

THE MODEL HEALTH SHOW

The Model Health Show with Shawn Stevenson Session #90

Show notes at: <http://www.theshawnstevensonmodel.com/90>

Announcer: This podcast of The Model Health Show is presented to you by Shawn Stevenson with Rare Gem Productions. For more information visit <http://www.theshawnstevensonmodel.com>.

Shawn Stevenson: Welcome to The Model Health Show, this is fitness and nutrition expert, Shawn Stevenson, here with my beautiful cohost and producer, Jade Harrell. What's up Jade?

Jade: What's up Shawn?

Shawn: How are you doing today?

Jade: Suprumbles.

Shawn: What is that?

Jade: I'm suprumbles today. I am super humbled today by our guest that we have.

Shawn: Yes, yes. Awesome. We have a guest in studio today, absolutely amazing.

Jade: He's awesome.

Shawn: He's an amazing human being.

Jade: Yes. He's like walking peace.

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Shawn: Walking peace. That's a powerful statement. In talking about The Model Health Show, often times we are sharing incredible insights about how to work out, how to up your nutrition game, but we also need to understand we need to work in. Your internal environment and internal health, your inner game, is what's really going to determine your position in life and whether or not you are going to apply the things that you learn for the outer world.

We've got to have strategies for that. This individual is going to bring some great insights and help us kind of dive into that world and walk away transformed. That's what I'm looking forward to, transformation day, baby!

Jade: That's right, turn up the volume.

Shawn: But first, let's give a great big shout out to our show sponsor, onnit.com.

Jade: Shout out.

Shawn: Head over to <http://www.onnit.com/model> for 10% off your health and human performance supplements. We are huge fans of the Hemp FORCE protein.

Jade: That's where I get all of mine.

Shawn: Choco-maca.

Jade: That's me.

Shawn: The chocolate and the maca, the adaptogens, the incredible things found in the chocolate; the anandamide AKA the bliss chemical. That's in chocolate baby.

Jade: Chocolate'.

Shawn: We've got tryptophan, the precursor to serotonin. It makes you feel good. That's why people are drawn to chocolate. But make sure you get the

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good stuff, not the stuff that's been fried, dyed, dried, tripped up and tripped into some sugar, which was a recreational drug back in the day.

Jade: Still is. It's still popular.

Shawn: They've also got the vanilla acai which is my favorite flavor. But the reason we enjoy it is not the fact that it tastes great.

Jade: It does.

Shawn: That is a nice parenthesis but the fact is it is the most bioavailable protein for the human body. It is high in edestin and albumin which are two soft, globular proteins. It is very, very digestible. They are water soluble and you are made mostly of what?

Jade: I am water.

Shawn: Water, my friend. So it is very digestible and feels good in your body. This is why we love that protein. We are huge fans of that.

We also love, SHROOM Tech. Let me tell you about SHROOM Tech Immune. My son goes to this awesome Waldorf School. He is three years old and today I was dropping him off. He told me, "We're making bread today."

He can make bread. I can't make bread. I'm not a big fan of bread but to see this act. Little kids are knitting stuff and making socks. I can barely take care of myself when I compare myself to what these kids are learning.

Jade: That's why we need that.

Shawn: They just sent out an email because there is a pretty tough virus going around attached to some ugly coughs; so it's sort of like a werewolf virus.

Jade: And it's airborne.

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Shawn: Yes! So they sent out a notice because even some of the teachers got hit. But my son is A-OK. He hasn't been fazed by it. It's because pretty much everyday we are opening up a capsule of SHROOM Tech Immune and putting it into his little superfood shake. It has just become a part of his life. What it is, there is a 300% increase (according to research) in your NK cells.

These are your natural killer cells. They are basically your biological entities that create weapons against anything you're faced with.

Jade: Nice.

Shawn: It makes your immune system hyper intelligent, basically. It's so powerful and is based off of chaga mushroom. There is so much incredible data to back this up. It is absolutely wonderful stuff. It has a resonance with the human body.

Some people might wonder if it's okay to give it to their kids. This has been given to kids for thousands of years. Cocoa Krispies have it. But we give that to our kids.

Jade: Freely and willingly.

Shawn: We question these things and worry about it. But absolutely, this is the stuff to give your kids. This is the stuff to put in their bodies. It's delivered in a way that is fun so that he gets his little smoothie in his little cup every day. It helps to really fortify the immune system. It's an immunomodulator. It can help to up the immune system if it needs to or it can bring it down. It has intelligence.

Jade: It does. That's what we use.

Shawn: Check it out, SHROOM Tech Immune. It is powerful stuff to have in your cabinet. So definitely had over and check out <http://www.onnit.com/model> for 10% off your supplements.

Now let's get into the iTunes review of the week.

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Jade: Another five-star rating, Shawn. This one is really sweet. It's from Judys070:

"Each time I listen to your podcast I learn and grow. Thank you so much. I have listened to many of the health-oriented podcasters and yours stands out in quality of material, your interpretations, your kindness, and humility."

Shawn: Wow, thank you. You hit me there at the end. Thank you so much.

Jade: That is true.

Shawn: Thank you for acknowledging that in me. This is why we do what we do. Hopefully people can pick up that subtle energy that I really do care. This isn't just about me. This is about all of us and becoming the best version of ourselves.

Jade: They most certainly do pick it up, Shawn. Over one million downloads.

Shawn: That's the word. It's incredible. We can't even fathom that.

Jade: One million anything.

Shawn: That's so powerful.

Jade: Think of anything as a million.

Shawn: Thank you everybody, because without you guys listening to the show and applying this stuff and sharing it with the people you care about, we couldn't have reached this point. So I just want to give a huge shout out to you. I have so much gratitude, especially for leaving these reviews on iTunes because it helps to get the word out there. Thank you so much.

Jade: I love it.

Shawn: Now let's get into our topic of the day and our special guest.

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Jade: Welcome, welcome!

Shawn: Our guest today is The Prince EA. He is here in studio. This individual really struck me as somebody (and I don't use this word lightly) an enlightened individual. He is somebody who is taking a lot of the ancient wisdom and is packaging it in a way that is digestible by our people today.

It's not just that this is some airy fairy thing. The numbers don't lie. Recently he has really just kind of exploded online. He is a huge sensation on YouTube. I highly encourage people to go and check out his YouTube channel. It will really help to bring more fulfillment to your life, for sure.

Jade: Absolutely. I subscribed immediately.

Shawn: He is basically like a boy band now going on tour, cloud hopping place to place. He is in high demand and everybody is going to understand why today. So I'd like to welcome to The Model Health Show Prince EA.

Prince EA: What a beautiful introduction. Thank you, I'm glad to be here, Shawn and Jade. Thank you guys for having me.

Shawn: Hey man, it's my pleasure. I'm really curious. What got you interested in sharing your message in this capacity? What really hit you and hit your spirit to go from where you were a few years ago to wanting to share this message of personal growth and packaging it up in this way to share it with everybody? What inspired you to do that?

Prince EA: There have been a couple of transitions in my musical career. I've been rapping for about seven years and in the very beginning I was very punch line driven. I was very stereotypical, prototypical mainstream talking about cars I never drove, cars I never had. You know, things like that. But I was still very lyrical. Fast forward a couple of years, I came into contact with some conscious hip hop artists, guys like Immortal Technique, a guy named Canibus, Ras Kass, these guys who have put everything from science to geopolitics and spirituality inside of their rhymes embedded onto these dope beats. It just totally changed my life.

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Not only did I grow academically as a human being but I also wanted to do what they were doing. I wanted to become a rapper and say what they were saying. Like these guys, I was very political. I was very outspoken and sensational.

Fast forward to maybe a year ago, I came into contact with some other very profound writers like the Buddha, Wayne Dyer, the Krishna, the Liuzhou and a lot of these guys that had amazing punch lines just like the other rappers did. They really touch my heart and I thought these guys were simplifying the message in a way that just totally transformed me. It made me a lot more peaceful.

So I just wanted to share that with others. The delivery method that I was using, rap and the spoken word, is what I used to implant it. It is an easy form of communication and I've had a lot of success with it.

Jade: Yes. Most certainly.

Shawn: Indeed. Again, numbers don't lie. Results speak for themselves. We've had a couple of conversations and what's so impressive about you is the fact that you really understand that if this kind of explosion were to have happened a few years ago, as you told me, the course would have been a lot different in how you responded to things.

We both kind of have this same agreement that life really qualifies you. Life qualifies you to be able to handle the things you are faced with. Often times people get caught up in this idea when they are hit with a negative situation and are asking, "Why me." What do you say to somebody like that?

Prince EA: There is an old saying, "Life doesn't happen to you, it happens for you." We all have the responsibility to take the messages. It is pretty clear we live in a psychophysical world. The world is largely how we see it and how we view it. It is thought. All perspectives, our past, is constantly influencing the present and how we are seeing things today.

If we change the way we look at things then the things in themselves that we look at will change.

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Shawn: Absolutely.

Prince EA: The power is within us and that's what I tell people. I just want to show people the potential that might be buried deep inside of them; it was always there.

Shawn: I wrote about this a few years ago, probably seven years ago now, in my first book. Just having this understanding and kind of an epiphany that, of the billions of people on the planet, no two people see things the same way. Every single person has a unique perspective that is colored with their own unique experience.

We have these invisible shades on, kind of like a kaleidoscope, and the way we see things is totally different from the next person. The example I give is we are both standing on a corner and we see an old beat up 1969 Mustang pull up. You may think of it as an eyesore, something that isn't looking too good. You may feel a bit annoyed and walk away from the situation feeling annoyed.

I might be a car buff and look at it as if it was a thing a beauty. I am inspired. We see the same exact thing with two totally different perspectives. The energy we generate from that is totally different. This is going on all the time. So it is so powerful to understand that it is really based on your perception. Here's the great news, you have the power to change that. You can change your perception like that.

On that note, are there any practices that you have yourself or any insights that you can share to possibly help people change their perspective.

Prince EA: Meditation is big for me. I don't necessarily get into the lotus posture for 80 minutes eight times a day. But I am constantly in the present moment and constantly aware that I am in my body. I do walking meditations a lot. [Tech Nhat Hanh](#) is a good name for people to look up. He advocates walking meditation and to kiss the earth with every step.

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That loving kindness just feels so good when you are in the present moment and you are not thinking about the future and not thinking about the past. You are only concerned with the now because the now is really all there is. It is all there ever is. Nobody has ever experienced the future. You can only experience the now.

Shawn: What about Michael J. Fox?

(laughter)

Prince EA: Did you see the meme on Facebook with Michael J. Fox? He went back to the future to 2015. The clothes were different and they were like, "Oh, this is what we were supposed to look like?"

Shawn: My son and his cousin were over at our house and were trying to find a way to order the shoes from Back To The Future that they were wearing in the future. They came out this week.

Somebody also sent me a link recently, our amazing transcriptionist who is wondering why I am talking about her. She sent a link to the Hoverboard. There was a hoax video but then there is a real one with Tony Hawk. It hovers maybe a centimeter above the ground but it is hovering.

Jade: It's hovering.

Shawn: It's so powerful. Then, of course, on YouTube you see the huge distinction in the comments of people saying it is stupid and then somebody else asks why they are looking at the negative. Think about the engineering and the technology and creative insight it took to create this entity. But you know, YouTube can be a whole different thing where people show up to express their closet personality. And this is something I want to talk about.

Jade: Yeah, your world out there.

Shawn: You did a great piece about [haters](#).

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Jade: Several great pieces.

Shawn: Let's talk a little bit about that because a lot of people in their own lives, even if they are not "celebrity", are a star in their own life. They are the starring actor but might often not understand they are a supporting actor.

First of all, I want people to step up and be the star in their own movie. Second of all, when the star is getting some haterade thrown at them, how should people approach dealing with haters?

Jade: And share a little bit about the piece if folks haven't seen it to kind of set up what we are talking about.

Prince EA: I forget about the videos I do but I think the point I am out to make is what I said in the video. The best armor is compassion. When you begin to look at a hater compassionately they are not even a hater anymore. They are just a person with some type of inner turmoil.

A lot of times the problem isn't even you, it's something else.

Shawn: Absolutely.

Prince EA: For me, I like to put myself in people's shoes a lot. What would make me write an angry comment? I've got to be upset about the world and upset about my life to do that. When you really step back and put yourself in their shoes it just allows you to have a peace of mind and a freedom so that you are not as affected by the haters.

I tell you what, man. If you are successful and have millions of hits you are going to get racist comments. I've heard it all. I've seen it all. At this point I think I've developed a thick enough skin where it doesn't affect me. But I still have to come back to that compassion strategy.

People write some hurtful stuff. The cyber bullying is an issue today.

Shawn: Wow. Okay.

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Jade: That's powerful.

Shawn: Man, what you just said is so valuable and so insightful. The reason I wanted to bring this up, some people may think haters aren't an issue with their life because it's a label. But a lot of individuals are not doing things they are passionate about with their life because they are worried about what other people are going to say and what other people are going to think.

That hater could be the person that loves them the most. It could be their mom saying they need to get a safe job (there's no such thing anymore), you need to go to school and get a degree. Maybe they are really passionate about music and really passionate about dancing or teaching or whatever the case may be.

Understanding that to really free yourself from that worry and concern about the "hater" is addressing how you respond to it. Compassion is so powerful. Compassion is a practice, in my experience. A lot of times when people hear that they may think it's sympathy.

Sympathy is, "I feel how you feel." It can be a pretty low energy because you are right there in the thick of things with someone, which is great for some aspects. But to rise above that another couple of levels is compassion where you understand how someone feels but not feel that way.

You are not debilitated so then you wonder, "How can I serve?" Now you can do something with that. It is so powerful to bring that up and to practice compassion and really, like you said, put yourself in the other person's position.

I've had this happen so many times. Actually, it's really interesting because some people have messaged me and asked me about this, how do I deal with it? I honestly don't see it that much. I think it's a part of my character where confrontational energy really doesn't get thrown my way. But every now and then I will get an email of somebody ranting about how I should have said something about a specific cancer study and asking why I am so focused on GMOs, what about this, this, and this.

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I understood that this person is probably having a tough day. The individual is probably frustrated because he cares to even talk about this and that there is some other issue that can help. He cares. So I responded that way. I see that you care and respect you for that so much even though you called me whatever.

When I get that kind of response I see that person cares. The person is a sentient being who has value. Let me point it back to him and tell him I see him, I understand. Often times what people really want is to feel they have been seen and heard.

Coming back with my response and talking a little bit about my perspective, just a little bit, so they can see where I am coming from, the messages I get back are immediately, "I'm so sorry, I was having a bad day." Then they tell me they have been up all night, their grandmother is in the hospital.

I could have come on the attack on the defense if I had wanted to at all. You know how it is, once the volume outreaches our bandwidth you can't even reply to this stuff so you just pass it right off. But if you are paying attention and are compassionate enough I felt like I needed to reply to this. It might have made a transformation to somebody's life just taking time to do that.

One of the things I mentioned very briefly was labels. You've got some interesting perspective about labels. Let's talk a little bit about that.

Prince EA: Names. We name everything and I honestly think when you divest all of the complexities of discord amongst humans I think it comes down to labels like black/white, I'm here/you're there, I'm this/you're that.

Anytime you have a name or label you have an inherent division and the division inherently causes conflict and the conflict will inevitably cause wars. That's it. It's the names, the things we call ourselves. There is an old saying, "Everybody is fighting over what is untrue because what is true is indisputable."

I think what we really are is none of these labels. What we are is unnamable. It's peace and it's not until we see that within ourselves that we can see that in other human beings and other beings.

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Jade: Other beings altogether.

Shawn: I shared this with you before when we talked about my mother-in-law. Jade...

Jade: Loves her.

Shawn: Yeah. My mother-in-law as some people say. This woman is just beyond words, what she has gone through herself and just developing her character, to even influence a person like me who is very strong in my intention and my view and perspective.

First, I want to give a shout out to the women dealing with hard-headed men in the world because we have a tendency to think we know everything.

Jade: I so appreciate that.

Shawn: We have a tendency to not really like to be told what to do. I don't think she knew this consciously but her approach with me was really no approach, just being herself and being around me and asking questions instead of telling me what to do. One of the things she said to me, and why I'm even bringing this whole thing up, she was the first person I heard say, "When you label me you negate me."

As soon as you slap a label onto somebody you are putting them into a box and it's very difficult for you to see outside that box. What we talked about on the show here before is that we often times label ourselves by what we don't do. So as soon as you label yourself as a vegetarian, I am labeling myself by something I don't do.

So we immediately have this negative connotation and this push back in life against people who do that thing. Immediately there is a line drawn in the sand. That can be helpful in some areas of growth but at some point it is going to cause frustration and a battle, for sure.

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Jade: And that's the full scope, the full gamut of labels, whether they are positive or negative. You can certainly relate to this when you talk about something negative or something definitive like, "I am a such and such or so and so."

A great example came from Ava DuVernay, a director of the movie Selma, who said she began her journey by just telling the story she wanted to tell in any means, any medium she wanted to. Then it all manifested from there. So she wasn't just a director, which would be a positive label. She could say, "I directed a major motion picture with a major studio on a major budget with major actors."

But even then, she said she didn't want that. She didn't want to be the first person, first African-American female to have been elected to that position. She wants to create...however that manifests. She keeps it open to what she may become.

Prince EA: Beautiful. When you define yourself you confine yourself inevitably. Raven Simone, you remember the interview.

Jade: Oh she got pushback on that. Talk about it.

Prince EA: She said she didn't want to be labeled African-American, just American. I say why any label? What were we before we were told what we were? What were we before the labels? I might hurt a lot of people but I didn't come out of the womb saying, "Hey, I'm black." I was told I was black. I was told these things.

It is a part of me but it is not me. How silly would it be to define my totality by a single part. When I get into my car I'm not my car. When I go into this body and move it around I'm not my body. It is my body, MY body. It's part of me but it's not me. I think that is the biggest question a human being can ask themselves is "Who am I?"

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Who am I beyond all the labels. Who were you before your mother, the media, or school told you what you were. Figure that out through meditation. You can't even name it. It's unnamable. You can't know it but you can be it.

Shawn: I love it, man. This reminds me again of my mother-in-law. In Kenya she actually went to the Maharishi school for meditation 30 years ago. She is decades in the game and works on herself, her inner world. She taught a meditation class and my wife attended it. My wife has been meditating since she was two. My three-year-old son meditates.

More recently, maybe nine years ago, my wife went to a meditation class. We were just getting together. It was kind of weird, I was going to do some meditation but I had no concept of what that even was. She had the audacity to call me. She said, "I know you might think this is weird but you have to do this."

I said, "okay" because I liked her a lot. It wasn't even a big deal. But I was really interested in growing myself. She knew that about me and I saw this as a means to help make that happen.

So she had this meditation class. The first question she asked when all of the students were sitting around was "who are you?"

We were going around the room and everybody was literally just defining themselves. I know she was thinking in her head, "silly humans."

Everyone was literally saying they were a father, a teacher.

Jade: Honorable.

Shawn: Right. But they were kind of missing the point. It got around to this kid who was maybe ten years old. He had probably the most profound answer, which was close enough when he said, "I'm me" and that was it.

Jade: He's so deep. From the mouths of babes.

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Shawn: What we were doing was separating ourselves from our potential by boxing ourselves in. So this is great for communication but we need to free ourselves mentally to expand our capacity.

Prince EA: It's our attachments to the labels. I think all of the labels are ideas of who we are. They are not who we are. We've confused the idea of who we are with who we actually are. There is a book that ten year old may have read called [Who Am I](#) by a guy named Ramana Maharshi. There is another book by a guy named Poonja, [The Truth Is](#). The fact is the truth is what? The truth IS.

Shawn: It just is.

Jade: It is. I guess one of the things I would want to know from you, you talked about kissing the earth with your feet. We do have to live on this earth and be in and around other earthlings, as they may be defined themselves. How do you navigate that knowing with the knowledge you have (and Shawn, you can answer this too because you deal with it everyday) now that you have come into greater consciousness?

Prince EA: It becomes much easier. When Buddha was asked what happened when he got enlightened he said, "nothing." You chop wood the exactly same way but you do it with a presence and I think that these understandings and realizations have given me more presence and the ability to step back from society to deconstruct a lot of the norms and the labels that have been put onto me and to live.

I don't think spirituality is a metaphysical airy concept. I think it is just seeing what is and seeing the truth. The truth is if you wake up and you have to go to school and you wake your sister up because she's got to go to school and she is upset you feel bad about it and then you realize she was coughing last night and maybe she is sick.

That compassion we just talked about is seeing what it. This is compassion. Compassion is seeing what is as spirituality.

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Shawn: It really goes back, for me, to being in that room that first day with my mother-in-love. She needs to listen to this episode.

Jade: She's going to love this episode. I was going to say, I am going to send this special to her.

Shawn: This is something powerful because she's dealing with a man again, my man brain. It was very helpful for me to know the benefit I was getting from meditation. She went through that first and some of the science. We are using modern technology to identify what our ancestors already knew.

The electromagnetic energy radiating from our brains expands beyond our actual solid head a few feet but the energy emanating from our hearts is like 50% bigger. It's so much bigger. We talked about this [Heart Math Institute](#) (we'll put it in the show notes) and their magnetoencephalogram that actually measures the energy field radiating from the human heart. You can see it.

But we can only see the spectrum that we operate in this human plane. I understand there is a lot more there. There is a lot more texture and a lot more context. So with her dealing with a man and getting to my man brain, I was IN.

The thing is, once you get "in" you do the practice and it changes you. I knew as soon as he started talking he was "it." You don't need to do meditation, it starts to become you and your life. For me personally, I'm going to share this because I don't know if I've shared this before, the meditation she taught me was for the anahata chakra, the heart meditation.

Come to find out I am a heart-based individual. I thought I was a smart guy in the head. This is what changed me. We went through meditations for all of the different chakras and this was kind of strange to me.

Jade: At first.

Shawn: But there was a lot of scientific documentation on the effectiveness of this stuff. Even the ayurvedic system and looking at the chakras, this lined up with certain glands of the body. I wanted to know how they knew this.

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Doing this particular meditation, to basically open the heart, transformed me because my heart had been kind of closed off over the years of experiencing the life that I have and losing connection with myself.

When that connection happened I fell in love. This meditation practice created this space in me that I was no longer in constant reaction. I was now in response to life. Responsibility is your ability to respond. That became my modus operandi in life and it was all because of doing the practice. Then it becomes who you are.

Jade: I wanted us to go back and talk about deconstructing the norms. You have a wonderful piece that's really taken off on YouTube. It is funny that we're on YouTube listening to getting off of YouTube and the other social media. Go into that some more because you use this as a tool but then you are saying to push back and pull back from it for some very compelling reasons.

Prince EA: The piece is called, "[Can We Autocorrect Humanity?](#)"

Jade: I love that.

Prince EA: I released it late last year. It blew up and got about 10 million views on YouTube and 50 million on Facebook or some crazy number like that. I am essentially talking about how we should stay consumers and not be consumed by the technology that we use.

I have personal experience with going into places and being on my cell phone to not be contacted by other humans around. You question what you are really doing. That inspired me to write the piece.

Jade: There was an experience that made you realize it and that resonated with you?

Prince EA: It was just overall. I touch on things that are relatable and try to help people. The piece was really about presence at the end of the day. It wasn't about assassinating Mark Zuckerberg or throwing your cell phone out the

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window. It was about being in the present moment because you honestly don't need a cell phone to distract you.

You can be having a conversation with somebody and your mind can be in the past or future. That is enough distractions. I was just saying that with human interaction we have to bring our minds back to our bodies and engage because it is beautiful.

Jade: Why do you think it took hold of so many?

Prince EA: It is so pervasive. We all can relate to it. We can all go out to a restaurant and see a couple where one partner is on the cell phone while the other one is eating. It's just everywhere. It permeates the culture. Technology is shoved down our throats. There is something new out every couple of months.

Jade: We don't seem to mind plugging up to that fire hose and taking it all in. You did it lyrically so even if we never saw the video it was powerful imagery. But then you really captured it in the videos.

Prince EA: Yeah, I like creating audio-visual pieces. You were talking about being holistic. That's it. We are all of these things. I think some people interpret things auditorially. Some people are visual and learn kinesthetically. I can't capture the touch through a screen but I might be able to get close.

That's what I do, I create content that potentially galvanizes people to make positive change within themselves. I was very blessed. Pit Bull tweeted about it, the Osbournes, it was on the Queen Latifah Show. It just totally took off.

Shawn: Powerful.

Jade: That's very powerful. That's in the show notes, right?

Shawn: Of course. What we're blending together is the ancient old and brand new and not trying to go back in time to when we didn't have these things because it is.

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Prince EA: It is.

Shawn: It's cultivating a positive relationship with this stuff. But more so, having a positive relationship with you. It is so powerful when you see two people connect. I really feel that's an innate driving force for us. We want to be seen. We want to feel like we are significant.

When you can actually be there and make somebody feel significant it's powerful. It's transformational. And it's very difficult to do if our head is always down in the phone. Not that I don't love my iPhone, I love this iPhone! This thing is great. But at the same time it has its place. We have an understanding.

There are certain practices that we have, and I thought I would just share this with everybody, how can you do this in a family structure? One of the things we do is have a no technology time between 6 p.m. and 9 p.m. It's family time unless it's an emergency situation where we need to have something on. Then it's all good. But generally we shut the phones down. I have a 14-year-old son that has a cell phone and it's easy to get into the Instagram world. But that's what we do. We shut down and have dinner together.

At dinner we all go around and my three year old starts it. Every time we sit down he asks who wants to go first. We sit around and give three things we are thankful for on that day.

Today one of my three things might be, "I'm thankful for having the opportunity to talk with you today."

Jade: I'm going to share that tonight too, yeah.

Shawn: It's just a great practice to have to reconnect. It really gets me with my son. He is in the stage where things are changing in his life, his perspective. He wants to be more on his own but still needs his family. I can see him going through this growth and change.

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What often times happens is teenagers will shut down. But to see him open up in those moments it carries over for the rest of the night. It's so powerful so I wanted to share that.

We're on The Model Health Show. We've got to talk about health and fitness. People see your videos, man. They see you work out a little bit and hit the gym.

Prince EA: Every now and then.

Jade: He's got those guns he's carrying.

Shawn: Do you have a license for that bro?

(laughter)

Shawn: What do you feel about that? What is your perspective about nurturing the body temple, exercise, what do you think about that?

Prince EA: You only get one. You have to take care of it. I think it's simple. There are so many new things coming out everyday about what to eat and then six months later it's not what you want to eat. So I think keeping it basic and keeping things organic with whole foods and counting your calories knowing exactly what you are putting into your body. Exercise is very important.

Staying physically active is something I do. I try to work out four to five times a week myself. I was really into body building but now I'm getting more into the application and power lifting type of stuff. I am changing it up. Healthy body, healthy mind. What else is there?

If we want to be there for our families it makes sense to take care of our bodies. These are vehicles. We've got to clean them, change the oil, and keep it up.

Shawn: Powerful man. That's where we actually first got connected at Selena's event. It was a health event. You go out and even get yourself around that type of information. What was the name of that event, do you remember?

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Prince EA: There were a couple of them. I think that one was...

Jade: Hot, Healthy, and Rich.

Prince EA: Rich, Hot, and Healthy. That was it.

Shawn: He was there in attendance. I went through the whole spectrum that day, I think. We talked about the importance of sleep. This was prior to [Sleep Smarter](#). We touched on that.

More so, we focused on the fact that food is not just food but it is information. We were giving people a different perspective about being able to really change the landscape of your internal environment with the food you are eating and actually having some dominion over that.

It is like autopilot. I know you probably grew up like I did and just ate. We didn't understand we had the opportunity to create our own portrait with our bodies.

Jade: I love that. When we first started doing radio together you would say that every bite you take is a brush stroke to the body that you are trying to have.

Shawn: I said that?

Jade: You did. I captured that. I played it about 20 times.

Shawn: Amazing.

Prince EA: Wow.

Shawn: We've really heard it here that it's the whole thing, body, mind, and spirit and cultivating these things. One of the last things I want to ask you about today is what is something that people can apply to their lives to bring them a greater balance in the body, mind, and spirit? You already mentioned meditation. Would that be the one thing people can do or is there anything else people can do today to get them closer to that presence that you experience on a daily basis?

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Prince EA: I think meditation would be the big one. I also think watching your thoughts is big because the entire world is created from thought. Our thoughts are not us. A lot of times we have a lot of negative thoughts in our minds and judgments.

I went to an event by a wonderful lady named Byron Katie. Her system is called [The Work](#). I did a video based on her and used her model. It was how to defeat stress in 60 seconds. We all face stress.

Jade: I loved that one.

Prince EA: It's really neat and stress is a build up of thoughts. It is unregistered thoughts that we keep inside. There are too many books on the shelf and the shelf eventually collapses in. That's what mental breakdown is. We have to learn to take the books off and let go of the things that happen to us.

Her system is to ask yourself whether a thought is true. When you have a negative thought or judgment ask whether that thought is true. And number two, are you 100% sure the thought is true. A lot of times our thoughts are not true.

Question number three is what would we be without those thoughts? The easy answer to that is that we will be free. We will be at peace. Thoughts are everything. I think spirituality is really about taking responsibility for our thoughts. We've never judged another individual, we've judged an image that we have perceived of that individual. It's not who that person is, that is an image we have of that person.

So the technique is just getting behind your thoughts.

Shawn: I love it. Thank you for sharing that. So, basically, do the work.

Prince EA: Let's do the work.

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Shawn: Be aware of your thoughts today and take yourself through that three-step process. That's so powerful man. So, in closing I like to ask my guests what is the model that you are here to set with your life? What's the example that you are here to set with the life you are living right now?

Prince EA: I don't know. That is a big burden right there. All I want to do is be the truest version of myself, the best version of myself. I don't know what's going to happen in ten years and I don't know what's going to happen five minutes from now. But I just want to live at peace. I want to spread love and compassion and kindness to the people I meet.

Shawn: That's a model right there. Whether you want it to be or not, it is.

Prince EA: That's it.

Jade: What did Charles Barkley say, "I didn't ask to be a role model."

Shawn: Powerful. Thank you so much for coming on. It has been a pleasure. Can you let people know where they can get connected with you?

Prince EA: Absolutely. Just Google [Prince EA](#), [YouTube.com/PrinceEA](https://www.youtube.com/PrinceEA). Keep it simple to those two and you should be able to find my content there. Enjoy!

Shawn: Awesome. Well, everybody, thank you so much for tuning in. I hope you got a lot of value out of this. Again, the real work is having the audacity to care for yourself body, mind, and spirit. Because even if you don't use the word spirit or spiritual it is all that's really going on. It's the only game in town when we really boil everything down.

There is something inhabiting that body of yours that is looking through those eyes. There is something that's constantly having an energy and thoughts crossing its screen. And there is something watching that and it's starting to pay more attention to who is listening to that voice in your head all the time. Who is actually listening to that voice? There is a presence there and that is who you really are. Once you get more identified with that you can start to put better movies up on that screen and this can start to change your story and you can

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step into being that starring actor in your own movie. So, again, thank you so much for tuning in to The Model Health Show. I appreciate you so much. Take care and we'll talk with you soon.

Shawn: And, make sure for more after the show you head over to <http://www.theshawnstevensonmodel.com>. That's where you can find the show notes and if you've got any questions or comments make sure to let me know. And, please head over to iTunes and give us a five-star rating and let everybody know that our show is awesome and you're loving it. And I read all the comments so please leave me a comment there and take care everybody. I promise to keep giving more powerful, empowering, great content to help transform your life. Thanks for tuning in.