Sir started the workshop by sharing about the donation of knowledge, people donate money, food, various other things but nobody donates knowledge. Sir shared that today is the 21st day of Knowledge Donation started by Sir. Sir revised yesterday's session in a nutshell. Sir shared some anecdotes from his personal life about the Power of Belief. Sir shared an interesting story about a flock of vultures in a jungle. The story related to the importance of challenges in life.

Sir shared an interesting story about a learned Brahmin and his son, related to the importance of knowledge and its right application for one's own benefit. Sir started the workshop on Fears & Phobias and How To Cure It. Sir shared some testimonials shared by the viewers about how this workshop has helped people to overcome their diseases. People have been able to cure the diseases with the help of a positive mindset which they have developed through The Magic Of Thinking Rich Workshop.

Sir explained the terms Fear & Phobia and also explained the difference between Fear & Phobia. Sir shared numerous examples of the types of fear and phobias people face in their daily lives. Sir shared an anecdote from his personal life where he helped a woman cure her phobia. Sir explained the entire process of developing a behavior of fears and phobias through an example. **Watch the video recording of this powerful workshop on YouTube Channel CoachBSR.**

Sir advised people to use the words, **"Who Cares"** when people have fear and phobia of the society or what people might say about them. Sir also shared an interesting story about B R Ambedkar Ji to explain the importance of keeping a Who Cares attitude. Sir shared numerous examples and anecdotes to explain this topic.

Circle Of Excellence Method – FEAR Is False Evidence Appearing Real. Fear is a story that we have formed in our thoughts. Sir explained this method in detail. Sir asked people to develop this circle of excellence to cure their fears. This is an imaginary technique. In this technique Sir advised people to imagine a circle of fire near you, step inside that circle in real by moving to the place where you have imagined the circle of fire. Once you step into it, behave like a warrior, take long deep breath and change your body language to that of a Warrior. After this activity move out of the circle, the moment you move out of it, behave normally. Follow this activity 10 to 15 times. After the completion of this activity, hold that imaginary circle of fire and fold it and keep it in your pocket. Whenever you are feeling low on confidence or some fearful thoughts emerge, take that circle out, place it on the ground and follow the activity 10 to 15 times. Once

you start feeling confident, pick that circle up and keep it in your pocket. You have to use this technique whenever you are feeling fearful or low on confidence.

Swish Pattern – Fast method to remove small fears, negative thoughts etc. Sir explained this topic in detail. Sir asked viewers to imagine the image of fear they want to remove. Sir explained this with an example. Sir asked people to note the minute details of the image of fear they are imagining. Details like the motion of the image, B&W or Color, Sounds in that image etc. Note these details. Now, imagine the second image where you are free from that fear, and you have won over that fear. Note the minute details of the second image as well. Now, imagine the first image, the image of fear and start shrinking it in your vision, shrink it to the lowest and keep it on your right hand side. Now imagine the second image where you are confident, powerful. Now use the word Swish and start expanding the second image which is powerful, confident. Follow this activity around 15 times. Sir also advised people to watch some more YouTube videos on Swish Pattern to better understand this concept.

Sir conducted a Q&A round and answered a lot of questions asked by the viewers.

Watch this powerful session on YouTube channel CoachBSR