

## GDL Eric Bigger

Welcome Welcome back to Good Day Live I'm Michelle Mira I'm Kyle Trueblood Good to see you And the studio just got bigger Yes Yes Yes Yes Thank you Thank you It's miracle season bigger vision bigger thoughts a bigger lifestyle a good day a great day a great day a miracle day Miracle day in you with that and good day and that whole thing Well it was channeled right Uh I believe right before I went on the Bachelorette after the final roles I was in the studio on Burbank CBS Studios and I was with a producer and I was like it's miracle season but it was coming to me It wasn't like I thought about it and my producer was like I think you should say that when you get on stage I'm like really He's like yes So I was like ok I prayed about it And honestly when I went on stage and I remember to say everything I wanted to say it was a miracle It was like I had a game winning shot the crowd went crazy and I was like it's a miracle season And then I realized like wow this was before the show This was preshow So its miracle season was a metamorphosis But more so a foreshadow of me falling in love But I had to go through so many different phases within those 10 weeks of being on national TV being vulnerable being open and my life changed And I got my miracle I didn't win the show But I feel like I won the season and it was my miracle season and I transformed I became I was a boy and became a man because it was a Yeah for sure And so it took a life of its own and now and it's it's in the stratosphere it's in the universe and we're we're moving so fast We went we just rushed right by the Bachelorette Rush the process the bare and Pre Bachelorette So the process Pre Bachelorette let's start with that Uh a young kid from Baltimore Maryland you know fresh in L A you know postgraduate graduated in 2010 May 9th month After that I booked a one way Yeah because was he spoke at my graduation It was Mother's Day Yeah Hampton University So it was like June 12th I hopped on a plane booked a one way ticket with \$1000 to my name So when I graduated I went home and my dad was like son I don't think you should be here I think you should go to L A of all places I'm like Ok dad And you're in Maryland I was in Maryland Baltimore Entrepreneurship from there I went to uh a friend of mine's mom house and she was giving me a graduation gift She said Eric I think you should go to L A go to like ND dot com or like apply for a job They don't know each other So I go back to Hampton uh to clean up my apartment and I applied for a job I wanted to do something in sports L A sports marketing I googled it There was an application I filled it out and I

submitted it two hours after my submission I get an email You want to interview you I believe it was before the miracle three signs right And so I had a I had a graduation party June 5th and June 12th I booked it one way and I never looked back Where did you move into I moved right into uh so I had a friend stand in West Hollywood I stayed with them you know two weeks him and his wife and then I ran into a good friend of mine from high school She's actually the owner of slutty Vegan in Atlanta Her name is Ayesha Cole Pinky Yeah she's from Baltimore We went to high school together right So she let me stay in her place for three reasons why she was going back east for sorority picnic And I spent one day in a car People don't know that it was tough because her landlord was like you're not on the leave You got to get out of here So from there she helped me out I went on Craigslist and my first apartment was from a guy who drove a limo his name uh Mustafa Must I paid that man for a year \$500 a month just to sleep on his couch That's what a miracle really started out And it was tough You know I graduated from school with honors mega but L A didn't care like who cares And it was tough But that's when the process of me learning and reading books they can grow rich as a man Think of the secret Tony Robbins Bob Proctor Les Brown Mary Morse You know all these guys what are successful people doing and how are they successful you know meditation affirmation all these things And then from there it just I feel like you become what you surround yourself in what you read what you think what you consume And then I still was learning and growing I was 22 at the time And then from there I just things just started happening I booked some commercials doing background I got ta hardly like oh wow And it's interesting because I was reading the Secret and thinking grow rich and I was applying what I was reading and I did a commercial a turkey burger commercial I was doing background background and they kept my part you featured I had a graphic T on and so people are like I don't think they're gonna keep that So I'm like OK January of it was September 2010 January of that The next year I got a check for like 400 in May of the next year I got checks for 1214 100 residuals But here's the thing I was doing like I literally was reading everything thinking grow rich You gotta write your statement you gotta read it out loud I was applying when I was learning and it was manifesting in my life So on that background I make \$15,000 in residual income That's amazing And I was like oh wow this stuff really works and at the time I should have paid this one They didn't have it was uh I think it was s a and after they wasn't like together I should have paid them to get in the union But

I still got the union eventually But yeah that's where the journey really started with information and knowledge And you know Doctor Joe Spencer says knowledge is the precursor to experience So I tell a lot of people information can change your situation You've had so much success and you're like a forger like a pioneer right Um But I just wanna back up just one more time that night you spent in the car when you got kicked out because you weren't allowed to be in her place Yeah What was you You're so mentally tough So I'm sure the audience wants to hear like what was your process that night Because I'm sure that's like as tough as it gets Yeah It was so surreal I felt like I was in a movie Like I remember I had like this polo shirt on It was different I gotta remember like vividly everything It was late because I got there late It was like probably like nine or 10 and I had her car and I was like you know what I guess I'm just gonna sleep in this car until I figure out what happened tomorrow But I never looked at it as oh my God I just like I had to figure it out but I come from that place in Baltimore where it was tough and it was challenging Um and I dealt with emotional abandonment you know not having that love and affection I wanted from my parents and you know my dad was a provider not a guider he was in the streets My mom did the best she could and it was great You know the circumstance we wasn't pro but the circumstances were I had friends who had it worse but I always been this kid I'm gonna figure it out I'm a leader like I'm gonna I'm gonna figure it out and I feel like when you put in a position where there's challenges and there's adversity and you must you will Yeah And sometimes when you have too much support and when you have too much love um you have mom and dad you know taking care of your responsibilities it's a crutch and and it can kind of keep you from growing So I'm thankful I didn't have the things I thought I should have as a kid because it propelled me to like figure it out to be great and be something And rather than like oh you know it's just hard and playing the victim and we don't play the victim over here Express the gratitude that absolutely uh just going on that the piggyback on your gratitude What did you see in that ear in the early stages of being in L A that were coming to you because of the gratitude You saw some of like what you were saying with the that's a great question That's such a great question because it wasn't even that It was gratitude It was just like I was in this I was in survival mode like I had to survive So I couldn't even think about gratitude I was thinking about OK what do I have What can I do think uh for L A in background acting because that kind of took a took on a life of his own I was doing that and I was

working at the Beverly Center at chic shoes I was selling sneakers making \$8 an hour \$35 a day Yeah While doing background acting I was on like the was it Greek Life or the Greek Remember that show I was on that a lot I did a baggage with a Jerry Springer Like yeah Yeah So I did a lot of that and some stuff took off and but it my here's the thing TV has been chasing me I haven't been chasing TV My first job when I got to L A was sweet light fun deck with Zach and Cody and I was a stand in NBA player and I was playing Deron Williams at the time So when I like backtrack my life I'm like TV has always been in my vortex It's always been in my frequency but I've never been like I didn't come to L A to be on TV So when I when I say all I had to say when you trying to make it and figure it out you have to look at what is working for you without you working for it Do you have a look Are you smart You have good energy Are you driven Are you determined Do you know someone and know someone that can help you Like you have to use your resources that naturally are in alignment with your purpose or with your soul in the moment And I think sometimes we go outside of what doesn't work or you know what is working So I was like well I know I like working out you know I like training and you know I'm a good person So let me see what I can do Let me put myself in these places and things start to happen But then it was it wasn't until I really started taking that information uh in a more intentional way that my life really changed Speaking about TV chasing you I think that wow what year was that Uh 2018 But stay focused Why don't I have this I need this to put this on my page I figured everything out I trained uh look at that young guy Hey buddy jobs I remember that show half season 13 And that's when I felt that for the first time in my life on national TV and it changed everything my dreams came true Got a podcast I tried the world and everything was just been flourish and amazing That's amazing The good throwback Thursday for the gram Huh Thank you Wow And and it's things and stuff like that that I forget because I think when people see me they think I know what I'm doing They think I I don't I didn't know what I was doing I did everything I thought I should do And so I forget what I've done and what I've been through because it's like you have this jersey on you're in this arena but you don't really know the team you're playing for It's just like the universe like get in the deep end and swim and figure it out So much is happening so fast and things and you're not even processing because you're in it So people think you of course you know you're the guy you know you got we're just like you get that you're questioning like I know but I don't have no blueprint I don't have nothing to make it make sense I don't have no

uh formula for what I'm doing You're going on Yeah I'm going out for what I think So it's like I had to like pull back and think like hold on There were moments when I was very ungrateful because the thing about this industry or being on TV or being in entertainment is always what's next right I've been on TV And I've done commercials I've done dancing with the stars Family Feud I've done so many Yes Well I wasn't the actual guy but so Joe grocery uh grocery store Joe he had an encore uh episode where you get to pick some people So it was like eight of us or seven of us and I got picked But I still had that experience and it changed my life because I'm like wow now did Family Feud Steve Harvey So so much is happening right I'm not processing it because I'm in it It's like you're in the game and you're shooting the ball and you don't let the score Yeah you're not processing how it looked and then you take a step back and say hold on hold on hold on What am I missing What am I not realizing that I'm doing I'm actually manifesting and creating my reality and living my dreams where some people work so hard and they never get here But here's the thing I never chose L A to do TV I came here to go to grad school The universe had a different plan for me So I was open and I let things come in and then I just took advantage of the advantages Where would you you have a lot of there's a lot of knowledge uh life knowledge Did you acquire that or is that just something you pick up along the way For sure From where if you could tell us Well just so I was always a nerd in school where I play basket But I was I was just curious I'm curious guy I want to know like OK if Jeff Bezos Beso I think that's his name He's the richest guy in the world How who are you So I got into like astrology got into numerology I got into human design personality types uh I grams but I did all that on myself first I had to research myself Yeah and try to understand who am I What am I why do I look this way Why do I talk like this God has given me a gift How do I use it How do I utilize it and how do I become more and add more value to the world So I was just curious curiosity led me to information and I realized information change his situation And so it was just books and studying the Oprah's and the Tony Robbins and the uh Steve Jobs and Steve Harvey's and all these successful people Tony Robbins a big inspiration of mine That's where it really started He's a Pisces like I am Oh Yeah Right I talked about that So I just was so curious and I was like I know I'm here to help people but in what capacity I don't know and really was I had a lot of anger growing up in Baltimore and that was my anchor Like I'm tired of living like this I'm tired of like you know just winging it or just being cheap minded or a scarcity mindset or broke mentality I want abundance I

want more I want better Where do the rich people live How do they think How are you able to make a billion dollars Who are you What sign are you So the curiosity really like allowed me to tap into like the spiritual and the stuff you can't see but you only can feel and experience when you're in it You like you kind of uh surpassed your own ego and and really modified yourself in a way to ask the right question The hardest work we'll ever do in life is the thyself is on ourselves yesterday Actually what did you say Success is an inside job I wanted to get And I was like when am I gonna be able to talk I was like this guy I love you to pieces No no you have great questions That's why that's why I was like when can I when can I jump in Um I said this last night and I truly believe this Um And I always have to preface this with my mom I lost my mom a year ago and for me my mom was my everything and she still is like your mom is here right now She's I feel her too So I feel like I'm gonna cry Jesus But um um yeah no I just like made a promise to myself that like no matter what I do I'm just gonna pursue joy whatever that looks like And I was like so focused It's so funny how you're like I never chased TV I did I like chased it I chased it I chased it and then like when my mom got sick I was just like it forced me to just kind of like go in and be like it's not what I do it's how I do and what is it that I want to do and why did And I'm a big spiritual person and I'm a big person of like I read all like I read all this stuff and um I was just like universe God like what do you want me to do Like I'm here of service Like I'm here to do stuff Like I clearly have been given a gift of gab and connection use me Like I'm I'm ready to be like of service And then like then all these incredible like hosting opportunities started happening and I was just like I'm just gonna keep following that joy and not pursue things that are like not pursuing me I like I stopped like running after things because I was like I love acting but I love giving people the opportunity to act I love creating shows I love creating movies So um so piggy back on what you were saying Um I said this last night that I believe truly now that success is an inside job It's the internal for the external You got to go with him at the end of the day when we go home I don't care if you have a spouse big time coming Make me who do you go to sleep with yourself You gotta look yourself in the eyes you got to really check in and the world has programmed and conditioned us not to know ourselves And I have people that I'm connected to and I know and they're very great at what they do very successful But if they didn't have that success would they feel the same You know there's a big question They say you ask a person who they are and they'll say I'm a trainer a TV personality I'm a doctor I'm a

lawyer You take that away Who are you Let's ask the question Yeah Who's Eric bigger Great question Um a curious soul inspiration Um a guy who wants better for the world who wants people to heal evolve and become their best self by me being my best self Your curiosity I think is like one of your best supers Uh What are you most curious about or not Most That's a tough question No that's a great question OK There's a it it's a lot of things I'm most curious about I think the number one thing is that why do you as humans We have to experience so much pain So I or just just in general to have some some type of success or thing attached to it Right over my years I realize people who are at the top or who really climb they experience a lot of pain that some of us may know about may not know about So that's one And I think when I was young I'm from Baltimore I grew up in the inner city You even sell endless drugs or you play a sport So I was raised by men who sold endless drugs were really good at it So they wasn't And I got an uncle serving 50 years in prison Tim murder and all these things And so I always ask myself like why do I get to experience so many different things of life Deception where I have very high end clients Right I've been on TV I've traveled the world I also know people who don't have as much who's been in the mud or bad circumstances but I get to see it and experience it Who am I and why this from this angle and what do I need to do Do I need to bridge the gap because I got highly conservative people in my world highly liberal people and they all make good money But their perspective is different and that's what I've learned on my journey is perspective is everything and I just want to see the world a better place And I realize I can't expect something I'm not giving myself And I think a lot of that came from because I did it prior I was a people pleaser because of my abandonment issues And I would just over give and over love but I didn't know how to receive now And I'm like universe what you have for me God what you have So you guys last night the universe right Let let go let go Right So like let our audience know like what that what that process is for of letting go Like how do I like like uh let's say I'm I'm in my head in my ego How do I listen to Eric blueprints How do I get to that curious stage for the audience listening Well I think the first thing is awareness Why are you not letting go And number one reason is control I was in so much control of myself because I was surrounded by people out of control in a very uncomfortable environment dangerous environment violent environment So I became this guy who's super disciplined super tamed but they super responsible can also be very bad and very dangerous because then you don't know how to let go and let things in

And I learned this I've I've been in spirits where I know how to work hard on myself and let go of the universe to provide right But then you get in this space where work work work work work OK brother you gotta let go and I'm not letting the work work for me It's like if I'm a trainer I'm a fitness guy I work out every day Ok When do you let some days go by So your body can develop and let the universe and with food you catch up It's a brilliant analogy And so I think most people get it out here because we want to control You have more control When you don't have control people give you more of it But when you want to be in control it's controlling you control is controlling you So I realize letting go is the real secret sauce to power to manifestation If you're doing the work we got to do the work Now you gotta you gotta work you gotta go to the gym you gotta be consistent You have to be disciplined you gotta do the work But then let the work work for you and trust I think you gotta have faith and my faith was lacking in not trusting people I trusted myself on higher power and it came to me But when it came to other people I'm like no because in the past they failed me someone would tell me they would do something they wouldn't do it So it hurt me That's the worst for me Yeah And I'm sure it happened to you at some point Were you a kid It was my mom like mom and she told me she would do something She didn't do it And then it just like so then it came to women it came to anybody I'm not asking for help I'm gonna help I'm gonna go help everybody and nobody could help me I had this all energy and then I realized you're failing yourself and you're failing people because people are here to give just as much as you in order to receive they must give So you're being selfish People please you you you you're manipulating people really because you want them to like you you don't want them to dislike you You don't want them to leave you or abandon you I'm like when you just really let go of control and really trust I think trust and having that faith that something greater is at work he's like a lay up It's like a good easy finger roll But we get in a way because we think we have more power than things that are more powerful than us Like I came in here I didn't know what to anticipate but this is powerful Good day good day live Yeah So I feel like I feel like something is like speaking to you and I'm just like I feel like I've just been like taken to church I like oh just know this was very intentional when I do things It's very intentional So I put you know fillers out on the universe and things come through So I understand what's at work when I'm not really working just letting go Right I'm not trying to control what I'm saying I'm just letting what come out and that's how it miracle season came about It came through It was



just this is where I'm at So I so I didn't I so apologies I don't watch The Bachelor No it's fine It was five years ago Let's be clear I never did But I I actually found I found you I was like you look so familiar but I couldn't place you but it's because of Miracle season I had seen Miracle season before Yeah And I was just like wait I didn't want to say anything like at the book signing for Natasha So but I was just like I got to place this guy like I gotta place him and then I was like oh my gosh that's the Yeah it took on a life is on We got the app out Miracle season app We got merch We got mugs Yeah So it's really a way of life It's a metamorphosis It's mele season is a transformation mind body spirit everyone of you a miracle you a miracle It didn't when your mom had you those nine months it was tough It was challenging But after nine months what came out a beautiful baby was with us right That's what miracle season is about We want the miracle but we got to be willing to do the work to attract it and to attain it And so that's what I discovered on my journey of the batch ratte phone And I went through so much pain and challenging But even in life I didn't just get here because hey look at me like I had to figure things out I had to go through things and I'm just happy and I just want to be a voice uh and an entity of energy for people to let them know like you got it you got what it takes you you're enough you're worthy You know I think a lot comes around to being worthy and knowing who you are And like I said they program us not to know that's why they control us with the media and the mind and words language is so important or think about this right You know you might relative or friend stop worrying about me like stop the worry right Think about it And they say worry about yourself Why would we worry instead of saying focus on yourself language right Worry right That word has a negative connotation It's very a low vibrating word We wanna focus we don't want to worry we wanna focus but we say these things Oh That was crazy You gotta really be aware of what you're saying and how you're saying it or I had a bad day or no I had a different day right You want cause it's psychological right You got to train your mind and your body and here's another thing your nervous system I had a client He's about to leave town very successful three decades and never been gone for five weeks and left his business And his wife is telling me I said your body is trying to keep you here by getting sick because it's so afraid of to let go Remember that control right So your nervous system So there's a I forgot the lady's name But I took a course and she teaches you how to expand your receiving paradigm when it comes to money and business So she says some people make a lot of money but they can't keep it

because the nervous system is not comfortable keeping it So they find a way to get rid of it So I'm like oh so think about it any time like even like with me in love or like some girls getting closer I'm like my body is like oh yeah I'm finding a way to kind of get out right But it's my body You have your body keeps the score your body knows everything the mind body connection So I tell people I've been learning your nervous system always check in with it because it's speaking to us he's speaking to the universe even with success And that's what people don't talk about People are afraid of success That's why they don't want to change That's why they don't want to be responsible because it is scary It is uncomfortable There is uncertainty right But no one talks about that Then when you get success you have to sustain it Oh No one talks about that They're like oh you got it bro Like yeah OK Right So it's it's a lot that people don't uncover but I've been in it long enough to know like OK this is where I'm at This is the phase I'm on How can I get better to help someone else And what am I not saying about myself Because I'm being so hard on myself Why And for what reason And my therapist said the way you're hard on yourself and talk to yourself Would you talk to your younger self or would you talk to your nephew like that If he made a mistake I was like no she's like so stop it So we got to build that strong relationship with thyself That's how we get a hit And it's all about how we feel How do you feel I feel good It's Good Day Live with Michelle baby Like let's not forget last night you were like pitch me the show pitch me the show What's the show about I was like honestly it's just about having a good day connecting with people like that bring good energy and stuff that we need to like not we need to but that we're like you know putting out into the world needs to see this we'll see it and we'll get what they need to get from it I think I mean like I'm feeling all the feels from being frightened from our first step to like practically like crying right now I just think it's so incredible and um just to see your journey up into this point is super inspiring Um I know it's like nobody wants like what's next what's next what's next But like what do you see like where do you see like yourself where do you see an older bigger So here's the thing I've been tapping into the future right I love Doctor Joe dispenser He's so great And the thing is I know this information I know this I studied it I've I am it I became what I've studied but there's times when I'm hitting this crumb taking off and then it's like I'm coming back down It's OK Why am I not standing on this playing field Why I'm not standing in this frequency What am I lacking So he's like this cause and effect this 3d reality We got to get out of that I have to do something to get something that's cool

That's fair But if the future is now why do you have to wait So I came up with this mantra and the mantra is the future is now feel it right Meaning like the way to manifest what you want you have to feel what it is So the future is not later it's now the future is now feel it So what does it feel like What does your future self feel like Not what it looks like What does it feel like Oh yeah we're gonna imagine OK cool I mean I mean I see I mean what I feel is miracles just spread across the world and helping people heal with information that comes from their psyche their spirit their soul There's a thing that said alignment is my only assignment That's it I was anything outside of that That's not a part of my world I don't I can't control that So how do I get people to tap in with themselves Because here's the thing this is my perspective This is my experiences What might help me might hurt you what might motivate you might change Challenge me So we we spend so much time looking up to others which is great Do you look up to yourself Can you look up to yourself Can you be the go to person for yourself If you want if you're looking for investors you're looking for funding Would you fund you Right Right This is how we got to think Yeah So for me I am what I'm becoming every day and every day there's a new me because every day is a new life to a wise one right Because the energy changed the day changed because if we're having a down day today right the next day you book a big job your whole your whole frequency your whole energy changed So now you're telling me you're telling your body that you allow outside things external forces to control how you feel to go to How do we change that and feel like that all the time That's what I want to tap into forever and get people to tap into because it's for you It's for you But go expand on that though How do you oh It's it's about tapping with your energy and it goes back to what are you consuming What are you reading What are you listening to What are you eating Are you working out I'm not saying be super fit but they say motion changes emotion move your body walk How are you thinking It's not what you think it's how you think Who are you around osmosis When they say you are the five people you hang with just go where the affluent wealthy people are Just hang out in those environments for a week to see and see what happens to your life I was saying for the rest of Harvey he said he had a friend who would always buy first class for girls and he couldn't really But I I'm I'm big on that because I realize because I'm I'm such a thinker growing up in Baltimore and seeing the poverty and seeing like how bad it is in certain areas or just say L A you go from East Hollywood you go to Hollywood you go to West Hollywood you go to Beverly Hills you go to

Brentwood you money Just keep going up man Yeah So hold on What's going on here And then I come from here trainer But when I was playing basketball in high school I was eating mcchicken and double cheeseburgers before the game I didn't have no blueprint of what being in shape look like or feel like because no one around me was but I was then as I got older and I came out here and I'm like I'm seeing people I went to school with they're 23 24 at the time They don't have kids and they're gaining weight Why is that Ok What's around Oh we got carry outs We got liquor stores we got mcdonald's we got fast food Oh there's no healthy there's no smoothie there's no creation It's not No no You know so like hold on This is a system I'm tapping into something Then you go like but if you go over here let's see say if you go to West Lake 1000 Oak Alaba that's a whole different for like you look out They're like oh it's peaceful It's quiet Oh it's clean That's well they have all the nice stuff What's going on here So I was when you go back to what are you curious about I was like I was like how do they know where successful rich people live Like how do they who picked Beverly Hills Who picked West Lake So I I go back why is it sky blue Who gave words mean Who came up with the word dictionary right Like I I'm so they're like you're weird I'm like no I'm just curious like honestly I feel like we could sit here and talk to you like you just using uh amazing person to just connect with And um I I just want to for all those people that are curious This is your camera over here um plug away and let people know where they can find you and um get all that great stuff that you gave us Wow Oh hey guys I'm Eric Bigger It's Miracle Season You can follow me at Eric Bigger on Instagram I'm also on Twitter Eric underscore Bier and just Google me Get to know me but make sure you download the It's Miracle season app It's available everywhere Google Google Play itunes Store Download it Join me mind body spirit connection transformation metamorphosis for your best self All right you guys be great Love yourself be kind to yourself Always support yourself unconditionally because no one can be you more than you be great Love I love it The studio did get bigger So thank you for being here and thank you uh for all our guests today Um Have a great day wherever you are and um let's let's sway