

The Magic Of Thinking Rich Season 3 Day 22 Documentation

Date – 24/5/2021

Times – 7.30 PM

BSR Sir started the session with celebrations. BSR Sir welcomed everyone to the 22nd day of The Magic of Thinking Rich. BSR Sir also shared the experiences shared by the viewers through testimonials. BSR Sir shared some testimonials. BSR Sir shared an interesting story of a man who was debt laden and how his daughter's smartness helped him come clean of the loan. BSR Sir also shared a testimonial given by a viewer whose grandmother suffered the disease of cancer. BSR Sir shared some anecdotes from the life of Alexander The Great. BSR Sir appreciated and thanked the viewers who have donated for Savita Ji, a member of the Commando Community who was under a huge debt taken for the treatment of her daughter. BSR Sir advised the viewers to join the 90 days Commando Challenge to change their life for good. BSR Sir revised yesterday's session and re shared the difference between fear and phobia. BSR Sir advised the viewers to follow the golden cycle of Learn, Implement & Teach

2 Powerful Practices to Overcome Fear & Phobia

- 1) **Anchoring** – Anchor is a tool dropped in the deep seas to hold the ship at a particular place. Anchoring is creating a punch line or an image that is related to a particular product/service. For example: Thanda Matlab Coca Cola, Kuchh Meetha Ho Jaye – Dairy Milk. These are some examples that act like an anchor in our mind, as soon as you hear these lines; a specific product image pops up in your mind. Fear has also created some hooks/anchors in your mind. These anchors act like a trigger to evoke the emotion of fear or phobia. BSR Sir explained the process of using anchor to overcome fear/phobia. BSR Sir shared a technique to anchor the fear to the body instead of emotions. **Watch the video to understand the technique.** BSR Sir explained this technique by demonstrating a practical activity with one of the team members Ambarish ji. **Watch the video to witness the practical application of Anchoring Technique to overcome fear.**

Steps of Anchoring

- a) Create A Negative Anchor
- b) Break State
- c) Create A Positive Anchor
- d) Break State
- e) Test Anchors
- f) Collapse Anchor
- g) Test It Again
- h) Fire It (As & When Needed)

2) **Fast Phobia Cure** – BSR Sir explained this topic again with a practical application of the technique with Ambarish Ji. **Watch the video to understand the technique.**

BSR Sir spoke about the Placebo Effect and explained it, BSR Sir shared the names of the winners for the day and closed the workshop with a celebration.

Watch this powerful session on YouTube channel CoachBSR