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**Title: Be Resilient, Realize Your Purpose and Live Without Limits
With Les Brown**

Profound Statement:

Action Item:

Three Points:

1. Awaken into action and commit to realizing your purpose
2. Rewrite your story to becoming limitless
3. Key steps needed to realize your purpose in this life

Speaker Bio:

Stacy Thomas: 00:01

Hello and welcome back to mind for world summit. I'm Dr Stacey and I actually can't believe I'm getting to talk to this man. This is Mr. Les Brown, for those of you who do not know, he is somebody who is well known as one of the best motivational speakers in the world and is a leading authority on what it takes to maximize human potential. He has his own story, completely exemplifies what it

means to be resilient and to live a life of like without limitation. He's here today to share his wisdom with us and beyond all of his many, many accomplishments and accolades. He is a father, a grandfather, and great grandfather, so he is a perfect person to join us on this summit where we're talking all about being mindful in our role as parents. Welcome less to the summit.

Les Brown: 01:02

Thank you very much. It's a pleasure to be with you and I want to congratulate you on the work that you're doing in this area. Bringing light where there's darkness, giving people courage where there is a feeling of weekly weakness and and helplessness and helping people to get an expanded vision of what they could possibly do in building strong families.

Stacy Thomas: 01:23

Thank you. Thank you. And I think we're all. Everyone here in this summit is so united together from a heartfelt place to try to have an impact and it feels like the right time, doesn't it?

Les Brown: 01:36

Oh

Stacy Thomas: 01:38

Yes, yes, yes.

Les Brown: 01:42

That we are doing is needed now more than ever before without any question at all. With all the drama coming out of the United States and going globally affecting the collective consciousness of the planet. There's no question about it. The trump factor. I just say that, oh, behave.

Stacy Thomas: 02:07

He is and he's waking up a lot of people regardless of

Les Brown: 02:12

Yes

Stacy Thomas: 02:13

Politics function he's had.

Les Brown: 02:16

It's very fascinating. You know the. For the speech by Dr bb King Jr. I have a dream. That was another speech that was given by rabbi and I feel that that speech was very, very important. Now more than ever before, because to summarize what he said, we don't want as great countries to become countries, have own lookers, just looking at what's happening in life. If There's a victim, there's a perpetrator and there are witnesses and the questions ask who's the worst and the answer is the witnesses because they could have stepped in to stop it and they did not, and so we are witnessing the same thing at this time in the United States at this function is going on and they'll onlookers the people that are just witnesses who have the power just stepped in to speak up and they're not doing that. Same thing happened during slavery, that the majority of americans did not have slaves and they were onlookers.

Les Brown: 03:40

It was silent and they never intervene until it became a monetary issue was not for more reasons. The church did not intervene. It was because of money, because of the economy of the south had a competitive advantage over the north, and so there's. There's a saying that evil prevails when good men and women do nothing and nerves forget. I trained speakers now. I've been, next year will be 50 years I've been doing this that I'm 74 now and I remember a lady called me from Australia and she came and she wanted me to train her on how to tell her story and before I started I started asking her questions and among the questions that I asked her to find out if this was a good fit, why did you select me? So she said, well, I saw you on youtube giving a speech in the Georgia dome before 80,000 people.

Les Brown: 04:42

And she said, when I saw that speech, she said, I was really captivated by the fact that you didn't hear any noise from the audience in that stadium of over 80,000 people that people were glued to every word that you spoke. And she said, I want to be able to impact and transform people like you did with that audience on that day as a thank you very much. And then I proceeded to ask her some questions and she said, oh, one other thing. And I said, what is it? She said, I've lived. The world is as it is. Not because a few people are hateful and divisive and violent. I believe the world is as it is

because too many people are silent and that struck me and that is real and so this is a time that we have to face the reality that that cities, that communities, that nations, that are created by people and they can be changed by people in the secret is, is to maintain commitment through all the frustrations and the disappointments and the setbacks we invariably will encounter and attempting to change the way that we interact with each other and how we function as a country.

Stacy Thomas: 06:06

Amen. Hallelujah. All day long because, and this is exactly it and this is what is motivating things like the summit and many people who are here because as you said so eloquently and it was part of the intro for this, is that we are society and we need to lead each of us.

Les Brown: 06:27

Yes, yes. We all have a voice and we can make a difference. We should be committed to making an impact. I strongly believe, stacy, that we were created on purpose with a purpose for a purpose and that we have a permit. I believe we should have a commitment to honor that because horace mann had a point when he said we should be ashamed to die until we've made some major contribution to humankind. And I believe that strongly.

Stacy Thomas: 06:59

Me too. Me too. So how, I mean when I look at just the facts of your early life, like just the, you know, the wikipedia description of you and you know, you could have been a so-called statistic and yet you're this man who has created so much and impacted so many lives. Can you share with us a little bit about how you came into the world, those, those early days, and what made the difference for you to becoming the incredible person you are today?

Les Brown: 07:36

So I just did an organic search on google and a google organic search and I reached over 3 billion people as a third of the planet. Well, I was born in a poor section of miami, Florida called liberty city in an abandoned building on a floor with a twin brother. And we were taken in by mrs mamie brown. Whenever I speak, I always say to the audience all that I am and all that ever hoped to be, I owe to my mother. Uh, I, I really, uh, my mother has been my hero ever since I was a kid. I want a mama's boy that god took me out of my biological mother's womb and placed me in the heart of my adopted brother. And when I was in fifth grade, I was identified as emr labeled educable, mentally retarded, put back from the fifth grade to the fourth grade.

Les Brown: 08:32

And I failed again in the eighth grade in miami, Florida, and booker t Washington high school. But stacy, I met a high school teacher my junior year that the same kind of spirit and energy that you have. I went in there looking for a friend and he said, young man, I want you to take this grip and I want you to work this problem out for us. And how this should be done. And I said, I can't do that, sir. And he said, why not? Instead of not one of your students? He said, do it anyhow. I said, I can't sir. And he said, why not? And the other students started laughing saying, he's leslie, he's got a twin brother. Wesley. Wesley is smart. He's dt. What's dt? And they said, he's the dumb twin. And I agreed. I said, I am sir. And they erupted into laughter and, and he came from behind his desk and he pointed at me, he said, don't ever say that again.

Les Brown: 09:29

Someone's opinion of you does not have to become your reality. And that was a turning point in my life. You know, he, he looked at me with the eyes of gerda who say, look at amanda way that he is, he only becomes worse, but look at existing word would he could be. Then it becomes what he should be. And what he did, what he's broke is what your program does. How people live their lives is a result of the story they believe about themselves. And so when he spoke, he interrupted my story and when we speak, as we get further in our presentation, we dismantle a person or an audience's current belief about themselves and their doubts and hesitations about this new life that they can live and inspire them to become, as mother theresa would say, a pencil in the hand of god and started writing new chapters with their lives. And so because of that interruption, I am the person that I am today. Because when he spoke, I felt it expanded my mind beyond the mental conditioning and the circumstances that I was in, touched my heart and ignited my spirit and I'm grateful to him. I had the opportunity to eulogizing they called him the great communicator and that he was

Stacy Thomas: 11:05

Wow. Wow. Inspired you on many levels it sounds like.

Les Brown: 11:10

Oh yes, absolutely. he was an incredible man. Mr leroy Washington.

Stacy Thomas: 11:15

Okay. And so you are seeing, you are seeing in a way that you could not see yourself at that time. And that was naf to start you on a different path.

Les Brown: 11:26

Yes. And and all of us, I think go through what I would call moments and periods in our lives, have delayed enlightenment where we don't know who we are, that god has adam, where are you? not because god didn't know, but he wanted adam sake, and life is a question and how you live your lives is the answer. And so I think we continuously have to go through a process of self awareness, discovering things about ourselves that we don't know as we grow mentally and emotionally and spiritually and then self approval and we we stay there for a period of time continuously increasing our sense of deservingness and then out of that sense of deserving, that's called put becomes self commitment where you now you are committed to begin to explore and to take your life to another level. And out of that commitment comes self fulfillment.

Les Brown: 12:33

You wouldn't have some victories. You got to make some things happen. You're going to have some major things that you're going to achieve and then you go right back to self awareness. What got me here? What is it I need to do differently? What radical change your behavior must take place in me in order for me to do what I need to do with my life because people don't live life as it is. They live life as they are and so the time and a place where we are now, we have to move forward continuously working on ourselves, expanding our level of awareness, increasing a sense of worthiness, committing ourselves to peak. That's p e a, k two, p, e k, p, two p.

Les Brown: 13:23

Yes, exactly. Then we continue. It's a cyclic process and you continue to go through what I call it, four steps to greatness. Okay, so it's. It's this cycle that you're getting go through. Yes, go continue to go up higher and higher and higher because we will reach certain plateaus in life. As einstein said, that thinking that has brought me this far has created some problems that this thinking cannot solve and so now I have to have an infusion of other thinking, coaching, mentoring some direction that will help me to begin to see parts of myself that I can't see myself. A psychologist called them scotomas. We all been in a company, somebody who's breathless, kicking leg bruised me, but the person they know that breakfast rag that you know, you understand what I'm talking about. All that yet. Yeah. I had that experience the other day that I stepped back one step forward, stepped back. God, man, I want to tell you by stirring it.

Stacy Thomas: 14:52

Oh my. So we can't see ourselves. We require others to shine that light or point out when something is not quite right that we're going to do and certainly life does that to us as well. And so, I mean, you know, you are a black man in America and you are 76 years old. Did you say 74, 74? I don't want to age you. You look more like your 50 very much, but you have seen a lot of things and

Les Brown: 15:28

Oh yes. That I know a thing because I've seen a thing or two.

Stacy Thomas: 15:32

Yeah. And you know, there are things that are not within your control that are there for a lot of people who don't see you, who won't see you, who were blind to who your brilliance. And yet that hasn't stopped you. Can you talk a little bit about that?

Les Brown: 15:54

Well, one of the things about one of the worst things you ever have to deal with, ally is arrogance and ignorance. That's what white supremacists are. To me. There's a lady named Jane Elliott. She did as a steady call brown eyes, blue eyes. Yeah. Remember that study and what she said is that people are not born prejudice, hateful. That it's something that they learned, that they are taught, and so when you are dealing with people in that kind of consciousness where they feel that they're superior to you, I never forget. I was being interviewed by a talk show host and he said, I noticed that over 95 percent of your clients and customers and sands are caucasian. I said, why? He said, well, why? I said they needed it more than we do. He said, what do you mean? I said, when you know the truth about who you are, you don't create systems of racism and discrimination to prevent people from having access to a better lights.

Les Brown: 17:12

You don't enslave people. You don't use law enforcement to kill people. You don't put structures together to keep those people from advancing. You don't provide inferior education so they cannot have the same level and quality of life as you have. When you know who you are, you have a mindset of abundance and and you help people but hurt people, hurt people. You're hurting inside. That's why your suicide rate of white males in America, suicide rate is the number one, a number in the category of suicides and the suicide rate in America since 1999 has increased over 30 percent and I think that that when you don't love yourself and you are subject to do anything, anything goes and we're living in a time that there are some well meaning silent onlookers who will not be like Jane

Elliott. She, she's only one. Jane Elliot. The only work there.

Les Brown: 18:28

No was my wish, which there was a lady, an actress who, who came into a room the other day in Los Angeles and Hollywood and said, this is not a room of diversity. I want this room to have some color. She is. She was very rare, but during the civil rights movement, there were a few, particularly Jews who stood up and marched with African Americans to help to create a better day in and fight for equality, but it's, it's, it's the need is greater than ever. What I was able to do was with Mike Williams, he wrote a book called *The Road to Your Best Self*, the road to your best self, your listeners and viewers to get her on Amazon. He was, yes, he was my newsman. I wrote the forward for that book and he is my strategist. Next year will be 50 years with them together and he created a strategy for me to make it.

Les Brown: 19:36

People say, you know that there's a secret to success. There is no secret. There's the system, there's a strategy and that in order to achieve your goals, you have to number one, decide what is it. You want to create a process that you will begin to reverse the psychic disrepair, to peel away all the stuff that has been instilled in you when you have been treated less than and two, you have to surround yourself with what I call old q. Only quality people will earn within two to \$3,000 of our closest friends. That is a different point at the beginning of the year. I take time and I do. I'm doing a mastermind and I asked people, look at the people in your life that you communicate with most including family members and ask the question, what kind of person am I becoming? Am I growing mentally, emotionally, and spiritually?

Les Brown: 20:43

Am I living the purpose of my life and ask the question, who cannot count on and who should I come out? There are people who will always be there when they need you, but when you need them, you can't sign them and there's a new term in psychiatry called relational illness. There are some people that could make you sick. There's some people that will compromise your power to soul, where you're surrounded by pigeons and so you have to let go or be dragged. You have to let them go. Some people, including family members, you have to love them from a distance. I was trying to help my twin brother lose weight and I gained four.

Les Brown: 21:31

Too is major, major one toxic negative energy draining person can ruin your life. People live in listening to you right now who are in a relationship where they're dying together rather than living together. It's working for that other person, but it's not working for them is that person has not made a commitment to grow. That person has plateaued and when you are in a relationship or in an environment that does not nurture you and empower you and inspire you and hold you accountable to a higher standard and challenges you to begin to push yourself to, to operate out of your comfort zone. We have been born with greatness, but we've been instilled with a mindset of mediocrity. The only way that you manifest your greatness, that you have to have goals and dreams beyond your comfort zone, because not to do something you've never done. You've got to become someone you've never been, and so as a result, most people go to their graves. It died age 25 and don't get buried until they're 65. Would that talents, abilities and skills and dreams still in them?

Stacy Thomas: 23:03

So willingness to take risk and step into that unknown?

Les Brown: 23:08

Absolutely. This god said, if you're not willing to risk, you can't grow, and if you can't grow, you can't become your best. If you can't become your best, you can't be happy, and if you can't be happy, then what else is there? I like what Helen Keller said, she said, life is short and unpredictable. Eat the dessert first.

Stacy Thomas: 23:28

So mean. You say this was so much joy and but people are afraid. I mean, people are can be afraid of what will sabotage themselves in order to stay in the same place. It's almost like they need to protect their idea how great they are

Les Brown: 23:47

Without even taking that step. Most people are volunteer victims, but at any moment we can choose a different place, a different path that you remember Robert Frost, two roads diverged in a yellow wood and I selected the one less traveled by and that has made all the difference and so it takes courage to step out of line. I didn't. I didn't do what I'm doing now understanding who they are and what, why they are stuck because I was stuck for 14 years. I remember Mike Williams said to me, brown, and you can do what? Zig zigar and Dr. Norman vincent peale and robert schuller and I say, come on man. You know that I was labeled educable mentally retarded. I have no college training. I never worked for a major corporation and all of a sudden the phone went dead and I called him back. I said,

we, we lost the signal.

Les Brown: 24:54

He said, no. He said, I hung up on you. I said, why in the hell would you do that? He said, you argue for your limitations. You get to keep them up again. I called him back like, you better hope I win this argument, and so is it brownie? We all born the same way, dumb naked and speechless. You can learn, and so this is a time that ignorance is a choice. 2007 time magazine named the compUter, the person of the year for the first time in the history of the world. Everyday people have acceSs to information that wealthy people have and ecommerce. You can run a global business with your computer, talking on a phone. Come on. this is unprecedented things that we take for granted and so that you can go online and you can learn anything, anything now and so as we look at ourselves in this era, what the late peter drucker calls the era of the three c's, accelerated change, overwhelming complexity and tremendous competition that the key and one of the things he said, we've got to be willing to unlearn, learn and relearn.

Les Brown: 26:31

That's the space where we are the the time where one could go to college and graduate and get a job and work for 40 years and retire on 40 percent, which wasn't enough in the first place. The 40 slash 40 plan is gone. This is a brand new day. Quincy jones was right. Everything must change. Nothing stays the same, and so we must be continuously and engage in a path of transformative experiences because you either expand as sheila would say, oh your expendable. This is the time and the place where we are historically and as exciting. That is a great time to be alive.

Stacy Thomas: 27:17

Yes, yes. And so, you know, I can imagine people listening to you or whatever, two minds. there's one that's like, oh yeah, I'm onboard. And the other part of like, oh my gosh, everything's changing. I liked the way things were. I don't want to do this. You know, a back and forth.

Les Brown: 27:35

They're going to change anyhow. And the other thing is that you're going to get a beat down the book of life says they could not strange that you have faced furnaces of this world. You will not, you might, you will have tribulations, you know, viktor frankl calls it unavoidable suffering. When you have goals and dreams, even if you don't and live viewing the inner problem or you just left one or you are headed toward what? Over the next year at least three tragedies going to happened to you and to me or to someone we care about is called life. Forrest gump had a point that is like a box of chocolates.

You never know what you're going to get, so you have to learn how to suck it up, how to handle it. A friend of mine and Willie Jolley has a saying that, that, that a setback is a setup for a comeback.

Les Brown: 28:34

We have come back power. We're stronger than we give ourselves credit for. I remember that life had not me senseless. I had a nationally syndicated talk show. I was \$5 million dollars to do and because I wouldn't compromise my principles. They counseled this show. I was married, Gladys Knight and I, and we were passing each other like two shifts in midnight. Her career was very popular as well as my speaking career because of the show and we went through a divorce. My best friend died waiting on a liver transplant. My mother died of breast cancer who I resigned from the Ohio legislature and returned to Miami to take care of her and to keep my commitment to buy her a home and provide for her until age 89 and all of those things happening back to back, knocked me senseless and and and so and during time my youngest son came in the room.

Les Brown: 29:46

He was 10 years old at the time. John Leslie said that I want to ask you something, and I said, what is it? He said, are you going to die? I said, what do you mean you have been diagnosed with cancer? You've been in this room. The shades of down. We don't hear any sound coming out of here. No motivational messages, no music. You're very quiet. You hearing the dog. This is not my daddy. Where's my daddy? Are you going to die? I said, John, Leslie, we're all going to die someday. I said, death is a sexually transmitted disease, and we all got it, and he said, okay, as cute. Tell me, are you going to fight? I heard you say that that life is a fight for territory. I heard you say that, that once you stop fighting for what you want, what you don't want will automatically take over. Am I going to lose my father to cancer? Are you going to fight? And I set out to the bed. I said, yes, I am John List. Thank you for that. And he said, letting the shades up. And I came out of the room out of the mouths of babes. But I didn't even realize it. I lost my mother, which was my anchor, my strength, my rock.

Les Brown: 31:20

Uh, I, I didn't even realize it. And sometimes you don't even know the toll it can take on you until someone calls attention to it or until you get out from under it, you know, Paul said, forgetting those things which are behind reaching forth unto those things which are before I press toward the mark of a higher calling. But one night I woke up in the middle of the night, it was a movie called Magnolia starring Tom Cruise. And there was a line in that movie that said we might be through that pass pass is not too with us.

Stacy Thomas: 32:01

Mm.

Les Brown: 32:02

And it had had its way with me for a period of time to prayer and help and support I, I teach people ask for help. Not because you're weak, but because you want to remain strong and ask for help and don't stop until you get. A lot of people want to ask for help because of pride. Pride cometh before a fall because of ego. Ego means edging god out like that. Okay? Yeah. So I mean you have you. That is a. To have

Stacy Thomas: 32:40

To deal with other once and out of the mouth of your, your youngest. And their children can all, they're amazing and awakening

Les Brown: 32:50

Without any question. You know, I just file a class action suit against the catholic church and the whoever invented the rhythm method because it doesn't work. I got five boys and five girls. The rhythm method does that word stacy took you a minute to get that. I'm going to pray for you, smile at you and you'll get impregnated. All right gabor.

Stacy Thomas: 33:33

Okay. So you got to, you got a lot of little people and they were probably big now.

Les Brown: 33:40

Yes.

Stacy Thomas: 33:41

And in terms, I mean they use that example that you gave of your youngest coming to you and talking to you. I mean obviously they absorbed so much of what you were doing, what you were saying and it was part of their consciousness to be overcome and say what's going on with you? And I'm wondering about because a lot of our viewers are parents and as someone who has, you know, gone through lots in his life and his inspired so many, what are the things that parents need to bring forward in their relationship with their kids to foster their resiliency?

Les Brown: 34:23

Well, one of the things that's very important, I think some parents is to save some time for you. You can't give from an empty wagon. You have to take time. I meditate, I pray. I met, I'd say three times a day. I'm taking a yoga class. She gone, I'm a 27 year prostate cancer conqueror because of god's grace and mercy. One point my psa was \$2,400. Zero. I am a vegan. I feel like a silly wabbit year is better to be seen you, so you have to take time for your. My mother used to go fishing and I went with her. I remember, you know, there are some things you can't see looking forward that you can always see. Looking back. Hm. And why my brothers and sisters were playing outside or when she was sitting at a chair on the side of the river fishing, I would rub my mother's feet and her ankles.

Les Brown: 35:38

She had swollen ankles from arthritis now and say, mama, what is it? Leslie? Tell me a story. I've told you all the stories. Lastly, mama, tell me again, because every time she told the story that I wanted, she told it with the same presence of mine, the same energy and the same excitement and I love that had no idea that she was shaping my mind. That one day that the same kid who was told you talk too much, you are disruptive, and they put me back from the fifth grade in the fourth grade and labeled educable mentally retarded. Now, who would believe I would get in the United States \$70,000 to speak for an hour and when I speak out of the country, \$225,000. Who would believe that same kid that they said that was a slow learner that are spoken in over 51 countries? Who would believe?

Les Brown: 36:43

And I think that's why scripture says eye has not seen. Ear has not heard, nor the heart of mankind. What god has in store for you. And to me, when we make a commitment, one, to work on ourselves and to develop ourselves to, to turn to each other in families rather than on each other and make a conscious, deliberate commitment, to be mindful, to have a bad memory. That's what it takes, to have a strong family, to have a bad memory. Because many families that are divided because of the memory. You remember what you did to me. You remember what he said about me, you remember when you made me mad. And the other thing is I would say to parents, don't get sucked in and put on a guilt trip by the year but the year. But the good things you do will be overpowered and the negative shortcomings that you have will be amplified and pointed out by the year.

Les Brown: 37:57

But yeah, yeah, you did all those things. But. And I had to learn how to let that go because you can't outlive it. You, you, you, you can't convince them to let that go. You can convince them not to look

back. Let's look forward and build a future of love, happiness and together the two together. Because there's some people have a propensity for being toxic and negative, even somebody that you've brought into the world and you look at them and asked the question to yourself, did I pick up right baby at the hospital where they come from or video the, but I wanted that house and liberty city. They told that lady, yes, I will take those twins. I don't know. This is the right word. I got. She had those moments of doubt because I was a challenging child. I remember what I bought the first home for her and she. I had her look at these homes in the area of north miami beach and she said, slow down leslie. I said, what is it momma? And I knew she would love this house. She said, oh, that's so beautiful. Look at that waterfall. If I lived in something like that, I would feel like mrs rockefeller rock year, john d dot rockefeller. I said, you really love that? She said yes, and she thought my john d dot rockefeller, his wife, she was an article about her in the miami herald.

Les Brown: 39:43

I had purchased

Les Brown: 39:44

The home for her. She did not know that

Les Brown: 39:48

And and I told the person who brought us

Les Brown: 39:53

And so I said, mama, I know the people there. She said, you do? I said, yes ma'am, I do. And so she was 78 at the time. I went around and opened the car door. He started walking toward the house and she was holding my arm and she stopped me. She said, are you sure you know these people? I said, yes ma'am. Mama. She looked around very ritzy area. As we got to the door, I couldn't hold it anymore. Put the key in the door. I open it. I said, mrs rockefeller, this is your whole. She looked at me, she said, what are you talking about listening as mama? This is yours. So it's fully furnished and everything is paid for. She said and disbelief, leslie, you did not have to do this. I said, mama, you'd have to take us in as foster kids. And you did. She stuck her head in the door station and said, anybody, no one here, but us as she stepped in and she walked around behind her and tears coming down her face saying, thank you jesus. Thank you jesus. No one could have ever told me something like this would happen to me, and she turned and looked at me. she said, you were such a problem child. I said, I know, but I got money now. People say, but it will make you happy, but everybody want to find out for themselves.

Stacy Thomas: 41:34

This is such a beautiful story, but this, this idea of the problem child, the problem child is strong and has a voice and likes to talk and it's not convenient for the adults around, right?

Les Brown: 41:49

Yes. Right. Absolutely. The children are to be seen and not heard. Yes. Yes. That was part of the conditioning process. Early on, they take away our voices.

Stacy Thomas: 42:01

Yes, but you have to think that that love that you received from your mama is what allowed you to step into your power at some point.

Les Brown: 42:12

Yes, and I saw Mr. Washington. I've never known my biological mother and father, but when I saw him speak, I never forget at the the celebration of his life. I was sitting at an angle, so I'm his son ricky, and I thought that he never knew the man that I knew. Ricky has been on drugs for over 40 years and it's interesting that he never knew his father. He never knew this man who's spoken my life. This man who I, unbeknownst to him adopted him as my spiritual father. I watched him. I wanted to talk like him when he gave speeches to the graduating seniors. I, I saw my destiny asset one day. I'm going to change people's lives like him. When I looked at him and how he dressed and how he held himself, I saw myself in him. His son never saw that is a the streets. He saw drugs and he embraced them. It's an interesting thing about lights that sometimes that the voice is outside of the home. we'll call your children's name better than you can and and there's nothing you can do about it. When you read about the protocol, said you'd never read where he went looking for it. He had to wait until he came to himself and unfortunately his son still does not come to himself, but you still have time.

Stacy Thomas: 44:05

Okay. And so as I listened to you, I have to think because I've heard that before, um, various people that I know are clients to where their father or mother may have amazing reputation change so many lives and yet they felt somehow that a disconnect or they didn't receive it tonight. Do you have any insight as to what might be going on there that

Les Brown: 44:33

I've been reflecting on that because of where I am and what I've gone through and I'm in this space where Leo Tolstoy, Russian officer, he said, as I faced inevitable death, what is the meaning and the purpose of my life that will not be undone or destroyed when I'm gone. And I think that

Les Brown: 45:05

The reason that I became the person that I became, we grow from people and goals and Mr. Washington and Mike Williams, my strategists, and the other positive relationships in my life, they poured into me. My brother left high school and he went to Vietnam for 24 years. He came back and he has virtually the same relationships. You are the result of the five people you communicate with most and the books that you've read. And so most people, the majority of people, 90 percent of people never open up the book after high school and the 10 percent that do never read past the first chapter.

Stacy Thomas: 46:02

Hm.

Les Brown: 46:03

And so I believe that when people stop growing, that there we are, energy, we have an energy saved, that you're in that energy that we possess who you are behind your eyes and my eyes, that energy will be used positively or destructively. You have a choice. All of us are born with greatness and but we have been programmed to fail. That's what we had taught. Be not conformed to this world. Be transformed by the renewing of your mind. I remember Dr. Carter G. Woodson, who wrote, if you can determine what a man shows, think you never have to concern yourself with what he will do is that if you could make a man feel inferior, you never have to compel him to seek an inferior status for he will seek it himself and if you could make a man feel justly, an outcast. We never have to order him to go to the back door.

Les Brown: 47:04

He'll go without being told and if there's no door, his very nature will demand one, and so I believe that it is incumbent upon all of us to create a process to create a ritual that would put us on the path of pursuing greatness. Because when you are pursuing your greatness, you don't know what you are so you live like you don't have any. When I get up in the morning, first thing that I do, I said I give thanks that have another day of life, and then I write down seven things that I am grateful for and then I review seven things that I am committed to getting out of the day tonight. After this conversation, our

write down seven things, this is my agenda for my life, seven things that I am going to get out of tomorrow. Most people are just trying to get through the day.

Les Brown: 48:09

My goal is to get out of the day, the time that I've been given, a set of goals that I've set for myself, that I've broken down into manageable increments. IT which includes my faith, my spiritual development, my family, my finances, my physical health, my contribution to make the world a better place. Horace mann said, we should be ashamed to die until we've made a major contribution to humankind, and so as as I, as I look at where I am now and I look at the average person, most people die at age 25 and don't get buried here. They're 65. They'll walking, breathing corpses, and that's a choice. Choose ye this day whom you shall serve. That's a choice.

Stacy Thomas: 49:10

This is going to stick with me. The routines and the dedication to always growing and expanding, and then that just rubs off. I have to, I think on the people around,

Les Brown: 49:23

Right? Yes. You have. You have to surround yourself with people that you can learn from, people that you can grow from. Dr. Dennis kimbro out of atlanta said, if you're the smartest one in your group, you need to get a new group, and so it's very important that you look at these people that's around you because they rub off on you because I said earlier, you earn within two to \$3,000 of your closest friends and so you have to consciously, you have to have the consciousness to step back and said, hey, is this relationship good for me? Am I becoming a better person because of this relationship and if not, you've got to step away that some people might say, well, can't you change him? No, it's a full time job changing yourself.

Stacy Thomas: 50:17

Absolutely, and you have no control over that other person, so

Les Brown: 50:20

No, you have no control, no control whatsoever. if I had my life to live over, I spent more time loving my brother as he is, as opposed to trying to change him and influence him. I would just be the example and say this is available to you, but not have the arguments that I had not saying all the bad things and getting angry and feeling frustrated and being combated within st wesley. Come on, mama

didn't raise us like. Whereas my brother, where is my brother? This is not you. Yeah, but it's his choice. I can make that call for him.

Stacy Thomas: 51:14

Right, but I think what you just said there might be the answer that to the question around why your mentor, his son maybe when we're so close, we want it so badly.

Les Brown: 51:28

Yeah.

Stacy Thomas: 51:29

That somehow we're not seeing or creating this space for those we love and I know that that's a challenge for parents when they have an idea of what should happen with your child.

Les Brown: 51:40

Yes. The one. It's very important that we be a good example. It's very important and, and, and realize that our children at the end of the day, it's their call. A friend of mine was working with some ministers recently had big ministries and she asked them, if you had your life to live over again, what would you do differently? How would you invest the majority of your time with my family because my kids don't like me. Boy, yeah, that they spent the majority of the time and energy building a ministry

Les Brown: 52:39

And the kids don't like them because they didn't spend the same amount of time with them and and, and many times when we spend time and energy building a career, building a business and we feel that it's for our family. I'll never forget my son John Leslie. Once again, I came home. It was the first time when I spoke in the Georgia dome in Atlanta. I earned over \$100,000 and 34 minutes. So I stopped and got him some presents. I came home and I counted the money out. I said, look at this job. Let's look at this. This is only a tip of the iceberg of what you going to do. And I said, here your presence. Open them now and tell me how you feel. And he took his presence to the room and I could hear him open up and he was so excited as I got ready to go to bed, he came in the room and he gave me a no. He said, before you go to sleep, I want you to read this. I said, okay, thank you. And they said, thank you for what you gave me. And I read the notes and, and he gave me an article by Jacqueline Onassis, John F Kennedy's wife, if I earned all the money in the world and my children don't amount to anything. What have I done under that? He wrote, thank you for your presence, but I

want you to presence.

Stacy Thomas: 54:27

Mm.

Les Brown: 54:30

Talk to stacy. I cried.

Stacy Thomas: 54:32

Mm,

Les Brown: 54:35

You appreciate it. The p r e s e n t s but he wanted my presence.

Stacy Thomas: 54:48

Hmm.

Les Brown: 54:50

And I started making that a priority.

Stacy Thomas: 54:55

Thank you for that. I, I feel like that should be our final way to end this interview because it's everything. It's everything.

Les Brown: 55:07

It really is. And as a result,

Les Brown: 55:10

Yeah,

Les Brown: 55:11

2019 and stepping back to be

Les Brown: 55:17

A grandfather and great grandfather probably will only give seven speeches a year. Going forward it to seven is my lucky number. I noticed that. Yes, february the 17th. I want to have seven children. Joshua marched around the walls of jericho, seven times name and dipped himself in the Jordan. Seven times seven is my lucky number. So 2000 it came out of my mouth. I get over 3000 requests a year. I'll only speak seven times. Spend the rest of my time with my family. I'm debt free, I'm drama free and I can just spend the time being me.

Stacy Thomas: 56:07

Amazing. Well, you've definitely earned it. That's really good. Thank you. Thank you so much for taking the time to share with us. I think this has been so, so special. And uh, I honestly, in the short time I've had a chance connect you. I already feel like you're my uncle or something.

Les Brown: 56:28

Well, you have the patience of job so very, very much. And I hope that we shared something of value. Is anybody listening really to learn how to tell this story and I'd like to send them seven principles of storytelling. Okay? Yes, absolutely. Free. They can email me at les brown, seven slash7@gmail.com, less round seven, seven@gmail.com and I encourage them to go online and put in les brown on youtube, speaking in the Georgia dome. The title of the speech is called. It's not over until you win and also watch it's possible and you deserve and we'll make 2019 the year of their dreams. Thank you for who you are. God bless the day you were born. God created you because he couldn't be everywhere. Hm.

Stacy Thomas: 57:28

Wonderful. Thank you so much les brown and we will definitely share all those links people listen, watch, absorb. It will change. Change you from the inside out. Thank you so much les brown. Take care.

Les Brown: 57:46

Thank you for who you are. God bless the day you're born. You have something special. You have greatness in you. Dr stacy, I love you and there's absolutely nothing you can do about it.

Stacy Thomas: 57:59

Thank goodness. Thank goodness five.