

The Magic Of Thinking Rich Season 3 Day 13 Documentation

Date – 15/5/2021

Time – 7.30 PM

BSR Sir started the session with celebrating and appreciating kids for their impeccable energy. BSR Sir advised everyone to try and acquire the energy of a kid, their energy is absolutely positive. BSR Sir discussed about Rule 6: Don't Take life so seriously, BSR Sir shared the example of kids, how quickly they move on with things, they don't stick to a thing for a long time. When they get a toy, they play with it, the moment it gets lost or broken while playing with it, they will cry for a while, and then they will be busy with something else. They don't take life seriously. On the other hand an adult sticks to things and emotions for longest of time, mostly the emotions that harm them and hinder their growth. Whereas successful people do not stick to one emotion, they celebrate their success, analyze their failures and then move on to improve their performance in all the spheres of life. They do not waste their energy and time on useless topics or emotions. BSR Sir advised people to join a ten days Vipassana Course. BSR Sir also shared his personal experience of attending this course.

There are only two options in life, either you take a decision and live by it, the life you have chosen for yourself; or you live by the default decision. When you don't take a decision then you are living with the default decision. BSR Sir explained this in detail. When you do not take the decision of waking up early, you are by default deciding to sleep till late in the morning. When you take the decision of not investing, you are taking the decision of wasting the money. When you are not thinking big in your life, you are by default deciding to think low and live a lowly life.

There are two kinds of people in terms of the ecosystem, Consumers and Creators. Consumers always think about being the end user and consumer, they want to fulfill their needs first and even after fulfilling their needs they do not want to share the surplus with others. They live their life with the mentality of a Taker. The Creators believe in living their life with the mentality of a Giver. They believe in creating and also serving others with whatever they have. Creators never complain and complainers never create. Consumers believe that they know everything and they are never open to learning whereas a Creator is always open to learning because they believe that learning is a lifelong process. BSR Sir shared a very interesting story related to Bill Gates which was shared by him about the richest man in the world, richer than Bill Gates himself.

A person who has nothing with him but is eager to help others despite nothing at hand is the richest man in the world. BSR Sir shared another story of a Tiger who was brought up as a Lamb. BSR Sir also shared an anecdote on the right ways to deal with kids. Do not wait for others to turn your life around; it is your life and solely your responsibility. BSR Sir shared another interesting story about a frog race with reference to a bad habit that people have

inculcated. The bad habit of listening to others and giving up on your dreams; needs to be changed.

The Art Of Visualization:

Visualizing is the art of imagining one's desired life by that individual. You have to imagine yourself as a Director, now what kind of movie would you like to direct; definitely a super hit movie. You have to be the Director of your future, you have to think about a BPO(best possible outcome). You have to create your future life in your mind, with every specifications, every minute detail, be as specific as you can be because you are placing an order with the Universe while you follow this practice. You have to imagine the best possible outcome.

Rules of Visualization – Everything is at first created in mind and then in physical reality, so its reality depends entirely on the way it gets created in the mind.

- 1) Same Time – Everyday the visualization should be done at same time.**
- 2) Same Place - Everyday the visualization should be done at same place.**
- 3) North Facing – While visualizing you should sit facing North.**
- 4) Feeling – You should feel that you have already achieved what you are visualizing for. This increases the chances of its creation into physical reality.**
- 5) Smile – You have to visualize with a genuine smile on your face. The subconscious mind cannot differentiate between reality and imagination if your body releases those hormones which will be released when you achieve what you visualize.**
- 6) Manifestation Mudra – Using this mudra increases the chances of success in achieving what you visualize**
- 7) Focus The End Result Only – Imagine the end result and your life after achieving what you want to achieve.**
- 8) Don't Ask How It Will Happen – After visualizing, do not ask the question how will it happen. It should be not done more than twice.**
- 9) Forget Once Done – Once the process of visualization is complete get on with your daily life, do not keep thinking about it the entire day.**
- 10) Be Creative – There is no set pattern that works for all. You have to choose the best way for yourself, what works best for you.**

BSR Sir closed the workshop with a Visualization activity.

Watch this powerful session on YouTube channel CoachBSR

