



Transcript of the Interview With Chris Cade

InscribeYourLife.com

And Steven Aitchison

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INTERVIEW TRANSCRIPT

Steven Aitchison: Hi, everyone. My name is Steven Aitchison, and I will be your host for this broadcast. I would like to welcome Chris Cade, who is an extremely hard man to get hold of as he has been so busy shooting videos in exotic places for his new program.

Chris is the author of many Web sites including SpiritualShortStories.com which is attracting a lot of attention around the Web. He is also a teacher of creative writing, and is bringing a new program entitled Inscribe Your Life™ in a few weeks' time.

Hi Chris. Welcome to the broadcast.

Chris Cade: Thanks for having me, Steven. It is good to be here.

Steven: I would like to start at the beginning of how you came up with the idea for SpiritualShortStories.com.

Chris: I actually had originally not much interest in spirituality or stories, and my wife at the time, Laura, she had started writing stories for her own personal development, and she wanted a place to share them.

So the entrepreneur in me thought I would make a Web site for her to share them with friends and family. We expected to share it with maybe 30 people a month, really not much at all.

But what happened is we found out other people like her around the world were writing their stories, and they didn't have a place to share them, so the Web

site grew into a community of stories written by and for people like ourselves as well as some of the classic parables from centuries ago.

Steven: Yeah, and this is where it all sort of started with the SpiritualShortStories, yeah?

Chris: Yeah, that is where everything began.

Steven: So just tell me what kind of happens. When you are writing a story, obviously when you wrote your first one, you didn't know what was going to happen. So when you are writing a story now, what is the process you go through to write the story, and what is going on inside you, do you think, when you are writing stories?

Chris: For me it is sort of an open-ended, unstructured process. I know a lot of other people when they write stories, they kind of commit to a certain period of writing and they have specific ideas and they kind of go through a step by step process. For me that step by step process is a lot more open-ended.

I never know where I am going to get a source of inspiration from, so I just remain open to my experience, and if an idea strikes me, then I kind of take a note of it and say, "That is interesting; I am curious about that."

Over a period of days or weeks but sometimes minutes or hours, these little different ideas keep coming to me, and eventually I go, "You know what? I think these will make a good story."

I just kind of sit down, and if it feels right, I just start

writing and see what happens. I often don't know what is going to happen with a story because there are details floating around that are trying to find their way onto the paper.

Steven: Is it just coming out from somewhere else, do you think?

Chris: About 90% of the time most of it really is. The first couple stories I wrote were very personal and based almost exclusively on my life experience, so it was easier, but it still came out the same way where I had some ideas that had just kind of floated and sort of came out.

The later stories that I wrote really didn't buy that process of "I don't know what is going on or where this is from, but I am going to trust that there is a reason that these words want to get onto the paper."

Steven: When you have written a story, say for example you've gotten it all down on paper, do you go back and rework it? Have you gotten more inspiration to go back and rework it, or do you just pretty much leave it as is?

Chris: The first couple stories I did very little editing just because I was so close to my experience that there really wasn't a need, but the more I moved into my writing adventures, I guess you could really call them, I really did start to find that there was some value and process in reworking with the story, especially setting it aside for a while and coming back, taking a look at it and seeing if there were new insights that I gained, new ideas.

The other thing is I really value in my experience using both the left and right brains. So when I am first writing, it is almost exclusively creative stuff coming down on the paper, and I don't know what is going to happen, but afterwards, sometimes I look at the story and go, "You know what? That doesn't make sense! This part right here, I don't know what I was thinking," and I go back and I do a little bit more writing more with the logical and try to make it just a little bit more easy to read.

Sometimes I will write stories that aren't really for an audience, they are just for me, so I may not do as much editing or any at all.

But if I know that the story is going to go to an audience like SpiritualShortStories.com, then what I will do is I will actually go in and try and see if I can add more messages to the story so that different people will get different things out of it and discover their own wisdoms.

I will try and make sure it reads a little bit better. I have written some stories where I have jumped from past to present to future in a very confusing way. I went back and really made an effort to have it make sense chronologically.

Steven: Just tidy it up a bit, yeah.

Chris: Exactly.

Steven: Have you got any favorite authors that you actually get inspiration from as well then?

Chris: Well, I wouldn't say necessarily say specific authors. I

mean there are some whom I enjoy, like Guy Finley writes a lot of stories. Paulo Coelho also writes a lot of stories. I enjoy their stories a lot, but as far as actual inspiration for stories, it comes mostly from my experience and just seeing where I am curious about.

I think that is the biggest thing for me, just curiosity about everything that is going on around me and sometimes just seeing what unfolds.

There is one story actually that I am half floating an idea around for that I actually got from Dan Millman who actually for it from the "The Twilight Zone." Some people say that there are no original ideas, just new voices.

Steven: Exactly, yep.

Chris: When I look at the work that I am doing, I don't see it as being unique to the world even though it is unique to me and I discovered it independent of any formal structure, but I do see myself as being a voice to connect with people in a way that resonates more authentically, I think is really the thing that works for me.

Steven: Obviously, you have grown as a writer, but do you think you have grown as a person as well?

Chris: Yes, definitely. There have been two avenues to that. One is just simply by getting what is inside out onto paper, there has been this opportunity to see things that I might not normally have seen, my subconscious kind of informing me about my experience and things to learn from so I have learned simply through writing.

Then at another level some of the stories I have written, I have been able to look at those stories over time and see how they had messages for me that I couldn't see at the time that I wrote them. That is really interesting. It almost feels like my writing was telling the future, and I just couldn't see it yet.

In those ways I have definitely found some wonderful growth opportunities when I go back and read a story and say, "Wow, I didn't see that then, and I can really feel where that wisdom is now, and I can bring that into my current life."

Steven: So it is kind of a synchronicity diary to see if you can see all of the synchronicities in your life?

Chris: That is exactly it. Definitely synchronicity is so prevalent in my life right now. It feels like I am one walking synchronicity.

Steven: You say you are walking synchronicity, and this is quite good. I guess you know that it is more and more in life where secrets are popping into your brain almost and you are kind of noticing them more rather than most people would?

Chris: Yes, that has certainly been the case with me. Even my father, who doesn't have much of a spiritual direction, when I first started sharing the concept of synchronicity with him, he was very skeptical.

Then when I started giving him concrete examples of my life that were happening just all the time and more and more, then he started noticing synchronicities in his life, and they are happening more and more.

Steven: So he is a believer?

Chris: Yes, he's a believer now that he has had things that he can't explain. It has very much been like a snowball. Once we open ourselves up to any direction, really, whether it be success, synchronicity, writing, or whatever we choose, once we open up to that new path and say yes, it just becomes like a snowball, and it just becomes magnificent.

Steven: So it is about going with the flow as well?

Chris: Oh, yes. Definitely one of the biggest hindrances people have with their writing is what people call writer's block. In my experience, writer's block is not a block. It is just saying, "You know what? This is not the right time to write the story, and it is okay."

Go with the flow and do something else that resonates right now and come back when the story is ready to flow.

Steven: I was reading I think on the Web the other day that there is no such things as writer's block; it is typer's block. As soon as you start typing, something will come out.

Chris: That is definitely true. Keep going, and eventually something will come out. Trust that things are unfolding as they should.

Steven: Yes. Talking about the spirituality, are you a religious person? To me I know there is a big difference between religion and spirituality. Are you a religious person as well? You have another Web site, A Course in Miracles; do you see yourself as a religious

person?

Chris:

It is interesting that you bring that up. I actually do not see myself as being a religious person. I mean, not in the traditional organized religion context. The Course in Miracles Web site actually came about because I realized that the content of A Course in Miracles, even though it uses Christian-based language, it really wasn't a Christian course.

It is really just a general spirituality course about relieving ourselves of guilt, being more present, learning how to forgive, the principles that are at the core of all of the world's major religions.

So I realized there was a great opportunity to offer that course through daily e-mails, so I made that Web site both for myself and for others to take the course. At the time I wasn't really an avid student; I just liked the idea. It was as much for me as for other people who just happened to benefit from it.

When it really comes down to organized religion, I think that ultimately the goal is the same as spirituality which is to have a better relationship with our Creator, our Source, or whatever we want to call it: God, Allah—you can give it any name.

Steven:

Semantics.

Chris:

Right, semantics. What we are really looking for is that personal relationship, and we find it through different ways. For some people, the structure of religion, having a leader or direction or body of text is really helpful to build that relationship, so I really encourage people whatever path that works for them,

to follow it.

For me, as I move down my spiritual path, I started to see that a lot of the religions had certain rules or certain ways that they went about it that were helpful for others that didn't work for me. So that is where I sort of stepped away from organized religion.

But I do like another definition of religion which is sort of just being fanatical about something, having an idea about something, and I think in that way we are all religious about something.

For me, I could call part of my religion eating organic food. I love to eat healthy. That is something that really has integrated into part of my life.

Steven:

So you really have grown. You have tried obviously different religions as well, and you've got your own kind of set of core beliefs, and that has all come from an amalgamation of different kind of spiritual beliefs and religious beliefs and things like that as well?

Chris:

Yes, exactly. There are many paths home. Even A Course in Miracles is one of many paths, and the Course is mandatory. The only choice we have is when we take it. It has definitely been my experience, finding the bits and pieces that really resonate. I think at the end of the day the thing to ask ourselves is "Are the choices I am making, both in my mindset and my actions, taking me closer to the life I want to live or farther away?"

If that is in religion, spirituality, writing, movies, hanging out with friends, going to the bars, or whatever it is, that is really what we have to ask: "Are

my heart's desires manifesting in the world based on the way that I am going about things?"

Steven: So it is about being authentic to yourself I guess?

Chris: That has been my core message and my core experience. When I stay true to being authentic, then the miracles unfold and synchronicities happen everywhere, and I can't help but be happy. Part of it comes down to this idea, and there was a real big shift in my spiritual development a couple of years ago. What happened was I kept thinking that I want joy, I want happiness, and I identified all of these things that I wanted, and I read a book that said, "You know what? If you seek truth above all else, other things will happen as a by-product."

I didn't really understand it at first, but as I started to do that, I started to realize how true it was, and the reason why was because when we say we are seeking happiness, we usually have ideas about what makes us happy. I could say "Oh, yeah, eating organic makes me happy," or "going to the pub and having a couple pints makes me happy."

But when I really dig deep down, I am not certain those things actually make me happy. They are my ideas about what make me happy. So if I come back and say, "What is the truth? What truly do I want? What truly makes me happy?" I may notice that what I want is not a couple pints at the pub. What I want is the connection, that conversation with those people.

Then I can start saying, "Oh, well, would I be happier having that conversation over coffee or at home or at the pub?" I become enabled to make a choice of how

that truth unfolds because I know what the truth is.

The really interesting distinction, and it has taken me a while to start to really draft what it means in my life and how it really impacts me, but it has been so profound because I don't have to—well, I still do it sometimes and say, "That will make me happy,"—but I don't mean that. I step towards truth the more I find myself happier and peaceful as a by-product.

Steven:

That is a really good insight as well because I think about people just in writing on my blog as well and getting comments back; I think a lot of people find it difficult to be true to themselves, and subsequently to that comes out and to their friends and families as well there is a kind of dissonance between what people want to do and what will make them happy, and their actions as well.

Chris:

It comes down to kind of a couple of things. One is just a fear of rejection. We are scared that if we take a path, the road less traveled, that the people we care about will reject us, they will ostracize us.

Sometimes those fears are very well-founded. We may have 20 or 30 or 40 years of our parents and family telling us how life is and telling us how we need to be. That is a very real fear of rejection.

Sometimes it is actually an illusion that what we think our parents were saying during our childhood isn't what they actually meant; it is just how we interpreted it. So many kids grow up, and they think, "My parents didn't love me. They never showed they loved me."

If you asked the parents, "Did you love your kids?"

they are going to say, “Absolutely, and I did all these things to show them I loved them.”

There is definitely a difference between what reality is and our perception of reality that just ties back to the truth thing again. What is the truth about the reality rather than what I think reality is or should be? That has been something that has been really interesting for me in my own path to explore.

Steven: I guess, Chris, obviously you are a happy spiritual person right now. Do you have some unhappy times to contrast? You couldn't be happy if there weren't unhappy moments as well.

Chris: There were about 20 years of unhappy moments. As I talk about the rejection, I had a great family life, but my peers rejected me. I mean, for like almost my whole life, my peers rejected me. Dating was a pain point, low self-esteem, and the whole spiral that goes with all of that. It was not pretty, and that was a real challenge for me to work with.

Then the other thing was just relationships. It stands to reason that if I was feeling rejected all my life, I might in turn engage in relationships that would encourage more rejection. I have a lot of pain in relationships as well in my adult life. Even my spiritual path was spawned by rejection, which is a funny way to put it.

My wife at the time had been concerned that we had different paths, that she had a spiritual path and I didn't. Ultimately that would drive us apart, and it was a stress throughout our dating and our engagement.

Eventually, just shortly after we got married, she said, “You know what? Either you get a spiritual path, or you get a divorce lawyer.”

Oh, I did not like that. I was angry. I was furious, actually, but I was also not wanting to be rejected again. I didn’t want to be a failure; I was co-dependent, and lots of things said, “Okay, I will go check out this spirituality thing and try and save my marriage.” I was pretty skeptical and not very interested, but I went to the store, looked at some of the book jackets to see what resonated with me, just any title that caught my attention.

I opened up a few books, and one of the books was titled *Think Logically, Live Intuitively*. I thought, “Well, that sounds good because I kind of know I have intuition, and I am a pretty logical guy.”

I open up the book, and on the page I opened to specifically he is saying that his niece was asking, “What is in spirituality for me? What is in it? Why should I do this?” His entire book was an attempt to answer that question for her.

I thought, “Okay, that is pretty synchronistic. What is in it for me?” His whole book was an answer to that.

So I bought the book, I read it, and I loved it. He had a glossary of other books in there that he had found to be helpful to his path, so I just started doing the same process. I would pick five or six titles from that list, see which ones resonated, and keep reading.

Before I knew it, I was finding my own path and really enjoying it. It was full of synchronicity and all the different things in my life that had brought me to here

were all just little synchronistic experiences even in my spiritual path.

Steven: So I guess you feel from then you've come a hell of a long way from where you started on your spiritual path to here where you are at the moment talking with me on the telephone, I guess. A hell of a long way, yeah?

Chris: That is an understatement. Sometimes I can't grasp how much I have changed and the miracles that have happened in my life since I just said yes. That was it; I just said yes. And I remained open to see what happened.

If you had asked me even just a few years ago would I be where I am at now, absolutely not. There was no way I could even imagine. It was not possible in my life!

Steven: Just to let the listeners know as well, I know you've got a new program coming out and it is a big marketing campaign coming out as well. This is a program that David Bass is helping you promote, and you've been to lots of different countries to shoot a lot of different videos.

Chris: Well, I have been to a lot of countries, but for the video here, I've only done it in two or three states in the US: California, Washington, and I am not sure if we did Oregon, too. It just felt like a lot because I am working with people all over the world.

It has been a whirlwind of shootings and videos just to introduce people to my material, to me. The videos aren't super-professional like movie star quality. I

mean, this is down to earth. This is just me talking saying, “You know what? This is me. I’m authentic, I don’t know a lot about video, and that is okay.”

Steven:

That is the brilliant thing about it because I watched some of the videos on InscribeYourLife.com, and that is the thing I loved about them is they were just down to earth and they were just natural. There wasn’t any of this glitzy stuff. I thought that is a guy I could really connect with. The videos were just spot on.

Chris:

That is just great. That is what I am really looking for. You used a key word there: connect. As I mentioned earlier about religion and spirituality, we are looking for connection. If I can help people discover their own connection, then that is just delightful for me. I have found that videos and audios, people respond to the authenticity that comes out in my voice and with me on camera.

So for me what is coming out with this Inscribe Your Life™ program is it is really not about I am some guru or expert or anything like that. I am arguably not even a teacher although I do have some of that merely by having a program, but it is really about me saying, “You know what? I’ve stumbled through my past. I’ve found some things that help, and if this direction and this message resonates with you, I can share my insights with you, and you can see if this works with you, too.”

The wonderful thing about having this sort of open-ended perspective of helping others is that it also means the people that I am working with can help me, too. It is not like I am in some position where I know everything.

It is like, “Hey, this is what I know about, but you know other stuff. I’m sure that what you have to share in the stories that people are going to write through the program and just in interacting with me on the blog and in them membership community, all of these opportunities are for me to learn as well and to fall into my spiritual path more.”

It is such a blessing to really change away from the teacher-student paradigm and move into a synergy-partnership paradigm.

Steven: It is a two-way learning process. You are learning as much as they are learning as well.

Chris: Oh, yeah. Even just preparing this program to bring it out to people over the last couple of months—I mean the program has been in development in some form for two years now, but the last couple of months I have grown so much just in working with the material, in learning how to message it in a way that connects with people more authentically. So it really is about just growth for everyone.

One of my spiritual teachers says that when we do work for ourselves, we are doing it for everyone, and I really resonate with that message.

Steven: We’ve touched on a little about the Inscribe Your Life™ program. Can you give us a run down of where the program is just for the listeners out there because this will obviously be for those listening as well just to find out a little bit more about the program Inscribe Your Life.™

Chris:

Yeah, in a nutshell what the super-short tagline of it is discovering how to write stories so that you can rewrite the story of your own life. That is what has happened to me. I learned that in the process of writing stories, I really was changing my life. But the stories that I wrote were serving multiple modalities.

So the program itself is designed to help people who especially may not have much experience with writing. Maybe they are curious. Maybe they are a little scared. Maybe they feel like they are not all that creative but they could be; they just don't know how to access these abilities within themselves.

So a large chunk of the program involves overcoming fears and accessing creativity. Once people learn how to access their creativity—I mean we all have it and it is brilliant—we just may not be aware of how much is there. Once we learn how to overcome those fears, then it becomes easy to do writing or really anything else in life that calls for overcoming fear or having creativity.

I really feel that a personal development program, their writing is a means for personal development and then just the potential for things to unfold from that so that is kind of what it is about and what people get out of it.

It does it through multiple modalities because I've found that helps for me, so I have a visual guidebook and some workbooks along with it, some audios, some videos, and some writing exercises. Some of them are kind of serious, and some of them are really fun and light-hearted. Some you can do in a minute and a half or two minutes, and some might take

longer.

I really tried to make the program in a way that people could learn through different avenues because we all do learn differently. Some are audio, visual, tactile, and so I really wanted to give as much opportunity for people to succeed with different directions as they could with the program and also use different types of exercises and different ways of messaging the material so that I could really get in there and help people discover some of the wonderful things that I have discovered about myself.

When I say that, I don't mean that people should discover the same things as me.

Steven: Yes, their own part.

Chris: Exactly, that they discover what is true for them. And really it is the process that has been helpful for me.

Steven: The thing I loved about the program as well just by reading about it and looking at all of the material is when you first look at it, you think it is a writing program which might not be for some people, but when you delve deeper into it, it is really a full personal development program just like you touched on there.

It is not just about writing; it is about your whole personal development and the whole of your life basically.

Chris: Oh, absolutely. I mean, creativity is something that we want and need in all aspects of our lives. Wouldn't it be great if we knew how to access that easily?

Steven: Exactly, yes.

Chris: So many of us, myself included, have doubts and fears in our lives, and that is part of my path is to work through it.

So when you are working with this material, it really helps to overcome doubts and fears partly about writing, but really about everything in our lives. The potential is amazing. I mean, there are so many spiritual development programs out there, and it is important for people to find the ones that resonate with them, and this modality and this method of personal development resonates with me and the people I work with.

Steven: Chris, I asked you to come out for half an hour. I think we are just over a half an hour. I would like to thank you very, very much. It has been delightful having you on.

Others who are listening as well can go to www.InscribeYourLife.com. I am sure this is going to be a great success. I think this is going to be a blow-out success for you. I really do wish you well.

Chris: Thanks so much for having me. It was great talking with you.

Steven: Thank you very much, Chris.

Chris: Have a great day.

Steven: You as well. Bye now.