

EZ Living Systems and other things...

By Kayte Bear

So John, What's new?

I am writing and arranging a Broadway show for a music client in Boston, leading a personal growth seminar, doing business turnarounds, coaching, and teaching martial arts.

How did you get into so many diverse things?

I'm really not that diverse; these things I do are actually aspects of one thing. I help people do better in life. I love helping people reach their next level. **Some of my clients are five years old, some are millionaires, some own companies, some are musicians, and others are trying to kick me, and that makes for a fun career.**

After selling Zuni Signs, people started asking me for help with their businesses, so I began coaching and consulting. One company put me on the road as a motivational speaker. It was very fulfilling, but I think personal transformation has to be an ongoing, process not a one-shot deal, so I created a seminar locally so people could transform their lives, and I could stay home doing what I love. That's how the seminar began in 1995. (thegenesisclub.com)

Tell me about EzlivingSystems.com. It certainly seems like you have an "easy living." (John works from home and has panoramic views of Pikes Peak)

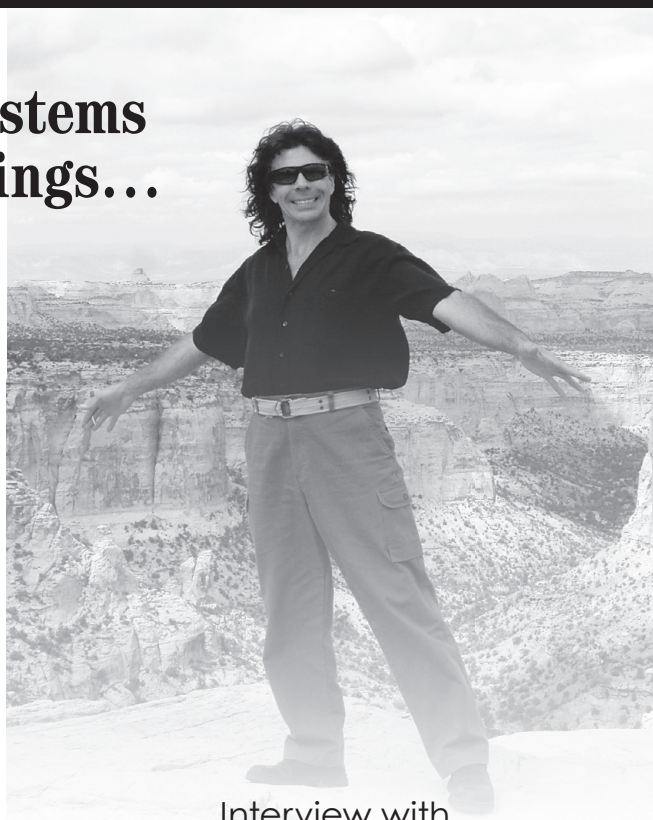
My coaching-consulting company is called Ezlivingsystems because I believe in having an easy life. The reason happiness is so important to success is because when you feel good you think well. You become resourceful, effective, you get better ideas, and you're more attractive to people. **Success is a mental event, and no amount of action can make up for a mind that is out of balance.** This is the essence of success on all levels at once. Business, health, and family aren't separate things. They are one thing, your life! And the quality of your thoughts directs your actions and creates your life. I teach my clients to think in a different way and to put happiness first.

What happens when a person calls you for coaching?

I give prospective clients a good deal of free time in conversation through phone calls and e-mails. I will spend a lot of time listening. I want to understand them, and they need to get a sense of how I work. So we take our time to see if there's a fit. We will try a few things, communicate, and see how we feel. Once we have determined that it is a good relationship we then create a plan.

What do you mostly help people with?

I help people with everything. I remove Stress. I create abundance. I



Interview with Evergreen's original "Renaissance Man"

John McKenna, long time resident and singer-songwriter, John started the Open Mike Night at the Ice House, created the Zuni Sign Company and has been teaching Martial Arts locally for 27 years.

transform health issues, relationships, businesses. I do corporate trainings, marketing, management, you name it. But the most common malady I see is this: **people are driving with one foot on the gas and the other on the brake.** As an observer I can see very clearly how people are standing in their own way. An EZ living system removes worry, enlivens the mind, and keeps your energy high. It releases obstacles, and keeps you focused on what you are creating. This produces noticeable improvements.

So you have created a monthly seminar, you operate a recording studio, produce artists; you do coaching, business turnarounds, and teach martial arts. How do you keep it all together?

I have a passion for efficiency and I create and utilize systems. I am basically a lazy creative type. I have never had a job. I started my first sign company (in Florida) when I was an art student. That company is still going strong today. You can do more with less effort using systems and thinking in a certain way. I don't answer the phone before 10 a.m. because that's when I do my best thinking, planning and visualizing.

Tell me a about Purple Music.com?

Send me a rough melody and I'll arrange it into a full production, playing all the instruments if need be. I offer recording, engineering, mixing, mastering, artwork, CD duplication, website design, placement on I-tunes, and a social media site for your fan club. I have been living in the digital and Internet domain since it was invented. I had to solve a lot of problems for myself so I now offer those solutions to my clients.

Tell me a little bit about your martial arts class (Wu-li.com)

In 1985 I was a second-degree black belt looking for a new style. When I met my current instructor I knew that I'd found my art. He taught me a fascinating form of Kuntao (a Chinese-Indonesian art), which is what I teach today. I teach at the Evergreen Recreation District and I really like it; the people are professional and great to work with. Visit the website to see a video (wu-li.com)

Meeting with John McKenna was an enlightening experience as he introduced so many possibilities for expression, growth and potential. The environment in which he lives supports his passions, the positive energy seemed to resonate whether in his recording studio or standing out on his deck overlooking the majestic mountains. John has a genuine desire to help people improve their lives. Call him after 10 AM at 303-838-9467 Check out his websites!