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**Interviewer: Melli O'Brien of [MrsMindfulness.com](http://MrsMindfulness.com)**

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Melli: Welcome back to the Mindfulness Summit. I'm your host, Melli O'Brien, and with me today I am really delighted to introduce you to a friend and somebody that I admire very deeply, Jono Fisher. Jono is the founder of the Wake Up Project, which is an events and media company dedicated to one single mission, to inspire a kindness revolution through creativity and conscious business. The Wake Up Project has really grown in Australia to be one of the largest and most trusted communities centered around mindful living, and Jono's work creating this thriving community has been recognized by the likes of the Australian Financial Review, GQ Magazine, UCS Business School, the Sunday Telegraph, ABC, the Yoga Journal, and many more. Jono, thank you so much for sharing your time today.

Jono: It's a pleasure, and thank you for such a generous introduction.

Melli: Actually one of the things that I thought of this morning when I was looking at your intro was actually more than anything, what I admire about you personally is that you strike me as someone that really walks your talk, so I think that's what I actually admire about you most deeply.

Jono: Thank you, Mel. Thank you.

Melli: My first question to you is growing up, would you say that you had any kind of inclination towards mindfulness? You may not have known the word back then, but do you feel like you were a spiritually inclined sort of a kid?

Jono: I grew up on a farm, so in growing up on a farm, I had lots of time to myself, so I would be off and running the paddocks with my dog, and we had pet sheep and pet horses, and, yeah, I don't think I knew the word. I wasn't familiar with mindfulness as a word, because I think as an experience being in nature and having all this space around me I think predisposed me to actually really enjoying that space, and, also, that connection to nature and sensation. Yeah, just a felt sense of being aware of what was happening around me, and happening inside my body. Yeah. I definitely think my environment as a young person really helped support I think that being more part of my life.

Melli: It's interesting. That's a theme that I hear a lot, and resonates with my own experience as well, as that when we were kids we may not have understood the concept of anything spiritual, but a lot of people it seems that when they were alone in nature as children, or having that time, it seems to really have affected that ability to be mindful.

Jono: Yeah. I think the other thing that's interesting about that, when you talk about not knowing the concept, I was chatting the other day to a guy who was the former CEO of a large bank, the National Australia Bank, and I asked him, "Are you familiar with mindfulness," and he said, "No, I don't really do any mindfulness things," and then he began to describe to me things like getting up in the morning at five o'clock before the sun came up to go for a walk with his dog, and he described how it was sensory deprived, and he felt this quietness and stillness that would come into his life, and it sounded like he was actually describing a meditation practice. He never actually termed it as that, and, yet, I think it's a really interesting thing, the way in which a language or a term can get in the way sometimes of people actually experiencing it in very ordinary ways, whether that's walking, or swimming, or those kind of things.

Melli: I couldn't agree with you more on that topic. In fact, since we're talking about it, and I know we've just spoken about how it's a difficult thing to define, but when you think about what mindfulness means to you, what would you say is your working definition or whatever of mindfulness?

Jono: Yeah. I don't know that I have a working definition, but as a description, for me, it would be the ability to become more aware of what's actually happening in your life. What I mean by that, too, is what's happening internally, so becoming aware

of how you're feeling, and truly what's going on in your internal world, and then, also, becoming aware of actually what's around you.

For me, I, also, have an interest in how that then gets expressed in your life, so I know that doing that, by stilling your mind, becoming present to how you're feeling has such a great benefit upon your nervous system and stress reduction, and, yet, I, also, feel like mindfulness is so much about how that affects how you live, and think there's a natural sense when the body does calm down, it gives the body a chance to express different qualities, so express more kindness or warmth, but, also, there's an ability to, also, show up more fully in your life, because I think you begin to understand and know yourself better, and you can then bring that forward, and people can actually begin to feel you, and begin to feel what you're about.

Yeah, I think it's a very personal, internal awareness practice that, also, affects so much of how you live and how you engage with people in a relational sense. I don't know if that's a clear definition, but that's what comes up for me when you asked the question.

Melli: Yeah. No, that's beautiful. Jono, can you describe in your own experience what it's like ... That snippet of time where you were on autopilot, and then you have that moment of waking up into mindfulness. Can you describe in your own words what that experience is like for you?

Jono: Yeah. It's very different for me at different times in my life. I can find that one of the initial things that happens for me when I become more present or become more mindful, particularly if I do some kind of meditation, like some kind of contemplative practice, often I can have the experience of actually touching sadness, and I'll weep or feel a sense of sadness, and I think that's partially to do with a sense of realizing how much I've been spending time in my head, or spending time in worry, or anxiety, or projecting of thoughts, and I think there's a natural sense of sadness, but it's, also, I think a sense of relief to coming back from living from here up, to coming more in my body, and I think my body responds with tears. It's not like a negative thing for me. I actually feels quite beautiful, and really like a release.

It's different at different times, but it, also, feels like a sequential series of events that happens for me within my body. The next thing I notice is that I feel a great sense of rest, and I'm nearly sinking into my body, and that, also, comes with a feeling of being grounded, so I feel like I'm actually in a body. I'm on the earth. I'm here right now, and there's a sense of perspective that comes with that, of what was once in a quite complicated or overwhelming, all of a sudden, things become very simple, very manageable, but, also, very spacious. What I notice when I become present is there's a lot more room within myself and around me, than I initially thought, so it's nearly like feeling contracted and then feeling expanded.

In that space, I feel this space for a whole series of emotions or thoughts to arise, and just to be there in a more comfortable way, whereas before when I'm not present, or I'm actually living in a very tight mental condition, it feels like everything's very tied to and there's not much room.

I think the other thing that happens for me is my heart feels more open, and when that happens, I think there's a quality of warmth that arises towards myself, and so I begin to feel ... I think there's a reflection that goes on, as well as I reflect on what's happening in my life, and I think, too, of some of the practices I've learned, I've learned to then be kind to myself, and be kind and accepting of what's happening. I think when that happens, too, then I start to feel more integrated, and feel more whole, and feel just better about myself... The stories that my mind wants to tell me when I'm not very present are just that. They're just stories, and that I and everyone else are much bigger and much more connected than I previously thought.

I think the challenge with actually that question ... I love the question, but the challenge of it is because it's so experiential, it's often very hard to translate what is a very felt experience into words, but I hope that gives you a little sense of what I experience at times when I become more present. Yeah.

Melli: I think you expressed that very elegantly actually, and I absolutely agree with you, and I actually think this is one of the big challenges, if you even want to use the word spiritual, in the spiritual community. I think one of the challenges is describing something that's such a felt, personal experience, and trying to translate that back to other people, it's really not entirely possible, but we use the words like, whatever, connectedness, spaciousness, openness, warmth, and it's not really fully definable. It's just not.

Jono: Yeah. I completely agree, and I think I might have indicated earlier, because I've been interviewing a whole bunch of people myself lately.

Melli: Yeah. I've been listening.

Jono: Yeah, and just even guys talking about fishing. When they describe fishing, because they're often two guys on their own. They're often not talking. They're in nature, and when they describe what's happening, it's actually very meditative.

I think that's the beautiful thing that I think can happen when mindfulness can be taken across so many other areas. I think the problem can be when we limit mindfulness to a stress reduction course or a particular training. As incredibly helpful as that is, and how supportive I am of that, but then to, also, acknowledge and recognize people being mindful doing a whole bunch of other things that may not be considered a traditional mindfulness practice. It definitely is, and I think it can, also, give people a sense of okayness about doing something that isn't formal.

That's something I'm really passionate about, because I don't think it suits everyone to be sitting or do a particular kind of training. That other people might find much more benefit in swimming, and being really focused on the practice of swimming. That's where I am with that.

Melli: Yeah. I am, also, really passionate about that same message getting out there, that there's no right way, and there's no right exact definition. Sometimes people get really I think a little bit rigid around that, and I'm trained by the Mindfulness Training Institute of Australia, who does the mindfulness space stress reduction courses, and I think that course is incredibly powerful and I love it, and I totally agree with you. There are different ways of approaching mindfulness for all kinds of different people. I'm really glad that you brought that up.

Jono: Even animals, for me, I think animals, particularly dogs inherently just by their nature they're very present and very connected, and I think, for me, when I'm with a dog, or have my arm around a dog, or look into the eyes of a dog, I naturally start to sync up with the energy of that dog, and there is a sense of a very similar quality that emerges for me that then if I was meditating. Yeah. I love that you're spreading that word for mindfulness to be accessed in many different ways.

Melli: Yeah. I think one thing that your story, a part of your story that I would love you to share, because I think it's so interesting and valuable for people to hear about, is your journey from being a young man, being in the corporate world, and how you transitioned from that into starting Wake Up Sydney. Would you share a little bit about how that transition happened for you?

Jono: Sure. Yeah, I was in the corporate world for about ten years, and things were going okay. Nothing spectacular, but just okay. Everything on the outside seemed okay, but internally something didn't feel right for me. Not that being in the corporate world, there's anything wrong with that. I think it's a great place for many people, but, for me, it felt like assuming the wrong direction, like the stream was going one way, and I was swimming another way. My body really started to be affected by that, and I had a sense of probably like a low grade depression I would say, from doing something that just didn't feel like it was what I was meant to be doing.

I actually got to a point where I really felt quite burned out doing what I was doing, and wanted a break, and so I thought I'll take a couple of months off and then come back, come back to the corporate world. After about three months, I realized I don't think I want to go back, but I, also, realized I had to make some cash, and I saw an ad in my local paper to be a male nanny.

Melli: A bit of a career change.

Jono:

Yeah, it was, and I thought I like kids. Maybe I can do that for a few months, and then I'll go back. It would just buy me a little bit more time. I got this job looking after two six year old boys. They're twin boys, and I remember the first night putting them to bed, I put one to bed, and I put the other one to bed, and he sat up, and he looked at me, and he said, "I'm so glad you're here," and I remember having this very visceral experience in my body of, "I think I might actually be here for a while."

I was. I ended up being there for about five years looking after these two young boys, and it was a really transformative experience for me. Very difficult at times, and, also, incredibly rewarding. Some of the things that happened, for me, that stand out is that, one, I had to really simplify my life. I had to really strip everything down to bare necessities from a financial point of view. That was both hard and both really rewarding at the same time.

I remember there was a time when I was walking down a park near where I lived, and I think I was about a year into being a nanny, and I remember walking down ... Because I didn't start work until three o'clock in the afternoon, so I had most of my days off, and I was working four days a week, so I had lots of time, lots of time to explore things that I always had on the back burner, so things like I was really interested in the world's wisdom traditions. I was interested in the arts, and social change, and now, all of a sudden, I had time to do this, and I remember walking in this park, and I felt like, "Wow, I have very little in my life," and I was looking around and there were just beautiful trees. There was a waterway, a creek next to me, and I was walking down to the beach, and I honestly felt really like royalty. I felt like, "Wow, I have everything," and, yet, at another level, I had very little.

That was a very deep experience for me, and I continued to have these experiences of feeling so wealthy, and I think it was very much connected to ... I was actually much more present to my life, and my body, and what was actually happening around me.

It was around that time, too, I got introduced to Eckhart Tolle's work as well, and that all started to make a whole lot of sense. The other thing that happened in this time, was it was a very wealthy family that I was nannying for, and so they'd often have dinner parties and such, and I often knew who these people were, and so they'd come up to me and say, "Hi, who are you?" I'd say, "I'm the nanny," and nine times out of ten, Melli, the response would be, "Oh." Then they'd move on. It was like a punch in the gut. Initially it was so painful, because I felt like I'd dropped down to the bottom of the social status ladder, and was like a nobody. Even my partner and friends were going, "Hey, Jono, are you okay? You've lost the plot in relation to career, ambition, and where you were going."

It took about a year, I think for me, until that wasn't a painful experience, but it got to a point naturally where I just started to feel way more comfortable with who I was, irrespective of what I was doing, and in the same way with the

walk in the park, there was, also, this sense of feeling comfortable with who I was, separate from what I was doing. I think parallel to that, there's, also, this relationship with these two young boys, who were just incredible young boys, and the friendship and the relationship and what I was learning from them, and the value and the nourishment I was getting from actually looking after them, and taking care of them, and my heart was opening in being with them like that.

It was a long way of showing some of the things that happened for me, but then there came a point, Melli, where I thought I'd really love to bring together some of the things that I was learning to value and appreciate during this time as a nanny, into a community, and I thought would people be interested in the community that came together to celebrate meditation, interesting speakers, live music, wine and chocolates, and themes are were really important to me.

I remember I was having drinks with a friend, a very dear friend of mine, and she had been following my journey along the way. I was going to start this up, and she said, "Great, what are you going to call it? What are you going to call this community, this thing you're going to start," and, at that time, I was going to call it Mindful, so I said to her, "I think I'm going to call it Mindful." She said, "No, no, no," and she is actually in a role where she produces a lot of mindfulness based materials and such, and I said, "Well, what do you mean? Why can't I call it Mindful," and she said, "It sounds like you're going to live in a cave, Jono. Why are you doing this?" I felt like I told her I wanted to bring together the meditation, the arts, good speakers, and she said, "Yeah, but why do you want to do this?"

What just arose within me was this response, I said, "I feel like we're sleepwalking, myself included, and I just want to be a part of not being that way." She said, "You want people to wake up," and I had this sense of nervousness and excitement. It felt bold, and I said, "Yeah, but I don't want it to be too spiritual," and she said, "Just get over that. Notice what you want to wake up to, and then follow that impulse, and if people come along, they come along. If they don't, they don't." That was the impetus, and she said, "Roll your sleeves up and go to work," and she sent me out.

I remember booking a cinema about six years ago, and hoping and praying that people would come.

Melli: I was at that event. In Paddington, yeah.

Jono: Yeah. Thanks for being one of those people. There's just been this really natural response from people, and I think, Melli, what's really the lesson in it for me, is how I believe so many people right now are so hungry for a deeper sense or a deeper quality in their life, and I think there's a real dissatisfaction with the myth or the lie that I think that has been perpetuated around if I get something outside of myself, then that will make me feel really good, where I think it's the complete flip, as you well know, and I think what the series is all about, is that when you find something in yourself, and when you really learn to connect to what's going

on within yourself, then everything outside of yourself becomes more rewarding, and becomes very fulfilling, but that's not the origin of the fulfillment.

Yeah. It's continued like that, so the Wake Up Project now has developed into a big community about seventy odd thousand people. We put on many, many events, and people keep coming, thank goodness.

Melli: More and more people keep coming.

Jono: More and more people, yeah. I continue to see the same kind of thing, humans just wanting to get together. Humans really valuing a contemplative setting, where they can rest, and not feel like they have to be a certain way, and then a celebration of the good and the best qualities of human beings. Not the ones that are often thrown to us through media, this kind of hyper stimulation, or even a stimulation of our baser desires. I shouldn't say baser desires, but of things that actually aren't going to bring fulfillment.

Melli: Right. They're like pleasures.

Jono: Yeah.

Melli: But not fulfillment.

Jono: Not fulfillment, yeah, or just a sense of like if you get this, then you're going to be happy, and it's like then there are all these other human qualities that very rarely get airplay, and when they do get airplay and people start bringing them into their lives, they go, "My gosh, this is actually where the goal is." Long way of sharing the story, but that's the journey for how Wake Up started.

Melli: Another new thing that you've started recently is your podcast, and I've been tuning in, and I tell you what I'm loving the most about that podcast is that you've opened up a conversation around the masculine expression of mindful living, and the really specific challenges that affect men, and one of the things that you've been talking about that I'm just really enjoying hearing people talk about, is redefining what it is to be a real man, and so really breaking through those cultural ideas around being real men.

I was wondering if you would care to share what you think are the issues that face men in particular in this journey to conscious living, and what you define as being a real man?

Jono: What I've noticed in my own experience and with other men, is that there is a cultural expectation to show up a particular way, and that way can be having it all together, carrying the burdens on my own, and not feeling like it's okay to share my emotions when things are difficult or even when I'm just feeling a particular



way. I think there's nearly like a training that goes on, particularly for young boys, that that's just what we do, and I don't think there's anything malicious or overt in the desire to suppress men in that way, but I think that definitely has happened and continues to happen.

I think what I've noticed in the interview series, is nearly every man that I've interviewed, that's from a Wallabies coach, to CEOs at banks, and to a Sixty Minutes reporter the other day, a whole bunch of people, that all said, "Thank you so much for giving me the chance to talk."

Honestly, Melli, I've actually gone into a lot of these interviews with a slight judgment, and the judgment has been really are men actually going to want to talk about this? Is it going to be really awkward? Are they going to think I'm like a bit of a dick to actually want to have this conversation? Within minutes, they're actually really into it, and it's permission to actually share in a different kind of way. I think what I've noticed in that is that many times in my life, I've only ever seen men talk like that after five beers. They go, "Oh, there you are." There's this real person who shares openly, and is quite vulnerable, and heartfelt.

Melli: That kind of bravado starts to soften a little?

Jono: Yeah. Often only happens through something like alcohol, because, for some reason, there's this conditioning to feel like I can't do that normally, but what I'm noticing in these interviews is that so many men actually want to just show up as themselves, and as themselves, often is very warm, very emotional, and deeply caring about other people and what's happening in the world, and I've been really deeply touched by that, really touched. Just at a personal level, it's nearly like I don't really care if people like the interviews or not, because I'm having this quite profound experience of sitting for an hour plus with men, and just listening to their stories, and listening to what's important to them. That's made a massive difference to my life.

But I think to your question about what is a real man, and what does that actually mean, nearly every time I've asked any of the men this, they have all said, "I'm not really interested in that question about what a real man is. I'm interested in what's a good human."

Yeah. I feel the same way, and I feel like that's, also, an indication of where we're going as humans. This idea that a man has to be a particular way, or a woman has to be a particular way, is kind of irrelevant and not necessary, but what's really important is who you are as a human expression, and a very unique expression, and as a man, you may have many very feminine qualities, or you might have very masculine qualities, but to know that you have full permission to be yourself, and to be yourself in an unapologetic way, but I think particularly for men to know that the qualities of emotional honesty, or kindness, or compassion, or vulnerability, aren't weaknesses, but they're actually huge strengths, and I think when men know that and are given permission for that, they bring it forward,

and they go, "Great, I'm into that," but if there's any sense of this is going to be a little wussy, then they kind of hold back, and I think it's part of the conditioning.

I think what I've noticed when around men who have the ability to really open their hearts, and really share openly about what's going on for them in their lives, I just feel so much strength, and I'm reminded of this Buddhist notion of having a strong back, so your spine being strong, and nearly upright and noble, but then having a really soft front, so being open, and vulnerable, and accessible, and the combination of these two things is what I'm seeing, for me, as a kind of more updated version of masculinity, so you don't want spineless people or spineless men. You don't want to emasculate men, so they're all just all emotional, but to remind them that this strength, and this dignity, and courage, and passion, all these things are so important, but not to ignore the front part of your heart, and your emotional world, and those things together, it's then you have more of a spiritual warrior archetype, where there's enormous strength, and, yet, enormous softness that is there as well, kind of simultaneous, as opposed to one or the other.

Melli: Yeah. I'm just really loving that conversation being opened up. There are conversations that you're having with men and it's around these kinds of topics, that as a woman, I'm really just loving hearing, so I'm going to continue to tune into that.

Jono: Thanks, Melli.

Melli: The other thing that I wanted to get your perspective on was I read recently on a website, your profile was on a website called Conscious Capitalism, and I was recently speaking to Mark Williams, Professor Mark Williams, who you probably know of, who founded the Oxford Center for Mindfulness, and we were talking about how mindfulness would potentially go mainstream, and he said he thought one of the real important factors in that was going to be CEOs, and business people, and leaders taking up mindfulness as a way of living, and that's something that you're really involved in. A lot of your events are about mindful business, and so I wanted to get your perspective on what does conscious capitalism really mean to you, and what do you think that looks like on a day to day basis? Maybe you could even relate, because you're a business person as well, and you're in a leadership role, so whatever your perspective is on that would be lovely.

Jono: Yeah. I think it's a really great question, because I think, first of all, I'm really aware that capitalism is a flawed kind of system. It's not perfect, as people are not perfect, and that we could do many more things to improve the way that we operate. It's kind of like one thing that are parked on one side, because I think

there's a whole debate to be had about is capitalism the right system, and I see lots of areas that we could improve on that. That's unquestionable.

Then, at the same time, it's the system that we have. I think this is another one of these things about being present is actually this is the reality of our world, and so to work within the reality is such an important thing. What I've noticed with bringing more mindfulness into our workplace, we do two things. One, we're partnered with Google's search inside yourself program, which brings emotional intelligence, and mindfulness, and compassion based practices to executives here in Australia, and we, also, have a mindful leadership event, which brings together executives within the Australian corporate community to explore what does it mean to be a mindful leader, and what we mean when we say a mindful leader is really to become more self-aware, to become more authentic, and become more compassionate, so it's not just mindfulness on its own. It's actually mindfulness with its other cousins, so to speak, that make up what we would say like mindful leadership, like a different way of actually leading.

I have seen so many signs of how beneficial this is to people. I mean I initially thought is this the right thing to be doing? Is this the right thing to be doing to introduce what are currently ancient practices into a modern context, and will that be used in a way that just exploits or does things that actually aren't really helpful for human beings. What I noticed is that the practices in and of themselves, and, also, what happens to people when they get reminded of these qualities or these different ways of being, is that people change, and people start to go, "Huh, maybe we should be doing things a little differently around here." It's never like, "Oh, great, now we can make this much more money, and we can be this much more productive." There is a productivity element that happens. People do become more I think efficient, and focused, and all these other great things from a business point of view, and that's very clear, but I think there's a bigger thing that happens, and the bigger thing is could we do things different around here? Also, people start asking questions, like what is their motivation? Why are we even going to work? Are the people here, are they pawns in a chess game, or are they fellow humans that I need to treat with dignity and compassion, and could even a workplace become like a family, where people are treated really well.

I have witnessed different individual's learning these practices, and particularly leaders, and trusting that these practices won't bring out the worst in people. It won't bring out any more narcissism. It actually brings out more reflection, consideration, and qualities like authenticity and compassion, which then influence how business is done, how teams are put together, how people relate to one another, and then ultimately business is the driving force of the world. Hopefully, this will move the needle a little closer to actually business becoming a force for good in the world.

That would be my great hope, and I actually think it can happen, is that people will wake up within their organizations, and go, "Hey, we don't have to

have this organization completely collapse in order for us to rebuild something that might work. We could actually do it from within here," and that's my hope, and that's what I do see happening at a very small level right now, but I could see it actually moving more and more towards that. Yeah.

Melli: That's a wonderful vision, and I think it's happening. It's happening slowly, but it's amazing, isn't it, when you hear actually ... I really like tuning into Tim Ferriss' podcasts as well. It's fascinating. He said I think the number one consistent theme that all of these people who are really successful do, every single day, is meditate, so there's a lot of very high profile successful people who meditate, but now that mindfulness is becoming a bit more mainstream, they're all fessing up that they've been doing it for years. Yeah.

Jono: Another interesting thing, Melli, to bring into that as well, because I think there's two things come to mind. One is, I, also, think when people talk about changing the world and such, I think creativity is such a key part of that. I really don't think that creativity can be fully accessed without some kind of contemplative practice, and I think that's what painters and writers are actually ... What's happening for them is they're actually in a ...

Melli: We're back. You were saying that artists and contemplative people go into that state.

Jono: Yeah. I think creativity is such an important thing for our world right now. I think it's one of the only things we have to actually find the solutions we need to improve our world, and I think contemplative practices and mindfulness itself, is a means for tapping another form of intelligence that's often beyond our own mind. I think that whole idea of brainstorming is kind of a strange notion, because it's often tossing around the same kind of ideas, and, yet, I think when people become still and quiet, something fresh and new can emerge, and I think that's where some of the best ideas happen. That's one part, also, that I think really relates to business and leadership.

The other thing I found really interesting, the other day I interviewed a guy named Jack Heath.

Melli: I listened to that interview. It was brilliant.

Jono: Yeah. He was talking about like when he was in Parliament. He mentioned how in politics, and you probably remember this, that so many politicians today have very little time to reflect, and, as a result, the quality of decisions that are being made are so much lower than what they could be, and I think this, also, points to the need for politicians as well to be given the opportunity to learn practices, like mindfulness practices, not only for their well being, but so they can actually have

the time and the space to make a good decision or a good policy that can influence the whole world.

Mindfulness to me is so ... Sure, it originates at a very personal level, but it has such big implications for the world, if it's taken seriously.

Melli: Yeah, absolutely. My final question, it's been said that mindfulness has the capacity to change the world from the inside out, one person at a time, so my question is you is, if mindfulness were to really hit critical mass ... Sometimes people say mindfulness has gone mainstream, but I think when it hits critical mass, I'm talking a billion or two billion people, what kind of a world do you see that that would create?

Jono: That's a big question, Melli. I think what comes to my mind when you ask that, is one of the greatest qualities that I think emerges when people become present and become mindful, is kindness, so they become kind. Their heart begins to live their life a little more than their mind leading their life, so the kind of world that I see is where people value this moment right now, and the opportunity to be kind in this moment, and I think it's the multiplication of those little acts of kindness that will create a very different world, and a very different level of connection with one another, as a human family. The first three words is kin. We will have that sense of family again, where we are not separate individual beings that have no responsibility or connection to other people, but we are profoundly connected to one another.

I think the other thing that I think will happen, and that I think that is happening. I think particularly out of the Silicon Valley world that's pointing to that, is I think we'll be in a much more creative state, and so I think a lot of the problems we have will potentially be being solved, or solved through people having the space to create, rather than being on a treadmill, where they often don't get a chance to express something unique into the world.

They're the two things that come to my mind as what I think will happen when mindfulness becomes more and more mainstreamed into people's lives, because in my experience, that's what naturally happens. I'm not saying I'm like the most kindest, creative person, but I know when I am more present, they're the two qualities, they're the two things that seem to happen more so for me. I would love and hope that that becomes a little more so in the world.

Melli: On that note, thank you so much for the work that you do in helping to create that world, and thank you so much for your time today. Is there anything else that you want to share before we close up?

Jono: I really want to acknowledge you and what you're doing with this course and this program. I think a lot of people see these kind of things, and can just think they come out of thin air, or Melli just woke up and she started a course. I know how

much work, and time, and effort, and phone calls, and emails, and Skypes, and administration, and technical things go into making something like this happen. I just want to acknowledge you, and thank you for doing this, because it's a real gift to the world, and the aspiration and last question you asked about this going into the world and becoming more mainstream, happens because people like you do a course like this, and so I just want to say thank you for including me and for putting this together.

Melli: Thanks, Jono. Yeah, I think you and I both have a similar passion, and want to be part of a similar vision for tomorrow in this world. It's my pleasure to do these.

I want to invite everybody that's watching these, I'm going to provide links to the Wake Up project site, just below this video, so click through and check out Jono's website, and why not become part of the community? Grab your kindness cards. I still have a couple of kindness cards in my wallet, certainly to be used for a random act of kindness soon, so you can go onto Jono's site and become part of the community. Order your kindness cards and become part of a kinder tomorrow straight away.

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Thankyou so much for tuning in and being a part of the mindful revolution.

With warmth,

Melli O'Brien

[www.mrsmindfulness.com](http://www.mrsmindfulness.com)

[www.themindfulnesssummit.com](http://www.themindfulnesssummit.com)

