

RC Diedrich and Lex Lightning Discuss Fear & Freedom

RC Deidrich and Lex Lightning talk fear, freedom, and fulfilling your heart's desire



Los Angeles, May 22, 2020 ([Issuewire.com](https://www.issuewire.com)) - On this week's episode of *You're All Set*, "Pre-Program Your Reality", RC Diedrich speaks with Lex Lightning, the creator of Enabimnio, a mental hygiene app which aims to consolidate people's mental health and help them navigate their own consciousness. Preprogram Your Reality, we speak with Lex Lightning, creator of Enabimnio, a mental hygiene app that aims to consolidate people's mentalities and help them navigate their own consciousness. In an episode packed full of enlightening information and insights, Lightning speaks about how he came up with the idea, what it looks like in practice, and how he's grown and evolved over the years. "Lex is an individual I could listen intently to for hours," says Diedrich. "He offers deep insight and is well thought out, yet vulnerable and honest. It was a pleasure hearing about him and his life."

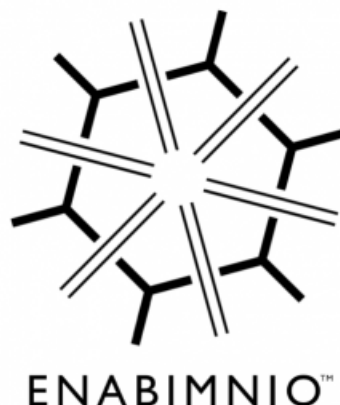
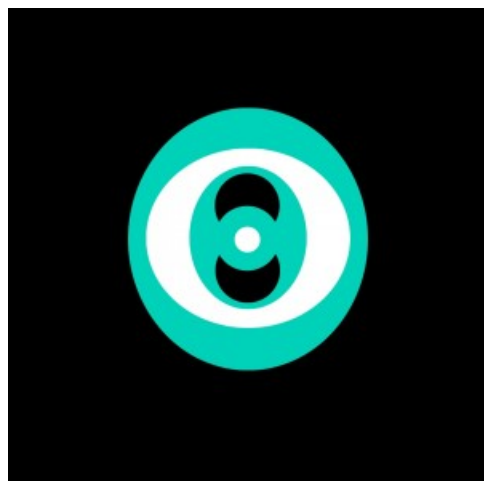
Lightning created Enabimnio to help others break the cycle of fear and find the freedom they've been missing from their lives. As an actor in New York City, Lightning didn't believe in himself, and he knew he had to make a change. From that moment, he began to pre-program what he wanted from the universe. That lead to the "I want" statements in Enabimnio. With Enabimnio, Lightning wants people to engage their fear, overcome it, and take chances and fulfill their hearts desire. "Fulfilling your heart's desire is always worth taking a chance on," says Lightning.

Lightning tells Diedrich that he that took a chance on creating Enabimnio and releasing it into the world. However, Lightning released Enabimnio into COVID-19. Suddenly, everything stopped. "I was working with my engineers getting it ready to go, but of course, all the money has stopped. But I'm not worried about it," says Lightning. "The money is going to come... and thoughts will come to mind to solve the problems you're in."

As the world careens through COVID-19, Lightning suggests that people embrace the fear of the unknown as they begin a new adventure. Notes Lightning, "When you're free to go anywhere you want it's scary because you don't know what life looks like the next day or the next six months. However, that's when life becomes an adventure!"

Listeners can enjoy *You're All Set* on Spotify (<https://anchor.fm/rc-diedrich>). You can follow RC and Alset on Instagram (@robertclaud; @alset_community) and find Enabimnio on Instagram (@enabimnio).

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