughout, you know, over 10 years, we're at like 12, 13 years.

I've lost count from how many years where it's crazy, I forget about how much years that have known you, And so I meet a lot of people like in the brotherhood and stuff where that's, oh yeah, I've known you forever.

I'd known him for six years. Oh yeah I have known them for 12. No, we got together since like 2012. Yeah. 2012, so it was on 225. So it's been 13 years, it has been a while.

But it, and you know what I love? It's the non-transactional relationship, but what happened is that's who we are and we create those relationships naturally.

And that what happens and those are people just takes you to the next level. Those people challenge you because I can tell you that I got it fucked up here or I have a scrub week or screwed up like, you know, it's like hey, and even we're flying.

I think we were flying from somewhere from Vegas. In my head right now. I have so much shit going on. This is I'm not being judged I've not been like, you know, I mean, it's it we can share those moment that the losses and wins But even if I share with you the wins It's the ways like you wanna like yes.

Yes, You know mean a lot of people don't want you to win, right? And we it and and that's what it was like. It was very important to Number one, who you married, this is number one.

But it's also very important who surround yourself with, you know what I mean? And if you feel that you have like a lot of relationships around you that are transactional, It's time to change the relationship.

So let's talk about that, man, because we're very similar. And when I interact with people that are just so transactional, it's like almost like I got this on my body.

Relationships, Brotherhood, and Success

We feel it, dude. Get away from me. Where's the hand sanitizer? I'm going to spray you with it. That exactly is. But I think because I do even deals and everything else.

The energy, we read the energy. I think, and we also kind of give different frequencies. So we connect with people on different level. Right. And we get fooled, but it's hard to fool like two of us, or it is hard fool another people that are around us that know us.

It's funny, this is actually a big aha moment that I've been talking to a lot of people in the last two weeks. people came up to me and it's like, people act differently around you and when you're not around.

And I'm like what are you talking about? It's then I don't want those people. You know what I mean? Because it is like I do not want, if you guys notice stuff like that because I want these people to be all the time like there.

Because if your around they talk differently, they act different, when your not or the other person that, you know, let's say that I respect and it's my very good friend or it is part of my bubble or they inner circle, they are differently.

Right. And it' funny, like now I have the people that… I don't even have to get those people close to me. My people just with it. It's like, nope, no, not coming.

You know what I mean? We don' want you to be part o the whole culture and growing. So that's big. Because then what happened is not only us, it was like everybody else around us.

The importance of relationships, right? To me it's priority. It's really what has gotten me where I'm at today is I always put the relationship first.

The transaction will just naturally happen if you put a relationship for it. But we gotta be also honest. There is people that will take advantage of you.

And that's normal. But what happened is you can have a hundred clients and the hundred first clients gonna pay for all those hundred client took advantage off the stuff that you do.

Right. We still gotta go and we got to do the right thing. That's it. You know what I mean? And the relationship, and you emphasize since I know you, you always emphasize relationship and I unfortunately, got to the top alone.

That's why I crushed. Because what happened is, it's a lot, like I just found out, I thought it was mine, you know, but it is an African proverb that says that you get farther alone a little bit faster, and you go a bit farther with people.

and you live and breathe that. You know what I mean? And it's like, and in the last five years, in last four years that's what finally came through, like understanding that, feeling that and the love and people that I surround myself with, it was like shit, I would never be here if it wasn't for them.

You know what I mean? And it's funny, like, we bring like even like at my party that we have like so many people and it was like everybody was connecting and everybody, you know, it is like connecting on a different level, You Know.

So let me ask you this. Yadik 10 years ago versus Yaddik today. What's the difference? when it comes to those relationships. Yeah, I just wanna, because I wanna be like, the biggest difference is I'm the shit that can do everything alone.

Now today, because we don't have a relationship, but I really, I could do everything alone and I got this. I don' need anybody help. And now I have people that I cannot do anything without them.

Right. You got your army. Yeah. and the introduction, and I open a lot more rooms right now than I ever opened before. That's amazing, man. I think that's the biggest thing.

And you know, with my experience right, now I can pick and choose which door I want in, which room I wanna be in and which one I don't want to be. But the doors are opening and and people are meeting and.

The energy around the conversations are a little deeper than just. talking about stuff that is you know not fulfilling or give me any purpose and remember i also did 10 years ago the second thing yeah they have no purpose now i do i just want to help people i don't want anybody to struggle the way i struggle and you're you are loud about it now like yeah we're going world to same same i had a logic two weeks ago with my friend and he goes like yeah I read your book and I watch it on social media now like when I'm looking at you like I feel like you naked like i know everything about you it's like like why you and i'm like, you know what it helps one person it for me is like it make a difference that's the way I never realized like how many people it helped because I always thought that I'm alone.

I am the only one that's struggling with all this stuff, with the inner voices, the talk, and the not enoughness in my book. That's what I would say, I was the one.

And when I really open up, everybody does. Everybody does, but I don't say the part as much as I do, you know what i mean? And honestly, what you notice, a lot of entrepreneurs, because I'm surrounded by entrepreneurs

mostly, they always have a rough childhood.

They always had a parent, one or two parents that are very tough on them. And that kind of puts, that kinda gets them in that, where they feel that it's not enough, right?

And it gets some really work. It really works. What happened is they wanna prove it to the outside world the worth, the value, you know what I mean? And the struggles, and that's why they're successful.

But I keep talking about the one thing, when the validation from outside ruled, It's the gap, and you forget about yourself, loving yourself and feeding and putting the oxygen for yourself.

If that gap gets too big between those two worlds, the reality that is the inner wealth and the outer wealth, then when the depression comes, that anxiety comes the suicide comes.

That's where the sedation comes in the form of alcohol, drugs, gambling, porn, all this stuff. Food, I mean, it's a huge, we can, you know what I'm mean?

So that's what it is. So just be careful what you wish for and you know my message. Love yourself, don't forget to feed your bucket and your soul. I agree with that and I'm very close with what do in your message and one of the things that the listeners have to realize is that you probably haven't gotten in that position yet, right, that you've been in.

And the reason why you share this information is to help either someone who's in the position, or someone that can potentially, eventually be in a position.

Because as you go through that succeeding process, it's gonna happen, and if you're not prepared, you are gonna struggle tremendously. I mean, its normal to get stupid.

I, I think it's normal. And, and, you know, it was like, if whoever is going and they want to accomplish something, like I wish you to get stupid quicker.

You know what I mean? Because it is like when you have access to, to stuff they always dream about and that your parents didn't have or your babo didn´t have and you, think you better.

And it's gonna get into your head. The stuff comes easier and it like, no, now I'm better. And you start losing empathy because you're in such a tunnel that you chasing the goal that your forgetting what is important.

That's what happened to me. I get all the messages, that's why Bugatti or Ferrari's got two seats because it is lonely on the top. It is freaking lonely, but I'm getting on the top right now.

I have a fucking bus. But I didn't do it right. And I want to give the lessons or the struggles and the hardship that I went through to somebody who is doing it.

Because it is lonely on top. Then you get on one mountain and then you don't know how to deal because you left all the important relationships behind you.

The most important relationship is you, because we forget about ourselves because I do this later, I'll do it later.

From Immigrant Struggles to Ambition

I was 33 years old and I had freaking, you know, 268 pounds and finally I got 40 because the health is not important, the money, money. And then I forgot about my kids, my wife, two relationships.

We forget what is important. But if we lose the connection with ourselves, then we start losing connection to everybody else. But Sam, I think right now we're doing this right.

And you know how you said, even if you help one person, and this is why you're putting the message out there, same thing here. The reason why I do the podcast, the reason I publish so much stuff, for me is I want to help the masses with their health and wellness needs.

Now, this what they got. People see you today who don't know your story or haven't met you But you weren't always where you're at on a financial standpoint and the success that you have in business nor your inner wealth has always been that way so part of that I want to talk about your Story because you an immigrant who started as a dishwasher to now you were just featured on Tommy G's YouTube channel as living in the life of a real estate billionaire, right so For me, it's like, people want to know that journey.

How did you even get there? Like, what was your discipline? And forget about the real estate stuff. You're a champ at Iron Man's, right? I've never done an Ironman before, you know?

You bike, and you swim. And you, even talk about how, yes you did those things, that you've won all these medals, but it was a form of sedation. But I want you to talk What was the motivation factor, right?

Of when you were a dishwasher and you came here, you didn't even speak the language to get to where you're at today because a lot of people struggle to even be motivated enough to actually go through what you went through.

You know, I, it was something in my head that I need to prove the world who I am, but When I, it was proving because all the struggles I had from the childhood of the not enoughness and, and just like whatever, no matter what I did, there was enough.

And suddenly I turned to be an adult and I moved to the United States. I was 21 years old and. there's impossible that I'm here. And same, I moved here and remember like I move here legally.

So it's not like, went through the border, it is not I have a green card, you know, and suddenly I knew I had access to all this stuff. I remember coming from Poland, from communist country where all the shelves were empty, there was nothing in the stores.

When I walked to the first supermarket, I was like, that's it, dude. You won the lottery. But I did lottery, I mean, my parents won, the green card lottery and that how I moved, but I truly knew I won a lottery but, and I told my father that I'm gonna retire quickly, then I never gonna have to work, gonna take care of this country, this, take of myself, am gonna be so successful, But everybody thought I am delusional, well I didn't, just really believe it because it was, it's the hit when I saw this I cannot waste this man.

Like I can't waste it. And you know what's funny? I look at my cousins because my cousin got here a lot like 10, 12 years. They took the United States for granted.

It's like that's what it has to be. To me it was like, are you kidding me? Like this is the shit. That's why I'm telling you, that what you remind me.

I never complain. You know, I was a dishwasher. My first day in the I arrived at 2 a.m., my godfather, thank God, walked me out at 7, go cut the grass in a house, the 8 o'clock took me to school, English second language, picked me up, went to the restaurant, washed the dishes, I got home at the next morning exactly the same day.

I didn't have a day off because the restaurant was open seven days. I have only day offs on Saturday and on Sunday because I don't go to school. And I still do the side jobs.

That's what it has to be. Right. and I never realized. Like I did not even dream about the success. but I always believe it. But I didn't know how, Sam.

I was like, but, I never ever complained. Wow. Like me swimming even in the swimming pool, like I've never complained that I have to swim like you know, five, 10K a day.

That's what it has to be. you know i mean i blame my parents i lost my childhood but what happened is this is the stuff that's why even we get older said like you no we can slow down now right right but we don't we know we all know what slowing down is and it's not that we are addicted to it this we like to evolve and we love the progress.

Because without progress, you're dying. And we as a man, we gotta share the message. It's like, and then I love those guys and because I was one of them, Sam, well, I deserve this.

I deserved this and I slowed down. Every time I slow down, i become miserable. i became depressed. it's shit, that I have no moral hangover that i don't do this stuff that is supposed to.

So that's why retired so many freaking times. I always came back, but I still did not do the work on myself until I hit really the first time, you know the story, when I had my ski accident in 2016, six months in hospital, 13 surgeries.

Yeah, I remember that. You almost lost your leg. But it's you. And you see even, look, and I'll hit the bottom then, And I have you next to mine. So you immediately connect me with all the recovery, with the stuff.

We got you, you got this. You know what I mean? And this was the first time I realized that there's something with me missing. Because there was a goal I couldn't…

The first I realize I had zero emotional intelligence. and fitness because I didn't know how to do with this mentally. You know what I mean? But because, you know, I have help, i have people around me, suddenly we found all the shortcuts, stem cells, IVs, acuproachers, the best, like which one is physical therapist, and the connections.

Suddenly I got kind of sedated in recovery. And two years later, when I recovered, I remember you saying, it's like, I don't even know what made my leg survive or everything.

I did everything, and really, you did. We were sending you to Eric's location. Dr. Willis was doing stuff for you. Dude, we were doing everything and people were like what did you do?

What was the one thing? I have no idea. Like people ask me even right now, like I never stopped. I just never stopped. And I always look for the new things.

You mentioned earlier that now you have purpose. Before, what was your purpose until you developed the true purpose? I was a dumb ass. Be rich, that's it.

That was your purpose. Make money. Yeah, be rich. But, you know, provide for my kids, provided for our family. And then my family got bigger because, remember, like all my employees and my business, there becomes my.

Family and just be there. This was my goal. Right. What happened is I got all. My goals are like even like, getting Ironman, finishing Iron Man, because then I wasn't enough.

because you know like everything like it goes on autopilot and then it's like well what next what's next and all the stuff that I was really missing it was inside me but I didn't have anybody to wake the fuck me up and it is like just stop chasing it just just work on yourself and I did have that And then, so then the ski accident came and after that, the divorce came.

And still, still like there's something I'm not happy about. So even look at the divorced, it's like the biggest, Divorce is a big thing, especially when you have kids.

For anybody, being married, divorce is very traumatic experience.

Failure, Recovery, and Faith

A lot of people broke financially during divorce because they first broke internally. Because what happens is you lose your identity. And what happened is when you start, like you kind of lose your stuff and you have all the

wounds and trauma because of the divorce, you know, your soul and your mind suddenly they don't connect and they'll operate, right?

And suddenly you make horrible all their decisions, financial decisions emotional decision, mental decision physical, decisions and then everything just crumbles.

But it's really us. Like if somebody just like, listen, You go through divorce, and people told me the process, the divorce guys. No, I don't believe you, man.

I'm different. Amyarik Tadla. Dude, everybody told, even like when the skin accident happens, a doctor told you told all the guys that you connect me with told no, Amiyar, like I am different, you know what I mean?

And we didn't listen. Right. And that's what happened. Well, I had all those people, but I did not listen to anybody. So I have to go through the pain like internally.

Right. Isn't it interesting how, how God, when you don't listen, God puts a lot of things in front of you and we tend to sometimes ignore it. But eventually God put one thing where he says, Hey, have been telling you.

Boom, right? Because for me, God is gonna give you that wake up call, and then that's where it's gonna be like, because if you depend on other people doing it, other are always gonna look out for you.

I got friends, family members that say, Go this path, because if you go this, you're gonna get robbed, and I still go that path where I'm gonna be robbed and then I get rob, right?

So, but God is gonna, God's gonna very clear. And when you don't listen and he's giving you multiple signs. So let's talk about that. I do wanna talk a little bit.

Yeah. Because it's very important. When you climbing the ladder, You think you are God. When you are financial, you think, and suddenly you lose the connection and you thing that you got this.

And then when something happens to you, like, suddenly, God, why me, where were you for the last five years? Because I reconnect like, you know, their faith because, of the Catholicism, like I'm blaming, all the stuff that is going on in the church.

So I was like nah, I don't believe in this stuff. Suddenly when I start breaking down, oh my God, why me? Why me. And it's like dude, i gave you so many chances, so may signals.

and you were like in La La Land. You thought you got this. You know, I do talk about a podcast a lot, on a lotta podcasts. You don't know every morning before I even open my eyes I pray to God and I'm like, sorry that I thought that got it.

that I didn't need you. Like this is my first, before I opened my eyes, like when I kind of like, Oh, I'm up. That's like because I, my, first prayer is before.

I even open my. Before I meditate, Before. And it's for years now. This is the first thing I say to God. like I I thought I got it and I put you, you know what I mean?

And when the faith came back, suddenly like all the doors and all, the help start coming out as like you don't mean, because sometimes we have to be completely broken and to kind of like reconnect again.

What do you say, if you're not humble with your faith, God will humble you, right? Yeah, yeah. He bring you to the knee. But it's not like, you know, just to show you.

I think you doing this to yourself. Right. Because you don't see, your conscious level is a lot lower, so you see all the stuff that's going around. And also like for me also was, I have zero empathy for myself.

So I was so harsh on myself that it also showed with connection with other people. And you know I take credit, I mean credit. I took ownership of that because I know there was a lot of shit, like a lotta stuff that I'm not proud of, that was going through my head.

You know what I means? From a scale of one to 10, 10 being very important, how important is faith? I think fate is everything. I tell you, right now, it's funny, if we had the conversation 10 years ago, I would not even mention this shit.

And now it was freaking everything, yeah, It's everything You know, I'll tell you, for me, when I first started working at the fire department, and I thought, you know nice job, paying a job.

I had my part-time gig on my days off. And I was making good money, early. At the age of 20 I making six figures already. There was something that when would drive to work I would sometimes get this feeling of almost like something was dead.

Like something's missing. But all my brothers and sisters, my parents, everybody was alive. And I found out that it was my connection with God, that I didn't have it at that point in time.

You know, I felt like I had everything else, you know making money, and I just felt something was missing. And at the point of time that actually started getting my connections with god again, i felt fulfilled.

And that's where I realized, and fortunately for me it was early on in my early 20s, that I realize that, you know what, I need God in life. Because that is the fulfillment, the connection that somebody that will always have with me, regardless of anybody else in the environment.

So I agree with you, it's extremely important. You know what helps also? I started meditating a lot, right? When I was struggling, when I think about suicide.

And I meditated a little bit. One of my friends told me, remember, God do whispers. but you never were freaking quiet. So now when you finally settle and you're quiet and kind of reset yourself, you know, hear those voices.

But I was never open to it. You know what I mean? I wasn't ever open, to hear his voice, listen. And the same thing, I never opened to love. Because I didn't love myself.

I don't know love is. Like I told you that when I met Jessica, my queen, and after a year, I felt love twice from you. And she started crying, like, what are you talking about?

What do you mean? And two years later, three years, five years. I'm like babe, if I didn't love myself, so even though I fell love from, you I couldn't receive your love because I don't know what love is.

Wow. And you know, it's like, so if anybody was listening is like dude, this is a podcast about, you being successful blah, blah. Without you, like your body is the most important thing.

Like this, is love yourself first. And this doesn't mean like it means be selfish. Take care of yourself, first, right? We talk about it, I think I did on your podcast too, about the oxygen in the plane.

I never believe in that. Everybody else first then me. now it's like me first you know so I can give the love to my wife to, my kids to everybody around me.

If you don't take care of yourself first, you're not going to be able to take, care somebody else. No because this is empty. how I'm gonna compete with Simta Hada, you know, with giving love if my bucket is empty.

I gotta fill my buckets so we can have. You gotta love yourself first. So it's very important and then everything else comes because then you can set the boundaries for yourself and from other people so you don't allow it in and you just give back.

The faith and the love, it is humongous. And connection, dude. Come on, without connection, it's like there's nothing, you know what I mean? COVID taught us that without a connection we cannot do anything.

And the Zoom share, this doesn't work, man. The exchange energy has got to be like right now we're sitting and we feel… You know, after COVID, everybody went remote.

We got a corporate office space. Yeah, that's what we did. So to build more of that connection. You're a mental health advocate. You weren't always a mental health advocate.

And you published your first book, Not Enoughness, The Gift and the Cursed. What is your purpose today? You know what, the biggest purpose is to help men and women to understand that we are born with everything within us, and we don't have to chase anything outside to get a validation that, we're worthy, that are enough, love.

And because the game will usually, to outside sources for validation, it will never work. Because there's always somebody, there is always bullies, There's also somebody who will not treat you like shit.

There is also someone who is going to ruin your day. And to find the love within and the inner wealth, like you know, we talk about it a lot right now.

The inner world is the other world. Right. Because it's funny, a lot of successful people, I tell you. Because there are very wealthy people. Celebrities and very wealth people that are all in therapy, they're all suicidal.

Purpose, Mental Health, and Inner Wealth

Like, you know, how many celebrities killed themselves and how their suicides, and they have everything. But they didn't have what is important. And I almost lost the battle with the voices as well.

Right. You know, we are the most important. What we is within us. And that's my goal. To people bring that awareness to it. I want to talk about it and because you are a man, it doesn't mean that you're weaker than that.

i think you a lot fucking stronger by talking about and telling what the issue is than just hiding and just pretending like nothing happened and then go to the bar or close yourself with the man cave and have a drink.

It's like I got this. I want the world, I wanna bring the awareness to it because we all have the inner voices and being able to talk about it and open up and just bring awareness, it's an issue.

Because we talk a lot about health, we're connected on health. But health is not only physical health or when you get sick. You know, the health is like being proactive.

Proactive. And I talk about, you know. It's mental health. Its emotional health, its physical health it is financial health its spiritual health and all this stuff that is important, it's health Like the world ends with health, so it's all health.

So it is all connected. Like I could not be here. I would not have all this energy if I did not get all the help. The wealthier you get, the more connection you have and you bring more resources to the table.

You know, you're responsible, I gotta live 120, 140, so you better. You're accountable and accountable. And accountable, there you go. Both of them, right?

Both. Yeah, 150, that means I got to live to 100 and something or something. So when we talk about inner wealth, You brought up something that's very important, is when you talk about inner wealth, it's not just loving yourself.

So there is different things that you have to focus on. And this is something I learned from you bringing me to the summit with the Edge. In the brotherhood, Raul talks about this all the time.

You gotta have faith, which is your being. Then you gotta the bond in your relationships. your business, right? And

then your body, am I missing one? Yeah, and then you're body.

So, which, you are big on all of them. Obviously we got a lot of health and wellness enthusiasts listening to the podcast. Let's talk about what you do for your buddy.

I listen to you. You better listen. No, but you know what happened is, I just want to, do you what is important? Not only I listen to you, I'm listening to people like, you know, that you bring to my Bible, but I live it.

You know? It's like… I always tell people, like when I go to… like I don't go church, right? You now, go Bible study. I read the Bible. But if I got to church…

So what happened is, it's not like okay, went to the church for an hour and now for the next six days and 23 hours, i'm going to be a douchebag. I take the Bible study or the like from the bible study right and I live it for the next six hours like you know six six days 23 hours the same thing when I when i go to the gym it's not like oh I went to The gym so I'm good for The next 23 Hours like I go through everything like You and i we talk about what is important for?

The minerals vitamins you Know nutrition all the stuff is very important and educate myself and look for more so i live all this stuff Oh, no, because, you know, I have the same thing like, when you have a coach, right, or let's say Tony Robbins or Raul, like Edge, we always talk about it.

You cannot just go to Edge to event the leadership once a year and then live your life. Well, it did it! No, you got to implement all this stuff for the rest of your life and through every hour, every minute.

So what happened is the implementation of the knowledge and all the resources that we have. How many people have a bike in the garage and they don't use the bike or want a And then who's the bike, right?

So we have all the tools and and that's The mindset with that is where the mindset comes. We use it. Right. Yeah, we use that. You know what I mean? We used it and we constantly, you know, grind and it doesn't matter.

I'm 52 years old. It's funny. Today, Jessica will look in the pictures and she's like, You look younger than 17 years ago. You look in the best shape of your life.

Yeah, you really are. And the thing is, it's like when… I'm the one-digit body fat because of you. We take some supplements, we know what is the better, peptides and all this stuff.

So I have access to it. and you know what is, hey, that's a new problem. Every time I see something, you text it over to me. I'm like, Sam, what do you think?

Is it fake, is it this? I am reading in a book that is like… But not everybody's got access to the resources like I do, like even with you. It's lot easier, I can go read about it for a week or two weeks or I could just text Sam.

And Sam's gonna do… You're gonna send to doctors and he'll figure it out. Yeah, but this is the thing. I'm a health and wellness expert. You're not, right?

I am here to coach you through the health of wellness side. But you still are very passionate about it. Where you even go, you have the OroRing to manage your data.

The glucose monitor device. I don't wait for you to tell me, I also tell you what I find out. So I do extra. Chris always say, Chris, my personal trainer.

It's like I go to the gym, but then I make sure I put the right foods, like the glucose monitor, the sugar. I don't do sugars right now. This happened by accident.

It is not like, well, I have to quit sugar, you know, we did the work and I saw the monitor. So the results are like shit,

this doesn't work. Yeah, put I consume a lot of sugar excuse me, a a food that doesn' t serve me.

And especially if I want to live so long, and have all the energy level, then i don' want do that. and then, i see the because I saw the monitor and I sort of oral.

So like all those information connected because we began, I'm jumping between the subject. When all the information is connected, then we know that then my energy drops.

Okay, am reading it. And then you and you also let me help get the the data and analyze this data. That's how we do the testing with the blood. We have access, you guys, not me, and this industry is, And I'm not selling you on Le Quavita, but I am.

It's unbelievable. Can you imagine having this shit 10, 20, 30 years ago? That didn't exist. And you guys are getting better and better. It's like, you know, I went to your conference, the Boston, it's just like you guys trying to get better.

What is the next level? What are the new things that we're going to look for? And now the athletes, their industry is like unfreaking believable. And I know that you're helping so many people.

But see, all of these things tie in together, right? And even, you also utilize, I use it too, brain tap, guided meditation. So it's like, when you start looking at taking care of your health, your inner wealth, sorry, and you started looking these different things, to your body, being, mental health.

Everything. You start utilizing these tools that are readily available And that's how you build that inner wealth, right? And, that what's most important.

And your purpose is unbelievable. The reason we talk about the inner world, while I'm so deep on it, because I just want to make sure that the soon as you realize and you feel it that life happened from inside out, not from outside in, you set for life.

Right. So it's just like do their work. But a lot of people are like, what do you mean do the work? They don't know what it means to do work, you know, I mean, like what I'm mean?

Meditate, call plugs, just do all of it, and at the same time, get the like supplements, to get all this stuff. Know your body, know your data, do that test.

It's not like we were like you got a good physical once a year. that shit is over man like come on dude this was like 10 years ago now you really can know everything and that's the health that you know i mean and everything else because suddenly when you have energy okay and you want to do stuff and then you kind of like then you figure, you're finding the, and you know what, mostly the like even the brain type and now the Brain Mapping, your brain works better.

So what happened, You present in the moment, which is huge of being, right? You're present at the in a moment and ask better questions, better quality questions and figure out more stuff that is important.

And this is never ending game. Then you finding people better and better people that help you out to get to the whatever stuff you wanna do. You know, it's so important.

So important daddy You're making things happen. What's the next big thing for yadda? I want people And I'm not I not a monk or not. I know the Buddha.

None of those guys none of these things. Ah, I just want to Connect with as many people and connect with society open up the eyes about awareness of the struggles, mental and emotional struggle.

And I want to bring awareness and to how important emotional intelligence is, because nobody talks about it.

emotional intelligence, knowing how to deal with this, you know, know that our mind is the biggest gift and also is our biggest curse.

Health, Biohacking, and Final Advice

Knowing how do deal that and how we use it is biggest thing. And I really want to know because I went till I was 44 years old and I don't know how I've went through life with zero, zero.

My IQ was maybe high but my EQ, my emotional intelligent was like zero And I wanna bring awareness because when your emotional intelligence get higher, because everybody goes to the gym, physical fitness, but nobody talks still about emotional fitness.

How do I train, how do let something happen? How to deal with these issues? Why do get triggered? What is the best way to approach this issue so it's like I have different perspective?

You know, stepping out of your body and being able to give yourself advice. I always say like, you know during meditation, I can step out my body, and be a witness or observer.

How does Yarek Tadla want to serve this world? What is the best way? without all the garbage and all this, all these stuff that, you know, perspective, the old perspective that you are, but based on Jarek Tadla story, what about like Sam's story or what, about, Dr.

Astor or Tony Robbins or Raul or, I mean, how? Using those and being able to use this. So for me, bringing that awareness to emotional intelligence too, to reduce as much possible anxiety, depression, suicides.

To me, it's big. because it's like also it dealing with the problems is gonna be a lot easier because I even like right now we talk about it like I always wanna give my kids I wanna leave legacy after Yarek Tadla the only thing I want to leave was inheritance you know all the real estate all this money thing that is not important but my kid's being now 20, 21, 18 and 14 and 12 you how much emotional intelligence they need and you cannot be taught this in school Sam, this is for me, it's huge.

Because you can have the most successful, you're gonna have a doctor who's got 10 PhDs and zero emotional intelligence. So to me this message is huge and how do we train the brain mapping and the emotional fitness because nobody talks about the fitness.

When I say fitness, people think about what? The gym, bike, RMS, sports. What about this one? Why are we still not talking about it? You and I, we talked about for years.

It's like Sam, I need something for the brain. I don't need this fogness. For years, like we have those sprayers. We have different peptides. Now it's the NED plus.

the NED+, like all this stuff is, so it brings us the awareness and let us deal with the issues. So we're not foggy, we are not tired, We're sharp and we know how to make decisions.

Because the decisions in the most difficult, because the more you grow and the higher level you go in any whatever sports or in anything you do, you need your mind being 120%. That's the truth.

Because our mind controls our body, our minds controls everything else that's going on. And that is my biggest thing. I love that, man. That is a strong purpose.

As we wrap up here, if out of the listeners that we have, regardless if it's one of consumers that participates in a lot of health and wellness and biohacking stuff that the industry does, or one the doctors, they are all human beings.

Out of all the listener on this podcast, someone is struggling and someone's connecting with your message. If you can leave them with just one thing, what is it?

Thank you for saying that. You know, whatever you're struggling with, or whoever is listening to, It just, please remember you're not alone. And before you make any decisions that like before, like, you know, I almost made a stupid decision and, and kill myself before.

You make it any decision, Please. please reach out to somebody, or even if you don't want to reach because you're going to say, and I know what you are going say is like, I have nothing to, say I've no.

Share your story to someone else who is also struggling. There's different people that have a lot more stuff to do and just share your stories. Don't be selfish.

Just share you story. And you will know that you matter and you important. I now we have 8 billion people in this society, but One person, one story can change another story's life.

So don't be selfish, share your story and tell how bad you're struggling and what you are dealing with. That's the only thing I would ask for. Just don' t be selfi s.

Share the story with somebody else and we'll make a difference. In 24 hours, what do you think is important? And I know the voices because the devils and demons won with me quite a few times.

It will not be matter. And when you figure out you can help somebody else, it will. You know, and people do care. Because I was like, nobody want to listen to me.

Who want listen me? It's just, you know, just one person sharing the story. Amazing. That's it. I really do appreciate that. Yadig, if people want to find you or get the book, how do they find Instagram?

Instagram, that's, I mean, find me anywhere on social media. You probably won't do the podcast you're going to do. Or you can just Google Yaddick. Oh, yeah, there's quite a few things.

So usually the good things, so Google it, but on the Instagram does the best way. And that amazing. Brother, I appreciate it. You know, it was a pleasure having you on the podcast.

So guys, make sure you get his book. I got the links, everything down here below. Make sure. Like you follow, comment, share it, do all of the fun stuff.

Thank you for listening to another episode of a healthy point of view podcast again.