

20 THINGS

YOU DIDN'T KNOW ABOUT ARTIE UNTIL NOW



Artie Bernaducci



What are 3 words people use to describe you?

Trustworthy. Loyal. Compassionate.

If happiness was the national currency, what kind of work would make you rich?

Everyday, I would find ways to uplift in any way I can everyone I know and come in contact with.

Name one thing not many people know about you.

When I was 11, I went to a seminary camp because I had a notion back then about becoming a priest.

What did you want to be when you were a child?

Superman.

What are you most grateful for in your life?

Being able to improve people's lives.

What is the best advice you've ever been given?

You have free will and the power to choose good or evil; real happiness comes only when your will is guided by the desire to choose good instead of evil, anytime, anywhere, because you truly want good for its own sake. Then you will be really free.

What are your Top 3 all time favorite movies?

Gladiator. The Patriot. Goodfellas.

What is your greatest achievement and how has it shaped you?

I learned how to meditate when I was 20 and still practice it every day. It has given me inner peace for many years, which has been the polestar of my life.

What book has influenced you the most and why?

Autobiography of a Yogi. It deepened my understanding of spirituality through yoga and meditation.

What one thing have you not done in your life that you really want to do?

Live healthy to 100 and watch that movie to see all the changes that brings in my life.

“ I have the privilege of getting involved in people’s lives, finding out what their concerns are, and then providing solutions to get them to where they need to be. ”

What is your favorite quote and who said it?

“I do not expect anything from others, so their actions cannot be in opposition to wishes of mine.” Swami Sri Yukteswar (Autobiography of a Yogi)

If you could have dinner with any one person, living or dead, who would they be and why?

Paramahansa Yogananda. He wrote *Autobiography of a Yogi*, which has influenced me for over 40 years...and I have a few questions!

What words of wisdom would you pass on to your childhood self?

Always live within your means. Grow your means so you can have financial freedom early in life.

List one thing you wish you could change about yourself.

I would like to like traveling for pleasure more than I do. I only do it because I have to! I am a real homebody.

If you could speak to everyone in the world at the same time, what would you say?

Don't advertise all your secrets in your desire to be honest. If you tell about your weaknesses to unscrupulous persons, they will have great times poking fun at you if on some future occasion they wish to hurt you. Why should you supply the ammunition? Speak and act in a way that will bring lasting happiness to yourself and others!

Who is one of your heroes and why?

The bodybuilder Dorian Yates. He reached the top of his profession through sheer will and discipline.

What is your most treasured memory?

The birth of my daughter Rosie. She was born just shy of one pound, and was stubborn enough to survive and grow into the beautiful woman she is today.

If you could have the answer to any one question, what would that question be?

Why are we here...what is the purpose of life?

If you were to die tomorrow, what would be your biggest regret?

Not to have served enough people and uplift them. Remember, I was supposed to go to 100!

If you could live in a book, TV show or movie, what would it be and why?

Goodfellas. I would be the insurance guy who sold the gangsters life insurance so when they got whacked, their family would collect a large sum and not be left with nothing.