



1  
00:00:11,480 --> 00:00:20,310  
[Music]

2  
00:00:24,710 --> 00:00:21,590  
mind hack

3  
00:00:28,150 --> 00:00:24,720  
system starting loading system

4  
00:00:30,480 --> 00:00:28,160  
now loading the mind hack system

5  
00:00:31,830 --> 00:00:30,490  
prepare to have your mind hacked

6  
00:00:35,110 --> 00:00:31,840  
[Music]

7  
00:00:36,790 --> 00:00:35,120  
mindtap technology activated

8  
00:00:39,510 --> 00:00:36,800  
we are connecting directly to the

9  
00:00:42,470 --> 00:00:39,520  
deepest regions of your consciousness

10  
00:00:44,790 --> 00:00:42,480  
mindtap technology is interactive

11  
00:00:46,549 --> 00:00:44,800  
are we reaching you yes

12  
00:00:49,910 --> 00:00:46,559  
we are connected

13  
00:00:52,150 --> 00:00:49,920

mindtap technology activated

14

00:00:53,510 --> 00:00:52,160

from here we will be able to reprogram

15

00:00:56,470 --> 00:00:53,520

your mind

16

00:00:59,430 --> 00:00:56,480

mind to hand technology is now active

17

00:01:02,709 --> 00:00:59,440

from here we will pack your mind

18

00:01:05,189 --> 00:01:02,719

mind hack technology activate it

19

00:01:07,270 --> 00:01:05,199

prepare to have your mind hacked

20

00:01:09,750 --> 00:01:07,280

welcome you might have

21

00:01:11,910 --> 00:01:09,760

[Music]

22

00:01:15,510 --> 00:01:11,920

what if you could program or hack the

23

00:01:16,440 --> 00:01:15,520

human mind just like a computer

24

00:01:17,830 --> 00:01:16,450

i believe you can

25

00:01:20,390 --> 00:01:17,840

[Music]

26  
00:01:24,070 --> 00:01:20,400  
not only do i believe that you can i

27  
00:01:26,750 --> 00:01:24,080  
have put these principles into action in

28  
00:01:28,070 --> 00:01:26,760  
my own life with incredible results

29  
00:01:30,390 --> 00:01:28,080  
[Music]

30  
00:01:32,310 --> 00:01:30,400  
years ago i discovered an incredible

31  
00:01:35,030 --> 00:01:32,320  
secret

32  
00:01:36,069 --> 00:01:35,040  
a way to reprogram my mind

33  
00:01:37,670 --> 00:01:36,079  
a way

34  
00:01:40,630 --> 00:01:37,680  
to hack

35  
00:01:42,870 --> 00:01:40,640  
the mind

36  
00:01:45,590 --> 00:01:42,880  
after discovering this secret i put the

37  
00:01:51,429 --> 00:01:45,600  
principles into motion

38  
00:01:54,789 --> 00:01:52,789

it seemed that

39

00:01:56,950 --> 00:01:54,799

when i followed the principles

40

00:01:58,870 --> 00:01:56,960

of the mind hack system i had stumbled

41

00:02:01,990 --> 00:01:58,880

upon

42

00:02:03,670 --> 00:02:02,000

i can do incredible things

43

00:02:04,950 --> 00:02:03,680

things most people would never even

44

00:02:06,780 --> 00:02:04,960

dream of

45

00:02:08,389 --> 00:02:06,790

let alone do

46

00:02:11,510 --> 00:02:08,399

[Music]

47

00:02:13,350 --> 00:02:11,520

i became a different kind of a person

48

00:02:16,550 --> 00:02:13,360

a person that was able to accomplish

49

00:02:20,150 --> 00:02:16,560

anything i set out to do

50

00:02:25,270 --> 00:02:22,309

because i found this way to hack my mind

51  
00:02:28,150 --> 00:02:25,280  
to make these things and more

52  
00:02:32,869 --> 00:02:30,630  
i hacked my own mind i was my first

53  
00:02:34,949 --> 00:02:32,879  
guinea pig

54  
00:02:37,110 --> 00:02:34,959  
and the first experiments were very

55  
00:02:39,190 --> 00:02:37,120  
fruitful and i got bolder

56  
00:02:41,430 --> 00:02:39,200  
using these principles and putting this

57  
00:02:44,470 --> 00:02:41,440  
system into action

58  
00:02:47,190 --> 00:02:44,480  
and in time i realized that this system

59  
00:02:48,390 --> 00:02:47,200  
helped me reprogram my own mind

60  
00:02:52,790 --> 00:02:48,400  
and achieve

61  
00:02:58,070 --> 00:02:54,470  
i learned

62  
00:03:01,430 --> 00:02:58,080  
how to program my own mind how to hack

63  
00:03:06,550 --> 00:03:04,550

once i learned this

64

00:03:07,990 --> 00:03:06,560

nothing would ever be the same for me

65

00:03:10,790 --> 00:03:08,000

again

66

00:03:13,190 --> 00:03:10,800

[Music]

67

00:03:18,149 --> 00:03:13,200

imagine if you could reprogram the mind

68

00:03:23,589 --> 00:03:20,949

imagine if you could reprogram your mind

69

00:03:26,149 --> 00:03:23,599

to erase all anxiety

70

00:03:29,509 --> 00:03:26,159

all worry

71

00:03:33,589 --> 00:03:29,519

imagine if you could hack your mind

72

00:03:35,509 --> 00:03:33,599

to find the courage to live your dreams

73

00:03:37,190 --> 00:03:35,519

what is your dream

74

00:03:40,070 --> 00:03:37,200

what is that thing you've always wanted

75

00:03:42,560 --> 00:03:40,080

to do but never had the courage or time

76

00:03:44,229 --> 00:03:42,570

or energy or dedication to get there

77

00:03:46,630 --> 00:03:44,239

[Music]

78

00:03:50,070 --> 00:03:46,640

well i'm gonna hack your mind

79

00:03:54,390 --> 00:03:53,110

a long time ago i learned how to hack my

80

00:03:57,509 --> 00:03:54,400

own mind

81

00:04:00,229 --> 00:03:57,519

and make things possible i never dreamed

82

00:04:01,030 --> 00:04:00,239

would be possible

83

00:04:02,630 --> 00:04:01,040

now

84

00:04:03,750 --> 00:04:02,640

i'm going to share this gift with the

85

00:04:10,600 --> 00:04:03,760

world

86

00:04:10,610 --> 00:04:16,710

[Music]

87

00:04:21,110 --> 00:04:19,030

growing up i always knew i was a little

88

00:04:25,670 --> 00:04:21,120

different from most people

89

00:04:27,510 --> 00:04:25,680

but one day a good friend confided in me

90

00:04:30,070 --> 00:04:27,520

he told me something

91

00:04:32,390 --> 00:04:30,080

no one else ever told me

92

00:04:35,189 --> 00:04:32,400

he told me how different i was

93

00:04:38,550 --> 00:04:35,199

than most all other people

94

00:04:40,390 --> 00:04:38,560

he said you dream things and then you

95

00:04:43,830 --> 00:04:40,400

just do it

96

00:04:45,830 --> 00:04:43,840

and he told me that most people can't do

97

00:04:49,189 --> 00:04:45,840

that

98

00:04:52,230 --> 00:04:49,199

he looked at me sadly

99

00:04:54,469 --> 00:04:52,240

as if he was waiting for some secret

100

00:04:57,350 --> 00:04:54,479

that i could give him

101  
00:05:02,629 --> 00:04:57,360  
to let him do that which i was somehow

102  
00:05:07,590 --> 00:05:05,390  
i looked back at him and said

103  
00:05:09,749 --> 00:05:07,600  
[Music]

104  
00:05:12,790 --> 00:05:09,759  
everyone can do

105  
00:05:18,550 --> 00:05:15,189  
but most people

106  
00:05:22,710 --> 00:05:19,590  
and that

107  
00:05:24,469 --> 00:05:22,720  
my friend is the only difference

108  
00:05:26,629 --> 00:05:24,479  
between me

109  
00:05:29,510 --> 00:05:26,639  
and the rest of those people

110  
00:05:30,710 --> 00:05:29,520  
who cannot simply dream big dreams and

111  
00:05:33,230 --> 00:05:30,720  
then

112  
00:05:35,749 --> 00:05:33,240  
learn to make them a reality

113  
00:05:38,150 --> 00:05:35,759

[Music]

114

00:05:39,909 --> 00:05:38,160

the truth is i know i was no different

115

00:05:42,310 --> 00:05:39,919

than any other

116

00:05:45,749 --> 00:05:42,320

i had just learned a few secrets

117

00:05:47,510 --> 00:05:45,759

to manifesting dreams into reality that

118

00:05:49,590 --> 00:05:47,520

most people

119

00:05:50,830 --> 00:05:49,600

could never realize

120

00:05:53,590 --> 00:05:50,840

or

121

00:05:55,909 --> 00:05:53,600

use and what a shame

122

00:05:58,309 --> 00:05:55,919

what a wasted life my friends if you

123

00:05:59,749 --> 00:05:58,319

have an unrealized

124

00:06:01,909 --> 00:05:59,759

dream

125

00:06:04,790 --> 00:06:01,919

or feel the pain

126  
00:06:06,950 --> 00:06:04,800  
of millions of people suffering with

127  
00:06:09,909 --> 00:06:06,960  
unrealized dreams

128  
00:06:12,550 --> 00:06:09,919  
and this my friends is what this program

129  
00:06:14,390 --> 00:06:12,560  
mind hack is all about

130  
00:06:16,550 --> 00:06:14,400  
i'm not even sure

131  
00:06:18,830 --> 00:06:16,560  
that this thing is going to work

132  
00:06:21,909 --> 00:06:18,840  
but i'm going to put forth every

133  
00:06:24,230 --> 00:06:21,919  
effort realizing the suffering of so

134  
00:06:26,870 --> 00:06:24,240  
many people with unrealized dreams i

135  
00:06:27,410 --> 00:06:26,880  
wanted to create this thing called mind

136  
00:06:29,670 --> 00:06:27,420  
hack

137  
00:06:32,629 --> 00:06:29,680  
[Music]

138  
00:06:35,270 --> 00:06:32,639

i wanted to tap into all the secrets

139

00:06:37,990 --> 00:06:35,280

and all i have learned about manifesting

140

00:06:39,749 --> 00:06:38,000

dreams and help millions of people

141

00:06:42,790 --> 00:06:39,759

across the globe

142

00:06:46,309 --> 00:06:42,800

do exactly that when they have failed at

143

00:06:48,309 --> 00:06:46,319

every turn without my assistance

144

00:06:49,270 --> 00:06:48,319

through this system i will hack your

145

00:06:50,790 --> 00:06:49,280

mind

146

00:06:53,110 --> 00:06:50,800

for success

147

00:06:56,469 --> 00:06:53,120

i will hack your mind until you have

148

00:06:58,870 --> 00:06:56,479

reached your infinite potential

149

00:07:01,909 --> 00:06:58,880

i will hack your mind until you are able

150

00:07:02,870 --> 00:07:01,919

to manifest all the dreams you've ever

151  
00:07:04,710 --> 00:07:02,880  
had

152  
00:07:07,110 --> 00:07:04,720  
into reality

153  
00:07:08,230 --> 00:07:07,120  
all those dreams you never thought were

154  
00:07:11,110 --> 00:07:08,240  
possible

155  
00:07:12,390 --> 00:07:11,120  
are now within your reach

156  
00:08:01,830 --> 00:07:12,400  
welcome

157  
00:08:06,950 --> 00:08:03,830  
how does this work

158  
00:08:09,749 --> 00:08:06,960  
why does this work

159  
00:08:13,350 --> 00:08:09,759  
do you trust that i will be able to

160  
00:08:15,589 --> 00:08:13,360  
teach you to reprogram your mind

161  
00:08:18,070 --> 00:08:15,599  
i'm gonna need you to go out on a limb

162  
00:08:20,869 --> 00:08:18,080  
just a little bit and trust me

163  
00:08:23,270 --> 00:08:20,879

because i learned some of these secrets

164

00:08:25,029 --> 00:08:23,280

some time ago

165

00:08:27,909 --> 00:08:25,039

and since then i've been using them in

166

00:08:29,670 --> 00:08:27,919

my life to achieve amazing even

167

00:08:32,149 --> 00:08:29,680

incredible results

168

00:08:36,550 --> 00:08:32,159

and you can too

169

00:08:40,469 --> 00:08:38,870

trust is hard

170

00:08:42,469 --> 00:08:40,479

i know

171

00:08:45,430 --> 00:08:42,479

put away your doubt for just a moment

172

00:08:49,990 --> 00:08:45,440

and listen to this

173

00:08:55,509 --> 00:08:53,269

we are most susceptible to suggestion

174

00:08:57,910 --> 00:08:55,519

some would call it hypnosis

175

00:09:00,949 --> 00:08:57,920

others would call it

176

00:09:01,750 --> 00:09:00,959

program download time

177

00:09:06,470 --> 00:09:01,760

when

178

00:09:12,230 --> 00:09:09,190

this is that place between the waking

179

00:09:14,949 --> 00:09:12,240

state and the dream state

180

00:09:17,430 --> 00:09:14,959

that fine line

181

00:09:21,509 --> 00:09:17,440

between when you are fully awake

182

00:09:27,430 --> 00:09:23,910

the theta state comes naturally to most

183

00:09:31,190 --> 00:09:28,790

once

184

00:09:33,190 --> 00:09:31,200

when you are going to sleep

185

00:09:35,269 --> 00:09:33,200

as you drift off

186

00:09:40,310 --> 00:09:35,279

between the real world and the dream

187

00:09:43,509 --> 00:09:40,320

world you achieve the theta state

188

00:09:49,030 --> 00:09:46,310

being awake and being asleep

189

00:09:50,540 --> 00:09:49,040

that is the sweet spot

190

00:09:53,829 --> 00:09:50,550

the theta state

191

00:09:54,870 --> 00:09:53,839

[Music]

192

00:09:57,509 --> 00:09:54,880

next

193

00:09:59,670 --> 00:09:57,519

when you wake in the morning

194

00:10:01,269 --> 00:09:59,680

as the real world begins to break

195

00:10:04,790 --> 00:10:01,279

through

196

00:10:08,150 --> 00:10:05,750

again

197

00:10:10,230 --> 00:10:08,160

you achieve the theta state

198

00:10:13,990 --> 00:10:10,240

and there

199

00:10:20,790 --> 00:10:17,110

and then finally waking fully

200

00:10:22,630 --> 00:10:20,800

right there between those two again is

201  
00:10:25,509 --> 00:10:22,640  
the sweet spot

202  
00:10:27,990 --> 00:10:25,519  
the theta state

203  
00:10:30,150 --> 00:10:28,000  
in this state we are most suggestible

204  
00:10:33,509 --> 00:10:30,160  
most hypnotizable

205  
00:10:35,670 --> 00:10:33,519  
most open to suggestion

206  
00:10:39,269 --> 00:10:35,680  
this is the state where you can use the

207  
00:10:42,980 --> 00:10:39,279  
audio programs provided to reprogram

208  
00:10:47,110 --> 00:10:45,430  
[Music]

209  
00:10:49,670 --> 00:10:47,120  
at first i didn't believe that i could

210  
00:10:50,949 --> 00:10:49,680  
hack my own mind but then i did and it

211  
00:10:53,750 --> 00:10:50,959  
worked

212  
00:10:54,870 --> 00:10:53,760  
and now i'm going to teach you

213  
00:11:03,269 --> 00:10:54,880

how you

214

00:11:09,110 --> 00:11:06,069

welcome to mind hack now loading

215

00:11:12,230 --> 00:11:09,120

tutorial 2 the second secret secret

216

00:11:15,269 --> 00:11:12,240

tools to hack your mind welcome to mind

217

00:11:17,670 --> 00:11:15,279

hack tutorial 2.

218

00:11:19,430 --> 00:11:17,680

the second secret i learned was harder

219

00:11:21,509 --> 00:11:19,440

to accept

220

00:11:23,430 --> 00:11:21,519

but i experimented with it for quite

221

00:11:26,150 --> 00:11:23,440

some time

222

00:11:28,310 --> 00:11:26,160

this secret involved the knowledge that

223

00:11:31,030 --> 00:11:28,320

you could actually alter your brain

224

00:11:32,710 --> 00:11:31,040

state with sound waves

225

00:11:34,949 --> 00:11:32,720

being a musician

226

00:11:35,990 --> 00:11:34,959

my whole life this appealed to me very

227

00:11:37,910 --> 00:11:36,000

much

228

00:11:40,710 --> 00:11:37,920

because i already knew that certain

229

00:11:44,069 --> 00:11:40,720

tones and rhythms could definitely

230

00:11:46,470 --> 00:11:44,079

change people's emotions

231

00:11:49,030 --> 00:11:46,480

and states

232

00:11:50,790 --> 00:11:49,040

this secret changed me

233

00:11:52,550 --> 00:11:50,800

because i learned to generate sound

234

00:11:57,350 --> 00:11:52,560

waves that could help me

235

00:11:59,269 --> 00:11:57,360

get into different brain states

236

00:12:01,750 --> 00:11:59,279

i was just in the right place at the

237

00:12:04,550 --> 00:12:01,760

right time people were just beginning to

238

00:12:07,509 --> 00:12:04,560

manipulate sound with computers

239

00:12:08,829 --> 00:12:07,519

and i was doing that as soon as you

240

00:12:11,829 --> 00:12:08,839

really

241

00:12:14,629 --> 00:12:11,839

could the knowledge found me

242

00:12:16,949 --> 00:12:14,639

right when the right digital tools to do

243

00:12:19,269 --> 00:12:16,959

this were just becoming available to

244

00:12:20,870 --> 00:12:19,279

people and i was on the forefront of

245

00:12:22,389 --> 00:12:20,880

that

246

00:12:23,890 --> 00:12:22,399

i learned to use this knowledge and

247

00:12:25,750 --> 00:12:23,900

those tools to my advantage

248

00:12:28,790 --> 00:12:25,760

[Music]

249

00:12:31,590 --> 00:12:28,800

here is the secret in simplest terms

250

00:12:33,670 --> 00:12:31,600

certain tones certain vibrations certain

251

00:12:37,990 --> 00:12:33,680

frequencies can help you alter your

252

00:12:39,750 --> 00:12:38,000

brain state even change it and it works

253

00:12:42,230 --> 00:12:39,760

this technology is sometimes called

254

00:12:44,710 --> 00:12:42,240

binaural beats and people for quite some

255

00:12:47,590 --> 00:12:44,720

time now have used this technology to

256

00:12:51,030 --> 00:12:47,600

help them achieve certain brain states

257

00:12:52,710 --> 00:12:51,040

at first i created very crude tracks

258

00:12:55,350 --> 00:12:52,720

a long time ago

259

00:12:57,269 --> 00:12:55,360

and i learned that this really works

260

00:13:00,470 --> 00:12:57,279

you can use these audio tracks to

261

00:13:01,520 --> 00:13:00,480

achieve and maintain any brain state

262

00:13:03,590 --> 00:13:01,530

that you wish

263

00:13:06,310 --> 00:13:03,600

[Music]

264

00:13:08,949 --> 00:13:06,320

in the right brain state you can achieve

265

00:13:12,069 --> 00:13:08,959

the task at hand alter your brain state

266

00:13:14,949 --> 00:13:12,079

and learn to alter your world

267

00:13:18,230 --> 00:13:14,959

this is a tremendously powerful weapon

268

00:13:20,069 --> 00:13:18,240

to those with the courage to wield it

269

00:13:22,230 --> 00:13:20,079

you've got a passport here a key to

270

00:13:24,230 --> 00:13:22,240

making it work in these audio files we

271

00:13:25,910 --> 00:13:24,240

have included

272

00:13:27,990 --> 00:13:25,920

we've given you the tools to hack your

273

00:13:29,910 --> 00:13:28,000

own mind

274

00:13:32,069 --> 00:13:29,920

learn to alter your brain state and

275

00:13:35,269 --> 00:13:32,079

learn to alter your world

276

00:13:37,430 --> 00:13:35,279

we are giving you the key the tools to

277

00:13:41,189 --> 00:13:37,440

alter your brain state

278

00:13:46,069 --> 00:13:41,199

this one secret changed my life

279

00:13:47,990 --> 00:13:46,079

and now i'm sharing that secret with you

280

00:13:49,430 --> 00:13:48,000

i've given you the tools to alter your

281

00:13:52,230 --> 00:13:49,440

brain state

282

00:14:01,940 --> 00:13:52,240

it's up to you to use them

283

00:14:13,750 --> 00:14:11,750

[Music]

284

00:14:17,990 --> 00:14:13,760

one of the keys to making this system

285

00:14:19,829 --> 00:14:18,000

work is the use of binaural beats

286

00:14:23,269 --> 00:14:19,839

and how they can help you alter your

287

00:14:29,829 --> 00:14:26,230

alpha waves create

288

00:14:30,870 --> 00:14:29,839

a relaxed state of consciousness

289

00:14:34,069 --> 00:14:30,880

this

290

00:14:37,269 --> 00:14:34,079

is essential in today's crazy times to

291

00:14:40,470 --> 00:14:37,279

reducing stress in your life

292

00:14:42,470 --> 00:14:40,480

alpha waves also create high levels of

293

00:14:45,990 --> 00:14:42,480

creativity

294

00:14:49,189 --> 00:14:46,000

artists musicians filmmakers

295

00:14:51,670 --> 00:14:49,199

computer coders are prolific alpha

296

00:14:53,910 --> 00:14:51,680

producers

297

00:14:57,269 --> 00:14:53,920

some of them have the ability to get

298

00:14:58,949 --> 00:14:57,279

themselves into the alpha state

299

00:15:00,389 --> 00:14:58,959

much faster

300

00:15:04,230 --> 00:15:00,399

and easier

301  
00:15:06,389 --> 00:15:04,240  
than most regular people

302  
00:15:08,949 --> 00:15:06,399  
so the binaural beats

303  
00:15:12,629 --> 00:15:08,959  
for the alpha state of mind

304  
00:15:14,790 --> 00:15:12,639  
can help us to get into that state

305  
00:15:16,870 --> 00:15:14,800  
of relaxation

306  
00:15:19,430 --> 00:15:16,880  
and creativity

307  
00:15:21,990 --> 00:15:19,440  
getting into an alpha state can help you

308  
00:15:23,750 --> 00:15:22,000  
if you have creative problems you need

309  
00:15:24,710 --> 00:15:23,760  
to solve

310  
00:15:29,030 --> 00:15:24,720  
or

311  
00:15:31,350 --> 00:15:29,040  
[Music]

312  
00:15:33,590 --> 00:15:31,360  
i've got to tell you being a lifelong

313  
00:15:35,990 --> 00:15:33,600

artistic person this is one of my

314

00:15:39,189 --> 00:15:36,000

favorite brain states

315

00:15:41,030 --> 00:15:39,199

and i created a great deal of different

316

00:15:43,350 --> 00:15:41,040

binaural beats

317

00:15:45,730 --> 00:15:43,360

to help me achieve

318

00:15:47,670 --> 00:15:45,740

that level of consciousness

319

00:15:51,189 --> 00:15:47,680

[Music]

320

00:15:54,470 --> 00:15:51,199

the included audio tracks can help you

321

00:15:57,590 --> 00:15:54,480

lull your mind into this

322

00:16:00,069 --> 00:15:57,600

creative state this state

323

00:16:04,870 --> 00:16:00,079

of relaxation

324

00:16:10,949 --> 00:16:07,670

getting into an alpha state of mind can

325

00:16:15,840 --> 00:16:10,959

help you relax

326  
00:16:17,030 --> 00:16:15,850  
focus on creative and artistic matters

327  
00:16:19,189 --> 00:16:17,040  
[Music]

328  
00:16:20,389 --> 00:16:19,199  
i find that the alpha state once

329  
00:16:22,629 --> 00:16:20,399  
achieved

330  
00:16:24,949 --> 00:16:22,639  
will help you shut out the noise of the

331  
00:16:28,710 --> 00:16:24,959  
outside world

332  
00:16:30,870 --> 00:16:28,720  
will help you become more intuitive

333  
00:16:32,629 --> 00:16:30,880  
more creative

334  
00:16:35,590 --> 00:16:32,639  
and more powerful

335  
00:16:36,790 --> 00:16:35,600  
especially if you are attempting

336  
00:16:41,189 --> 00:16:36,800  
to

337  
00:16:43,509 --> 00:16:41,199  
create anything any artistic work

338  
00:16:45,590 --> 00:16:43,519

it goes without saying that i have done

339

00:16:47,749 --> 00:16:45,600

my fair share

340

00:16:50,150 --> 00:16:47,759

of listening to

341

00:16:52,230 --> 00:16:50,160

final role beats designed to help me

342

00:16:54,389 --> 00:16:52,240

become more creative

343

00:16:57,189 --> 00:16:54,399

and i feel that these

344

00:16:59,430 --> 00:16:57,199

binaural beats have helped me

345

00:17:01,430 --> 00:16:59,440

to be much more creative than the

346

00:17:03,030 --> 00:17:01,440

average person to be much more

347

00:17:08,630 --> 00:17:03,040

successful

348

00:17:13,909 --> 00:17:11,669

each binaural beat will help you achieve

349

00:17:18,150 --> 00:17:13,919

a different brain state and help you

350

00:17:22,309 --> 00:17:18,160

achieve the task at hand

351  
00:17:26,230 --> 00:17:22,319  
these tools can be tremendously powerful

352  
00:17:28,069 --> 00:17:26,240  
to those with the courage to use them

353  
00:17:30,830 --> 00:17:28,079  
have the courage

354  
00:17:39,190 --> 00:17:34,710  
relax listen to these binaural beats on

355  
00:17:45,029 --> 00:17:41,510  
don't be distracted focus and

356  
00:17:47,350 --> 00:17:45,039  
concentrate on the audio and they

357  
00:17:49,590 --> 00:17:47,360  
will help you achieve

358  
00:17:50,950 --> 00:17:49,600  
the brain state you need

359  
00:17:52,870 --> 00:17:50,960  
to help you

360  
00:17:58,460 --> 00:17:52,880  
achieve

361  
00:18:31,990 --> 00:18:28,870  
[Music]

362  
00:18:35,510 --> 00:18:32,000  
beta waves occur in your mind when you

363  
00:18:38,230 --> 00:18:35,520

are fully wide awake alert

364

00:18:42,070 --> 00:18:38,240

they often occur when your mind is

365

00:18:44,760 --> 00:18:42,080

focused on a given task

366

00:18:46,310 --> 00:18:44,770

beta waves occur when your mind is sharp

367

00:18:49,350 --> 00:18:46,320

[Music]

368

00:18:51,669 --> 00:18:49,360

when your mind makes connections quickly

369

00:18:52,870 --> 00:18:51,679

without much effort

370

00:18:54,230 --> 00:18:52,880

and

371

00:18:57,990 --> 00:18:54,240

you are ready

372

00:19:01,510 --> 00:18:58,000

to do work that will require your

373

00:19:04,070 --> 00:19:01,520

absolute and full attention

374

00:19:07,110 --> 00:19:04,080

beta waves can also occur

375

00:19:08,830 --> 00:19:07,120

during moments of intense concentration

376

00:19:12,789 --> 00:19:08,840

on a given

377

00:19:17,270 --> 00:19:12,799

task while your brain is creating beta

378

00:19:19,750 --> 00:19:17,280

waves your neurons will fire quickly

379

00:19:22,070 --> 00:19:19,760

and abundantly

380

00:19:22,950 --> 00:19:22,080

this will help you achieve

381

00:19:24,390 --> 00:19:22,960

peak

382

00:19:27,590 --> 00:19:24,400

mental focus

383

00:19:29,990 --> 00:19:27,600

and concentration on a given task

384

00:19:32,150 --> 00:19:30,000

this can help you achieve

385

00:19:34,070 --> 00:19:32,160

peak performance

386

00:19:36,310 --> 00:19:34,080

when you need to concentrate and get

387

00:19:39,590 --> 00:19:36,320

some things done

388

00:19:43,110 --> 00:19:39,600

no ideas

389

00:19:45,029 --> 00:19:43,120

solutions to problems that you have

390

00:19:47,110 --> 00:19:45,039

may

391

00:19:50,150 --> 00:19:47,120

flash in your mind

392

00:19:56,390 --> 00:19:53,270

beta waves should be used when you need

393

00:19:59,590 --> 00:19:56,400

to focus concentrate on a given task and

394

00:20:02,149 --> 00:19:59,600

get some things done

395

00:20:03,510 --> 00:20:02,159

you can use the included

396

00:20:06,549 --> 00:20:03,520

beta wave

397

00:20:08,149 --> 00:20:06,559

binaural beat to help you achieve this

398

00:20:11,990 --> 00:20:08,159

state of

399

00:20:16,310 --> 00:20:14,390

in the delta state

400

00:20:19,350 --> 00:20:16,320

the delta state

401  
00:20:22,549 --> 00:20:19,360  
and delta brain waves occur when you are

402  
00:20:30,950 --> 00:20:24,870  
delta waves are the slowest

403  
00:20:35,430 --> 00:20:33,830  
in the deepest of sleep states they get

404  
00:20:38,390 --> 00:20:35,440  
even slower

405  
00:20:41,270 --> 00:20:38,400  
but this plays a vital role

406  
00:20:43,430 --> 00:20:41,280  
in your health and vitality in your

407  
00:20:47,430 --> 00:20:43,440  
general well-being

408  
00:20:50,630 --> 00:20:47,440  
you need to experience the delta state

409  
00:20:54,230 --> 00:20:50,640  
to feel refreshed and renewed

410  
00:20:56,230 --> 00:20:54,240  
to feel as if you've gotten enough rest

411  
00:21:00,830 --> 00:20:56,240  
and can face the next

412  
00:21:05,430 --> 00:21:04,149  
face the brain begins producing very

413  
00:21:08,310 --> 00:21:05,440

slow

414

00:21:12,549 --> 00:21:08,320

large delta waves while you are asleep

415

00:21:15,110 --> 00:21:12,559

in a state of total restfulness

416

00:21:17,110 --> 00:21:15,120

if you don't have time for eight full

417

00:21:20,149 --> 00:21:17,120

hours of sleep

418

00:21:21,270 --> 00:21:20,159

some time listening to delta

419

00:21:23,510 --> 00:21:21,280

wave

420

00:21:26,149 --> 00:21:23,520

binaural beats can help you trick your

421

00:21:28,470 --> 00:21:26,159

mind into thinking that it's had a full

422

00:21:32,710 --> 00:21:28,480

night's rest and all the restorative

423

00:21:36,149 --> 00:21:34,310

this can help you get ahead of the

424

00:21:38,630 --> 00:21:36,159

competition

425

00:21:41,029 --> 00:21:38,640

call it a mental power nap

426

00:21:44,149 --> 00:21:41,039

but listen to

427

00:21:47,909 --> 00:21:44,159

the delta binaural beats over and over

428

00:21:52,630 --> 00:21:50,149

if you have time to do it for an hour or

429

00:21:56,950 --> 00:21:55,750

you just may feel as if you've had an

430

00:21:59,430 --> 00:21:56,960

entire

431

00:22:01,909 --> 00:21:59,440

night's sleep

432

00:22:05,830 --> 00:22:01,919

by just resting and focusing on that

433

00:22:09,510 --> 00:22:07,909

this my friends is another trick to

434

00:22:13,570 --> 00:22:09,520

success

435

00:22:13,580 --> 00:22:32,549

[Music]

436

00:22:37,029 --> 00:22:35,110

gamma waves are the fastest of the brain

437

00:22:37,909 --> 00:22:37,039

wave frequencies

438

00:22:39,190 --> 00:22:37,919

and

439

00:22:43,190 --> 00:22:39,200

they

440

00:22:45,350 --> 00:22:43,200

occur during the highest state of focus

441

00:22:49,590 --> 00:22:45,360

possible

442

00:22:53,029 --> 00:22:49,600

these are the gamma waves

443

00:22:57,590 --> 00:22:53,039

that can be associated with peak

444

00:23:00,549 --> 00:22:57,600

focus and intense intense concentration

445

00:23:03,440 --> 00:23:00,559

some intense states of meditation are

446

00:23:05,270 --> 00:23:03,450

also associated with gamma brain waves

447

00:23:07,510 --> 00:23:05,280

[Music]

448

00:23:09,990 --> 00:23:07,520

this is the brain's

449

00:23:11,830 --> 00:23:10,000

optimal frequency for cognitive

450

00:23:12,789 --> 00:23:11,840

functioning

451  
00:23:15,669 --> 00:23:12,799  
if

452  
00:23:16,710 --> 00:23:15,679  
you have problems to solve

453  
00:23:18,710 --> 00:23:16,720  
if

454  
00:23:20,870 --> 00:23:18,720  
you have to think through a great deal

455  
00:23:23,750 --> 00:23:20,880  
of problem solving

456  
00:23:26,470 --> 00:23:23,760  
tasks that require intense

457  
00:23:28,820 --> 00:23:26,480  
focus and concentration

458  
00:23:30,070 --> 00:23:28,830  
you can use the gamma waves

459  
00:23:31,830 --> 00:23:30,080  
[Music]

460  
00:23:33,909 --> 00:23:31,840  
vinyl beats

461  
00:23:37,110 --> 00:23:33,919  
to help you achieve

462  
00:23:38,710 --> 00:23:37,120  
this state of incredible focus and

463  
00:23:44,310 --> 00:23:38,720

concentration

464

00:23:48,549 --> 00:23:45,510

this

465

00:23:50,870 --> 00:23:48,559

is 40 hertz

466

00:23:54,149 --> 00:23:50,880

and it is the

467

00:23:56,630 --> 00:23:54,159

frequency used in all brain sync gamma

468

00:23:59,430 --> 00:23:56,640

and beta wave programs

469

00:24:00,870 --> 00:23:59,440

it can help you achieve a state of

470

00:24:03,110 --> 00:24:00,880

incredible

471

00:24:04,710 --> 00:24:03,120

focus on a given

472

00:24:06,390 --> 00:24:04,720

problem

473

00:24:08,470 --> 00:24:06,400

it can help you

474

00:24:11,110 --> 00:24:08,480

to solve problems

475

00:24:13,590 --> 00:24:11,120

it can help you to think outside of the

476  
00:24:17,029 --> 00:24:13,600  
box to focus

477  
00:24:19,830 --> 00:24:17,039  
on a given problem until you can solve

478  
00:24:21,830 --> 00:24:19,840  
it

479  
00:24:23,909 --> 00:24:21,840  
theta

480  
00:24:25,990 --> 00:24:23,919  
is

481  
00:24:29,029 --> 00:24:26,000  
one of the most extraordinary brain

482  
00:24:31,830 --> 00:24:29,039  
states that you can explore

483  
00:24:34,149 --> 00:24:31,840  
it's also known as the twilight state as

484  
00:24:36,230 --> 00:24:34,159  
we discussed before

485  
00:24:39,909 --> 00:24:36,240  
the state that you can usually

486  
00:24:43,510 --> 00:24:39,919  
experience fleetingly upon waking

487  
00:24:45,190 --> 00:24:43,520  
or drifting off to sleep that sweet spot

488  
00:24:49,750 --> 00:24:45,200

somewhere between

489

00:24:51,990 --> 00:24:49,760

waking consciousness and the dream world

490

00:24:53,750 --> 00:24:52,000

theta really is the brain state where

491

00:24:55,669 --> 00:24:53,760

some magic happens with your

492

00:25:01,420 --> 00:24:55,679

subconscious

493

00:25:01,430 --> 00:25:05,190

[Music]

494

00:25:09,750 --> 00:25:06,710

for most people

495

00:25:13,830 --> 00:25:09,760

being able to enter this

496

00:25:17,110 --> 00:25:13,840

theta state without falling asleep

497

00:25:20,149 --> 00:25:17,120

takes an incredible amount of meditation

498

00:25:23,750 --> 00:25:22,070

this is the state

499

00:25:25,909 --> 00:25:23,760

that many

500

00:25:29,750 --> 00:25:25,919

people who meditate are trying to

501  
00:25:32,310 --> 00:25:31,269

luckily

502  
00:25:34,470 --> 00:25:32,320

our

503  
00:25:37,190 --> 00:25:34,480

theta state

504  
00:25:39,350 --> 00:25:37,200  
binaural b can help you achieve this

505  
00:25:41,830 --> 00:25:39,360  
brain state even if you've never

506  
00:25:43,430 --> 00:25:41,840  
meditated and don't know anything about

507  
00:25:45,830 --> 00:25:43,440  
meditation

508  
00:25:48,870 --> 00:25:45,840  
listen to the file

509  
00:25:52,870 --> 00:25:48,880  
with headphones concentrate intently on

510  
00:25:54,710 --> 00:25:52,880  
it repeat it as many times as necessary

511  
00:25:56,390 --> 00:25:54,720  
until you feel that

512  
00:25:59,110 --> 00:25:56,400  
dreamlike state

513  
00:25:59,990 --> 00:25:59,120

of awareness

514

00:26:03,590 --> 00:26:00,000

this

515

00:26:06,070 --> 00:26:03,600

[Music]

516

00:26:08,310 --> 00:26:06,080

the motivational programs that follow

517

00:26:11,269 --> 00:26:08,320

are best listened to on headphones in

518

00:26:14,390 --> 00:26:11,279

the program download time

519

00:26:16,549 --> 00:26:14,400

when you are in the theta state

520

00:26:19,430 --> 00:26:16,559

you can use the theta state

521

00:26:21,269 --> 00:26:19,440

audio file we have included to help you

522

00:26:23,990 --> 00:26:21,279

get into this state

523

00:26:25,430 --> 00:26:24,000

before listening to these motivational

524

00:26:27,510 --> 00:26:25,440

programs

525

00:26:30,070 --> 00:26:27,520

in the theta state your mind will be

526  
00:26:31,350 --> 00:26:30,080  
most suggestible and in a perfect state

527  
00:26:39,990 --> 00:26:31,360  
to receive

528  
00:26:45,269 --> 00:26:42,789  
concentrate on the theta binaural beats

529  
00:26:47,750 --> 00:26:45,279  
repeat them several times if necessary

530  
00:26:49,350 --> 00:26:47,760  
and then listen to the motivational

531  
00:26:51,990 --> 00:26:49,360  
speaking portion

532  
00:26:55,190 --> 00:26:52,000  
of our program it will be much more

533  
00:26:57,269 --> 00:26:55,200  
effective if you do

534  
00:26:59,909 --> 00:26:57,279  
the data state

535  
00:27:03,029 --> 00:26:59,919  
is where our minds are

536  
00:27:07,510 --> 00:27:03,039  
most suggestible

537  
00:27:13,669 --> 00:27:10,630  
once you enter the theta state

538  
00:27:16,390 --> 00:27:13,679

what are you going to feed your highly

539

00:27:19,350 --> 00:27:16,400

suggestible subconscious mind while in

540

00:27:23,909 --> 00:27:21,830

my friends you should feed it

541

00:27:26,070 --> 00:27:23,919

positive reinforcement

542

00:27:29,750 --> 00:27:26,080

affirmations

543

00:27:32,470 --> 00:27:29,760

good thoughts positive vibes

544

00:27:35,510 --> 00:27:32,480

feelings of gratitude for all that you

545

00:27:40,549 --> 00:27:35,520

have been given gratitude for the gifts

546

00:27:44,789 --> 00:27:43,510

in time you will begin to recognize the

547

00:27:48,950 --> 00:27:44,799

theta state

548

00:27:51,909 --> 00:27:48,960

as program download time and that which

549

00:27:55,190 --> 00:27:51,919

you feed your mind during this state

550

00:27:57,029 --> 00:27:55,200

will manifest into your waking and daily

551  
00:27:59,669 --> 00:27:57,039  
life

552  
00:28:04,230 --> 00:27:59,679  
this is why i say to feed your mind

553  
00:28:08,549 --> 00:28:06,070  
feed your mind

554  
00:28:10,070 --> 00:28:08,559  
anxiety written thoughts

555  
00:28:11,430 --> 00:28:10,080  
worry

556  
00:28:13,590 --> 00:28:11,440  
or anger

557  
00:28:16,070 --> 00:28:13,600  
during this period

558  
00:28:18,650 --> 00:28:16,080  
and those things will echo into your

559  
00:28:21,669 --> 00:28:18,660  
waking and daily life

560  
00:28:23,990 --> 00:28:21,679  
[Music]

561  
00:28:26,230 --> 00:28:24,000  
and in the same way if you feed your

562  
00:28:28,630 --> 00:28:26,240  
mind in a positive way

563  
00:28:29,669 --> 00:28:28,640

during this program download time you

564

00:28:32,470 --> 00:28:29,679

will

565

00:28:35,350 --> 00:28:32,480

maximize the results

566

00:28:39,110 --> 00:28:35,360

you will maximize the benefits of this

567

00:28:39,909 --> 00:28:39,120

program and its positive reinforcement

568

00:28:41,269 --> 00:28:39,919

its

569

00:28:42,870 --> 00:28:41,279

motivation

570

00:28:46,470 --> 00:28:42,880

programs

571

00:28:48,610 --> 00:28:46,480

that we are attempting to feed into your

572

00:28:50,070 --> 00:28:48,620

subconscious mind

573

00:28:52,950 --> 00:28:50,080

[Music]

574

00:28:54,149 --> 00:28:52,960

your mind is a garden what will you grow

575

00:28:55,510 --> 00:28:54,159

there

576  
00:28:59,350 --> 00:28:55,520  
will you grow

577  
00:29:01,029 --> 00:28:59,360  
anger resentment jealousy

578  
00:29:02,470 --> 00:29:01,039  
or will you grow

579  
00:29:03,190 --> 00:29:02,480  
love

580  
00:29:05,430 --> 00:29:03,200  
and

581  
00:29:06,389 --> 00:29:05,440  
hope for the future

582  
00:29:08,950 --> 00:29:06,399  
and

583  
00:29:11,110 --> 00:29:08,960  
humility

584  
00:29:13,909 --> 00:29:11,120  
gratitude

585  
00:29:15,430 --> 00:29:13,919  
your mind is a garden

586  
00:29:18,789 --> 00:29:15,440  
and during

587  
00:29:21,669 --> 00:29:18,799  
the theta state you are planting seeds

588  
00:29:23,269 --> 00:29:21,679

in that garden this is so important and

589

00:29:28,950 --> 00:29:23,279

why

590

00:29:31,190 --> 00:29:28,960

throughout this course

591

00:29:35,190 --> 00:29:31,200

while you are in the fetus state

592

00:29:37,269 --> 00:29:35,200

your mind becomes a garden and you

593

00:29:38,549 --> 00:29:37,279

can be the gardener

594

00:29:41,669 --> 00:29:38,559

what will you

595

00:29:43,430 --> 00:29:41,679

choose to plant in the garden of your

596

00:29:44,870 --> 00:29:43,440

mind

597

00:29:47,590 --> 00:29:44,880

focus

598

00:29:49,669 --> 00:29:47,600

on learning to enter

599

00:29:52,149 --> 00:29:49,679

the theta state

600

00:29:54,789 --> 00:29:52,159

once you have achieved this

601  
00:29:56,230 --> 00:29:54,799  
you will be able to program your own

602  
00:29:57,990 --> 00:29:56,240  
mind

603  
00:30:00,470 --> 00:29:58,000  
for success

604  
00:30:01,830 --> 00:30:00,480  
you will be able to program your own

605  
00:30:03,830 --> 00:30:01,840  
mind

606  
00:30:06,389 --> 00:30:03,840  
to achieve anything

607  
00:30:08,789 --> 00:30:06,399  
you're trying to do

608  
00:30:11,830 --> 00:30:08,799  
as long as you find the right seeds and

609  
00:30:12,710 --> 00:30:11,840  
plant them at the right time

610  
00:30:15,430 --> 00:30:12,720  
this

611  
00:30:17,990 --> 00:30:15,440  
is the theta state

612  
00:30:20,780 --> 00:30:18,000  
use it well my friends

613  
00:30:32,630 --> 00:30:20,790

use it well

614

00:30:36,630 --> 00:30:35,190

the world is filled with winners and

615

00:30:39,190 --> 00:30:36,640

losers

616

00:30:40,310 --> 00:30:39,200

the winners refuse to quit before they

617

00:30:41,590 --> 00:30:40,320

get to the finish line

618

00:30:44,630 --> 00:30:41,600

[Music]

619

00:30:47,029 --> 00:30:44,640

most losers lose before they get

620

00:30:48,470 --> 00:30:47,039

anywhere near the finish line

621

00:30:52,389 --> 00:30:48,480

because they quit

622

00:30:57,909 --> 00:30:54,070

it takes hard work it takes

623

00:30:58,789 --> 00:30:57,919

determination it takes refusing to lose

624

00:31:00,549 --> 00:30:58,799

to be

625

00:31:02,389 --> 00:31:00,559

a winner

626

00:31:05,430 --> 00:31:02,399

how do you win

627

00:31:07,190 --> 00:31:05,440

the best advice i could give anyone

628

00:31:10,230 --> 00:31:07,200

if you wanna win

629

00:31:12,389 --> 00:31:10,240

you gotta refuse to lose

630

00:31:13,990 --> 00:31:12,399

no matter what the price no matter what

631

00:31:17,640 --> 00:31:14,000

the cost

632

00:31:20,630 --> 00:31:17,650

always refuse to lose

633

00:31:24,950 --> 00:31:20,640

[Music]

634

00:31:26,230 --> 00:31:24,960

rtl remember that it's simple rtl always

635

00:31:28,149 --> 00:31:26,240

rtm

636

00:31:30,950 --> 00:31:28,159

always rtl

637

00:31:34,230 --> 00:31:30,960

rtl refuse to lose

638

00:31:36,630 --> 00:31:34,240

always refuse to lose

639

00:31:38,630 --> 00:31:36,640

if you want to win at this thing if you

640

00:31:43,269 --> 00:31:38,640

want to live your dreams you have to

641

00:31:45,590 --> 00:31:43,279

remember rtl always just remember rtl

642

00:31:47,509 --> 00:31:45,600

refuse to lose

643

00:31:48,789 --> 00:31:47,519

that's how you win

644

00:31:51,190 --> 00:31:48,799

that's it

645

00:31:53,509 --> 00:31:51,200

that's the secret that's not one of the

646

00:31:56,549 --> 00:31:53,519

biggest secrets of success

647

00:32:00,630 --> 00:31:56,559

just remember rtl

648

00:32:02,310 --> 00:32:00,640

always refuse to lose

649

00:32:05,430 --> 00:32:02,320

i win

650

00:32:09,430 --> 00:32:05,440

i beat most people out because

651  
00:32:12,070 --> 00:32:09,440  
simply i refuse to lose

652  
00:32:13,509 --> 00:32:12,080  
i remember rtl

653  
00:32:15,269 --> 00:32:13,519  
hardships

654  
00:32:25,509 --> 00:32:15,279  
rtl

655  
00:32:29,029 --> 00:32:25,519  
of the way refuse that's it

656  
00:32:30,710 --> 00:32:29,039  
refuse to lose

657  
00:32:32,870 --> 00:32:30,720  
that's what you gotta do

658  
00:32:34,549 --> 00:32:32,880  
that's it

659  
00:32:36,789 --> 00:32:34,559  
it's one of the biggest secrets i could

660  
00:32:40,830 --> 00:32:36,799  
teach you

661  
00:32:43,269 --> 00:32:40,840  
just always rtl

662  
00:32:46,630 --> 00:32:43,279  
always refuse

663  
00:32:50,230 --> 00:32:49,190

i win when most people fail

664

00:32:53,110 --> 00:32:50,240

simply

665

00:32:59,840 --> 00:32:53,120

because i refuse to lose

666

00:32:59,850 --> 00:33:15,909

[Music]

667

00:33:22,149 --> 00:33:18,549

be your best self

668

00:33:24,710 --> 00:33:22,159

embrace your best self

669

00:33:26,310 --> 00:33:24,720

and always remember it's okay to be

670

00:33:28,549 --> 00:33:26,320

different

671

00:33:30,070 --> 00:33:28,559

it's okay to not belong

672

00:33:31,990 --> 00:33:30,080

especially

673

00:33:33,669 --> 00:33:32,000

if that means

674

00:33:35,430 --> 00:33:33,679

being true

675

00:33:40,789 --> 00:33:35,440

to your best

676  
00:33:40,799 --> 00:33:44,950  
what is your best self

677  
00:33:48,789 --> 00:33:47,750  
how many of us have the courage

678  
00:33:50,149 --> 00:33:48,799  
to be

679  
00:33:52,389 --> 00:33:50,159  
our best

680  
00:33:53,669 --> 00:33:52,399  
self

681  
00:33:56,870 --> 00:33:53,679  
how are you

682  
00:34:04,710 --> 00:33:59,190  
and fruitful

683  
00:34:08,629 --> 00:34:06,389  
how are we

684  
00:34:09,909 --> 00:34:08,639  
our best selves

685  
00:34:14,230 --> 00:34:09,919  
can we be

686  
00:34:21,669 --> 00:34:17,430  
i believe that every human on planet

687  
00:34:26,389 --> 00:34:21,679  
earth has the potential to become their

688  
00:34:32,310 --> 00:34:30,069

becoming your best self requires

689

00:34:35,190 --> 00:34:32,320

that you embrace

690

00:34:38,149 --> 00:34:35,200

all the gifts

691

00:34:39,909 --> 00:34:38,159

that you have been given

692

00:34:44,629 --> 00:34:39,919

all of us

693

00:34:49,990 --> 00:34:46,230

has been gifted

694

00:34:56,790 --> 00:34:53,349

maybe it's something we are meant to do

695

00:34:58,950 --> 00:34:56,800

or something we are meant to teach

696

00:35:01,349 --> 00:34:58,960

the rest of the human race

697

00:35:04,310 --> 00:35:01,359

or something

698

00:35:05,890 --> 00:35:04,320

that we are just

699

00:35:09,589 --> 00:35:05,900

amazingly good at

700

00:35:11,910 --> 00:35:09,599

[Music]

701  
00:35:14,470 --> 00:35:11,920  
what an amazing gift

702  
00:35:18,790 --> 00:35:14,480  
we have all been given

703  
00:35:20,630 --> 00:35:18,800  
and each of us every one of us

704  
00:35:23,670 --> 00:35:20,640  
is endowed

705  
00:35:25,589 --> 00:35:23,680  
with special gifts

706  
00:35:27,430 --> 00:35:25,599  
gifts that

707  
00:35:32,550 --> 00:35:27,440  
others

708  
00:35:36,710 --> 00:35:34,150  
we are all

709  
00:35:38,790 --> 00:35:36,720  
endowed with incredible gifts

710  
00:35:42,390 --> 00:35:38,800  
and i believe those gifts are given to

711  
00:35:43,670 --> 00:35:42,400  
us by the source or the creator

712  
00:35:49,430 --> 00:35:43,680  
or

713  
00:35:55,910 --> 00:35:51,670

regardless of where you think those

714

00:36:03,270 --> 00:35:55,920

gifts come from every one of us

715

00:36:03,280 --> 00:36:10,550

some gift we have been given

716

00:36:15,589 --> 00:36:12,870

and what a beautiful thing

717

00:36:18,390 --> 00:36:15,599

that gift is

718

00:36:22,230 --> 00:36:18,400

and i believe

719

00:36:26,310 --> 00:36:22,240

it is the destiny of everyone

720

00:36:28,550 --> 00:36:26,320

everyone who has been given a gift to

721

00:36:29,870 --> 00:36:28,560

share it

722

00:36:37,990 --> 00:36:29,880

with the world

723

00:36:45,190 --> 00:36:42,470

and some of us some of us freely share

724

00:36:48,390 --> 00:36:45,200

our gifts with the world

725

00:36:50,530 --> 00:36:48,400

having realized

726  
00:36:52,150 --> 00:36:50,540  
that that is part of the grand plan

727  
00:36:55,030 --> 00:36:52,160  
[Music]

728  
00:36:57,510 --> 00:36:55,040  
all of us are given gifts and all of us

729  
00:36:58,470 --> 00:36:57,520  
are destined to show those gifts to the

730  
00:37:01,670 --> 00:36:58,480  
world

731  
00:37:05,210 --> 00:37:01,680  
to share those gifts

732  
00:37:11,670 --> 00:37:05,220  
with the rest of the world

733  
00:37:11,680 --> 00:37:15,190  
and by sharing those gifts

734  
00:37:17,990 --> 00:37:16,070  
we become

735  
00:37:19,830 --> 00:37:18,000  
[Music]

736  
00:37:22,710 --> 00:37:19,840  
our best selves

737  
00:37:24,200 --> 00:37:22,720  
[Music]

738  
00:37:26,390 --> 00:37:24,210

our best selves

739

00:37:29,270 --> 00:37:26,400

[Music]

740

00:37:31,510 --> 00:37:29,280

how we become our best selves is simply

741

00:37:34,310 --> 00:37:31,520

by sharing the gifts

742

00:37:36,870 --> 00:37:34,320

that we have been given

743

00:37:40,710 --> 00:37:36,880

do you want to become your best self

744

00:37:47,030 --> 00:37:43,829

think about the gifts you've been given

745

00:37:50,550 --> 00:37:47,040

and learn how to share those gifts with

746

00:37:52,790 --> 00:37:50,560

the rest of the world

747

00:37:54,150 --> 00:37:52,800

and in that moment

748

00:37:56,390 --> 00:37:54,160

or moments

749

00:38:00,950 --> 00:37:56,400

those glorious moments that you are

750

00:38:03,349 --> 00:38:00,960

sharing your unique gift with the world

751  
00:38:11,510 --> 00:38:03,359  
you are connecting with your very best

752  
00:38:19,750 --> 00:38:15,030  
you have to realize you are worthy

753  
00:38:21,380 --> 00:38:19,760  
this is a lesson no one will teach you

754  
00:38:29,610 --> 00:38:21,390  
be worthy

755  
00:38:31,589 --> 00:38:29,620  
things

756  
00:38:33,109 --> 00:38:31,599  
[Music]

757  
00:38:36,069 --> 00:38:33,119  
realize

758  
00:38:37,860 --> 00:38:36,079  
that you are worthy

759  
00:38:40,069 --> 00:38:37,870  
of amazing things

760  
00:38:42,390 --> 00:38:40,079  
[Music]

761  
00:38:45,589 --> 00:38:42,400  
you have to realize

762  
00:38:48,069 --> 00:38:45,599  
that you are worthy

763  
00:38:50,150 --> 00:38:48,079

of achieving that incredible dream you

764

00:38:52,710 --> 00:38:50,160

have in mind

765

00:38:55,430 --> 00:38:52,720

this is the first step to achieving it

766

00:38:59,109 --> 00:38:55,440

that many people fail at

767

00:39:00,470 --> 00:38:59,119

they do not believe they are worthy

768

00:39:03,109 --> 00:39:00,480

of achieving

769

00:39:04,790 --> 00:39:03,119

that dream or having

770

00:39:06,230 --> 00:39:04,800

that

771

00:39:09,670 --> 00:39:06,240

desire

772

00:39:14,540 --> 00:39:12,470

it's an incredible mistake to feel

773

00:39:30,470 --> 00:39:14,550

unworthy

774

00:39:30,470 --> 00:39:30,480

[Music]

775

00:39:34,710 --> 00:39:32,230

you are worthy

776

00:39:38,790 --> 00:39:34,720

of amazing things

777

00:39:40,950 --> 00:39:38,800

you are worthy of incredible things

778

00:39:43,109 --> 00:39:40,960

you are worthy

779

00:39:44,520 --> 00:39:43,119

of all of your hearts

780

00:39:48,069 --> 00:39:44,530

desires

781

00:39:52,630 --> 00:39:48,079

[Music]

782

00:39:53,430 --> 00:39:52,640

never allow yourself to feel unworthy

783

00:39:55,270 --> 00:39:53,440

of anything

784

00:39:58,790 --> 00:39:55,280

[Music]

785

00:40:02,150 --> 00:39:58,800

you my friend are worthy

786

00:40:05,589 --> 00:40:02,160

of amazing things of great things

787

00:40:07,510 --> 00:40:05,599

you are worthy of achieving your goals

788

00:40:16,390 --> 00:40:07,520

you are worthy

789

00:40:31,280 --> 00:40:16,400  
of anything

790

00:40:34,069 --> 00:40:31,290  
you desire

791

00:40:37,109 --> 00:40:34,079  
[Music]

792

00:40:54,550 --> 00:40:37,119  
you are worthy of anything

793

00:40:56,840 --> 00:40:54,560  
[Music]

794

00:40:58,069 --> 00:40:56,850  
you desire

795

00:41:02,230 --> 00:40:58,079  
[Music]

796

00:41:11,030 --> 00:41:02,240  
you are worthy of anything

797

00:41:18,069 --> 00:41:14,069  
you desire

798

00:41:22,750 --> 00:41:18,079  
you are worthy of anything

799

00:41:30,710 --> 00:41:27,349  
y-a-w yaw that is how i remember it you

800

00:41:32,390 --> 00:41:30,720  
are worthy y-a-w

801  
00:41:34,230 --> 00:41:32,400  
always remember

802  
00:41:35,109 --> 00:41:34,240  
y-a-w

803  
00:41:35,990 --> 00:41:35,119  
you

804  
00:41:38,230 --> 00:41:36,000  
are

805  
00:41:42,390 --> 00:41:38,240  
worthy

806  
00:41:46,150 --> 00:41:42,400  
things incredible things

807  
00:41:55,250 --> 00:41:46,160  
y a w you are worthy

808  
00:42:00,870 --> 00:41:55,260  
of all of your dreams you are worthy

809  
00:42:04,590 --> 00:42:02,950  
when times get hard

810  
00:42:06,150 --> 00:42:04,600  
dig deep

811  
00:42:08,390 --> 00:42:06,160  
[Music]

812  
00:42:10,630 --> 00:42:08,400  
when things are rough

813  
00:42:13,349 --> 00:42:10,640

dig deep

814

00:42:15,270 --> 00:42:13,359

when you feel like you can't go on

815

00:42:18,069 --> 00:42:15,280

dig deep

816

00:42:20,950 --> 00:42:18,079

when you feel like you just can't win

817

00:42:24,710 --> 00:42:23,750

when you feel like you can't go on

818

00:42:27,270 --> 00:42:24,720

dig

819

00:42:31,190 --> 00:42:29,750

this is a secret to success that many

820

00:42:33,430 --> 00:42:31,200

never learn

821

00:42:36,870 --> 00:42:33,440

it's like the old saying

822

00:42:38,150 --> 00:42:36,880

when the going gets tough the tough get

823

00:42:41,290 --> 00:42:38,160

going

824

00:42:44,550 --> 00:42:41,300

some people learn to dig deep

825

00:42:46,950 --> 00:42:44,560

[Music]

826

00:42:49,190 --> 00:42:46,960

the people that learn to dig deep find

827

00:42:51,510 --> 00:42:49,200

success where other people fail

828

00:42:53,910 --> 00:42:51,520

[Music]

829

00:42:55,589 --> 00:42:53,920

the people that learn to dig deep learn

830

00:42:57,910 --> 00:42:55,599

that when things get hard they have to

831

00:43:00,390 --> 00:42:57,920

dig deeper within themselves to find the

832

00:43:02,390 --> 00:43:00,400

perseverance to still

833

00:43:06,390 --> 00:43:02,400

win

834

00:43:08,390 --> 00:43:06,400

learn to dig deep you'll be glad you did

835

00:43:10,309 --> 00:43:08,400

you've got to learn to dig deep when

836

00:43:13,430 --> 00:43:10,319

times get hard

837

00:43:16,069 --> 00:43:13,440

you've got to learn to dig deep

838

00:43:19,900 --> 00:43:16,079

when obstacles are in your way

839

00:43:22,390 --> 00:43:19,910

you've got to learn to dig deep

840

00:43:24,550 --> 00:43:22,400

[Music]

841

00:43:27,430 --> 00:43:24,560

i promise you once you've learned to dig

842

00:43:30,470 --> 00:43:27,440

deep you will never again

843

00:43:31,589 --> 00:43:30,480

be scared of obstacles you will never

844

00:43:34,150 --> 00:43:31,599

again

845

00:43:35,670 --> 00:43:34,160

be terrified of failure

846

00:43:38,309 --> 00:43:35,680

you will have learned to find the

847

00:43:41,349 --> 00:43:38,319

strength within yourself

848

00:43:42,710 --> 00:43:41,359

to find a way past those things and

849

00:43:44,150 --> 00:43:42,720

still

850

00:43:47,109 --> 00:43:44,160

succeed

851  
00:43:49,260 --> 00:43:47,119  
where other people fail

852  
00:43:51,349 --> 00:43:49,270  
winners know how to dig deep

853  
00:43:55,510 --> 00:43:51,359  
[Music]

854  
00:43:56,470 --> 00:43:55,520  
losers never learn to dig deep losers

855  
00:43:58,160 --> 00:43:56,480  
never

856  
00:44:03,109 --> 00:43:58,170  
learn this skill

857  
00:44:05,829 --> 00:44:03,119  
[Music]

858  
00:44:09,270 --> 00:44:05,839  
the ability to dig deep

859  
00:44:11,240 --> 00:44:09,280  
is a powerful weapon in the arsenal of

860  
00:44:13,190 --> 00:44:11,250  
successful people

861  
00:44:15,270 --> 00:44:13,200  
[Music]

862  
00:44:18,710 --> 00:44:15,280  
obstacles in your way

863  
00:44:20,390 --> 00:44:18,720

dig deep get past them

864

00:44:23,829 --> 00:44:20,400

new challenges you didn't even

865

00:44:26,309 --> 00:44:23,839

anticipate on the way to your goals

866

00:44:30,080 --> 00:44:26,319

dig deep

867

00:44:31,910 --> 00:44:30,090

learn to overcome those obstacles

868

00:44:34,390 --> 00:44:31,920

[Music]

869

00:44:37,270 --> 00:44:34,400

sometimes we have to give more of

870

00:44:41,109 --> 00:44:37,280

ourselves than we are capable of this is

871

00:44:49,510 --> 00:44:44,550

the confidence the passion and the power

872

00:44:52,470 --> 00:44:49,520

and the glory of being able to do more

873

00:44:54,630 --> 00:44:52,480

than we thought we were capable of this

874

00:44:56,950 --> 00:44:54,640

is what it means

875

00:44:58,550 --> 00:44:56,960

to dig deep

876  
00:45:02,230 --> 00:44:58,560  
you must

877  
00:45:05,910 --> 00:45:02,240  
my friend learn to dig deep

878  
00:45:08,150 --> 00:45:05,920  
when times get hard dig deep

879  
00:45:10,470 --> 00:45:08,160  
don't quit

880  
00:45:14,150 --> 00:45:10,480  
you've got the strength you've got the

881  
00:45:19,030 --> 00:45:14,160  
passion you've got the power within you

882  
00:45:21,750 --> 00:45:19,040  
you just have to dig deep to reach it

883  
00:45:24,390 --> 00:45:21,760  
sometimes you have to dig deep

884  
00:45:26,309 --> 00:45:24,400  
to get to that power to get to that

885  
00:45:28,950 --> 00:45:26,319  
passion you know

886  
00:45:31,030 --> 00:45:28,960  
you have within yourself

887  
00:45:33,190 --> 00:45:31,040  
it's in there

888  
00:45:36,150 --> 00:45:33,200

you just gotta dig for it you've gotta

889

00:45:37,030 --> 00:45:36,160

find it when you need it you've gotta

890

00:45:38,550 --> 00:45:37,040

dig

891

00:45:43,430 --> 00:45:38,560

deep

892

00:45:47,910 --> 00:45:43,440

you're gonna be able to overcome any

893

00:45:51,109 --> 00:45:47,920

obstacle any hurdle any problem

894

00:45:55,589 --> 00:45:51,119

you will become unstoppable once you

895

00:46:00,720 --> 00:45:57,829

dig deep within yourself you are

896

00:46:05,670 --> 00:46:00,730

powerful you are unstoppable

897

00:46:07,990 --> 00:46:05,680

[Music]

898

00:46:22,470 --> 00:46:08,000

dig deep within yourself

899

00:46:24,940 --> 00:46:22,480

to find your power it's there

900

00:46:41,080 --> 00:46:24,950

just dig deep

901  
00:46:51,589 --> 00:46:47,270

[Music]

902  
00:46:55,990 --> 00:46:51,599

when times get hard just remember d d

903  
00:47:00,069 --> 00:46:57,910

when you need to overcome obstacles

904  
00:47:00,870 --> 00:47:00,079

remember d d

905  
00:47:01,950 --> 00:47:00,880

dig

906  
00:47:03,910 --> 00:47:01,960

deep

907  
00:47:07,589 --> 00:47:03,920

[Music]

908  
00:47:11,670 --> 00:47:07,599

when you encounter setbacks remember d d

909  
00:47:17,510 --> 00:47:14,550

when you face challenges on your path to

910  
00:47:18,470 --> 00:47:17,520

your goals remember d d

911  
00:47:27,510 --> 00:47:18,480

dig

912  
00:47:31,670 --> 00:47:27,520

deep

913  
00:47:35,589 --> 00:47:31,680

find your strength

914

00:47:39,589 --> 00:47:35,599

dig deep find your passion

915

00:47:43,430 --> 00:47:39,599

dig deep find your glory

916

00:47:47,510 --> 00:47:43,440

dig deep find your power

917

00:47:52,790 --> 00:47:51,510

dig deep you know what to do

918

00:47:55,589 --> 00:47:52,800

dig deep

919

00:47:58,150 --> 00:47:55,599

don't quit just yet

920

00:47:59,750 --> 00:47:58,160

dig deep you are unstoppable don't you

921

00:48:04,150 --> 00:47:59,760

forget

922

00:48:05,670 --> 00:48:04,160

d d d please remember d d when times get

923

00:48:09,030 --> 00:48:05,680

tough

924

00:48:12,950 --> 00:48:09,040

dig deep that's when winning is done

925

00:48:16,230 --> 00:48:12,960

when times are hard deep deep deep find

926

00:48:22,950 --> 00:48:16,240

the strength find the passion dig

927

00:48:28,950 --> 00:48:26,710

a wiser man than me his name was idaw

928

00:48:30,870 --> 00:48:28,960

koyakan once said

929

00:48:32,470 --> 00:48:30,880

mountains are only a problem when they

930

00:48:35,190 --> 00:48:32,480

are bigger than you

931

00:48:38,549 --> 00:48:35,200

you should develop yourself so much that

932

00:48:39,180 --> 00:48:38,559

you become bigger than any mountain you

933

00:48:40,630 --> 00:48:39,190

face

934

00:48:43,270 --> 00:48:40,640

[Music]

935

00:48:45,510 --> 00:48:43,280

this is some of the best advice i have

936

00:48:47,990 --> 00:48:45,520

ever heard in my life and it is

937

00:48:49,670 --> 00:48:48,000

something that all of us can put into

938

00:48:54,309 --> 00:48:49,680

practice

939

00:48:59,589 --> 00:48:56,630

you see my friends i used to be one of

940

00:49:03,510 --> 00:49:01,750

i'd set a goal

941

00:49:05,829 --> 00:49:03,520

and i kind of

942

00:49:07,589 --> 00:49:05,839

half-heartedly try to reach it

943

00:49:10,309 --> 00:49:07,599

but as soon as some

944

00:49:13,670 --> 00:49:10,319

problems developed

945

00:49:15,510 --> 00:49:13,680

i got scared and i said oh this i'm not

946

00:49:18,150 --> 00:49:15,520

going to be able to fix this i'm not

947

00:49:19,349 --> 00:49:18,160

going to be able to overcome this

948

00:49:22,069 --> 00:49:19,359

and i didn't

949

00:49:23,430 --> 00:49:22,079

because that negative mindset kept me

950

00:49:26,309 --> 00:49:23,440

from seeing

951  
00:49:27,829 --> 00:49:26,319  
problems on the road to my goal as

952  
00:49:29,670 --> 00:49:27,839  
simply this

953  
00:49:33,750 --> 00:49:29,680  
challenges

954  
00:49:36,150 --> 00:49:33,760  
it's all about mindset my friends

955  
00:49:38,870 --> 00:49:36,160  
most problems on the way to your goals

956  
00:49:40,309 --> 00:49:38,880  
are not insurmountable but most of us

957  
00:49:41,829 --> 00:49:40,319  
give up

958  
00:49:44,710 --> 00:49:41,839  
because

959  
00:49:49,589 --> 00:49:44,720  
we face resistance

960  
00:49:53,030 --> 00:49:49,599  
when we face obstacles

961  
00:49:57,430 --> 00:49:53,040  
in our path there are only two choices

962  
00:50:00,950 --> 00:49:57,440  
either we will muster the strength

963  
00:50:02,630 --> 00:50:00,960

to overcome those obstacles or we will

964

00:50:05,109 --> 00:50:02,640

fail

965

00:50:06,230 --> 00:50:05,119

don't be afraid

966

00:50:08,069 --> 00:50:06,240

to fail

967

00:50:10,630 --> 00:50:08,079

you see most of us are so afraid of

968

00:50:13,589 --> 00:50:10,640

failure so afraid of being embarrassed

969

00:50:16,790 --> 00:50:13,599

at failing that it keeps us from

970

00:50:18,549 --> 00:50:16,800

overcoming those little obstacles and

971

00:50:20,870 --> 00:50:18,559

that's all they are they're just little

972

00:50:23,750 --> 00:50:20,880

obstacles in your way

973

00:50:26,390 --> 00:50:23,760

i promise you you have the strength you

974

00:50:29,510 --> 00:50:26,400

have the determination you have the will

975

00:50:32,790 --> 00:50:29,520

to overcome those obstacles if only you

976  
00:50:35,670 --> 00:50:32,800  
will overcome your fear of failure your

977  
00:50:37,750 --> 00:50:35,680  
fear of being embarrassed if you fail

978  
00:50:39,670 --> 00:50:37,760  
and i gotta tell you something my

979  
00:50:42,230 --> 00:50:39,680  
friends

980  
00:50:44,309 --> 00:50:42,240  
someday every one of us will die

981  
00:50:47,349 --> 00:50:44,319  
and we'll be thinking about those times

982  
00:50:49,270 --> 00:50:47,359  
we were embarrassed for failing will we

983  
00:50:51,349 --> 00:50:49,280  
ever regret putting our entire heart

984  
00:50:52,390 --> 00:50:51,359  
into something and just missing our

985  
00:50:53,670 --> 00:50:52,400  
goals

986  
00:50:55,349 --> 00:50:53,680  
never

987  
00:50:57,109 --> 00:50:55,359  
that day when we die we're not going to

988  
00:50:59,190 --> 00:50:57,119

be thinking about those embarrassments

989

00:51:01,030 --> 00:50:59,200

and those failures that we had along the

990

00:51:03,030 --> 00:51:01,040

way we're going to be thinking about all

991

00:51:05,510 --> 00:51:03,040

the things we did

992

00:51:09,430 --> 00:51:05,520

all the challenges and obstacles we

993

00:51:12,950 --> 00:51:09,440

overcame because we got over our fear

994

00:51:15,270 --> 00:51:12,960

i fell flat on my face so many times

995

00:51:17,430 --> 00:51:15,280

on the way to my goal

996

00:51:21,829 --> 00:51:17,440

but i just kept failing and just kept

997

00:51:24,069 --> 00:51:21,839

trying no one can disrespect me for that

998

00:51:25,910 --> 00:51:24,079

no one's gonna remember those times i

999

00:51:28,230 --> 00:51:25,920

fell flat on my face

1000

00:51:31,510 --> 00:51:28,240

they're gonna remember the times that i

1001  
00:51:34,230 --> 00:51:31,520  
achieved amazing things because i was

1002  
00:51:36,790 --> 00:51:34,240  
simply not afraid to do it don't be

1003  
00:51:40,390 --> 00:51:36,800  
afraid they're just challenges they're

1004  
00:51:42,710 --> 00:51:40,400  
just bumps in the road right over them

1005  
00:51:45,910 --> 00:51:42,720  
learning to overcome challenges is just

1006  
00:51:48,950 --> 00:51:45,920  
like lifting weights eventually those

1007  
00:51:50,470 --> 00:51:48,960  
weights get lighter as we continue in

1008  
00:51:53,430 --> 00:51:50,480  
our progress

1009  
00:51:56,390 --> 00:51:53,440  
if only we develop our courage and our

1010  
00:51:58,309 --> 00:51:56,400  
ability to overcome those obstacles in

1011  
00:52:01,030 --> 00:51:58,319  
the way of our goals we become

1012  
00:52:04,150 --> 00:52:01,040  
incredibly powerful and the next

1013  
00:52:07,030 --> 00:52:04,160

obstacles and challenges become easier

1014

00:52:10,470 --> 00:52:07,040

those mountains will soon become mole

1015

00:52:12,230 --> 00:52:10,480

hills if we just develop our ability to

1016

00:52:14,870 --> 00:52:12,240

overcome them

1017

00:52:16,950 --> 00:52:14,880

as you develop your skill and ability at

1018

00:52:18,549 --> 00:52:16,960

overcoming obstacles you become

1019

00:52:20,309 --> 00:52:18,559

unstoppable

1020

00:52:24,309 --> 00:52:20,319

and what used to seem like huge

1021

00:52:26,950 --> 00:52:24,319

obstacles become nothing to you

1022

00:52:29,829 --> 00:52:26,960

because you are powerful

1023

00:52:31,750 --> 00:52:29,839

and you can overcome anything

1024

00:52:33,910 --> 00:52:31,760

so overcome your fear and work on

1025

00:52:37,190 --> 00:52:33,920

developing yourself to overcome any

1026  
00:52:39,510 --> 00:52:37,200  
obstacle you'll be glad you did

1027  
00:52:41,829 --> 00:52:39,520  
you know how to do it

1028  
00:52:45,190 --> 00:52:41,839  
just do it

1029  
00:52:47,190 --> 00:52:45,200  
you'll be so glad you did

1030  
00:52:51,030 --> 00:52:47,200  
you will become

1031  
00:52:57,109 --> 00:52:53,670  
no mountain in your way

1032  
00:52:59,670 --> 00:52:57,119  
will scare you anymore

1033  
00:53:01,190 --> 00:52:59,680  
you will be able to overcome

1034  
00:53:03,510 --> 00:53:01,200  
anything

1035  
00:53:05,589 --> 00:53:03,520  
in your way

1036  
00:53:09,430 --> 00:53:05,599  
and wouldn't that

1037  
00:53:12,069 --> 00:53:09,440  
be an amazing future for you

1038  
00:53:14,390 --> 00:53:12,079

it's right there for you

1039

00:53:17,190 --> 00:53:14,400

take it

1040

00:53:36,950 --> 00:53:18,549

just

1041

00:53:40,870 --> 00:53:38,790

one of the secrets that i learned early

1042

00:53:44,309 --> 00:53:40,880

on has helped me

1043

00:53:46,950 --> 00:53:44,319

more than probably any other thing

1044

00:53:51,750 --> 00:53:48,950

sort of a discovery

1045

00:53:53,589 --> 00:53:51,760

or a philosophy you could call it

1046

00:53:55,030 --> 00:53:53,599

for how to

1047

00:53:57,670 --> 00:53:55,040

tap into

1048

00:54:01,030 --> 00:53:57,680

infinite potential

1049

00:54:03,589 --> 00:54:01,040

how to take that spark of divine energy

1050

00:54:06,150 --> 00:54:03,599

we are all given

1051  
00:54:08,549 --> 00:54:06,160  
and amplify it

1052  
00:54:10,549 --> 00:54:08,559  
or use it

1053  
00:54:12,150 --> 00:54:10,559  
i realized

1054  
00:54:13,990 --> 00:54:12,160  
that the closer

1055  
00:54:15,510 --> 00:54:14,000  
i felt

1056  
00:54:19,030 --> 00:54:15,520  
to

1057  
00:54:21,030 --> 00:54:19,040  
some call it god others call it source

1058  
00:54:23,430 --> 00:54:21,040  
the creator

1059  
00:54:26,710 --> 00:54:23,440  
the divine spark whatever you want to

1060  
00:54:30,150 --> 00:54:26,720  
call that energy i call it god

1061  
00:54:34,870 --> 00:54:34,069  
that at times i felt closest to god

1062  
00:54:37,349 --> 00:54:34,880  
i

1063  
00:54:40,309 --> 00:54:37,359

became closest

1064

00:54:42,710 --> 00:54:40,319

to my divine self

1065

00:54:44,549 --> 00:54:42,720

it was as if

1066

00:54:47,910 --> 00:54:44,559

the proximity

1067

00:54:50,549 --> 00:54:47,920

i felt or distance that i felt between

1068

00:54:53,589 --> 00:54:50,559

god and myself

1069

00:54:56,230 --> 00:54:53,599

affected everything

1070

00:54:59,910 --> 00:54:56,240

i began to realize

1071

00:55:03,670 --> 00:54:59,920

that when i was having dark times

1072

00:55:06,789 --> 00:55:03,680

it was often a time that i felt far from

1073

00:55:09,750 --> 00:55:06,799

god i didn't feel the presence of

1074

00:55:12,230 --> 00:55:09,760

god in my life i did not feel

1075

00:55:14,309 --> 00:55:12,240

close to god

1076

00:55:17,190 --> 00:55:14,319

and in those dark times

1077

00:55:18,950 --> 00:55:17,200

when i felt furthest from god

1078

00:55:22,549 --> 00:55:18,960

my own abilities

1079

00:55:24,789 --> 00:55:22,559

were incredibly diminished

1080

00:55:28,470 --> 00:55:24,799

it felt like at those times

1081

00:55:33,430 --> 00:55:30,390

i just wasn't able

1082

00:55:36,470 --> 00:55:33,440

to find my way

1083

00:55:39,349 --> 00:55:36,480

and if i flip the coin at other times

1084

00:55:42,150 --> 00:55:39,359

those times i fell closest to that

1085

00:55:44,069 --> 00:55:42,160

energy that source

1086

00:55:47,030 --> 00:55:44,079

you can call that whatever you like i

1087

00:55:51,109 --> 00:55:47,040

call it god those times i felt closest

1088

00:55:53,990 --> 00:55:51,119

to god were the times that i felt

1089

00:55:56,309 --> 00:55:54,000

and could truly use

1090

00:55:59,430 --> 00:55:56,319

that divine spark

1091

00:56:00,470 --> 00:55:59,440

it was as if when i was near god i

1092

00:56:02,710 --> 00:56:00,480

gained

1093

00:56:04,390 --> 00:56:02,720

some of that divine energy and i was

1094

00:56:06,390 --> 00:56:04,400

able to use it

1095

00:56:09,670 --> 00:56:06,400

i was able to

1096

00:56:12,950 --> 00:56:09,680

reach my divine self my infinite

1097

00:56:15,750 --> 00:56:12,960

potential because i was at that point so

1098

00:56:17,270 --> 00:56:15,760

close or felt so close to god

1099

00:56:19,670 --> 00:56:17,280

you can take this

1100

00:56:21,430 --> 00:56:19,680

my theory as advice

1101  
00:56:23,270 --> 00:56:21,440  
try it yourself

1102  
00:56:24,950 --> 00:56:23,280  
or you can choose to believe that i'm

1103  
00:56:26,309 --> 00:56:24,960  
wrong

1104  
00:56:29,270 --> 00:56:26,319  
but

1105  
00:56:31,430 --> 00:56:29,280  
i felt the need to share this

1106  
00:56:33,670 --> 00:56:31,440  
with all of you

1107  
00:56:37,349 --> 00:56:33,680  
because i truly believe it's true the

1108  
00:56:41,190 --> 00:56:37,359  
closer we are the closer we feel

1109  
00:56:42,230 --> 00:56:41,200  
to that divine source that energy that

1110  
00:56:45,510 --> 00:56:42,240  
god

1111  
00:56:49,430 --> 00:56:45,520  
than the closer we are to wielding

1112  
00:56:51,510 --> 00:56:49,440  
similar godlike powers

1113  
00:56:54,150 --> 00:56:51,520

see the truth that i believe is that

1114

00:56:55,109 --> 00:56:54,160

everything in the universe has a little

1115

00:56:56,390 --> 00:56:55,119

piece

1116

00:56:58,230 --> 00:56:56,400

of god

1117

00:57:00,150 --> 00:56:58,240

in it

1118

00:57:03,670 --> 00:57:00,160

from other planets to

1119

00:57:04,950 --> 00:57:03,680

flowers to the trees to the oceans

1120

00:57:07,349 --> 00:57:04,960

and yes

1121

00:57:08,630 --> 00:57:07,359

even us

1122

00:57:10,549 --> 00:57:08,640

we

1123

00:57:14,789 --> 00:57:10,559

are what some people would call god's

1124

00:57:19,910 --> 00:57:18,150

and certainly we carry within us

1125

00:57:21,510 --> 00:57:19,920

the spark

1126

00:57:24,390 --> 00:57:21,520

a little piece

1127

00:57:27,109 --> 00:57:24,400

of the divine creator

1128

00:57:28,710 --> 00:57:27,119

and that spark what are you gonna do

1129

00:57:32,230 --> 00:57:28,720

with yours

1130

00:57:35,910 --> 00:57:34,549

what can you do to make

1131

00:57:37,990 --> 00:57:35,920

that spark

1132

00:57:42,069 --> 00:57:38,000

grow

1133

00:57:47,910 --> 00:57:44,069

well i believe it is possible to take

1134

00:57:51,910 --> 00:57:47,920

that spark and create an incredible fire

1135

00:57:56,390 --> 00:57:54,789

and i believe that how we do that

1136

00:58:00,470 --> 00:57:56,400

is by

1137

00:58:03,510 --> 00:58:00,480

becoming closer to that source

1138

00:58:06,230 --> 00:58:03,520

that divine creative energy

1139

00:58:08,710 --> 00:58:06,240

that thing i call god

1140

00:58:10,789 --> 00:58:08,720

and again you can call it anything you

1141

00:58:13,270 --> 00:58:10,799

want you can call it

1142

00:58:15,670 --> 00:58:13,280

a higher power you can call it the great

1143

00:58:18,710 --> 00:58:15,680

spirit

1144

00:58:19,990 --> 00:58:18,720

however you interpret it

1145

00:58:21,430 --> 00:58:20,000

the mission

1146

00:58:24,150 --> 00:58:21,440

if you really

1147

00:58:27,430 --> 00:58:24,160

want to reach your infinite potential

1148

00:58:28,710 --> 00:58:27,440

is to do whatever it takes to get closer

1149

00:58:36,390 --> 00:58:28,720

to god

1150

00:58:38,789 --> 00:58:36,400

there's a saying far from god

1151  
00:58:40,789 --> 00:58:38,799  
some people like christians even believe

1152  
00:58:43,670 --> 00:58:40,799  
in a place called hell and one

1153  
00:58:44,390 --> 00:58:43,680  
definition of hell

1154  
00:58:47,270 --> 00:58:44,400  
is

1155  
00:58:49,510 --> 00:58:47,280  
the absence of access

1156  
00:58:51,270 --> 00:58:49,520  
to god

1157  
00:58:54,470 --> 00:58:51,280  
for me

1158  
00:58:56,549 --> 00:58:54,480  
i learned somewhere along the way in

1159  
00:58:59,589 --> 00:58:56,559  
this road called life

1160  
00:59:00,710 --> 00:58:59,599  
that the closer i felt to god the more

1161  
00:59:02,230 --> 00:59:00,720  
capable

1162  
00:59:05,430 --> 00:59:02,240  
i would become

1163  
00:59:09,349 --> 00:59:05,440

the more things i was able to accomplish

1164

00:59:12,230 --> 00:59:09,359

the greater of a person i became

1165

00:59:14,309 --> 00:59:12,240

you don't want to be far from god

1166

00:59:15,190 --> 00:59:14,319

and those dark times are the times you

1167

00:59:17,030 --> 00:59:15,200

want to

1168

00:59:19,109 --> 00:59:17,040

do the things you need to do to feel

1169

00:59:20,549 --> 00:59:19,119

closer to god

1170

00:59:22,870 --> 00:59:20,559

whatever that is

1171

00:59:25,030 --> 00:59:22,880

you can read spiritual texts

1172

00:59:26,870 --> 00:59:25,040

meditate pray

1173

00:59:29,589 --> 00:59:26,880

join a prayer group

1174

00:59:31,109 --> 00:59:29,599

join a scripture study group go out in

1175

00:59:33,430 --> 00:59:31,119

nature

1176

00:59:37,030 --> 00:59:33,440

whatever works for you whatever makes

1177

00:59:38,470 --> 00:59:37,040

you feel closer to that divine energy do

1178

00:59:41,589 --> 00:59:38,480

it

1179

00:59:43,990 --> 00:59:41,599

you'll be so glad you did take the time

1180

00:59:46,230 --> 00:59:44,000

most of us don't take the time

1181

00:59:49,589 --> 00:59:46,240

make it a priority in your life to

1182

00:59:51,349 --> 00:59:49,599

reconnect with that divine energy that

1183

00:59:54,470 --> 00:59:51,359

source

1184

00:59:57,829 --> 00:59:54,480

the closer we are to that energy to that

1185

00:59:59,829 --> 00:59:57,839

source the more we become capable of if

1186

01:00:01,990 --> 00:59:59,839

you want to unleash that spark of the

1187

01:00:04,789 --> 01:00:02,000

divine that is within you

1188

01:00:06,950 --> 01:00:04,799

work on your proximity to god the sad

1189

01:00:08,470 --> 01:00:06,960

truth is even though all of us were

1190

01:00:11,430 --> 01:00:08,480

given that spark

1191

01:00:13,510 --> 01:00:11,440

most of us don't know how to care for it

1192

01:00:15,750 --> 01:00:13,520

let alone use it

1193

01:00:18,230 --> 01:00:15,760

you've got the spark of god in you

1194

01:00:19,270 --> 01:00:18,240

how will you care for it how will you

1195

01:00:21,829 --> 01:00:19,280

use it

1196

01:00:23,530 --> 01:00:21,839

get closer to god and watch that spark

1197

01:00:31,270 --> 01:00:23,540

change your life

1198

01:00:35,270 --> 01:00:33,750

i grew up in rock bands

1199

01:00:38,230 --> 01:00:35,280

learning how to move a crowd from

1200

01:00:40,069 --> 01:00:38,240

excitement to sorrow to joy

1201  
01:00:42,470 --> 01:00:40,079  
from rage

1202  
01:00:44,950 --> 01:00:42,480  
to sadness i took them

1203  
01:00:47,030 --> 01:00:44,960  
and most of the time they came with me

1204  
01:00:48,870 --> 01:00:47,040  
willingly

1205  
01:00:51,270 --> 01:00:48,880  
later in magic shows i learned to

1206  
01:00:54,230 --> 01:00:51,280  
manipulate people's perceptions and

1207  
01:00:56,710 --> 01:00:54,240  
literally control what people saw

1208  
01:00:59,349 --> 01:00:56,720  
felt and experienced

1209  
01:01:01,349 --> 01:00:59,359  
later still on radio i realized that i

1210  
01:01:02,140 --> 01:01:01,359  
could manipulate people's thoughts and

1211  
01:01:04,390 --> 01:01:02,150  
perceptions

1212  
01:01:06,470 --> 01:01:04,400  
[Music]

1213  
01:01:08,390 --> 01:01:06,480

right through those audio signals

1214

01:01:11,910 --> 01:01:08,400

i could reach out

1215

01:01:13,109 --> 01:01:11,920

and change people's perceptions people's

1216

01:01:16,230 --> 01:01:13,119

thoughts

1217

01:01:18,470 --> 01:01:16,240

people's feelings

1218

01:01:19,990 --> 01:01:18,480

and what a wonderful gift

1219

01:01:22,950 --> 01:01:20,000

i realize

1220

01:01:28,470 --> 01:01:25,829

now i want to share that gift with the

1221

01:01:30,150 --> 01:01:28,480

rest of the world

1222

01:01:32,630 --> 01:01:30,160

the truth is

1223

01:01:33,750 --> 01:01:32,640

i first learned to manipulate or hack my

1224

01:01:35,670 --> 01:01:33,760

own mind

1225

01:01:37,750 --> 01:01:35,680

once i learned that

1226

01:01:39,109 --> 01:01:37,760

i learned that manipulating my very

1227

01:01:41,670 --> 01:01:39,119

reality

1228

01:01:43,510 --> 01:01:41,680

became much easier

1229

01:01:44,950 --> 01:01:43,520

sounds tones

1230

01:01:46,230 --> 01:01:44,960

and rhythms

1231

01:01:48,230 --> 01:01:46,240

chance

1232

01:01:50,870 --> 01:01:48,240

these things always seem to play a part

1233

01:01:54,470 --> 01:01:50,880

in how i was able to manipulate control

1234

01:01:57,430 --> 01:01:54,480

and focus my own mind

1235

01:01:58,470 --> 01:01:57,440

i learned some amazing tricks to help me

1236

01:01:59,990 --> 01:01:58,480

and now

1237

01:02:02,390 --> 01:02:00,000

i'm going to share

1238

01:02:03,700 --> 01:02:02,400

those little known tricks and secrets

1239

01:02:07,589 --> 01:02:03,710

with you

1240

01:02:10,630 --> 01:02:07,599

[Music]

1241

01:02:13,990 --> 01:02:10,640

the first big step came for me when i

1242

01:02:15,270 --> 01:02:14,000

realized that my mind every human mind

1243

01:02:19,750 --> 01:02:15,280

is a storm

1244

01:02:23,670 --> 01:02:19,760

a storm of thoughts feelings emotions

1245

01:02:25,829 --> 01:02:23,680

desires regrets and so much more

1246

01:02:28,390 --> 01:02:25,839

the mind is a storm filled with

1247

01:02:31,510 --> 01:02:28,400

lightning thunder hail pounding rain

1248

01:02:34,950 --> 01:02:31,520

blasting winds and roaring noise

1249

01:02:38,630 --> 01:02:34,960

our minds our consciousnesses

1250

01:02:41,029 --> 01:02:38,640

are a constant storm

1251  
01:02:43,750 --> 01:02:41,039  
our minds are a storm

1252  
01:02:45,430 --> 01:02:43,760  
a many layered storm

1253  
01:02:47,190 --> 01:02:45,440  
of thoughts

1254  
01:02:48,549 --> 01:02:47,200  
emotions

1255  
01:02:51,029 --> 01:02:48,559  
feelings

1256  
01:02:52,309 --> 01:02:51,039  
memories and more

1257  
01:02:54,950 --> 01:02:52,319  
two choices

1258  
01:02:57,270 --> 01:02:54,960  
we can let that storm get uncontrollable

1259  
01:03:00,710 --> 01:02:57,280  
this is the state of mental illness

1260  
01:03:02,390 --> 01:03:00,720  
sadness depression anxiety grief and

1261  
01:03:04,230 --> 01:03:02,400  
mental pain

1262  
01:03:05,829 --> 01:03:04,240  
most people don't realize but we have a

1263  
01:03:17,190 --> 01:03:05,839

choice

1264

01:03:19,750 --> 01:03:17,200

out of lack of confidence

1265

01:03:21,109 --> 01:03:19,760

out of a mindset of scarcity rather than

1266

01:03:22,950 --> 01:03:21,119

abundance

1267

01:03:24,950 --> 01:03:22,960

there is one other choice

1268

01:03:25,910 --> 01:03:24,960

we can just accept that the mind is a

1269

01:03:27,750 --> 01:03:25,920

storm

1270

01:03:29,910 --> 01:03:27,760

once we accept that

1271

01:03:31,750 --> 01:03:29,920

we can choose to learn to navigate that

1272

01:03:34,150 --> 01:03:31,760

storm in peace

1273

01:03:36,230 --> 01:03:34,160

comfort and tranquility

1274

01:03:38,069 --> 01:03:36,240

the choice is ours to make

1275

01:03:39,589 --> 01:03:38,079

the mind is a storm

1276

01:03:42,710 --> 01:03:39,599

but we can choose to learn how to

1277

01:03:45,029 --> 01:03:42,720

weather that storm ride that storm in

1278

01:03:48,309 --> 01:03:45,039

time we can learn to harness that

1279

01:03:49,430 --> 01:03:48,319

storm's energies and accomplish amazing

1280

01:03:51,430 --> 01:03:49,440

things

1281

01:03:54,230 --> 01:03:51,440

the choice is ours to make

1282

01:03:55,910 --> 01:03:54,240

we can learn to ride that storm in total

1283

01:03:59,270 --> 01:03:55,920

calm and peace

1284

01:04:01,510 --> 01:03:59,280

the choice is ours to make

1285

01:04:03,589 --> 01:04:01,520

we can learn to water the gardens of our

1286

01:04:05,750 --> 01:04:03,599

dreams from that storm

1287

01:04:07,750 --> 01:04:05,760

the choice is ours to make

1288

01:04:10,309 --> 01:04:07,760

the mind is a storm and we can either

1289

01:04:13,430 --> 01:04:10,319

fear that storm or we can accept that

1290

01:04:14,950 --> 01:04:13,440

storm respect that storm and learn to

1291

01:04:32,069 --> 01:04:14,960

use that storm

1292

01:04:36,390 --> 01:04:34,470

another huge secret to success that most

1293

01:04:38,789 --> 01:04:36,400

people miss

1294

01:04:41,589 --> 01:04:38,799

is that you have to earn your restful

1295

01:04:44,230 --> 01:04:41,599

and leisure time

1296

01:04:45,910 --> 01:04:44,240

what do i mean

1297

01:04:48,789 --> 01:04:45,920

i mean you can lay around on the couch

1298

01:04:53,670 --> 01:04:48,799

all day and play video games or

1299

01:04:57,589 --> 01:04:56,390

and not accomplish anything

1300

01:05:00,630 --> 01:04:57,599

or

1301

01:05:03,589 --> 01:05:00,640

you could first accomplish things

1302

01:05:04,950 --> 01:05:03,599

and then do a little bit of that

1303

01:05:07,990 --> 01:05:04,960

as a reward

1304

01:05:11,190 --> 01:05:08,000

for finishing your goals for the day

1305

01:05:15,029 --> 01:05:11,200

i gotta tell you earned rest

1306

01:05:16,710 --> 01:05:15,039

is the best rest you'll ever have

1307

01:05:19,270 --> 01:05:16,720

you know

1308

01:05:21,029 --> 01:05:19,280

when you get that earned rest

1309

01:05:22,470 --> 01:05:21,039

that you did some things that day and

1310

01:05:24,710 --> 01:05:22,480

earned that time

1311

01:05:27,270 --> 01:05:24,720

to unwind

1312

01:05:29,349 --> 01:05:27,280

to rest your body to rest your soul to

1313

01:05:32,630 --> 01:05:29,359

rejuvenate yourself

1314

01:05:37,589 --> 01:05:35,200

but i gotta tell you friends

1315

01:05:40,069 --> 01:05:37,599

[Music]

1316

01:05:42,630 --> 01:05:40,079

if you just

1317

01:05:45,029 --> 01:05:42,640

do leisurely things and rest a lot of

1318

01:05:48,230 --> 01:05:45,039

days

1319

01:05:51,589 --> 01:05:48,240

without accomplishments first

1320

01:05:52,870 --> 01:05:51,599

it doesn't feel so good does it

1321

01:05:55,190 --> 01:05:52,880

in fact

1322

01:05:58,230 --> 01:05:55,200

i believe that this leads many people

1323

01:06:00,069 --> 01:05:58,240

down a road of depression

1324

01:06:03,349 --> 01:06:00,079

anxiety

1325

01:06:07,349 --> 01:06:05,510

a lot of people aren't doing much

1326

01:06:11,430 --> 01:06:07,359

maybe they're

1327

01:06:13,349 --> 01:06:11,440

disappearing into video games or

1328

01:06:15,270 --> 01:06:13,359

daytime tv

1329

01:06:21,750 --> 01:06:15,280

or

1330

01:06:23,589 --> 01:06:21,760

whatever those guilty pleasures that

1331

01:06:26,710 --> 01:06:23,599

some people have are

1332

01:06:29,829 --> 01:06:26,720

that cause them to escape

1333

01:06:33,109 --> 01:06:29,839

their goals to escape their

1334

01:06:35,990 --> 01:06:33,119

dreams for the future

1335

01:06:39,670 --> 01:06:36,000

some people get so engrossed in just

1336

01:06:42,230 --> 01:06:39,680

laying around in a restful state

1337

01:06:44,150 --> 01:06:42,240

or a state of escapism

1338

01:06:45,990 --> 01:06:44,160

that they don't realize

1339

01:06:49,829 --> 01:06:46,000

their goals their dreams are just

1340

01:06:56,549 --> 01:06:52,710

but i have to tell you

1341

01:06:59,270 --> 01:06:56,559

that rest relaxation time time to escape

1342

01:07:03,349 --> 01:06:59,280

from reality for a while is a good thing

1343

01:07:06,500 --> 01:07:05,670

accomplish some things set some goals

1344

01:07:08,069 --> 01:07:06,510

and meet them

1345

01:07:10,789 --> 01:07:08,079

[Music]

1346

01:07:12,829 --> 01:07:10,799

work hard all day

1347

01:07:16,390 --> 01:07:12,839

and for a few hours at night

1348

01:07:18,390 --> 01:07:16,400

yeah you've earned it take some restful

1349

01:07:20,710 --> 01:07:18,400

time and you'll feel better about taking

1350

01:07:21,910 --> 01:07:20,720

that restful time

1351

01:07:26,950 --> 01:07:21,920

once you've

1352

01:07:29,829 --> 01:07:26,960

done something worked hard that day

1353

01:07:31,510 --> 01:07:29,839

work to get closer to your goals

1354

01:07:33,029 --> 01:07:31,520

it's okay to take a rest tomorrow's

1355

01:07:35,510 --> 01:07:33,039

another day

1356

01:07:37,829 --> 01:07:35,520

but you gotta do something first

1357

01:07:39,829 --> 01:07:37,839

earning our restful and leisure time is

1358

01:08:23,110 --> 01:07:39,839

a secret to happiness

1359

01:08:29,110 --> 01:08:26,149

this one's for the big guns the dreamers

1360

01:08:33,349 --> 01:08:29,120

the movers the shakers those that dare

1361

01:08:35,110 --> 01:08:33,359

to dream big dreams and go after them

1362

01:08:37,110 --> 01:08:35,120

i'm one of those people and i'm gonna

1363

01:08:38,550 --> 01:08:37,120

help you hack your mind so you can do

1364

01:08:40,630 --> 01:08:38,560

the same

1365

01:08:42,630 --> 01:08:40,640

those of you who have the courage to

1366

01:08:45,669 --> 01:08:42,640

dream big dreams

1367

01:08:47,829 --> 01:08:45,679

have to realize one thing

1368

01:08:50,829 --> 01:08:47,839

you can achieve any dream

1369

01:08:52,550 --> 01:08:50,839

but all dreams require

1370

01:08:55,110 --> 01:08:52,560

sacrifice

1371

01:08:57,430 --> 01:08:55,120

small dreams we have require small

1372

01:09:00,149 --> 01:08:57,440

sacrifices

1373

01:09:03,430 --> 01:09:00,159

and big dreams my friends big dreams are

1374

01:09:05,590 --> 01:09:03,440

going to require big sacrifices

1375

01:09:08,470 --> 01:09:05,600

we have to figure this out when we have

1376

01:09:09,190 --> 01:09:08,480

a dream we have to decide what is the

1377

01:09:10,870 --> 01:09:09,200

cost

1378

01:09:12,309 --> 01:09:10,880

[Music]

1379

01:09:15,349 --> 01:09:12,319

what's the cost

1380

01:09:16,950 --> 01:09:15,359

of making this thing happen

1381

01:09:20,709 --> 01:09:16,960

what's the cost

1382

01:09:22,789 --> 01:09:20,719

of turning this dream into reality

1383

01:09:26,789 --> 01:09:22,799

what is it going to take

1384

01:09:29,829 --> 01:09:26,799

and am i willing to pay the cost

1385

01:09:31,349 --> 01:09:29,839

every dream that has ever been achieved

1386

01:09:33,669 --> 01:09:31,359

someone was there

1387

01:09:35,030 --> 01:09:33,679

willing to pay the cost of that dream to

1388

01:09:37,030 --> 01:09:35,040

pay the price

1389

01:09:39,189 --> 01:09:37,040

i'm here to tell you friends you can

1390

01:09:42,470 --> 01:09:39,199

have that dream you just have to be

1391

01:09:44,149 --> 01:09:42,480

willing to pay the price

1392

01:09:46,550 --> 01:09:44,159

most people aren't willing to pay the

1393

01:09:48,470 --> 01:09:46,560

price most people want to sleep in

1394

01:09:50,789 --> 01:09:48,480

instead of getting up early

1395

01:09:52,789 --> 01:09:50,799

and getting going on the goals through

1396

01:09:57,510 --> 01:09:52,799

that dream

1397

01:09:59,830 --> 01:09:57,520

most people will not pay the price

1398

01:10:01,189 --> 01:09:59,840

don't you be one of those people you

1399

01:10:03,270 --> 01:10:01,199

want to get there

1400

01:10:04,950 --> 01:10:03,280

be willing to pay the price what is this

1401

01:10:06,790 --> 01:10:04,960

going to take

1402

01:10:09,669 --> 01:10:06,800

do you have to give up some time with

1403

01:10:12,310 --> 01:10:09,679

your family to get this thing done

1404

01:10:14,310 --> 01:10:12,320

do you have to give up some leisure time

1405

01:10:17,270 --> 01:10:14,320

do you have to give up a vacation to get

1406

01:10:19,030 --> 01:10:17,280

this thing done do you gotta work

1407

01:10:20,630 --> 01:10:19,040

late at night instead of sleeping you

1408

01:10:21,910 --> 01:10:20,640

gotta get up some sleep to get this

1409

01:10:24,070 --> 01:10:21,920

thing done

1410

01:10:25,750 --> 01:10:24,080

everything has a price you gotta be

1411

01:10:28,310 --> 01:10:25,760

willing to pay that price if you're not

1412

01:10:30,470 --> 01:10:28,320

willing to pay that price then quit

1413

01:10:33,590 --> 01:10:30,480

just give up

1414

01:10:37,750 --> 01:10:33,600

but before you give up realize that no

1415

01:10:40,070 --> 01:10:37,760

one ever got to their dream that gave up

1416

01:10:42,550 --> 01:10:40,080

everyone who's ever realized a dream did

1417

01:10:45,030 --> 01:10:42,560

so by not giving up by developing

1418

01:10:47,740 --> 01:10:45,040

themselves by becoming strong enough to

1419

01:11:02,149 --> 01:10:47,750

pay the price

1420

01:11:04,470 --> 01:11:02,159

[Music]

1421

01:11:05,750 --> 01:11:04,480

most people are not willing to pay the

1422

01:11:09,189 --> 01:11:05,760

price

1423

01:11:11,270 --> 01:11:09,199

and this my friends is why most people

1424

01:11:12,630 --> 01:11:11,280

fail

1425

01:11:14,709 --> 01:11:12,640

most people

1426

01:11:17,270 --> 01:11:14,719

simply don't achieve their dreams

1427

01:11:18,070 --> 01:11:17,280

because they are unwilling to pay

1428

01:11:24,390 --> 01:11:18,080

the

1429

01:11:28,470 --> 01:11:26,709

everything in life has a price

1430

01:11:34,070 --> 01:11:28,480

once we accept that

1431

01:11:39,430 --> 01:11:37,830

everything in life has a price

1432

01:11:41,510 --> 01:11:39,440

dreams

1433

01:11:43,510 --> 01:11:41,520

are prices

1434

01:11:46,310 --> 01:11:43,520

big dreams

1435

01:11:48,310 --> 01:11:46,320

require big sacrifices

1436

01:11:50,709 --> 01:11:48,320

they have a price but sometimes that

1437

01:11:53,350 --> 01:11:50,719

price is worth paying

1438

01:11:55,030 --> 01:11:53,360

sometimes that price is very manageable

1439

01:11:57,590 --> 01:11:55,040

if we think about it

1440

01:12:00,310 --> 01:11:57,600

sometimes we can find a way to pay the

1441

01:12:01,510 --> 01:12:00,320

price and get to that goal get to that

1442

01:12:03,350 --> 01:12:01,520

dream

1443

01:12:05,270 --> 01:12:03,360

and we're gonna know

1444

01:12:07,990 --> 01:12:05,280

if we just calculate the price and the

1445

01:12:10,310 --> 01:12:08,000

cost and how we're gonna get there that

1446

01:12:13,350 --> 01:12:10,320

it's worth it is that dream worth

1447

01:12:16,390 --> 01:12:13,360

pursuing what do i gotta do to get there

1448

01:12:17,750 --> 01:12:16,400

let's figure it out and let's see if i'm

1449

01:12:19,910 --> 01:12:17,760

willing to pay the price if you're

1450

01:12:22,390 --> 01:12:19,920

willing to pay the price my friend

1451

01:12:24,950 --> 01:12:22,400

you're gonna get there

1452

01:12:27,030 --> 01:12:24,960

getting there is the battle that's

1453

01:12:29,669 --> 01:12:27,040

that's what you gotta decide you gotta

1454

01:12:30,950 --> 01:12:29,679

do the calculations and do the math is

1455

01:12:33,430 --> 01:12:30,960

this price

1456

01:12:35,189 --> 01:12:33,440

something i'm willing to pay

1457

01:12:38,470 --> 01:12:35,199

everyone who's ever gotten to their

1458

01:12:41,110 --> 01:12:38,480

dream has first calculated the cost

1459

01:12:42,070 --> 01:12:41,120

decided it was worth it and went after

1460

01:12:47,030 --> 01:12:42,080

it

1461

01:12:51,270 --> 01:12:48,790

the first step

1462

01:12:53,189 --> 01:12:51,280

is dreaming the dream the second step is

1463

01:12:56,630 --> 01:12:53,199

figuring out the price and how you're

1464

01:13:00,630 --> 01:12:56,640

gonna get there and the third step is to

1465

01:13:04,630 --> 01:13:00,640

simply manifest that dream realizing

1466

01:13:07,830 --> 01:13:04,640

that you are more than willing to pay

1467

01:13:09,540 --> 01:13:07,840

the price to get to

1468

01:13:16,630 --> 01:13:09,550

that dream

1469

01:13:20,709 --> 01:13:19,189

what is it that you think about or focus

1470

01:13:21,830 --> 01:13:20,719

on

1471

01:13:24,709 --> 01:13:21,840

before

1472

01:13:30,149 --> 01:13:28,149

and why is what you think about or focus

1473

01:13:35,030 --> 01:13:30,159

on before you go to sleep

1474

01:13:39,110 --> 01:13:37,110

folks

1475

01:13:42,229 --> 01:13:39,120

before you go to sleep is one of those

1476

01:13:44,149 --> 01:13:42,239

times that your subconscious mind is

1477

01:13:48,709 --> 01:13:44,159

open

1478

01:13:52,950 --> 01:13:49,669

if

1479

01:13:55,350 --> 01:13:52,960

my friends you spend those minutes as

1480

01:13:57,750 --> 01:13:55,360

you drift off to sleep focusing on

1481

01:13:58,630 --> 01:13:57,760

negative things on things you do not

1482

01:14:00,709 --> 01:13:58,640

like

1483

01:14:02,229 --> 01:14:00,719

in your life on things that are not

1484

01:14:04,630 --> 01:14:02,239

going well

1485

01:14:06,149 --> 01:14:04,640

on people who have hurt you things that

1486

01:14:08,950 --> 01:14:06,159

have upset you

1487

01:14:12,709 --> 01:14:08,960

goals you did not reach

1488

01:14:15,030 --> 01:14:12,719

terrible feelings that you have

1489

01:14:16,310 --> 01:14:15,040

guilt remorse

1490

01:14:17,510 --> 01:14:16,320

shame

1491

01:14:20,310 --> 01:14:17,520

anger

1492

01:14:25,750 --> 01:14:22,709

some need for revenge against those that

1493

01:14:31,990 --> 01:14:26,830

my

1494

01:14:35,270 --> 01:14:32,000

friends it is a dangerous road we walk

1495

01:14:37,189 --> 01:14:35,280

but many of us do exactly that

1496

01:14:38,550 --> 01:14:37,199

before we go off to sleep we think about

1497

01:14:42,790 --> 01:14:38,560

all the things

1498

01:14:44,709 --> 01:14:42,800

that are not going well we think about

1499

01:14:47,189 --> 01:14:44,719

people that hurt us

1500

01:14:50,070 --> 01:14:47,199

people that said things about us or did

1501

01:14:51,830 --> 01:14:50,080

things that upset us

1502

01:14:53,590 --> 01:14:51,840

we think about things that are not going

1503

01:14:56,149 --> 01:14:53,600

well

1504

01:15:00,070 --> 01:14:56,159

that is a dangerous thing and we must

1505

01:15:02,470 --> 01:15:00,080

stop that and never do it again

1506

01:15:04,709 --> 01:15:02,480

before you drift off to sleep

1507

01:15:07,189 --> 01:15:04,719

your subconscious mind is very

1508

01:15:09,590 --> 01:15:07,199

susceptible to suggestion

1509

01:15:12,310 --> 01:15:09,600

so if you constantly feed it

1510

01:15:15,669 --> 01:15:12,320

these negative things before you drift

1511

01:15:17,830 --> 01:15:15,679

off to sleep to marinade

1512

01:15:19,830 --> 01:15:17,840

if you do this before you drift off into

1513

01:15:24,550 --> 01:15:19,840

your subconscious for many hours you

1514

01:15:27,030 --> 01:15:24,560

will only amplify those things

1515

01:15:28,070 --> 01:15:27,040

i first learned this secret from dr

1516

01:15:33,189 --> 01:15:28,080

wayne

1517

01:15:37,750 --> 01:15:35,430

the subconscious mind is very

1518

01:15:40,390 --> 01:15:37,760

susceptible to suggestion right before

1519

01:15:43,030 --> 01:15:40,400

you fall off to sleep

1520

01:15:45,030 --> 01:15:43,040

you don't want to think about or focus

1521

01:15:46,310 --> 01:15:45,040

on negative things

1522

01:15:48,870 --> 01:15:46,320

no

1523

01:15:52,229 --> 01:15:48,880

this is the time when you should be

1524

01:15:56,550 --> 01:15:52,239

programming your subconscious mind for

1525

01:15:59,350 --> 01:15:56,560

happiness for health and for success

1526

01:16:00,310 --> 01:15:59,360

this my friends is the time that you

1527

01:16:02,950 --> 01:16:00,320

should

1528

01:16:07,110 --> 01:16:02,960

think about how grateful you are for all

1529

01:16:09,590 --> 01:16:07,120

of the good things in your life

1530

01:16:11,270 --> 01:16:09,600

this my friends is the time that you

1531

01:16:14,070 --> 01:16:11,280

should focus on

1532

01:16:15,690 --> 01:16:14,080

the accomplishments that you are having

1533

01:16:17,270 --> 01:16:15,700

the things you feel good about

1534

01:16:19,590 --> 01:16:17,280

[Applause]

1535

01:16:21,510 --> 01:16:19,600

the steps in the right direction you are

1536

01:16:23,910 --> 01:16:21,520

taking towards your goals and your

1537

01:16:27,189 --> 01:16:23,920

dreams

1538

01:16:29,669 --> 01:16:27,199

the things you are thankful for

1539

01:16:31,830 --> 01:16:29,679

do not use this time to fill your

1540

01:16:33,750 --> 01:16:31,840

subconscious mind with negative thoughts

1541

01:16:35,590 --> 01:16:33,760

negative feelings negative emotions

1542

01:16:38,310 --> 01:16:35,600

negative energies

1543

01:16:40,310 --> 01:16:38,320

whatever you load your subconscious mind

1544

01:16:41,430 --> 01:16:40,320

with especially before you go off to

1545

01:16:44,229 --> 01:16:41,440

sleep

1546

01:16:47,270 --> 01:16:44,239

is what will be amplified

1547

01:16:49,669 --> 01:16:47,280

so why not load your subconscious mind

1548

01:16:52,390 --> 01:16:49,679

with positive thoughts positive feeling

1549

01:16:54,470 --> 01:16:52,400

a positive outlook on life

1550

01:17:14,870 --> 01:16:54,480

try this and you too

1551  
01:17:18,070 --> 01:17:16,420  
me

1552  
01:17:18,950 --> 01:17:18,080  
[Music]

1553  
01:17:22,870 --> 01:17:18,960  
sheer

1554  
01:17:26,390 --> 01:17:24,709  
i'm going to talk to you

1555  
01:17:28,390 --> 01:17:26,400  
for a moment

1556  
01:17:32,950 --> 01:17:28,400  
about the power

1557  
01:17:34,310 --> 01:17:32,960  
of sheer force of will

1558  
01:17:36,550 --> 01:17:34,320  
now often

1559  
01:17:38,950 --> 01:17:36,560  
when one is described as a strong-willed

1560  
01:17:40,390 --> 01:17:38,960  
person people mean it in the negative

1561  
01:17:43,110 --> 01:17:40,400  
sense

1562  
01:17:46,390 --> 01:17:43,120  
but i must tell you

1563  
01:17:48,440 --> 01:17:46,400

developing a strong will

1564

01:17:51,030 --> 01:17:48,450

is never a negative thing

1565

01:17:53,910 --> 01:17:51,040

[Music]

1566

01:17:57,270 --> 01:17:53,920

sheer force of will

1567

01:18:00,070 --> 01:17:59,110

as my will

1568

01:18:11,669 --> 01:18:00,080

so

1569

01:18:15,669 --> 01:18:11,679

[Music]

1570

01:18:18,310 --> 01:18:15,679

to my will i learned to mold the world

1571

01:18:20,229 --> 01:18:18,320

around me

1572

01:18:23,510 --> 01:18:20,239

everything that has ever been

1573

01:18:26,950 --> 01:18:23,520

accomplished in the history of humanity

1574

01:18:30,790 --> 01:18:26,960

started with someone willing it

1575

01:18:37,910 --> 01:18:35,590

our force of will determines our destiny

1576

01:18:39,350 --> 01:18:37,920

if our force of will is weak

1577

01:18:42,149 --> 01:18:39,360

we will quit

1578

01:18:44,790 --> 01:18:42,159

when we encounter resistance

1579

01:18:48,149 --> 01:18:44,800

if our force of will is strong we will

1580

01:18:50,950 --> 01:18:48,159

overcome that resistance and continue to

1581

01:18:53,350 --> 01:18:50,960

will that which we desire

1582

01:18:55,110 --> 01:18:53,360

into existence

1583

01:18:57,669 --> 01:18:55,120

some people call this

1584

01:19:00,630 --> 01:18:57,679

manifesting

1585

01:19:01,510 --> 01:19:00,640

it is the ability to use our force of

1586

01:19:02,870 --> 01:19:01,520

will

1587

01:19:04,390 --> 01:19:02,880

to bring

1588

01:19:05,669 --> 01:19:04,400

to us

1589

01:19:07,640 --> 01:19:05,679

the things

1590

01:19:09,030 --> 01:19:07,650

that we desire

1591

01:19:12,229 --> 01:19:09,040

[Music]

1592

01:19:15,910 --> 01:19:12,239

these things and more are accomplished

1593

01:19:17,750 --> 01:19:15,920

through focus determination and force of

1594

01:19:20,149 --> 01:19:17,760

will

1595

01:19:23,590 --> 01:19:20,159

take some time every day

1596

01:19:26,229 --> 01:19:23,600

think about your goals focus your force

1597

01:19:29,430 --> 01:19:26,239

of will you've got to work on your force

1598

01:19:32,149 --> 01:19:29,440

of will you've got to exercise it you've

1599

01:19:33,990 --> 01:19:32,159

got to develop it

1600

01:19:37,030 --> 01:19:34,000

and you've also got to develop the

1601  
01:19:39,520 --> 01:19:37,040  
courage to not apologize for having a

1602  
01:19:41,510 --> 01:19:39,530  
powerful force

1603  
01:19:43,350 --> 01:19:41,520  
[Music]

1604  
01:19:45,030 --> 01:19:43,360  
because the truth is

1605  
01:19:47,430 --> 01:19:45,040  
those weak-willed people that are going

1606  
01:19:49,669 --> 01:19:47,440  
to criticize you for that

1607  
01:19:52,229 --> 01:19:49,679  
they can't go where you're going they

1608  
01:19:53,830 --> 01:19:52,239  
can't do what you're doing

1609  
01:19:57,510 --> 01:19:53,840  
because they haven't given themselves

1610  
01:20:00,390 --> 01:19:57,520  
permission to be free yet and you have

1611  
01:20:03,350 --> 01:20:00,400  
because you've developed this tool

1612  
01:20:04,870 --> 01:20:03,360  
this the most powerful tool

1613  
01:20:07,830 --> 01:20:04,880

ever

1614

01:20:10,870 --> 01:20:07,840

your own determination yes determination

1615

01:20:14,790 --> 01:20:10,880

you will determine what happens

1616

01:20:17,189 --> 01:20:14,800

your force of will is your power

1617

01:20:18,470 --> 01:20:17,199

having a strong force of will is your

1618

01:20:21,430 --> 01:20:18,480

prerogative

1619

01:20:26,470 --> 01:20:21,440

people with strong forces of will get

1620

01:20:33,830 --> 01:20:29,270

as my will so to be

1621

01:20:39,350 --> 01:20:33,840

i first learned this secret in a book

1622

01:20:43,590 --> 01:20:40,950

and there in the page

1623

01:20:46,300 --> 01:20:43,600

was a secret that i realized could

1624

01:20:48,390 --> 01:20:46,310

change everything for me

1625

01:20:49,830 --> 01:20:48,400

[Music]

1626  
01:20:50,550 --> 01:20:49,840  
as my will

1627  
01:20:51,600 --> 01:20:50,560  
so

1628  
01:20:54,070 --> 01:20:51,610  
it be

1629  
01:20:55,590 --> 01:20:54,080  
[Music]

1630  
01:20:56,870 --> 01:20:55,600  
my will

1631  
01:21:16,709 --> 01:20:56,880  
will determine

1632  
01:21:22,229 --> 01:21:18,950  
once you've given yourself permission to

1633  
01:21:23,669 --> 01:21:22,239  
use this incredible tool an indomitable

1634  
01:21:26,229 --> 01:21:23,679  
force of will

1635  
01:21:30,310 --> 01:21:26,239  
put it to work

1636  
01:21:31,669 --> 01:21:30,320  
develop that indomitable force of will

1637  
01:21:34,629 --> 01:21:31,679  
and then

1638  
01:21:36,790 --> 01:21:34,639

learn to put it to work

1639

01:21:39,000 --> 01:21:36,800

once you've developed an indomitable

1640

01:21:40,830 --> 01:21:39,010

force of will nothing is

1641

01:21:43,110 --> 01:21:40,840

[Music]

1642

01:21:45,270 --> 01:21:43,120

impossible now that you have given

1643

01:21:47,669 --> 01:21:45,280

yourself permission to use this

1644

01:21:59,189 --> 01:21:47,679

indomitable force of will

1645

01:21:59,199 --> 01:22:10,290

um

1646

01:22:18,390 --> 01:22:15,669

[Music]

1647

01:22:20,709 --> 01:22:18,400

dance that's how i remember it

1648

01:22:23,430 --> 01:22:20,719

d-a-n-c-e

1649

01:22:25,350 --> 01:22:23,440

don't allow negativity to corrupt

1650

01:22:28,390 --> 01:22:25,360

excellence

1651

01:22:31,590 --> 01:22:28,400

along your path along your journey

1652

01:22:33,830 --> 01:22:31,600

you are going to encounter a great deal

1653

01:22:36,070 --> 01:22:33,840

of resistance

1654

01:22:39,270 --> 01:22:36,080

some of that resistance is going to come

1655

01:22:40,709 --> 01:22:39,280

from people in your life

1656

01:22:42,709 --> 01:22:40,719

they're going to tell you

1657

01:22:46,709 --> 01:22:42,719

you're not good enough

1658

01:22:49,590 --> 01:22:48,629

they're going to tell you

1659

01:22:52,470 --> 01:22:49,600

you're not

1660

01:22:54,070 --> 01:22:52,480

strong enough smart enough

1661

01:22:55,270 --> 01:22:54,080

rich enough

1662

01:22:56,470 --> 01:22:55,280

to reach

1663

01:22:59,910 --> 01:22:56,480

that goal

1664

01:23:03,990 --> 01:23:02,070

they don't know you

1665

01:23:08,229 --> 01:23:04,000

enough to know

1666

01:23:10,530 --> 01:23:08,239

that you have the spark of god in you

1667

01:23:11,990 --> 01:23:10,540

nothing is impossible to you

1668

01:23:14,470 --> 01:23:12,000

[Music]

1669

01:23:16,390 --> 01:23:14,480

for you have embraced the tools given to

1670

01:23:24,070 --> 01:23:16,400

you

1671

01:23:26,790 --> 01:23:24,080

goals

1672

01:23:32,390 --> 01:23:26,800

are so blind they can't even see your

1673

01:23:38,229 --> 01:23:36,390

don't allow that negativity to corrupt

1674

01:23:41,110 --> 01:23:38,239

your excellence

1675

01:23:43,750 --> 01:23:41,120

the pursuit of your goals

1676

01:23:47,430 --> 01:23:43,760

that is your excellence

1677

01:23:50,709 --> 01:23:47,440

chasing a dream is not a sin

1678

01:23:53,110 --> 01:23:50,719

no one should make you feel bad

1679

01:23:56,709 --> 01:23:53,120

for doing that what you love for

1680

01:23:59,590 --> 01:23:56,719

pursuing the goals you have

1681

01:24:03,590 --> 01:23:59,600

anyone who does is trying to corrupt

1682

01:24:08,950 --> 01:24:06,310

dance that's how i remember it

1683

01:24:10,790 --> 01:24:08,960

don't allow negativity to corrupt your

1684

01:24:13,189 --> 01:24:10,800

excellence

1685

01:24:17,030 --> 01:24:13,199

when you are pursuing your goals when

1686

01:24:20,470 --> 01:24:17,040

you are using your god-given talents

1687

01:24:23,990 --> 01:24:20,480

when you are finding your bliss

1688

01:24:27,189 --> 01:24:24,000

this my friends is your excellence

1689

01:24:33,750 --> 01:24:27,199

don't allow anyone to corrupt

1690

01:24:38,950 --> 01:24:36,550

dance that's how i remember it don't

1691

01:24:40,709 --> 01:24:38,960

allow negativity to corrupt your

1692

01:24:43,350 --> 01:24:40,719

excellence

1693

01:24:45,350 --> 01:24:43,360

when negative people negative forces

1694

01:24:48,390 --> 01:24:45,360

negative energies

1695

01:24:50,390 --> 01:24:48,400

negative attitudes come to you

1696

01:24:53,189 --> 01:24:50,400

dance around them

1697

01:24:56,229 --> 01:24:53,199

get around them

1698

01:24:58,870 --> 01:24:56,239

you'll be glad you did

1699

01:25:01,990 --> 01:24:58,880

we must all become the gatekeepers of

1700

01:25:06,790 --> 01:25:04,950

dance around those negative fools

1701  
01:25:08,550 --> 01:25:06,800  
and show them

1702  
01:25:18,790 --> 01:25:08,560  
what power

1703  
01:25:23,070 --> 01:25:21,350  
it's such a simple concept but such an

1704  
01:25:24,629 --> 01:25:23,080  
important one

1705  
01:25:26,500 --> 01:25:24,639  
iaw

1706  
01:25:27,669 --> 01:25:26,510  
that's how i remember it

1707  
01:25:30,010 --> 01:25:27,679  
[Music]

1708  
01:25:31,270 --> 01:25:30,020  
i always win

1709  
01:25:33,430 --> 01:25:31,280  
[Music]

1710  
01:25:35,110 --> 01:25:33,440  
it's such a simple concept but such an

1711  
01:25:37,030 --> 01:25:35,120  
important one

1712  
01:25:40,229 --> 01:25:37,040  
if you just remember

1713  
01:25:42,470 --> 01:25:40,239

i always win

1714

01:25:43,230 --> 01:25:42,480

situations trouble

1715

01:25:45,350 --> 01:25:43,240

obstacles

1716

01:25:47,750 --> 01:25:45,360

[Music]

1717

01:25:49,270 --> 01:25:47,760

they're not going to upset you

1718

01:25:51,750 --> 01:25:49,280

because you're going to know

1719

01:25:54,070 --> 01:25:51,760

no matter what comes your way

1720

01:25:56,709 --> 01:25:54,080

i always win

1721

01:26:00,709 --> 01:25:56,719

this is the attitude i have friends

1722

01:26:02,709 --> 01:26:00,719

no matter what comes my way i always win

1723

01:26:04,470 --> 01:26:02,719

and this positive

1724

01:26:08,790 --> 01:26:04,480

mental attitude

1725

01:26:11,189 --> 01:26:08,800

has helped me achieve amazing things

1726

01:26:14,149 --> 01:26:11,199

the use of this concept is very simple

1727

01:26:16,390 --> 01:26:14,159

no matter what happens you win

1728

01:26:18,229 --> 01:26:16,400

you come out on top

1729

01:26:20,149 --> 01:26:18,239

girlfriend dump you

1730

01:26:25,830 --> 01:26:20,159

get a hotter one you enjoy spending your

1731

01:26:30,470 --> 01:26:28,550

did you get fired from your job

1732

01:26:32,470 --> 01:26:30,480

get a better job

1733

01:26:34,550 --> 01:26:32,480

that pays more that's closer to home

1734

01:26:39,270 --> 01:26:34,560

that you enjoy more why

1735

01:26:43,669 --> 01:26:41,270

did your car get stolen and it's a total

1736

01:26:45,270 --> 01:26:43,679

loss go out and find yourself a better

1737

01:26:47,510 --> 01:26:45,280

car a newer car that you're going to

1738

01:26:48,470 --> 01:26:47,520

enjoy more that gets better gas mileage

1739

01:26:49,510 --> 01:26:48,480

even

1740

01:26:52,709 --> 01:26:49,520

why

1741

01:26:54,790 --> 01:26:52,719

because i always win

1742

01:26:56,629 --> 01:26:54,800

most people lose simply because they

1743

01:26:57,510 --> 01:26:56,639

accept defeat

1744

01:27:08,310 --> 01:26:57,520

i

1745

01:27:10,629 --> 01:27:08,320

defeat and because of that

1746

01:27:15,350 --> 01:27:10,639

i am never defeated

1747

01:27:17,669 --> 01:27:15,360

remember iaw i always win and you will

1748

01:27:19,350 --> 01:27:17,679

never be defeated

1749

01:27:21,830 --> 01:27:19,360

keeping this positive attitude

1750

01:27:23,270 --> 01:27:21,840

especially in the midst of problems

1751  
01:27:25,590 --> 01:27:23,280  
obstacles

1752  
01:27:27,970 --> 01:27:25,600  
tough times

1753  
01:27:29,430 --> 01:27:27,980  
it'll change your life

1754  
01:27:31,110 --> 01:27:29,440  
[Music]

1755  
01:27:42,830 --> 01:27:31,120  
always remember

1756  
01:27:42,840 --> 01:27:49,830  
[Music]

1757  
01:27:49,840 --> 01:28:00,410  
is

1758  
01:28:26,550 --> 01:28:01,669  
[Music]

1759  
01:28:26,560 --> 01:28:33,990  
always

1760  
01:28:34,000 --> 01:28:40,149  
this is how you become unstoppable

1761  
01:28:40,159 --> 01:28:46,149  
this is how you become an army of one

1762  
01:28:52,550 --> 01:28:48,230  
this is how you embrace your destiny

1763  
01:28:58,390 --> 01:28:56,010

this is how you unlock your potential

1764

01:28:59,910 --> 01:28:58,400

[Music]

1765

01:29:00,570 --> 01:28:59,920

this is how you hack your mind for

1766

01:29:04,629 --> 01:29:00,580

success

1767

01:29:11,110 --> 01:29:07,270

this is the key to unlocking your power

1768

01:29:11,120 --> 01:29:16,960

this is the path to your glory

1769

01:29:16,970 --> 01:29:36,550

[Music]

1770

01:29:40,149 --> 01:29:38,629

we talked about how

1771

01:29:43,030 --> 01:29:40,159

the few minutes before you go to sleep

1772

01:29:45,510 --> 01:29:43,040

you should never load your mind with

1773

01:29:48,229 --> 01:29:45,520

negative thoughts

1774

01:29:52,229 --> 01:29:48,239

and in the same way

1775

01:29:55,030 --> 01:29:52,239

just after waking you should never ever

1776

01:29:56,390 --> 01:29:55,040

load those few minutes of your waking

1777

01:29:59,350 --> 01:29:56,400

minds thoughts

1778

01:30:01,590 --> 01:29:59,360

with negative feelings negative emotions

1779

01:30:03,830 --> 01:30:01,600

with dread for the day ahead and the

1780

01:30:05,910 --> 01:30:03,840

things you have to do

1781

01:30:08,229 --> 01:30:05,920

this time just like the time right

1782

01:30:11,270 --> 01:30:08,239

before falling to sleep our subconscious

1783

01:30:13,189 --> 01:30:11,280

minds are very very susceptible and open

1784

01:30:16,470 --> 01:30:13,199

to suggestion

1785

01:30:22,709 --> 01:30:16,480

as we move from the subconscious mind

1786

01:30:28,229 --> 01:30:25,430

instead of focusing on negative feelings

1787

01:30:31,669 --> 01:30:28,239

negative emotions when first waking it

1788

01:30:34,790 --> 01:30:31,679

is helpful to think only positive

1789

01:30:39,110 --> 01:30:36,390

we are awake

1790

01:30:42,070 --> 01:30:39,120

another day awaits us

1791

01:30:44,470 --> 01:30:42,080

and what an amazing day it could be

1792

01:30:46,709 --> 01:30:44,480

what could we do today what could we

1793

01:30:50,149 --> 01:30:46,719

accomplish with this

1794

01:30:52,950 --> 01:30:50,159

beautiful day ahead of us that we

1795

01:30:55,350 --> 01:30:52,960

have been given

1796

01:30:58,390 --> 01:30:55,360

no friends

1797

01:31:00,830 --> 01:30:58,400

do not wake up and spend those first few

1798

01:31:04,390 --> 01:31:00,840

minutes of your waking

1799

01:31:07,110 --> 01:31:04,400

day focusing on the negative

1800

01:31:09,110 --> 01:31:07,120

oh no i gotta go to work and i gotta do

1801  
01:31:11,110 --> 01:31:09,120  
this and i gotta do that and today's

1802  
01:31:12,629 --> 01:31:11,120  
gonna be terrible

1803  
01:31:15,110 --> 01:31:12,639  
well yeah

1804  
01:31:18,550 --> 01:31:15,120  
if you say that to yourself during this

1805  
01:31:20,950 --> 01:31:18,560  
time it just may happen

1806  
01:31:23,750 --> 01:31:20,960  
you're programming yourself at this time

1807  
01:31:25,270 --> 01:31:23,760  
just like you're programming yourself

1808  
01:31:26,310 --> 01:31:25,280  
in the few minutes before you go to

1809  
01:31:29,030 --> 01:31:26,320  
sleep

1810  
01:31:34,709 --> 01:31:29,040  
when first waking

1811  
01:31:41,750 --> 01:31:35,669  
this

1812  
01:31:44,950 --> 01:31:41,760  
time when you should fill yourself

1813  
01:31:47,510 --> 01:31:44,960

with positive uplifting thoughts about

1814

01:31:48,550 --> 01:31:47,520

the day ahead

1815

01:31:51,590 --> 01:31:48,560

this

1816

01:31:54,229 --> 01:31:51,600

is program download time

1817

01:31:56,310 --> 01:31:54,239

how will you start your day

1818

01:31:57,990 --> 01:31:56,320

with negative thoughts feelings energies

1819

01:32:02,070 --> 01:31:58,000

and emotions

1820

01:32:06,070 --> 01:32:03,669

or

1821

01:32:10,149 --> 01:32:06,080

will you gather the discipline to guard

1822

01:32:13,270 --> 01:32:10,159

your first waking thoughts

1823

01:32:14,950 --> 01:32:13,280

to learn to use this program download

1824

01:32:17,750 --> 01:32:14,960

time

1825

01:32:19,590 --> 01:32:17,760

to fill your thoughts

1826  
01:32:22,070 --> 01:32:19,600  
to fill your soul

1827  
01:32:24,229 --> 01:32:22,080  
with uplifting thoughts

1828  
01:32:27,270 --> 01:32:24,239  
positive emotions

1829  
01:32:28,229 --> 01:32:27,280  
feelings of gratitude for this amazing

1830  
01:32:32,550 --> 01:32:28,239  
day

1831  
01:32:37,910 --> 01:32:34,790  
people have done incredible things

1832  
01:32:40,629 --> 01:32:37,920  
amazing things with a single day in

1833  
01:32:45,030 --> 01:32:40,639  
their life a single day

1834  
01:32:48,550 --> 01:32:45,040  
can change your entire life my friends

1835  
01:32:51,590 --> 01:32:48,560  
what will you choose to do with this day

1836  
01:32:53,270 --> 01:32:51,600  
that you have been gifted

1837  
01:32:55,189 --> 01:32:53,280  
every day

1838  
01:32:58,229 --> 01:32:55,199

that we get

1839

01:33:01,590 --> 01:32:58,239

it's a gift folks

1840

01:33:03,510 --> 01:33:01,600

a single day of a human life

1841

01:33:07,189 --> 01:33:03,520

can change

1842

01:33:11,669 --> 01:33:07,199

everything a single day in a human life

1843

01:33:15,910 --> 01:33:13,030

being given

1844

01:33:18,950 --> 01:33:15,920

this incredible gift this gift of today

1845

01:33:21,350 --> 01:33:18,960

what are we gonna do with it

1846

01:33:23,070 --> 01:33:21,360

start your day with positive

1847

01:33:26,629 --> 01:33:23,080

uplifting

1848

01:33:31,669 --> 01:33:29,110

and be grateful for this gift you've

1849

01:33:34,070 --> 01:33:31,679

been given

1850

01:33:35,110 --> 01:33:34,080

do not start your day in a negative

1851  
01:33:37,830 --> 01:33:35,120  
state

1852  
01:33:40,550 --> 01:33:37,840  
of emotions do not start your day with a

1853  
01:33:42,070 --> 01:33:40,560  
negative mindset

1854  
01:33:44,470 --> 01:33:42,080  
no my friends

1855  
01:33:46,550 --> 01:33:44,480  
start your day

1856  
01:33:49,510 --> 01:33:46,560  
with a positive outlook

1857  
01:33:50,390 --> 01:33:49,520  
with positive emotions with a mindset of

1858  
01:33:53,990 --> 01:33:50,400  
gratitude

1859  
01:33:56,950 --> 01:33:54,000  
for all that you have been given

1860  
01:34:05,430 --> 01:33:56,960  
face the day with positive thoughts

1861  
01:34:10,390 --> 01:34:07,750  
it's easy to have a strategy that i

1862  
01:34:12,149 --> 01:34:10,400  
always win but executing that strategy

1863  
01:34:13,030 --> 01:34:12,159

can be hard

1864

01:34:15,270 --> 01:34:13,040

this

1865

01:34:17,510 --> 01:34:15,280

one gem of wisdom i learned along the

1866

01:34:18,629 --> 01:34:17,520

way would ensure

1867

01:34:21,830 --> 01:34:18,639

that i

1868

01:34:27,990 --> 01:34:24,070

yes this bit of wisdom was brought to me

1869

01:34:31,510 --> 01:34:28,000

by the one and the only steve martin

1870

01:34:33,430 --> 01:34:31,520

steve martin's famous advice is simply

1871

01:34:36,950 --> 01:34:33,440

this

1872

01:34:39,350 --> 01:34:36,960

be so good they can't ignore you

1873

01:34:41,189 --> 01:34:39,360

you can't wait for opportunities to come

1874

01:34:42,390 --> 01:34:41,199

to you you have to create them for

1875

01:34:44,550 --> 01:34:42,400

yourself

1876

01:34:47,430 --> 01:34:44,560

you have to spend time developing

1877

01:34:49,750 --> 01:34:47,440

yourself working on yourself working on

1878

01:34:52,070 --> 01:34:49,760

getting great at this thing you're

1879

01:34:54,070 --> 01:34:52,080

trying to accomplish

1880

01:34:56,629 --> 01:34:54,080

those people further up that mountain

1881

01:35:00,550 --> 01:34:56,639

you're trying to climb are never gonna

1882

01:35:02,709 --> 01:35:00,560

help you you have to help yourself

1883

01:35:05,510 --> 01:35:02,719

get so good at the thing you're trying

1884

01:35:06,680 --> 01:35:05,520

to accomplish that no one will be able

1885

01:35:08,790 --> 01:35:06,690

to ignore you

1886

01:35:11,189 --> 01:35:08,800

[Music]

1887

01:35:12,870 --> 01:35:11,199

spend your time reading how to do what

1888

01:35:15,189 --> 01:35:12,880

you're trying to do better spend your

1889

01:35:16,070 --> 01:35:15,199

time practicing what you're trying to do

1890

01:35:19,590 --> 01:35:16,080

better

1891

01:35:20,709 --> 01:35:19,600

spend your time developing your personal

1892

01:35:22,390 --> 01:35:20,719

power

1893

01:35:24,310 --> 01:35:22,400

you can't blame the world for not

1894

01:35:27,109 --> 01:35:24,320

letting you be successful at something

1895

01:35:29,830 --> 01:35:27,119

that you haven't cared enough to become

1896

01:35:33,510 --> 01:35:29,840

greater care enough

1897

01:35:36,550 --> 01:35:33,520

spend the time it's worth the energy put

1898

01:35:38,950 --> 01:35:36,560

your time in work hard

1899

01:35:41,189 --> 01:35:38,960

at developing yourself

1900

01:35:45,109 --> 01:35:41,199

get so good at it

1901

01:35:47,910 --> 01:35:45,119

they cannot ignore you

1902

01:35:49,590 --> 01:35:47,920

and once you've gotten so great at

1903

01:35:52,470 --> 01:35:49,600

something you're trying to accomplish

1904

01:35:54,629 --> 01:35:52,480

along with that comes confidence not

1905

01:35:58,070 --> 01:35:54,639

arrogance or confidence because you will

1906

01:35:59,910 --> 01:35:58,080

have known you did the work

1907

01:36:02,870 --> 01:35:59,920

you put the time in

1908

01:36:06,229 --> 01:36:02,880

and you've gotten so good at this thing

1909

01:36:07,910 --> 01:36:06,239

that the world will take notice

1910

01:36:10,629 --> 01:36:07,920

once you've put in the time once you've

1911

01:36:13,189 --> 01:36:10,639

become this good the world just gets out

1912

01:36:15,270 --> 01:36:13,199

of your way

1913

01:36:17,750 --> 01:36:15,280

sometimes it's even just a matter of

1914

01:36:19,750 --> 01:36:17,760

respect self-respect

1915

01:36:22,550 --> 01:36:19,760

knowing that if you fail it won't be

1916

01:36:24,229 --> 01:36:22,560

because you didn't put the time in

1917

01:36:26,870 --> 01:36:24,239

it won't be because you didn't do the

1918

01:36:29,189 --> 01:36:26,880

work the research the practice the

1919

01:36:31,590 --> 01:36:29,199

development time

1920

01:36:33,430 --> 01:36:31,600

it's okay to fail especially if you know

1921

01:36:35,350 --> 01:36:33,440

you did everything you could to be

1922

01:36:37,510 --> 01:36:35,360

successful at it

1923

01:36:39,669 --> 01:36:37,520

getting great at something takes time

1924

01:36:41,830 --> 01:36:39,679

energy and dedication

1925

01:36:44,229 --> 01:36:41,840

you have to continually push yourself to

1926

01:36:45,270 --> 01:36:44,239

get better at the thing you're trying to

1927

01:36:47,750 --> 01:36:45,280

do

1928

01:36:49,990 --> 01:36:47,760

not everyone gets to live their dream

1929

01:36:52,390 --> 01:36:50,000

but every single person that gets to

1930

01:36:55,430 --> 01:36:52,400

live their dream got to live it because

1931

01:36:57,430 --> 01:36:55,440

they worked for it they deserved it and

1932

01:36:59,430 --> 01:36:57,440

that's a hard pill to swallow for some

1933

01:37:02,070 --> 01:36:59,440

it's easy to be jealous of others more

1934

01:37:04,709 --> 01:37:02,080

successful than ourselves

1935

01:37:06,390 --> 01:37:04,719

it's hard to put to work in

1936

01:37:08,390 --> 01:37:06,400

to spend the time

1937

01:37:11,430 --> 01:37:08,400

to know that we've done everything we

1938

01:37:14,149 --> 01:37:11,440

could to develop our personal power to

1939

01:37:15,910 --> 01:37:14,159

develop our talent our skills to work on

1940

01:37:16,640 --> 01:37:15,920

those things that will help us reach our

1941

01:37:17,990 --> 01:37:16,650

goals

1942

01:37:20,470 --> 01:37:18,000

[Music]

1943

01:37:22,390 --> 01:37:20,480

you want to live your dream dedicate

1944

01:37:24,870 --> 01:37:22,400

yourself

1945

01:37:38,070 --> 01:37:24,880

to being so good

1946

01:37:38,080 --> 01:37:48,200

hey

1947

01:37:48,210 --> 01:37:52,629

[Music]

1948

01:37:58,470 --> 01:37:54,629

on the road to success

1949

01:38:00,310 --> 01:37:58,480

you are going to face many obstacles

1950

01:38:03,270 --> 01:38:00,320

one of those obstacles

1951

01:38:05,109 --> 01:38:03,280

is critics

1952

01:38:06,870 --> 01:38:05,119

you will find

1953

01:38:10,790 --> 01:38:06,880

that most critics

1954

01:38:12,070 --> 01:38:10,800

will not be constructive ones

1955

01:38:14,950 --> 01:38:12,080

in fact

1956

01:38:16,550 --> 01:38:14,960

constructive criticism is good but you

1957

01:38:19,270 --> 01:38:16,560

will find on your journey that

1958

01:38:21,350 --> 01:38:19,280

constructive critics are few and far

1959

01:38:22,550 --> 01:38:21,360

between

1960

01:38:24,310 --> 01:38:22,560

mostly

1961

01:38:25,430 --> 01:38:24,320

you will encounter

1962

01:38:27,109 --> 01:38:25,440

nasty

1963

01:38:30,950 --> 01:38:27,119

negative

1964

01:38:34,709 --> 01:38:30,960

bitter angry little people also known as

1965

01:38:36,870 --> 01:38:34,719

critics who will criticize you

1966

01:38:40,149 --> 01:38:36,880

as you make your way

1967

01:38:42,950 --> 01:38:40,159

on your journey forward

1968

01:38:46,070 --> 01:38:42,960

now let me be very clear on your journey

1969

01:38:48,790 --> 01:38:46,080

you may encounter some good critics

1970

01:38:49,590 --> 01:38:48,800

constructive critics that want to help

1971

01:38:53,510 --> 01:38:49,600

you

1972

01:38:55,910 --> 01:38:53,520

don't maybe they've been through this

1973

01:38:56,790 --> 01:38:55,920

journey you've undertaken and can help

1974

01:38:59,590 --> 01:38:56,800

you

1975

01:39:01,669 --> 01:38:59,600

with some constructive criticism

1976

01:39:04,229 --> 01:39:01,679

but as i said you'll find that

1977

01:39:05,430 --> 01:39:04,239

constructive critics are few and far

1978

01:39:08,070 --> 01:39:05,440

between

1979

01:39:11,189 --> 01:39:08,080

it's good to listen to them

1980

01:39:13,189 --> 01:39:11,199

the others the nasty negative bitter

1981

01:39:15,030 --> 01:39:13,199

angry little people

1982

01:39:17,189 --> 01:39:15,040

people who have never attempted what

1983

01:39:20,390 --> 01:39:17,199

you're attempting will still try to tear

1984

01:39:24,149 --> 01:39:23,030

these people are going to tell you

1985

01:39:29,669 --> 01:39:24,159

that you

1986

01:39:30,790 --> 01:39:29,679

never get there that this isn't going to

1987

01:39:32,950 --> 01:39:30,800

work

1988

01:39:35,189 --> 01:39:32,960

that you're not good enough you're not

1989

01:39:37,830 --> 01:39:35,199

strong enough you're not smart enough

1990

01:39:39,669 --> 01:39:37,840

rich enough powerful enough or

1991

01:39:43,270 --> 01:39:39,679

passionate enough

1992

01:39:45,109 --> 01:39:43,280

to make your dreams a reality

1993

01:39:47,430 --> 01:39:45,119

and it's funny

1994

01:39:48,950 --> 01:39:47,440

the bigger the things you do

1995

01:39:54,629 --> 01:39:48,960

become

1996

01:39:58,790 --> 01:39:57,270

this my friend is just part of the

1997

01:40:00,870 --> 01:39:58,800

journey

1998

01:40:03,910 --> 01:40:00,880

you must

1999

01:40:05,189 --> 01:40:03,920

divorce yourself from nasty negative

2000

01:40:07,830 --> 01:40:05,199

people

2001  
01:40:09,350 --> 01:40:07,840  
who try to fill your head with their own

2002  
01:40:11,189 --> 01:40:09,360  
self-doubt

2003  
01:40:12,149 --> 01:40:11,199  
with their petty

2004  
01:40:13,590 --> 01:40:12,159  
jealous

2005  
01:40:15,189 --> 01:40:13,600  
angry

2006  
01:40:16,550 --> 01:40:15,199  
thoughts

2007  
01:40:19,590 --> 01:40:16,560  
because they

2008  
01:40:23,270 --> 01:40:19,600  
don't have the courage to do

2009  
01:40:26,149 --> 01:40:23,280  
that which you are already doing

2010  
01:40:29,830 --> 01:40:26,159  
you will never find any person more

2011  
01:40:32,310 --> 01:40:29,840  
successful at what you are doing

2012  
01:40:35,030 --> 01:40:32,320  
that will launch attacks like this it is

2013  
01:40:37,109 --> 01:40:35,040

always those who have failed at what you

2014

01:40:39,590 --> 01:40:37,119

were attempting those who wish they had

2015

01:40:42,550 --> 01:40:39,600

the power the passion and the glory to

2016

01:40:43,590 --> 01:40:42,560

go after it like you're doing

2017

01:40:45,910 --> 01:40:43,600

these

2018

01:40:48,550 --> 01:40:45,920

petty jealous

2019

01:40:52,390 --> 01:40:48,560

bitter angry people

2020

01:40:56,629 --> 01:40:52,400

must be purged from your existence perch

2021

01:41:00,629 --> 01:40:56,639

from your mind do not let them in

2022

01:41:03,430 --> 01:41:00,639

they cannot go where you're going

2023

01:41:04,550 --> 01:41:03,440

what they say is meaningless

2024

01:41:07,189 --> 01:41:04,560

and you

2025

01:41:08,709 --> 01:41:07,199

must realize that

2026

01:41:10,870 --> 01:41:08,719

these people want to launch their

2027

01:41:13,590 --> 01:41:10,880

attacks at you because they want you to

2028

01:41:15,430 --> 01:41:13,600

feel bad to doubt yourself they want you

2029

01:41:17,510 --> 01:41:15,440

to fail

2030

01:41:20,070 --> 01:41:17,520

because they did

2031

01:41:21,669 --> 01:41:20,080

or they never even had the courage to

2032

01:41:25,669 --> 01:41:21,679

try

2033

01:41:28,010 --> 01:41:27,430

leave them

2034

01:41:30,629 --> 01:41:28,020

behind

2035

01:41:39,990 --> 01:41:30,639

[Music]

2036

01:41:44,629 --> 01:41:42,070

people ask me what is the key to true

2037

01:41:46,390 --> 01:41:44,639

personal happiness and the truth is i

2038

01:41:50,550 --> 01:41:46,400

believe that progress

2039

01:41:55,669 --> 01:41:53,189

if you're making progress on your goals

2040

01:41:57,350 --> 01:41:55,679

if you can see that progress

2041

01:41:59,430 --> 01:41:57,360

if you can chart it

2042

01:42:01,590 --> 01:41:59,440

if you could know that you're moving

2043

01:42:05,030 --> 01:42:01,600

forward with your goals

2044

01:42:07,030 --> 01:42:05,040

you will be happy

2045

01:42:08,070 --> 01:42:07,040

it doesn't matter what your goals really

2046

01:42:10,470 --> 01:42:08,080

are

2047

01:42:15,510 --> 01:42:10,480

it's just very important that you always

2048

01:42:18,709 --> 01:42:15,520

see progress towards those goals

2049

01:42:20,950 --> 01:42:18,719

if you want to be happy in life

2050

01:42:23,510 --> 01:42:20,960

make progress

2051  
01:42:26,070 --> 01:42:23,520  
continually march towards the goals that

2052  
01:42:29,590 --> 01:42:26,080  
you set for yourself

2053  
01:42:31,430 --> 01:42:29,600  
get closer to your dreams

2054  
01:42:34,149 --> 01:42:31,440  
if you can see

2055  
01:42:36,550 --> 01:42:34,159  
that you're making progress

2056  
01:42:38,790 --> 01:42:36,560  
if you continually see progress you will

2057  
01:42:41,669 --> 01:42:38,800  
not get discouraged you will not get

2058  
01:42:44,709 --> 01:42:41,679  
depressed you will not feel overwhelmed

2059  
01:42:47,030 --> 01:42:44,719  
with challenges

2060  
01:42:49,669 --> 01:42:47,040  
sometimes chasing a dream comes with

2061  
01:42:52,870 --> 01:42:49,679  
some baggage and that baggage is facing

2062  
01:42:55,430 --> 01:42:52,880  
huge challenges but i promise you

2063  
01:42:56,950 --> 01:42:55,440

that if you just continually make

2064

01:43:04,629 --> 01:42:56,960

progress

2065

01:43:07,189 --> 01:43:04,639

you will be happy pursuing that dream

2066

01:43:08,709 --> 01:43:07,199

that old saying is right rome was not

2067

01:43:10,229 --> 01:43:08,719

built in a day

2068

01:43:11,830 --> 01:43:10,239

and if you're gonna take on huge

2069

01:43:14,790 --> 01:43:11,840

challenges

2070

01:43:18,070 --> 01:43:14,800

then sometimes it's gonna take some time

2071

01:43:21,910 --> 01:43:18,080

energy dedication and work

2072

01:43:25,669 --> 01:43:21,920

to bring those challenges to reality

2073

01:43:28,229 --> 01:43:25,679

but i gotta tell you the key to doing it

2074

01:43:31,430 --> 01:43:28,239

successfully is sometimes

2075

01:43:34,870 --> 01:43:31,440

just continually seeing progress

2076

01:43:36,229 --> 01:43:34,880

as you march towards making that dream a

2077

01:43:38,629 --> 01:43:36,239

reality

2078

01:43:41,590 --> 01:43:38,639

just keep marching forward just keep

2079

01:43:44,790 --> 01:43:41,600

making progress

2080

01:43:48,070 --> 01:43:44,800

always make progress and realize that a

2081

01:43:49,830 --> 01:43:48,080

good day is any day you make progress

2082

01:43:52,310 --> 01:43:49,840

towards your goals

2083

01:43:54,870 --> 01:43:52,320

just keep doing it if what you're doing

2084

01:43:57,990 --> 01:43:54,880

is working just keep doing it

2085

01:44:01,350 --> 01:43:58,000

little by little piece by piece

2086

01:44:05,350 --> 01:44:01,360

this puzzle is going to come together

2087

01:44:08,629 --> 01:44:05,360

if you just keep making progress

2088

01:44:12,709 --> 01:44:08,639

always make progress

2089

01:44:16,470 --> 01:44:12,719

and that's how i remember amp

2090

01:44:21,189 --> 01:44:19,109

always make progress that's how you stay

2091

01:44:23,800 --> 01:44:21,199

happy that's how you stay motivated

2092

01:44:26,709 --> 01:44:23,810

that's how you stay on the right track

2093

01:44:28,790 --> 01:44:26,719

[Music]

2094

01:44:31,109 --> 01:44:28,800

if you're not making progress you're

2095

01:44:33,109 --> 01:44:31,119

gonna become unhappy you're gonna become

2096

01:44:34,709 --> 01:44:33,119

anxiety ridden

2097

01:44:38,310 --> 01:44:34,719

you're gonna become

2098

01:44:39,990 --> 01:44:38,320

depressed

2099

01:44:41,750 --> 01:44:40,000

you don't want that

2100

01:44:44,870 --> 01:44:41,760

when you're making progress you know

2101  
01:44:49,830 --> 01:44:47,189  
if you're not making progress

2102  
01:44:51,910 --> 01:44:49,840  
take a time out take a break

2103  
01:44:54,070 --> 01:44:51,920  
go figure some things out

2104  
01:44:55,669 --> 01:44:54,080  
and come back and try to make progress

2105  
01:44:57,430 --> 01:44:55,679  
again

2106  
01:45:01,189 --> 01:44:57,440  
come back to your goal

2107  
01:45:03,910 --> 01:45:01,199  
refreshed relaxed and try again

2108  
01:45:07,669 --> 01:45:03,920  
and make some progress

2109  
01:45:11,030 --> 01:45:07,679  
progress is what makes us happy

2110  
01:45:12,870 --> 01:45:11,040  
getting closer to a goal feels great

2111  
01:45:14,390 --> 01:45:12,880  
and it motivates us

2112  
01:45:18,629 --> 01:45:14,400  
to continue

2113  
01:45:21,990 --> 01:45:18,639

in the work that is required to finally

2114

01:45:23,430 --> 01:45:22,000

reach that ultimate goal

2115

01:45:25,830 --> 01:45:23,440

amp

2116

01:45:27,830 --> 01:45:25,840

always make progress that's how i

2117

01:45:29,830 --> 01:45:27,840

remember it

2118

01:45:34,550 --> 01:45:29,840

when i feel like things aren't going

2119

01:45:37,030 --> 01:45:34,560

well i remember amp always make progress

2120

01:45:40,070 --> 01:45:37,040

and little by little i start to feel

2121

01:45:43,510 --> 01:45:40,080

better about the challenges ahead

2122

01:45:46,310 --> 01:45:43,520

if you want to be happy pursuing a goal

2123

01:45:48,790 --> 01:45:46,320

there's one key to it and that my

2124

01:45:52,550 --> 01:45:48,800

friends is amp

2125

01:45:56,070 --> 01:45:52,560

always make progress

2126  
01:45:57,590 --> 01:45:56,080  
your goal

2127  
01:45:59,270 --> 01:45:57,600  
you will not

2128  
01:46:01,109 --> 01:45:59,280  
back down

2129  
01:46:03,990 --> 01:46:01,119  
you will keep going

2130  
01:46:08,310 --> 01:46:04,000  
you will find the strength and the power

2131  
01:46:11,189 --> 01:46:08,320  
to keep that progress going and finally

2132  
01:46:13,109 --> 01:46:11,199  
finally reach your goal

2133  
01:46:16,950 --> 01:46:13,119  
any dream is possible

2134  
01:46:18,950 --> 01:46:16,960  
so long as you always make progress

2135  
01:46:27,010 --> 01:46:18,960  
progress

2136  
01:46:27,020 --> 01:46:33,830  
[Music]

2137  
01:46:38,550 --> 01:46:35,990  
how do you win even when the whole world

2138  
01:46:41,350 --> 01:46:38,560

seems against you even when the chances

2139

01:46:42,790 --> 01:46:41,360

of winning seem very slim

2140

01:46:48,550 --> 01:46:42,800

here's what you do

2141

01:46:53,830 --> 01:46:50,629

now this sounds crude

2142

01:46:55,910 --> 01:46:53,840

but it's a lesson of life i wish more

2143

01:46:58,390 --> 01:46:55,920

people understood

2144

01:47:00,629 --> 01:46:58,400

you can't win if you're not willing to

2145

01:47:03,750 --> 01:47:00,639

put your balls out there

2146

01:47:06,870 --> 01:47:03,760

you've got to be willing to take risks

2147

01:47:10,070 --> 01:47:06,880

after all no one who ever achieved great

2148

01:47:12,550 --> 01:47:10,080

things did so without

2149

01:47:14,870 --> 01:47:12,560

taking a risk

2150

01:47:17,510 --> 01:47:14,880

putting your balls out there makes you

2151  
01:47:19,990 --> 01:47:17,520  
vulnerable most people

2152  
01:47:21,669 --> 01:47:20,000  
most people fear that state of

2153  
01:47:24,950 --> 01:47:21,679  
vulnerability

2154  
01:47:25,990 --> 01:47:24,960  
they have an inability to take risks and

2155  
01:47:28,149 --> 01:47:26,000  
therefore

2156  
01:47:30,229 --> 01:47:28,159  
they never truly

2157  
01:47:32,470 --> 01:47:30,239  
find their dreams

2158  
01:47:34,310 --> 01:47:32,480  
becoming reality

2159  
01:47:37,030 --> 01:47:34,320  
i'm here to tell you

2160  
01:47:38,390 --> 01:47:37,040  
it's a strange bit of advice but advice

2161  
01:47:40,950 --> 01:47:38,400  
i got from

2162  
01:47:43,510 --> 01:47:40,960  
one of my oldest friends

2163  
01:47:44,480 --> 01:47:43,520

you see the two of us were attempting

2164

01:47:46,070 --> 01:47:44,490

some more goals

2165

01:47:48,310 --> 01:47:46,080

[Music]

2166

01:47:50,629 --> 01:47:48,320

and i noticed that this guy was often

2167

01:47:53,030 --> 01:47:50,639

much more successful than me and that

2168

01:47:55,990 --> 01:47:53,040

bothered me that vexed me because this

2169

01:47:58,709 --> 01:47:56,000

guy was not smarter than me or more

2170

01:48:01,350 --> 01:47:58,719

talented than me but he had an ability

2171

01:48:03,350 --> 01:48:01,360

to take risks that i

2172

01:48:05,669 --> 01:48:03,360

i could only dream of

2173

01:48:08,870 --> 01:48:05,679

because with every risk he took

2174

01:48:11,510 --> 01:48:08,880

he got bolder and his successes came

2175

01:48:14,950 --> 01:48:11,520

just a little bit easier he had set

2176

01:48:17,030 --> 01:48:14,960

aside his fear he had learned to put his

2177

01:48:19,510 --> 01:48:17,040

balls out there

2178

01:48:21,350 --> 01:48:19,520

he had gotten over the anxiety i was

2179

01:48:23,910 --> 01:48:21,360

still standing on the sidelines

2180

01:48:27,109 --> 01:48:23,920

paralyzed with fear

2181

01:48:28,629 --> 01:48:27,119

that i would fail he got over it

2182

01:48:30,790 --> 01:48:28,639

and because of that

2183

01:48:33,910 --> 01:48:30,800

he won

2184

01:48:35,750 --> 01:48:33,920

you gotta put your balls out there

2185

01:48:38,550 --> 01:48:35,760

and sure

2186

01:48:40,709 --> 01:48:38,560

some people may come along and stomp all

2187

01:48:42,870 --> 01:48:40,719

over your nuts

2188

01:48:45,669 --> 01:48:42,880

but those are the people that don't have

2189

01:48:48,310 --> 01:48:45,679

the courage don't have the passion

2190

01:48:50,470 --> 01:48:48,320

don't have the willingness

2191

01:48:54,390 --> 01:48:50,480

to be vulnerable

2192

01:48:55,840 --> 01:48:54,400

to put their balls out there and take

2193

01:48:59,430 --> 01:48:55,850

those risks

2194

01:49:01,510 --> 01:48:59,440

[Music]

2195

01:49:04,070 --> 01:49:01,520

you want to win at something you've got

2196

01:49:07,030 --> 01:49:04,080

to be willing to take risks

2197

01:49:09,510 --> 01:49:07,040

you've got to be willing

2198

01:49:11,109 --> 01:49:09,520

to risk having your ball stomped all

2199

01:49:12,709 --> 01:49:11,119

over

2200

01:49:15,669 --> 01:49:12,719

in order to begin

2201

01:49:17,910 --> 01:49:15,679

even a journey towards making a dream a

2202

01:49:19,990 --> 01:49:17,920

reality

2203

01:49:22,709 --> 01:49:20,000

no one ever achieved great things

2204

01:49:25,669 --> 01:49:22,719

without taking a big risk

2205

01:49:28,950 --> 01:49:25,679

and becoming vulnerable

2206

01:49:31,430 --> 01:49:28,960

you've got to get past your fear

2207

01:49:34,070 --> 01:49:31,440

you've got to be willing to put your

2208

01:49:35,750 --> 01:49:34,080

balls out there

2209

01:49:38,310 --> 01:49:35,760

you want to succeed

2210

01:49:41,189 --> 01:49:38,320

while most people fail simply out of

2211

01:49:44,790 --> 01:49:41,199

fear out of the lack of willingness to

2212

01:49:47,030 --> 01:49:44,800

experience the vulnerability that comes

2213

01:49:50,149 --> 01:49:47,040

with putting your balls out there once

2214

01:49:51,990 --> 01:49:50,159

you can get past that anxiety that worry

2215

01:49:54,229 --> 01:49:52,000

that fear

2216

01:49:58,310 --> 01:49:54,239

once you get past your fear of being

2217

01:50:03,350 --> 01:50:00,870

you just may become unstoppable most

2218

01:50:06,870 --> 01:50:03,360

people are stopped in their tracks out

2219

01:50:08,709 --> 01:50:06,880

of fear out of anxiety out of worry that

2220

01:50:10,870 --> 01:50:08,719

they will be hurt

2221

01:50:12,950 --> 01:50:10,880

most people will not make themselves

2222

01:50:15,030 --> 01:50:12,960

vulnerable

2223

01:50:17,189 --> 01:50:15,040

learn to accept and acknowledge that to

2224

01:50:19,189 --> 01:50:17,199

get this thing done sometimes you're

2225

01:50:21,510 --> 01:50:19,199

just going to have to accept a certain

2226  
01:50:23,830 --> 01:50:21,520  
amount of risk and a certain amount of

2227  
01:50:26,229 --> 01:50:23,840  
feeling

2228  
01:50:29,830 --> 01:50:26,239  
put your balls out there

2229  
01:50:32,870 --> 01:50:29,840  
get over your fear get over your anxiety

2230  
01:50:35,109 --> 01:50:32,880  
get over your inability or unwillingness

2231  
01:50:37,990 --> 01:50:35,119  
to feel vulnerable

2232  
01:50:43,589 --> 01:50:38,000  
i can't tell you how powerful you will

2233  
01:50:49,990 --> 01:50:47,270  
fear is the great killer of most dreams

2234  
01:50:53,510 --> 01:50:50,000  
most people fail out of fear

2235  
01:50:57,430 --> 01:50:53,520  
don't be one of them be willing

2236  
01:50:59,109 --> 01:50:57,440  
to put your balls out there

2237  
01:51:02,550 --> 01:50:59,119  
once you get over

2238  
01:51:05,350 --> 01:51:02,560

that initial fear that initial anxiety

2239

01:51:07,750 --> 01:51:05,360

as you begin to take risks and win

2240

01:51:10,550 --> 01:51:07,760

you'll be willing to take more and win

2241

01:51:25,189 --> 01:51:10,560

bigger you want to win

2242

01:51:30,070 --> 01:51:27,750

how can you always achieve your dreams

2243

01:51:31,590 --> 01:51:30,080

even in the face of tremendous

2244

01:51:33,109 --> 01:51:31,600

competition

2245

01:51:35,350 --> 01:51:33,119

[Music]

2246

01:51:36,709 --> 01:51:35,360

out there in the world

2247

01:51:38,709 --> 01:51:36,719

maybe

2248

01:51:41,189 --> 01:51:38,719

if you pursue your dreams you're going

2249

01:51:43,109 --> 01:51:41,199

to face an incredible amount of

2250

01:51:48,229 --> 01:51:43,119

competition

2251  
01:51:50,310 --> 01:51:48,239  
much more successful than you some of

2252  
01:51:51,669 --> 01:51:50,320  
your competition is going to be making

2253  
01:51:53,910 --> 01:51:51,679  
more money

2254  
01:51:55,350 --> 01:51:53,920  
getting more press

2255  
01:51:59,109 --> 01:51:55,360  
doing more

2256  
01:52:00,149 --> 01:51:59,119  
or at least it may seem that way

2257  
01:52:02,870 --> 01:52:00,159  
they've

2258  
01:52:05,750 --> 01:52:02,880  
achieved a level that you have not

2259  
01:52:07,669 --> 01:52:05,760  
gotten to yet

2260  
01:52:09,510 --> 01:52:07,679  
and there's only one way

2261  
01:52:12,149 --> 01:52:09,520  
in my experience

2262  
01:52:15,030 --> 01:52:12,159  
to level the playing field

2263  
01:52:17,490 --> 01:52:15,040

there's only one way my friends to catch

2264

01:52:19,430 --> 01:52:17,500

up to and even beat your competition

2265

01:52:22,070 --> 01:52:19,440

[Music]

2266

01:52:23,750 --> 01:52:22,080

you've got to work harder than them

2267

01:52:25,669 --> 01:52:23,760

that's it

2268

01:52:29,030 --> 01:52:25,679

seems simple right

2269

01:52:31,510 --> 01:52:29,040

but the ability and willingness to work

2270

01:52:33,990 --> 01:52:31,520

harder than our competitors is something

2271

01:52:38,229 --> 01:52:34,000

that most people shy away from

2272

01:52:41,510 --> 01:52:39,669

while they

2273

01:52:43,350 --> 01:52:41,520

are resting

2274

01:52:45,750 --> 01:52:43,360

you should be working

2275

01:52:47,189 --> 01:52:45,760

towards passing you

2276  
01:52:48,470 --> 01:52:47,199  
while they

2277  
01:52:49,430 --> 01:52:48,480  
are

2278  
01:52:50,629 --> 01:52:49,440  
feeling

2279  
01:52:52,790 --> 01:52:50,639  
lazy

2280  
01:52:54,310 --> 01:52:52,800  
that's the time to strike

2281  
01:52:56,149 --> 01:52:54,320  
work harder

2282  
01:52:59,189 --> 01:52:56,159  
along the way to your goals you're gonna

2283  
01:53:00,870 --> 01:52:59,199  
face competition and they may have more

2284  
01:53:02,629 --> 01:53:00,880  
resources than you

2285  
01:53:04,390 --> 01:53:02,639  
more connections

2286  
01:53:06,870 --> 01:53:04,400  
more luck than you

2287  
01:53:10,629 --> 01:53:06,880  
but the one thing you can control

2288  
01:53:12,040 --> 01:53:10,639

is your ability to work harder than that

2289

01:53:13,750 --> 01:53:12,050

competition

2290

01:53:15,830 --> 01:53:13,760

[Music]

2291

01:53:17,830 --> 01:53:15,840

how do you beat your competition

2292

01:53:19,270 --> 01:53:17,840

you work harder than that

2293

01:53:20,870 --> 01:53:19,280

when they're resting

2294

01:53:22,870 --> 01:53:20,880

be working

2295

01:53:24,310 --> 01:53:22,880

when they're feeling lazy

2296

01:53:26,870 --> 01:53:24,320

be working

2297

01:53:29,589 --> 01:53:26,880

eventually that work is going to

2298

01:53:32,070 --> 01:53:29,599

accumulate and pay off

2299

01:53:34,390 --> 01:53:32,080

the truth is the world's not fair and

2300

01:53:36,470 --> 01:53:34,400

sometimes you're going to be forced to

2301  
01:53:39,109 --> 01:53:36,480  
compete with people that are well more

2302  
01:53:41,750 --> 01:53:39,119  
connected and have an incredible amount

2303  
01:53:44,229 --> 01:53:41,760  
of resources more than either

2304  
01:53:46,709 --> 01:53:44,239  
the only thing you can control in this

2305  
01:53:47,830 --> 01:53:46,719  
situation is your ability to work harder

2306  
01:53:49,430 --> 01:53:47,840  
than men

2307  
01:53:52,790 --> 01:53:49,440  
do it

2308  
01:53:56,870 --> 01:53:52,800  
while they're resting be working

2309  
01:53:58,470 --> 01:53:56,880  
while they are feeling lazy be working

2310  
01:54:00,470 --> 01:53:58,480  
overtake them

2311  
01:54:03,180 --> 01:54:00,480  
outshine them

2312  
01:54:04,550 --> 01:54:03,190  
out innovate them out think them

2313  
01:54:06,149 --> 01:54:04,560

[Music]

2314

01:54:08,870 --> 01:54:06,159

competition

2315

01:54:12,629 --> 01:54:08,880

that is not willing to work harder than

2316

01:54:14,790 --> 01:54:12,639

you is not competition

2317

01:54:17,510 --> 01:54:14,800

hear me and believe me

2318

01:54:20,709 --> 01:54:17,520

if you are willing to outwork your

2319

01:54:23,830 --> 01:54:20,719

competition you will always win

2320

01:54:25,350 --> 01:54:23,840

you will never lose

2321

01:54:28,390 --> 01:54:25,360

sometimes

2322

01:54:31,750 --> 01:54:28,400

you're going to be forced to work harder

2323

01:54:35,430 --> 01:54:31,760

than your competitors and it's not fair

2324

01:54:37,910 --> 01:54:35,440

the world is not a fair place

2325

01:54:41,030 --> 01:54:37,920

sometimes that rich boy with his daddy's

2326

01:54:42,390 --> 01:54:41,040

money is gonna outshine you

2327

01:54:44,390 --> 01:54:42,400

but you

2328

01:54:46,470 --> 01:54:44,400

you're willing to really work

2329

01:54:48,709 --> 01:54:46,480

you're willing to dig in

2330

01:54:52,790 --> 01:54:48,719

you're willing to dig deep

2331

01:54:55,030 --> 01:54:52,800

and get past him as a competitor

2332

01:54:57,270 --> 01:54:55,040

who's the better man

2333

01:54:58,550 --> 01:54:57,280

the man that was handed incredible

2334

01:55:01,669 --> 01:54:58,560

resources