

How is the sea? Hello. Pond, and what's your name?, but not enough, just enough to know how to sear people and how to tell people to piss off, you know? Okay. Okay. we go to speak slowly, and if you eat it's possible, you speak slowly?. It's not possible, Senora. Everything I do in life, I do with power and I do with energy. I don't know how to do things slowly. You must remember, I'm not from Portugal. In Portugal, all the men, they like their mothers too much and they're always slow. Yeah, now power, we run, we push things, you know, we fight. We don't sit still there. What is your sister's name? Paula. Paula. Too much bananas in the cada Paula. Banas. mo bananas m cave? You think too much, pa. You think way too much, pa. Your mind is too busy sometimes, you know? You've got a lot of love, a lot of power, a lot of energy, but sometimes,ta Maluk, you go a little bit crazy sometimes, you know? And the crazy is because always thinking, always worrying, what people think, what people say, always worrying too much, are you good enough? Are you're not good enough? competing, comparison? You know what I mean? There's always this problem in your mind with a lack of self-love. Paula needs to learn to love herself. Paula needs to learn to accept herself more in life, you know? When I look at your energy and I look at your mind, Ea, you're a very, very intelligent woman, really intelligent, you know, hardworking, very, very clever, good businesswoman, good with life, good with mind. But you don't trust yourself, you know? It's like you put this wall in front of you that tells everybody to, weimbara, to piss off. You know what I mean? It's like you've got this wall around you sometimes that isolates you sometimes. But then you cry because you're alone, you cry because you're not good enough sometimes. You know what I mean? And it's there where we need to start refocusing. We need to start reclaiming that power of who we are, of what we want to be in life. Can you understand. You are the creator of your life, Senora, and you need to realise that. What you think inside your Caveza, if you plant bananas, you're going to eat bananas, huh? You need to be careful the bananas inside your caveza. Because all those bananas inside your caveza, they are driving you manuka, they're driving you to be alone. They're driving you to isolate yourself. You understand? Life is not about competition, Pa. Life is not about competing anymore about who's better and who's worse and how you can win and how you can booze. You need to stop compet competing in life. You need to start living again. Comprendes, you need to start living, find your smile, find your love, find your ability to have fun fun. This is what is important for you in life. This is what is needed for you in life. You've got so much gift spiritually, you feel things, you're saint things, you've got a vision to see things of vision to feel things, but you don't trust. You don't trust yourself. You're too busy focussing on the past, on where you were and competing with things and competing with yourself in life, you know? This constant competition inside yourself to do better, be better, be better, do better. You need to relax, Pa. You need to calm down, learn to smile, and learn to enjoy your life. God has given you an opportunity to let your light shine, to be the best version of yourself that you can be, and you have a right to exist. You have a right to be happy, you have a right to be without a drama. But the, you, you like the drama too much sometimes, you know, it's like a t sometimes. I'm joking. But sometimes the drama comes to you all the time. And what I like, you've got this fuck off, you know? I love that about you, you know? You're very straightforward, very different point. I love that about you, you know? But in order for you to start focussing on that ability where you know how to tell people to piss off, but you need to do the same with your mind. You need to do the same with your insides. Because like I said, the problem that you've got competing, always worrying about what's going on, that's only inside you with yourself. You are worthy, you are good enough, you are strong enough. But if you can learn to calm down inside your mind, you're going to achieve a lot of great things in life. Okay, I think I understand. Good. What work you do now, Paula?. I

work in. restaurant at this moment? work, what work do you do? I am a public sector worker and I am currently on medical leave. Why? Because I don't like to work there. So you go and medical leave because you don't like to work, eh? I work, and I like this job. And these things I do there, but I don't like the people and the energy in this sector. So I make this medical leave is not true, but my doctor now, I don't have I don't feel well when I go to this work. So in the meantime, we open a work cafe in the centre of this one, and I have been spending time there with my daughter and the air boyfriend boyfriends. The business is visited in my husband's night, because I am a public sector worker. Will I be able to remain on medical leave for much longer or to die in the from the public service. Hmm. I'm in a conflict. The conflict that I have inside myself right now is your answer, it's very easy to give you an answer. Oh, never mind. It's very easy to. It's very easy to give you an answer with your question. The question that you are asking me whether you should resign, whether you should remain, that is totally up to you. Are you going to still be on medical leave for a long time? No, they're going to give you problems.. They're going to give you stress. It's time for you to move on, okay? That is the main question, that is the main answer, very simple. Put your resignation, leave the job, go retire, do something else., start your own little business. Perfect. I love that, okay? Why do I have a conflict with this? Morality, it's your problem, it's not my problem. I don't have an issue with that. You. Lying because of your illness, et cetera, et cetera. What I have the problem with. It's like I tried to explain to you in the beginning of our session where I'm telling you, there's too much drama, too many people around you, too much conflict around you, and you love the drama. You do. You love all these emotions, and that's why you give it so much power. Your inability to handle conflict, your inability to set boundaries without a drama, but to learn to fight for your right, to learn to fight for your value, this is the key, senora. This is what you need to learn. And see, you can run away from the job, leave the public sector job, go start your own little business, how long it is it going to be before people give you shit again? And what are you going to do this time? Run away again? You can't keep running away. One other time you've got to ask yourself the question, what inside your own mind and energy is making that you can't comprehend or deal with? complete people around you. Do you understand what I'm saying,? So, yes, your answer to your question straightforward, 100%. Take the sick leave, see if you can get special retrieve, see if the doctor can write your special notes stating that you're not mentally and physically capable or able to return to this job, therefore they need to put you into early retirement and from there you can move on and start your own thing thing. No problem, okay? Quit your job, carry on. I don't have a problem with that. My problem that I've got is that why are you going through this? Why is the universe putting you in a situation like this all the time? There's always this stress. There's always these emotions. And obviously we can keep on running away or we can keep putting sugar on shit to make it look better, but the shit is still going to stink. The shit is not going to go away. We're going to take that shit with us. If it's your karma to learn to be strong or to learn to love yourself, or to learn to stop allowing people to break you, then no matter where you go, senora, you're going to have to learn that lesson. So, yes, your answer to the question, say, quit your job, move on. That's why I'm asking you about the job, because I can see that there's trouble. That's why I started this conversation with people problems, people interfering with you, people causing problems with you, and you are 100% 100% right. It's time for you to move on. It's time for you to create forward. It's time for you to start a new life again. Fantastic, okay? My question, how long do you think you're going to be able to work in a cafe before you get bored, irritated, your daughter starts to irritate you, you guys start to fight about stupid little shit. How long do you think it's going to be before the drama comes there also? The customers, the people, oh, no, this job is not for

me, it's a shit place, it's a shit restaurant, I want something different. How long? Until you learn conflict resolution, learn to set boundaries within yourself and your mind and emotions, and find that in a strength to grow is going to keep on repeating itself. Then you're going to go to the church and pray, oh, God, please, the devil has cursed me. Somebody put this p on me. There's too much negativity or evil eye, or maybe the brusha do something, or. There's no such thing. You creating this. You creating the scenario where it's a reoccurrence that's coming back the whole time. So, yes, to answer your question, I think it's the greatisation. It's a great idea for you to leave the public sector job. It's not fitting for you. You are too emotional to work there. Your mind is too tired to be there, you know? I am tired of politics and people and bullshit of drama. I agree with you on 100%, you know? Is it nice to lie about your medication? No, not really, but I don't see anything wrong. It's fine, you know? We just keep quiet and we look at the nice weather today. That's all., okay? But it is time for you to move on. Say, it's time for you to start something else. Say, are you going to be happy at your daughter with a cafe? No, it's going to be a disaster. Be careful. Don't make shit where you don't want to make shit. You see that cafe? It's a fantastic business. I like the cafe. It's got a lot of potential, it can make a lot of business. Your son in- law and your daughter, they're good people. I really like your daughter. Very, very smart woman, good energy, good heart. Sometimes gets a bit problems in the legs. I can see the legs get a little bit sore sometimes, you know. Also, she needs to drink more more water. I can see the bladder and the kidneys sometimes. need to make a bit more detox sometimes, okay? Very cheeky sometimes. She likes to fight a little bit too much sometimes. Sometimes it's like she's the mother, you know, not the daughter, you know what I mean? She likes to be in controls. She likes to be in control. She likes to be in charge sometimes, which I love that, you know? A lot of changes coming. I don't know whether they want to buy a new product or when the new property is going to come, but I can see wanting to invest in a property, you know, and it's going to be a fantastic idea for them to invest in property, all right? It's really going to be a good thing for her. Your daughter needs encouragement, she needs support, she needs motivation, but you cannot interfere. When you go there to the restaurant more to the cafe and you put your comments, she's going to tell you to piss off, okay? And it's going to create drama. So you've got to understand it is her business, not your business. It is her place, it's not your place. If you leave the public sector job, yes, you can help sometimes at the cafe, you can be there when they need time off, no problem. But it's not your business, okay? It's never going to be your business. It's not your place to interfere, it's not your place to tell them what you think, it's not your business. It is her business that is registered in your husband's name. Kavish, if you leave the public sector job, or start another job. Go find another business, go find another opportunity. Go do something different that's day for you to do. No problem. But don't interfere with your daughter's business. Comprend. Comprendñ, you want me to translate it quickly with my computer so you can understand it in Portuguese, eh? Cap. I am dilemma, what I do now because I need to make money.. Senora, it is what it is, but you can't complain because you're digging a hole in the garden and then you cry that there's a hole in the garden, eh? You make this hole, you're going to sit in the hole, what can you do? You need to go out and look for another opportunity, start another little business, whether it's something small or go look for another job. There's nothing else you can do. You make the choice to walk away from this career of yours, a brilliant career, a career that you've done very well with. You just need to learn control of mind, conflict resolution, communication, and pse. Are you going to come right at this job? No, no matter what you do, it's going to be a disaster, okay? So for you to leave the job is the right decision. It's not the wrong decision, but don't think you're going to go home, sit at home now and wait, you're

going to go m look. Go find another job. Go look around, go see opportunities to start a little business. You are not stupid, Pa. You're a very intelligent woman, like I said in the beginning. You've got a lot of intelligence. Maybe take one month, go rest, go relax, but take this one month and go ask yourself questions. Who are you? Not what are you, not what mother are you, what worker are you, what sister are you, what your roles in life is? Fuck that shit. Who are you? Who are you underneath all of those things? Who is Paula? Who is that Malacco inside the Cabza? Who are you? Go get to know yourself, go get to find yourself. You need to take this next month and ask yourself the questions of what is holding you back from being happy, because you're not happy. You're always miserable, always complaining. Come on. You've got such a beautiful light, and I'm not talking about the face that people see around you. When it comes to community, you're always nice and you're always happy and you always, I'm talking inside, yeah, inside your mind. You're not happy inside yourself. And you need to find that internal happiness. The only way you're going to do that is introspection. You need to learn to have introspection. There's a lot of old emotions, old memories, that that you have inside you, that's creating bitterness inside you. You need to learn to let go, senora. Whether you go see a psychologist or a counsellor, somebody that you can talk with, to be able to empty out, or if you take a piece of paper and you start writing down all these bad things, all these old emotions and you burn them, you put them in the fire, you get them out of your life. Even if you take all of these old emotions and you recalibrate them into something more positive, something more divine than you, that is how you can change your life, Senora. But you need to stop focussing on always blaming the past. List living in the past. You've got to stop focussing on your better change. J but things are better because you're so busy stuck in being that transformative self that you're not allowing yourself to focus on the new you. You don't see the sun rising, you see the darkness behind you all the time. You've got to learn to start facing the sunrise, the new opportunities that day. So, yes, leave your job, move on. Number one, red flag, don't get involved with your daughter's business. It's not your business. It's her business. I understand you own it, I understand everything's there, it's her business. Do you understand that? Don't get involved. Start your own. Whether you start a project, whether you start to own a lot of business, whether it's a solutions based company, it doesn't matter. But start something else on your own. Compre. Yes, but this business begins me. Senora, you see that there you go again, you, but it's because of me that it started. Good, awesome, but it's not yours. It is what it is. The house that you're staying in now. Did you build that house? Did you put the bricks inside the house? No, somebody else did, but you buy the business. You buy the house. It doesn't mean because you build the house it's going to be yours for the rest of your life. You laid the foundation for this cafe. You put the foundations for this cafe, for this restaurant to start. I'm telling you now, it's not your business. It's your daughter's business. You go start another cafe, you know how to do this business, you not how to do this industry. Go start a bakery, go start another cafeteria, go start another something which you can do alone. With one cafferia, are you going to make enough money in that one shop for you, your daughter, everybody's family, to eat out of? No, it's not going to make enough money. You know this. But if you start another business, you start a second cafeteria, you can make enough money where there's diversific, we help each other build, you can build a brand, and we can complement each other so that we can all build. Now, your daughter's family has an opportunity to build their own financial strength. You can still have your ego the way you want to, but you build the brand, which is great, but now there's no more interference, we can start building a company, a business and legacy. Okay. Okay. Good, Step number two, I like your husband. You have a good husband, Pa, you know that. Yes, I know. He's a very,

very nice guy. Do you know how rare it is for me to look at a Portuguese lady and to tell her that your husband is fantastic? 80% of Portuguese men, they're a little bit too much mummies boys, you know? They want to be like the mothers too much. But you've got a good husband, Pa. You really have a good husband. It's not something very common, okay? Why am I bringing this up? It's very simple. Appreciation, count your blessings. You have three things in your life that is a problem. The job, the emotional state of yourself and living in the past, and your health is not 100%. Three big problems.. But you've got nine things in your life to be so happy about. You've got beautiful family, you've got a beautiful environment, people that love you, people that look after you. You strongly, you confident, you're beautiful, you're successful, you've got a fantastic husband, really nice husband that loves you, that cherish you, that will give you anything you need in life. You're sitting on the start of a new life, senior, a whole new adventure, new business, new friends, new people, you're going to meet, time to own your own mind, you are sitting in a time where you get to rechange everything about you. You're not going through a midlife crisis. You are going through a midlife reprogramming, a restart of your whole reality at your age, it is a privilege. It is a god on a truth that you have a time and the power to build something magnificent for yourself. Do you understand? And because you've got the time and the power to build something new for yourself, your light will grow, your life will move forward. You've got beautiful children that love you, that respect you, you've got a closeness to your family, that most continentals don't have. You've got respect, you've got power. Come on, your life is fantastic, Bob. Count your blessings. You've got to change your mind, become positive, and count your blessings. Go make a big piece of paper with a list of gratitude. What are you grateful for? Take that list of gratitude every morning when you wake up, take five minutes, p. When you go to the toilet, when you sit inside your house makes no difference, but take five minutes. Go light the candle, go do a prayer, go do some meditation, go do a prayer, put that light of God around you inside from your chakras, you put it all the way up, through your head, through your mouth, put that light around you, put that blessing, that armour of light around you. Put that light inside your house inside your business, inside your family, and you tell yourself, say, hey, Paula, you are lucky. You are strong, you are confident, you are beautiful, you are successful, you are intelligent, you have got so much to be grateful for. Every morning, I want you to start to pray, to do meditation, to do a focussing, to do a pray, within yourself, every morning, señora. I want want you to take that five minutes. You want to know how you're going to honour your mother. I am telling you, this is how you honour your mother. You light the candle and you pray to them, and you pray the spirit who will be them to look after you, to protect you, to be with you all the time. Put that light around you, count your blessings in life, and you see everything else will be different. This is how you change your life.? Your health, I need you to eat. I need you to start focussing on your diet, okay? You need to be careful with the food that you eat sometimes. Your stomach is very, very very sensitive, incredibly sensitive sometimes, too much pow, bread, potatoes, rice, anything that's white is poison for your stomach, okay? It develops very, very fast like a candid, it does develops very, very fast in too much acid that builds up, too much gas that builds up, you've got no power, you feel lack of energy sometimes. Sometimes your cavasad feels like your thumb, you know? It feels like there's a cloud, you can't think, you can't think straight, it feels difficult to concentrate, you know? And I'm telling you now, the problem is too much acid, too much gastric problems, it's not focussing and it's affecting your brain. It's affecting your way you talking, it's affecting your mouth, it's affecting your cognitive behaviour, okay? For me, like I said, you need to take in more fibre. There's been a lot of insulin resistance where if you look at pasta already you pick up a kilogram. You don't even

have to eat bad. You just smell bad food and already you get fat. You know what I mean? That lactose intolerance is a problem. I need to stay away from milk, cheese, there, dairy products, not completely, but cut it out a little bit, you understand? Take more fibre into your body, a lot more fibre. If you can eat more vegetables, more greens to have more, vegetables, greens, it will help a lot to reverse the insulin resistance. You see, you will lose weight much quicker also sometimes, and the sugar that goes so high, it can start stabilising a lot easier sometimes. The dry mouth that you get sometimes always thirsty, I want to drink at nighttime or early in the morning, I'm thirsty all the time is the sugar that tends to spike a little bit too much. Again, it's because of your body, absorption. I'm not breaking down the sugars and the fats inside my body, so I need to be careful, fatty foods and carbohydrates. If you can cut those two things out of your diet and minimise it a lot more and uptake your fibre, I'm telling you, it's going to make a massive change for you, Signora, big time change. But you're not gonna die, you don't have cancer or anything like that. Don't stress by it. You're still going to live a long time. Tell me something, insign, the baby, who wants to have a baby now? There's a little girl that's going to come. Who wants to have a little baby? little baby, my cousins have a little baby with one here. No, no, no, no. This one is still coming. The who died with a cancer? Who died with a cancer, the old woman?. No, no, no, you didn't die. Si. There was an auntie of yours that you had. There was an aunt, an old auntie of yours that passed away with a cancer, black hair taken backwards, a little bit bigish woman like that's a beautiful smile, very, very big smile. You still like to talk too much. She I like. it for fucker too much sometimes. And? I don't know. I don't know how this one will leave.? We'll get to them just now, don't worry. But I keep on showing me there's a little go. From the I Meda? Hmm. Who comes from there? Who's the Madrians?. Oh, you both Madri eh? Fantastic. Our family. So, what are you doing in Lisbon? You're not Alf.? We come with our parents. That is so cool. I'll tell you why I'm asking Senara, okay? There's these three people with you, and I don't know who they are. I can see the old man. I think it was your father who died with a heart attack, know? A lot of problems inside the chest, a lot of problems inside the heart sometimes. A little bit short guy, not very, very tall guy, a little bit short guy like this, but strong, very, very clever man, very, very clever guy. He used to work a lot with his hands. He used to work very much with his hands all the time, all right? Comes with the name of Manuel, Manuel Manuel, the whole time, okay? Manny or Manuel, they used to come with her, okay? He used to wear smalls glasses like this sometimes, take hair backwards like this sometimes. There's a woman that's with him, I want to go Tia, Tia, T T, and a auntie of yours, you understand? Short woman. short like this, very, very strong woman, lit with big woman like this. She had lots of problems inside the stomach, used to walk a little bit funny sometimes, but the whole big smile used to be full of love, this woman, you know? A lot of love, a lot of energy. And she keeps on telling me, T, T, T, the auntie, you understand? That's what I'm saying is an auntie, you know? And it comes through very, very strong with him, you know? And always there to look after him, okay? Your mother, where is your mother? Your mother, where does your mother stay? He's here? She stays in Lisbon also. Yes. Ask your mother about this woman, okay? The name starts something with an R. Like, I don't know too much about Portuguese names, but I want to go like a Rosa Ros, Rosaria, Ros, something like, you know? Something like a rosario or rosaria, Rosa, like, you know, something like an hour, okay? Ask your mother, your mother will know. She comes from your mother's side of the family. She comes with your mother. She talks about your mother or all the time, and she keeps on saying is that you guys need to have more passia with your mother, okay? You need to be a little bit more passience with your mother. You've got a beautiful mother. You've got a really good mother, full of shit sometimes and full of bananas

sometimes, but she's got a good heart, your mother, you know? And she keeps on saying, you that, you guys need to have more patient.ientientient is the word that she says the whole time, you understand? With your mother, have more patience, make time for her, incorporate her, because we're pushing her away a little bit. We're not making enough time for your mother sometimes.ne need to make more time for your mother, all right? This is what the this Rosario, Rosario, Rosario. Something like that, okay? Long time ago, Si, not now, long time ago. Long time ago, ask your mother, she'll remember, okay? Don't worry. But yeah, she keeps on saying, is you guys need to spend more time with your mother. You need to be nicer to your mother sometimes, you understand? Your mother needs a lot more of less.. It's not a long time left with your mother. You've got a few more years and then one day your mother is dead. Make the things right now. Don't wait for when she dies before you make things right. Comprend, you need to make things right now with your mother, okay? Number two, the flowers, the birthday. Who's having a celebration? There's a birthday or a celebration that's going to come. We need to make a birthday, we need to make a party, we need to go buy flowers, and we need to make a party for the celebration, okay? They talk about celebration that's coming, okay? Go make celebration, go make a party, all right? With Lucia, she keeps on talking about cooking. You know how to cook, eh? You're very good with the kitchen, you very good with the food, why you don't cook? Me? I don't know. I don't like too much. I see. Because she keeps on saying the whole time about you lazy. You need to go to the kitchen. You need to make more food, okay? You're very, very lazy when it comes to cooking, okay? What she's saying is that, you've got a lot of things in your life that keep you busy. You've got a lot of things in life that keeps you very, very busy, very preoccupied, you know, big decisions that you always need to make in life, you know? And usually, you know exactly what you want and you know exactly how to get it. And your ability to focus is always very, very good. But lately, I don't know what I want anymore, you know? There's this noise inside Maveza that I can't slow down this noise. You understand what I'm saying? And this ti Rosa or Rosario, whatever the fuck it is, this old lady keeps on telling me the old time, you tell her she must go to the kitchen. She must have to cook. She must go practice a little bit, to go make some proper old school food, okay? Because when you're in the kitchen with a glass of wine and you cook, you put some music on, you forget the problems of the world, and you focus on the cook, okay? Well, minute you focus, the detachment, it's going to give you the ability to relax, to switch off, and to look at things from different perspectives. Can you understand? It's going to give you the power to look at things from a different point of view so that you can learn to relax. I think what she's trying to say is that you need to make time for yourself, time for yourself to switch off from the drama, sometimes not like your sister that runs away, but sometimes what you need is you need that isolation. Just a couple of hours where it's no people, no nothing, no family, no drama, where I can just feel again. Remember, Senora, your sister is a thinker. She likes to think too much. Paolo has got too much bananas in the caveza, the caveze is a problem, you know? No, okay? But with you, you're a fella. Everything you do comes from yeah, not from yeah. You're very intelligent, yes, but you never think. Your whole life, every time you have to make a decision, you fuck things up, you know? But every time in your life, you go from spontaneity, when you trust your instinct, you always make the right call. You know what I mean? You're a feeler, you're not a thinker. You're not the person that needs to plan in everything to see a big pig. No. You're the type of person, I want to go on holiday tomorrow. Where are you going? I don't know, we'll see. We get up, we go, you know? And it's the best time in your life. But if you had to plan a holiday for three months old, I'm going to go here, I'm going to go there, you will die, you will never enjoy the holiday. Can you understand my analogy? So the important

thing for Lucia is that you need to understand that your instinct is the key for you to learning to trust yourself. You are not a thinker, you are not a planner, you are not an analyser. But yet this last couple of months, you've been finding yourself overanalysing and overthinking, and you're sinking deeper and deeper and deeper into this hole. And the honest God, the honest answer I can give you is just show up. Just go. Just start. Stop thinking, start planning. Your life responds to who you are. Your essence, your energy, becomes the creative part of your reality. For you to change your reality and for you to change your life, you need to learn to show up. You need to learn to take that energy, push it up forward, and say, you know what? Fuck it. Go. That's your mantra. That is your prayey. Your mantra and your pray is very, very simple. Fuck it. God grant me the serenity to accept the things I cannot change. Give me the courage to change the things I can and the knowledge to know the difference. This is your prayer. You focus on the things that you can change and you take control of it. You take focus on it, but start taking action somewhere. You need to start taking action. If Luc can take action in her life, she would stop overthinking. Take action. Go find love. You need love. I don't know why you need love, but there's no love. I feel empty in my love. I need love. Whether love's going to come from boyfriends, whether it's going to come from, a new job, whether it's going to come from new hobbies, if it's going to come from, just you going for a walk every morning, go find your love. You got to learn the feeling again.. You've stopped feeling, Pa. And because you've stopped feeling, you've stopped trusting. And because you stopped trusting, you can't make a decision. Because you can't make a decision, you feel stuck. Let's reverse that by learning to feel again. By learning to love again. Get up, taste your coffee, become present. Presence is the key for you to move forward. Okay. But I would like to to know, I would like, if my decision to return to Mazendique and invest in buying pharmacies. Is it the right best for me at one of my life? Madrians Al, go back to Mozambique. No fish and chips. Pharmutic? Farmacia. Two persons, yes, and another man. This friend of yours, what does your friend do? What? Your friend. What does your friend do? It's my friend woman or man? That wants to do the partnership with a farmacia. Okay, the woman in a business ofacy, not pharmacy. Very, very intelligent. woman, huh? Yeah, I like this woman a lot. It's a very, very good, very intelligent woman, very smart woman, good for business, really good for business. Don't take shit, don't take problems, but she's alone. She needs people to help her. She needs people to assist, to make the business go forward. She's got fantastic ideas. I like this woman. I'm trying to see Cuido. Be careful. I'm trying to say, Va, go back, go Vash, you know, but I can't. I really can't. I like this woman, I can feel this woman. I think I know this woman. She's got a fantastic power, she's got good energy, no problem. When you go back, when you go back to Mozambique, make sure, listen to me carefully. Make sure that your lawyer looks at the contract 100%. You tell this lady, your friend, that it's not that you don't trust her, but you don't trust the guy who's put the money. Kavish, and we need to protect ourselves from each other because of the third party, okay? Just make sure that you put a good contract. Don't go without contract. You put a contract, you put an agreement exactly inside the agreement, the profit sharing, the money who's going to put, who's going to put everything, every single detail, don't give up. It's going to be very important, not now, but in three years, Treanos. In three years from now, you're going to need that contract because the one partner is going to go away and we're going to need the contract. Comprend Is it the right decision to go to Mozambique? No, it's not. It's fucked up, but it's good. Okay. Let me explain. Mozambique is a shit place, is drama, is normally, the politics is up and down. It's confusing. 90% of people want to leave Mozambique. 90% of people want to run away from Mozambique.. But it's the right place for you. You love that place. You love the drama, the passion, the energy, the

excitement. You go money already is in Portugal, it's good. You've got things in Portugal, it's good. You don't need to take things out of Portugal into Mozambique. You go to Mozambique to make money, you go to Mozambique, to build money, to make money so that you can buy properties in Portugal. If you stay in Portugal, your life is going to be the same for the next five years. Same as now? Same routine, same shit. Your sister loves routine. He's good for her. Polar needs routine. otherwise she goes fucking crazy. No problems. But Luc, you are not a thinker, you're a feeler. Everything is yeah inside your heart, inside your gut, and you know to go to Mozambique is the right decision. It's scary. We are scared, we're insecure, but it's the right thing for you, Pa. It's the writing for you. It's going to work fantastic, but three things, number one, make sure the contract is in place first. Make sure that you set boundaries and that you know exactly what you are in for when it comes to the partnership. For you to adapt into the town, to adapt into the society, you've done it before, it's not a problem, it's going to be fine. But make sure that the legal contract is in place. Okay? Number two, make sure that you don't take money from Portugal to Mozambique, however, create a loan account in Portugal that you need to pay back. Even if it's a fake loan account that your sister signs a fake letter saying that you owe her \$1 million euros and you need to pay her X amount every month as payment structure, it's going to be easier for you to get money out of the country. It's going to be easier for you to push money away from the country without paying the due taxes that you're going to have to pay, okay? Yes. It's a different story. So you make sure you put that there because I see you buying a property next year February or March, I see you buying another apartment, you understand? In Portugal. And it's going to be good for you. Number three, don't fall in love too quickly, okay? Don't put inside your cavazza that you're going to go to Mozambique because you're going to go, fall in love, get married. Forget that, okay? The more you focus on getting married and having a relationship, the more you're going to make shit. Okay? You go to Mozambique because it's about finding that passion. No, it's not to work. You can find a job in Spain, but you'll get the same money, you can find a job to go work in Denmark, you invent the same money. You going to Mozambique because you want to go and find passion. What makes Mozambique brilliant? is because it's got passion. It's got an energy, it's got a life. People ask me about Clinton, you've got crunch all over the world, you are busy every day. Why are you staying in Africa? And I tell them, because Africa has got the soul, It's got the spirit. Imagine I got to live with my family in Italy. Ah, I' fucking threw them. This will never happen. Imagine I must go live in Lisbon with those poorest fucking Maluka. There's no way, but I will go to prison too fast. But in Africa, I get to be Clinton Sar. I get to be full of life, full of energy, this crime, this shit. So what? We love it. You go to Mozambique because you want to find passion. Passion to be alive again. You want to wake up in the morning and be a reason to be alive again.. If you go for those reasons, you'll be fine. Okay, sorry. And what you think the man go to invest the money in Japanese? No comment. It's good? No comment. But I need to know. Why? Why did I tell you? Don't go there for love. Don't go there to find relationship. Don't go there to find anything else. Go there to do business. The guy is going to put money, let him put money. If you don't want to put money, tell him to fuck. off. You go in any case and you go start the business. Okay. What do I think about the man? I can't give you a comment. I'm not allowed to give you a comment. It's. Okay. I have no right to judge people. I have no right to criticise people. I have no right to tell somebody whether they're right or wrong because I differ from him. His way of thinking, his way of being as a person is totally different to me. So I'm not allowed to judge them. I can only accept him for how he is. The only things I can say, don't expect him to rescue you, don't expect him to create some miracle for you and your partner to do business money. This guy wants money. He loves

money. He'll put money, but he's going to fuck you up until he gets his money back. This is why I'm telling you to make sure your contract is in place so that he can't just take everything after two, three years, you build everything that I tell you to piss off and he keeps your business and you get nothing. Make sure your contract is in place. Make sure everything is there. I don't trust him, I don't like him, I think he's an asshole, but then again, you don't have to trust somebody to do business with him. So let's forget about that last piece that I said, please, because I'm not allowed to comment on ugly things like that. So, I think he's a perfect person. He's a good businessman. He's a smart businessman and you will learn a lot from it. Just you've got to always make sure you have a back door open with him, you've got to make sure that you know how to negotiate with him so that you know that he can't turn around and tell you to piss off from me. I don't trust him in that regard. He's a good person, but I don't like him as a businessman. I understand, I understand. He's a good businessman. Fantastic business businessman, but he an asshole. Okay, you think is good for me and my friend business for us I think in the long running, it will be good for you, yes. Why? Because you and your business partner, you and Barbara, are both very passionate individuals, very loving individuals, but you're stupid when it comes to money. Whereas a man like this, he's very stupid when it comes to people but he's great when it comes to money and you will learn the abilities of how to do business from him in a fantastic way. So, yes, it's a good fit. Okay.. Okay, can I make more decis? That's it. What can I know right know about my love and who is with me? What What do you think? You know what, Siora, if I give you a bottle of whiskey, yeah, and you take a nice bottle of whiskey and you drink the whole bottle of whiskey. And tomorrow morning you wake up with a headache, a little bit bubbleass, you know, you feel a little bit shit. You got can't take your shishi, your pee, and put back in the bottle and say " I'm going to drink it again, it's going to be the same thing, eh? After you drink it and after you peer out, it's gone. Compre. Comp Forget him., forget the past. Sí. What do you see the future, the man? Only in December, but not now. You've got another five month, six months to be alone, to be by yourself, to figure out your own way, Mozambig is going to be fantastic for you, but you'll fall in love there. Okay. But there's somebody you don't know. It's not somebody you know. But there's somebody's very, very Branco, very, very white, like very, very white, so maybe it's like German or some Icelandia or some shit like that. Very, very white scheme, very, very foreign guy, very nice guy. Wait to see.. The next year? See, in the next 12 months. Okay. And is there a message from someone who has already left. I told you already. Like I said, the only two people that I can see with you is this Rosario and this Manoel Manuel Manoel, something like that, "Those two people is what I see with you very strong. I don't see. else. Who are you? See. Okay, I don't know. You want to smoke with this? Yes, can I make one question? Me, my husband and compr our house before we got married. So the property was with hisra only in his name, and name. Now, to have the house also in my name, we are planning to transfer the to another day and request addition additional funds to Porque, Señora, why you want to do that, Sñora? You don't trust your husband, you think your husband is going to run? away with another young woman and tell you to buy her? No, I don't trust your daughter. But your house is nearly finished to be paid. You don't owe too much money on on the house, no? have 20 years to finish the payment. And now you want to start over again? to another bank, so I entered to the name of the house. If they transfer for another. It's going to be a 20 year bond again now. But it's. husband It's going to go to all the children, see, I know. I understand. Look, I know exactly why you want to do this. I understand the point 100% and you are right. You are not wrong. I'm just trying to figure out a different way. I'm trying to see what do I see? Because the problem is me, what I see as I see you do the right thing, but I

don't feel right. I don't know why. I can see what you want to do and I can see what you want to do is the right thing to protect you and to protect your children because the other kids are going to come take everything and the people like to talk on the old family law. I understand that, you know? Even with the tax implications, it's been so many years in his name. Now you want to claim you're going to pay extra tax, I understand it's going to be a difficult one, you know? I don't know why I don't feel right. I don't know. I can see your plan is a good plan, is a good idea. The idea is solid, no problem. But something don't feel right, I don't know why. some more money to buy. Some other debts, yeah? Yes. Credit cards and a card of my daughter.. Consolidating all of your debts into one piece, yeah, I understand. Yes. No, look, I understand your 0.1 100%. I know exactly what you want to do I I can see what you are trying to do. I understand the point of why you are doing it, the way you want to do it. And I like it. No problem, scenario. No problem at all. Yeah. Yeah. Let's do it. Good idea. I don't know why I feel funny. I just feels. I think I think it's because at your age to start with the whole new homeblown now for another 20 years to pay off every month again.. But my is in my. My entry. daughter of my husband. don't like me. Nothing. She's a bitch. I don't like her also. That one is Stamaluka. That one I don't like him. She's. evil personified. You are so funny. No, I understand, look, I agree with you. And if it wasn't for her, I would say, ah, fuck, you stupid. Come on, carry on, but you have to protect her because she'll take everything, you know? She's going to try everything to take it. Yeah. Go for it, Ger, no problem. Okay, thank you. Sorry, I have a spirit guide close to me. Your spirit guide close to you? I have I have a spirit guide close to me. No, you don't, Sign. You're all alone. Just you, nothing else. You come from evil past, you know? It's like you're like, I'm joking, I'm joking.. I'm joking, I'm joking, I'm joking. You see, for you right now, it's a very difficult question, because in the old days, there was always a woman that was always there with you. Always a woman she used to wear this black hair, with a black crape that you always used to wear, you understand? You used to like to make medicina with a natural medicina, you know. She used to like to look after people, to care for people. And she was always with you as a caretaker, as a guardian, to look after you, to protect you you and to be with you, you know. But since the last three months, she's been moving away, and there's a new guardian angel that's going to come. Remember, Senora, Lucia, your life as it was is never going to be the same again. Your life as it was for the last 30 years is changing now completely. New mind, the new energy, new freedom that you've got, a new ability to be that you've got. So, obviously, the divine guidance that has always been there as your guardian angel, also, it's changing. And for me, I don't know who it is, but I I know it's a man, I can see it's got white hair taken back like this, you understand? Very tall man, about six foot, six foot four, you understand? Very, very tall man, very, very strong man. And I can only see the outline, I cannot see the face, you understand? All I can see is long hair and I can see tall figure. That is all I can see. And that transition is still taking place. If you follow me in three months' time, I can give you an answer. But for now, I'm saying, trust yourself, trust your instincts, trust your God. Because this new beginning is about you shining and blossoming into the new South. Okay. You said as a baby, a baby, is my daughter baby? Could be your daughter. My first feeling was with your daughter, but I'm not 100% sure about it. But all I know is that within the next six months, five or six months, somebody's going to be pregnant, and there's going to be a little girl. Maybe your daughter or my daughter, I don't know? Definitely well. It's definitely not you guys. You're too fucking old, p, okay? But can you imagine? Imagine you go to Mozambi and you become pregnant, P. It'll be so funny, yeah? But there's definitely there's a little girl that's going to come, so I'm not too sure. Like I said, that's why I don't like seeing too many people together because their energies are crazy. But one of the daughters is going to have a baby,

a little girl. Okay. And then my mother, the final legs The problem is the spine is the back, is the big, big, big problem. All the nerves is being pinched, all the muscles are being pinched. She needs physiotherapy, you know, physiotherapy, she needs more exercises, she needs to walk a little bit more, and she needs to be more positive, but that one is very negative sometimes, she can be so dark sometimes in inside the ca, you know? Always thinking bad things, always thinking negative things, you know? And unfortunately, at her age, the negativity is the only thing that she's got to think about. If she don't think about negative things, what what is she going to think about? Nothing. She's going to wait to die, you know? So we just have to give a love, scenario. Just ignore her, give her love, appreciate her, and give her upliftment. See if you can't take her for some f physiotherapy, maybe let her do a little bit more exerc, it will help a lot. Get some fish well, you know fish well, all the bacal. All the passion, eh? So you give give us some fishballs sometimes or make a tree, it will help also with the bones a little bit sometimes, and see what will happen from there. My father is good. Your father is good pie. There's nothing wrong with with your father. Your father is like a burroa, you know, he's tough, he's a donkey, that one is tough, he's strong, he can run, he can walk. But that one, for him to die, we have to shoot him one day. He's strong. don't Stubborn, but. There's nothing wrong with him. He's just stubborn.. He just want to see the TV As long as he can watch soccer, he can watch his TV, the t novellas, and he can eat nice food, he's happy. Life is good. And you know what? That man has worked very hard in his life. He worked very, very hard in his life. He give everybody everything. Why not, Pa? He don't have a long time to live. He's still got a few years. Let him enjoy his last few years, Pa. Yes, it's true. It's true. Okay, okay, just one question. You know, I have three daughters, Beatrice, Mariana and Martha. Everything's okay. Mariana, what's she do now? Stud. This one is the only one she needs a samb. She needs a little bit of encouragement that one, okay? That one, you need to give hero. Very, very smart, very intelligent. That one is going to be your pension fund. She's the one who's going to look after you with a lot of money one day, okay? It's going to do very successful that one, okay? But you need to give her a bit of a kick. She needs motivation, she needs a little bit more of a push sometimes, okay? She's been stressing to much sometimes. She's been worrying too much about people around her. She's not focussing with herself sometimes. So she needs a little bit more encouragement sometimes, okay? Push her a little bit. The young one about me, I like the young one., full of love, full of energy, is like a fairy sometimes, can be a bitch, she likes to fight, but she's got a good energy, a very, very good spirit, that one, okay? That one just needs to look after her health, she needs to do more exercise, she likes to do the fitness, she likes to do the gym, she looks very good, but she needs to do more exercise, okay? She needs to do more fitness, exercise and to eat right sometimes, you understand? But there's nothing wrong with your children, nothing, nothing wrong. The older one, the big one, but that one they likes to be the boss, yeah? likes to be the boss, likes to be in control, you know, very, very serious sometimes, you know? Don't have time to play games. Don't have time for shit, okay? Always very, everything is black or it's white. There's no gray, okay? Everything's very calculated with her, but she's good. She loves you very much, that one. She don't show love, don't show love very easily. She's very withdrawn, but she loves you very, very much, yeah. likes her father a lot, a lot of all old emotions with her father, a lot of unfinished business with her father, and I can see her and her father, there's still a lot of old emotions that they need to fix there, you know? But she'll be fine. Okay. And the boyfriend from here, Mariana and a good boy. Beatrice's boyfriend, fantastic boyfriend. Mia I like him. Very good man, good heart, good energy, a lot of patience. He sits with a shit, no problem, eh. That man needs a certificate. You need to give him a medallion, you know? Like. It's like a yeah, no, he's

fantastic, it's no problem. That one is going to stay for a long time. Mariana, I don't know, 50-50, you know? I think because she don't know what what she wants, she takes them, leaves them, takes them, leaves them in, out, in out, she don't commit, you know? But she's too young, you leave her. When that one comes to 28,29, she'll be clever she'll settle down.. Okay. I like this concert, but I'm worried because I don't know what I do with my professional life. Senora, you make your own worry because you fuck up a good job. You had a fantastic job, but you're too stressful drama. So you run away. So now you must think for yourself. You are too old to find another job. The company is now to give you a job is not going to happen. So you need to start a business. Go start another cafeteria. Go make another cafe. With her and her husband, see. Without your daughter? No. You and your daughter can work together, she can help you to do something. You've got your space, she's got to her space. fantastic. But the two of you in one shop are you're going to kill each other, forget it. It will destroy your family. I'm telling you, it will destroy your family. Go start your own cafeteria. You can do partnership, no problem. We know we can help each other, but you've got your shop, she's got her shop. It's fantastic. It'll work. So it's better the company in line of my husband to Put in your daughter's name. Okay. Put to your daughter. Okay. It's more important. Okay. And what do you think if I work with my sister at business? Senora, fuck off, go to Bozema.. You gonna stand there and you don't know how to cook. You don't want to cook, now, you want to go make a coffee.. To put the company in the name of my daughter, only with boyfriends? No, not with a boyfriend, no. Just what's her name? If you want to put your name, it's good, but your daughter's name, not other boyfriend. Okay. Okay, thank you. Bine, Chia. Very much. Thank you,ora. I

20 Pedro, how are you? Morning. It's always morning, Pat. It's always, always good morning. When I teach people, when I work with people, I always say good morning. Why? Because we're already, always ready for the day. No matter what time it is, no matter where we are, we're always fresh and we're going. You know, it's a very funny thing. It's about neuroprogramming. It's basically teaching the bananas in the caveza how to work properly, you know? When I teach my staff and my people to always say good morning, psychologically, you always feel ready. You always feel ready to push, you always feel ready to go. It creates the right vibration and consciousness inside your mind to always step up, you know? Number two, when in the retail game and in the businesses that we run sometimes, when the clients, when the workers come to the clients and they say good morning, even at nighttime, all the clients are Paul, what are you talking about? And it immediately bolves interaction. It builds a connection with them, you know? Okay, okay, okay. It's the smaller details. It's small details in life that teaches you to control your caveza, to control your mind, to control your focus point. Me, I like to rub my middle finger on my thumb, I rub them together like this. Every time when I rub these fingers together, immediately, I get into that zone, I get into that focus, I can see your father, I can see the old man who died with a heart attack, I can see the problems in your stomach, I can see the

problems you've got with your knees getting older, the stress that you've got for money and the business, all of these, these things just comes out, the minute I do this, you know, because I programmed my mind to focus the minute you start pushing in things in that way. So the same thing goes with you. When you wake up in the mornings, what's the first thing that you do to control your mind, to program your mind, to program your own energies? What's the first thing you do to program yourself when your day starts? Oh, fucking, I need to rush. Oh, fucking, I'm late. Oh, fuck. Your whole day is gonna be a masspush. Your whole day is gonna be fucked up because it's always gonna be under pressure. There's no time that Petro makes for himself. You see, Petro has changed a lot in the last two years. Appa, you've made a lot of changes, you've made a lot of things different. You've made a lot of decisions, but you are lonely, Pa. You are so lonely inside yourself, it feels like you are dying. It feels like you are breaking inside sometimes. You know what I mean? It feels like you look in the mirror and you see that smile and you think, why the fuck am I smiling? It's fake. It's not me. I'm trying so hard to tell the world who I am and what I'm supposed to be, but it's not working sometimes. You know what I mean, Pedro? Yeah. And it's driving you crazy, my friend. You're so busy trying to be the nice guy that you forget to be the good guy. And in truth, my brother, nice guys, they are fucking assholes. Sorry, my French, Pa. Because nice guys.. They do, they finish last. They always get abused, they always get used, they have no purpose, they have no focus, they have no desire and focus on where they are on Friday, I'll send you a little piece of book that I wrote about the nice guy and the good guy. I want you to read it, okay? I'll make it into a small video for you. No problem. But, you see, the problem is our whole life. We've been trying to convince the world that we are good enough. We've been trying to convince the world that we are strong enough, we've focussed enough, we've got energy, we've got power, blah, blah, blah, blah, blah, blah, blah. But it is driving us Maluka. It's driving us crazy because we focus on so much on being what the world expects us to be that we forget to be ourselves. We forget to be alive, we forget to feel again in life. And I apologise for going straight at you like this. But the reason why when I look at your energy and I look at your mind, I see an incredible man. I see a man that's got love, he's got that smile, he's got passion, he's got power. He's got the ability to do such great things in life. But he forgot who he is. He forgot that he is good enough. He's so busy punishing himself and fighting himself all the time, and he's got Tycho and Teko inside his caveza that's driving him mad sometimes about, no, I can, no, I can't. No, I can, no, I can't. I'm good enough, I'm shit. I'm all these Tico and Tecop areril, they are driving you nuts, you know what I mean? You are tired, you are really tired, you know? And you don't deserve this, Pedro, you don't. You deserve happiness, you deserve power, you deserve light, you deserve to let your light shine. You deserve to let your energies grow into magnificence. You are the creator of your life, and it's time for you to take control of that. It's time for you to realise your strength, your power, your wisdom. It's time for you to learn to smile again. It's time for you to smile, not because you want to tell the world who you are, but because you feel that love, that strength and power inside yourself. You want to be able to feel again, to say, This is who I am, I am alive. This is who I can be. I want to create my greatness. Kabish, So for me, it's very, very simple. It's time for you to remember. It's time for you to reset, to take a step back, and to switch off the caveza. Your caveza is driving you crazy, Pa. You need to learn to slow down and remember who you are again. Take time, start writing. piece of paper and a pen is your best friend. I know you don't have time to write. I'm too busy, I don't like writing. It's only Marie Kesh will write down. hip hop, fuck you, eh. I want you to go sit down, and I want you to go and write. I want you to write letters to yourself, and you tell yourself, listenya, this is who I am. Who are you? I'm strong, confident, beautiful, I'm successful. You remind me of a

big bay. You know these bay? A mountain bear, big brown bear with big claws that's strong and powerful and protective, but soft and cuddly and beautiful. This is who you are, you are the bear, the carrier of wisdom, the carrier of knowledge and the carrier of truth. But you're so busy being a mouse that you forget. It's time for you to remember the bear. It's time for you to remember to be that fighter again, to be the strong one again. It's time for you to reset the energy, but there's too many old memories from your past that is driving you crazy. Things of how your heart got broken, the abandonment that you had to go through. You trying to prove yourself all the time. Take a piece of pen of paper and go right fuck you letters. Take this situations from your past and write there, "F you. It's not why I am, is not what I want, is not what I want to do, et cetera, et cetera, et cetera, et cetera. Go write down all the pain that you experienced as a child, as a young man, as a young businessman, the woman that drive you Maluka, write it down, Pa. Go take that piece of paper and go burn it, put it in the fire. You see, out of this darkness, all of these negative things you go through in life, it is not God that want to punish you. It is not God that wants to criticise you or crucify you. Your Portuguese man, you're passionate like As Italians. We are creative, we are continentos, we've got power, but we've got to believe in who we are, because the problem is we are sensitive. We take everything so personal sometimes and we love to punish ourselves sometimes that we run away. We don't think sometimes, we do stupid things without thinking, you know what I mean? So we need to get to that point where we reconnect to ourselves. Corrite those facul letters, look at your past and understand, okay. Why are you so strong? What is the one thing that makes you strong? What is the one thing that makes you powerful? What is the one thing that is you, and you'll realise all those times that you were broken, that you were beaten, that you were not good enough, it was not the universe giving you shit. It was you learning. You learning to become stronger, to become focussed, to become more wise the way you are. Pedro has become who he is instead of his past. So I want you to write a thank you letter. A thank you letter to all the bad things that happened to you in life, and you write a thank you because I learn X, Y, and Z. What did you learn? Go write down the knowledge that you've learned. The strength that you found, the focus that you found, the power that you've gained within yourself. When you find that knowledge, that strength, that power inside yourself again, that's where your life starts to change. That's where your life starts to manipulate into something great again. Do you understand, Pedro? It's time to let go of the past. 100% as usual, 100% writes about the things that easier said than you know. It's not easier said than done. How do we make it reality? How do we get done? It's very, very simple. With you, there's three things that you need to start doing. Step number one, every morning, make an appointment with your gu. Make an appointment with your spirit. wake up, 10 minutes, 15 minutes before everybody else, go sit down, find a place. Yeah, get a candle, light your little candles, right? Put the candle inside, learn to pray again. You forgot how to pray, you forgot how to connect the universe, and please, I'm not saying pray as in religion. Pray, talk to God, talk to the universe, talk to yourself. Sit down, quiet your mind and talk to yourself. eh. This is what I'm going to be today. Not start today all rushing and running and going, Malucca over time? No. Slow down. Take control of your life. How do you take control of your life? You start number one. Program your day. Every morning, you go to have a shit every morning, huh, before you go to work. So, when you go to have a sheet on the toilet, instead of sitting there with your cell phone playing a stupid game, instead of sitting there waiting for the kids to make noise, go, light candle. Go light the candle, go sit down, close your eyes, visualise it. Right. This is who I am. This is why I'm going to be today. You put that light of God, that armour of God, you put that light that around you like this, and you visualise yourself, I'm strong, I'm positive, I'm focussed. Today, I'm

going to achieve this, I'm going to do this. Not sit there and day dream shit. You sit there and you visualise. This is what I'm going to do. 10 minutes, not more. You wipe your ass, you get up, you go, you look in the mirror, and you say, I've got this. Go wink at yourself in the mirror. Go wink at the you that you're going to be today. Simple. Then, step number two, every Tuesday morning, I want you to wake up at 5:30 a.m., okay? 5:30 a.m., I want you to wake up, I want you to go outside, and I want you to go and walk. Go walk outside. You've got too much fucking routine, your whole life is a routine routine routine. 530 every morning, on a Tuesday morning. I want you to get up, and I want you to go walk. The first Tuesday that you walk, you walk and you visualise. OK, what am I doing with my life? Where am I going with my life? You run for 100 metres, you walk 100 metres. You run 100 metres, you walk 100 metres, okay? And you talk to yourself. You visualize, what are you building in your life? Your new business you want to try, your new focus, you want to try, the love life, how you're going to fix, your physical, emotional. Everything goes through your life,. You run a business, you know how to run a business,? How many times do you get reports in your business? Reports about your financial reports, you get emotional reports, you get reports on the staff HR, everything else, oh, fantastic. When else did you make a report about yourself? Never, but you're the one running your life, but you're fucking it up, because we don't know where we are. So every Tuesday now is management meeting. K, it's management meeting between Tico, Teko, and the bananas in the caveza, okay? It's a management meeting with yourself. and you set the alarm, you stand up and you go like you would do for your business. You get up every Tuesday morning at 5:30 am., you go for a walk, you go talk to God, you go talk to yourself, you visualise where you are. Good. carry on. Next week, Tuesday, you do a PPR, personal performance review. You do a report. Okay, whether I make mistakes this week, Ooh, shit, I lost my focus here, I drink too much there, I do do too much yeah, I do too little here. You know what my problem is? Time. I don't know how to manage my time. So this week I'm going to focus on time management, I'm going to create a new schedule system. I'm going to create a new diary so that I can have one hour for my meditation in the week. I can have two hours for me to have fun, maybe go to the beach, I have a coffee, nothing alcohol, nothing crazy, just time for myself to reflect and to focus. I can have so much time for business, so much time for family, so much time for this, schedule your life. Create priorities. Every Tuesday, you really look at your life and you re understand your life. You do this, my brother for six weeks. I guarantee you now your life is going to be totally different. This is how you take action, but the problem is, Petrol likes to dream, huh. So he likes to sit on a couch in he dreams, yeah, one day when I'm happy, one day when I win the lotto, one day when I'm strong, but he doesn't do shit today. He just complains. You like to complain. Every day likes to complain, but he doesn't fix things, he doesn't do things. You need to realise, fuck it, and show up. Show up? How did you start your business, my brother? How did you get to your job? To just dream?. I take action. You take action. So now you feel you're not in control of your life. How are you going to fix that? By just dreaming or by taking action? By taking action. By taking action. So when you start taking action. Oh, now your action is going to start controlling you. You see, there's two types of people in life. There's people that sit and watch life, and there's people who participate in life. You are not somebody who watches life, Petri. You've never been. You've always been a winner. You've always been focussed. Sometimes, yes, my brother things go wrong. Things don't always work out for us. Sometimes shit happens. I'm sorry for this. I really am sorry for the shit that happened to you, brother. I really, really am. Can I fix that shit? No. I can't take it away from you. But I can tell you how to fix yourself so that you can learn from this shit, so that the ship doesn't become your definition, so that the ship becomes the reason you stand up and you

fight and you say, you know what? I have the right to be alive, I have a right to exist, I have a right to be happy with myself., I understand, they're on situations now that I'm still managing and a special now because of the situation in Mosadik. Honestly a time where I honestly don't know where I'm supposed to go, you know, if I should stay here, if I should change the country, it's the Pedro, for me, for you to go back to Portugal now is not going to work. It's not enough money that side, there's not enough career that side, and not just that, but for your things are moving nicely in Mozambique. It's tough, it's tried the cash flow, it's tried, I understand that. But I don't feel the time is right to move everything out 100%. I still feel that there's a lot of potential in Mozambique. What business do you want to do in Portugal? I don't know if you. I'm even going to Portugal because is working and we are separately for the most a year. They people were telling me I feel about. And I don't know, I was saying about going there, like, for not or two to see what's happening there in maybe, to move there. I don't know, maybe, to see what's happening there., Oh, I just wanted to I don't That makes a lot more sense there. I like Ra. That's a good idea. Love it. Ooh, what business would you do there?, I don't something you an juicy, transportation or something warehousing, something. I need to see because I don't know the country, there are a lot of islands, you know? Dude, I love that, you know what? I think it's crazy, but I love it. I don't know why, but I've got a good feeling with it. Call me crazy. Because the main issue here at the moment for me is this, I as you tell I show my obviously my wife is there working in a company that is there. She has a lot of problems in the company becoming I of payment. But now they are paying as long as she's working there. So for me, it's easier, you know, to move, and she's still No, look, she can't change her job better. She needs to stay in there. That's the right place for her to be. She needs to be in her country. She can't move there. Can I ask you an honest question, B? 100% How soon can you sell everything and move? I'm serious, but.? I'm serious. What are you waiting for? What are you afraid of? I don't know. Let's say it doesn't work out. Let's say you go to the islands, right? And all that beautiful island place, everything else, and it doesn't work. You don't make money. What's the worst thing that's gonna happen? You're gonna be in the same position as you are now? No., you know that I don't the main focus is the money. Obviously, I'm not gonna be hypocrite, it'sed, obviously. But it's not my main focus, or even my goal. But the issue is that here, as you are saying, things are not like, not the best, but they're moving. They're moving. And it's a possibility of some things here, but I don't know, I don't want to be a part.. I talk with her, like, I don't know. We need to make a decision. I don't want to leave separated Either we live together, one goes own, you're not gonna divorce this woman, but there's no way. You love it too much, number one. Number two, you're too ugly to find another wife, so you know what? You've got no choice. I'm joking, I'm joking, I'm joking.. So the issue is not I don't, you know, but it's not a question of being afraid of anything. I've never been afraid of opening or changing continent, or change your country, change. I fucking love it, my brother. I think it's a fantastic idea because your woman is there, you love this woman, she loves you. You've got the good connection, yeah, we sometimes misunderstand each other, but it's because we both so far away from each other. We don't have time to connect anymore, you know? And I know better. I mean, you can start a business anything, but. You can buy five cars and you'll start a bloody Uber company if you had to, you know what I mean? I mean, were you anything is possible, you know? Number two, you're young. You still have so many years in front of you, you know, why settle down now? I mean, I think it's a fantastic idea. I can see something to do with properties, I can see building and property, you know. So what exactly it is? I don't know, but I see you building and I see you doing property as well. I can see you doing business in Portugal, not just doing Mozambique and in Africa, but also up north in

Portugal, towards Porto side in the north of Portugal, you know, I can see you doing some kind of a business there. And my brother, honestly, I mean, you're asking me to be straightforward advice with you. My advice is set your business up in a way where people can run it and program it. They're going to fuck it up for you. You know that they're not going to run it the way you run it. But at least they will still be some form of stability for the next six to eight months, you know set your business up in a way where you only have to come in once a month to double check and you can run it online remotely and run things from there. But guaranteed. I mean, for me, if you can move tomorrow, it will be fantastic. The sooner you get to put everything in order, put everything in place for you to move, I think it's better. Okay. That's it a big decision, but it's it's something that I'm relieved to hear, you know, because it was one of my main, issues regarding over there, because I don't know what I'm going to find, I don't know what it's gonna be like in the country. It's not because I don't adapt because I adapt far worse places than that. So that's not the main issue for me. But the issue is to let go of, it's not much, but everything I have here, in order to move to a different country. But for me, it's not about letting go of anything there. I mean, Mambi can still structurize everything that you've built there, you can structureze it in a way where you can still remote control it, you can still be in control and be on top of things. Like I said, you're going to lose at least 30 to 35% productivity with you not being there, but it will still be moving forward. My biggest thing is is that right now you're making all this money in Wimbig, which is great. How are you going to get it out of the country? There is no money to move it out. There's no way for you to get your assets out of the country. So the longer you invest there, the worse it's just going to keep on getting there. I mean, the economic structures of Muslimique is not going to turn around within the next 10 years. That means the more you build over the next 10 years, the more it's going to be locked down inside that country. And that's why I'm 100% convinced that you moving is the right thing, because I would rather build my focus on the time that you're in your prime in a country, and a place where you can still diversify your cash flow into other venues and avenues and move your monies across instead of in a place where you're kind of an export 1,000 euros because the banks and the government doesn't have \$1,000 euros for you to send to Portugal? Yeah, that's one of main issues why she's there and she told me that exactly the same thing because she was supposed to start the business here in October. Then they were the election, then the decision after Christmas, were gonna go back and start the business. I'm so excited to you. You don't understand, man. I think it's a great idea. Okay. I'm gonna trust you obviously, because then maybe it's just a little push that I needed to hear, you know? Because even for myself, like in, I don't know, it's not ris talking. It's the hard talking, not the heart, like the romantic side, just the heart of the passion for it, for the change, for the new start, no beginning. I love it. That's one of the main, I think the strength that I have is the start. Whenever it's needed to start something from the ground, it's one of the things I, I think, don't mind the modesty. I'm good at that's that beginning, you know, like the kickst of everything. So for me, it's a challenge that, honestly, would a lot to do it. I'm looking for it to do it, but it was like a 50/50. Should I go? Should I not, should I go? up? But I think, yeah, maybe that's the probably. It the way that I'm gonna go. Dude, I fucking love it. I must be honest, I think it's a great point for you to set up everything the way you're setting up, the way you're pushing things through, the way you need to push things up through, I love it, dude. I think it's got to work. You're young, you're strong, you've got power, you've got energy, you still have the ability to build yourself up, to restart everything, to keep on pushing yourself onto a build of life, a creation of life, a move forward in life, new business, new opportunities, you'll be stupid, not to go. I'm telling you now, get the right people in place in

with Zambique. Take your business, structurize them in a way where you can still run manage it, use artificial intelligence, use cameras, use everything to still maintain everything and to maintain the growth, take the time, go up that site, go see what it's like there, identify, what is a big need in the country, what is a big need there? Start a business, run it. Take capital, invest in North Portugal, North of Portugal, Porto, I see your properties, I see buildings, I see renovations, I see building up from there, and you expand your business from there. I think your time in Mozambique is finished. Okay. Okay, okay. I'm telling you. Okay. Now you leave me with a lot of things in my mind to Like I said. In the beginning of my session, we started with this whole thing about you are not happy. You don't feel happy. You feel broken. You feel winged up. How do you fix things? I told you, create a routine focus every morning, visualise every morning. Because it's a scary thing. Every Tuesday, go for your run, go for your walk, every Tuesday, focus on yourself. Step three, set up your business, create the structures in your business right now so that within the next couple of weeks you can back up your bags and you can go to the north and start something new from there. And you don't have to do it all overnight. You can phase it out. You can phase in new people taking over while you phase in that site to get used to it and building up that side. Even if that phase period takes you one month or even eight weeks, nine weeks, it's fine. But you can build it in certain phases in order for you to move forward. Okay, okay. I'm getting a little like that, honestly, because it was something I manage it because at the moment, I'm making doing some, consulting at a company that I already work in the past, and I started to do like that situation where I am I can manage my own company at a distance, even now I implemented a new type of control regarding the fuel regarding the GPS, regarding some tech drivers to it remotely. I'm ready to in a position where I feel possible that I can control that this, like, 7 to 80% of all everything that's happening in the company. Easy, brother, easy. I'm telling you now, you will be able to and you're still going to be making the same money, still having that same level of control that you've got right now, but you're allowing yourself to build a different industry in a different place, diversifying your portfolio. It is the smartest way for you to go on right now. I mean one thing. if I see a business there, should I do I think about like a partnership, but one thing I'm how can I say. You see, the problem with you, Fredo, is that when you go into partnerships like that,, in the beginning of my session, I spoke to you about the difference between a good guy and a nice guy. And because you suffer a lot of that nice guy, Sunjrome, I mean, if you look in your past, just in the last quarter it five years, okay, how many people assumed being your partners, assumed being in agreements with you? And they ended up screwing you at the end of the day. They took advantage of you. They never paid you, oh, you didn't have a contract. Oh, I've got one, I've got from you, so now you can go fuck yourself." It's been a routine in your past, a repeat of your past, over and over, where people have taken advantage of you, because you don't know how to say no. You don't know how to set boundaries with people, and you'd rather sacrifice yourself and overwork yourself just to keep everybody happy because you've got that fear of being unseen, that fear of not being good enough sometimes. So you overcompensate all the time. You understand? Because that self-love, that's not there. So, you're asking me whether you should go into a country that you don't know, you don't know the economy, you don't know the social dynamics of the people. Yes, they're all Portuguese bases, which means more or less the same kind of mindsets. But you don't have the fundamental set of the people that you can trust there yet, you understand? And because of that, I would say, no, don't go into partnerships as yet. You've always been the kind of guy that could think for yourself, that could focus on yourself, to truly motivate, especially somebody from a European descent, if I put a carrot in front of you and I make you work and

I promise you, a profit sharing of 10, 20%, even 25%, I offer you a share of my profits if you create X, Y, and Z. You will always be motivated to create X, Y, and Z because that carrot is in front of you. But the miller I give you 25% shares of my company, you're going to turn around and tell me what to do because now you're a co owner. Do you understand? And that mindset, you've got to remember, especially someone like you that's very sensitive, they will take advantage of you. So, no, no partnerships. If you see an opportunity there to buy a business, buy it, get the right people involved, give them profit sharing if you want to, give them an incentive bonus system, if you want to, no problem. But motivate them in a way that can allow them to keep pushing themselves forward. Okay, okay, I understand. My main issue is that sometimes I see a lot of potential business, you know, but sometimes I look at the investment, the beginning investment, and sometimes it's, I don't know, it's like, I want to take a step longer or bigger than the legs, you know? But it's something that I say, okay, this is an investment that I know it's going to make money, but the capital at the beginning, it's more than I have, you know? This is why I talk about partnerships. For me, it's also about maybe if you scale the business properly, with the right scaling, I mean, you don't always have to start big. I mean, if I look at everything successful that you've created before, you know, everything's successful, that you've built in the past, you've always built it from the bottom up. I mean, the businesses that you've got investments and you've had people to come in and you went in, it fucked out, because the level of appreciation and the level of detailed focus is not the same. You see, what I like about Pedro is that Pedro, you're very meticulous. You've got your way of building things and you've got your way of implementing your systems and things. And for you to just go in big wall of a sudden, the systems are not there and you're going to drown very fast. I know this sounds ugly, but you get two types of big businessmen, you get big businessmen that can take over big corporate companies and they can turn around and run with it. That's not you. You're a feeler. You feel too much. And a person that feels takes a concept an idea, identifies a problem, see if it works, and they scale themselves up, you will achieve more success in five year running than what you would in two years of new business. I promise you, no, you would so much more success because it will be steady, yours, focussed, and you'll know how to push forward. Why am I okay with you leaving your business behind your Zambi implementing the systems and moving forward? Because you know that business inside and out, because you built this from the bottom up, you know that business inside and out, you know where the guys can steal money from, how they can move fuel from you. You know every single part of it, so you know what systems to put into place and what to look for, to take it forward. You've built it with your energy. So now with the next business, you want the same thing, where if you just bought some rich guy's big business and you had to give it over again, they'll walk all of you. I understand main issue even if I rich, the 80s, what it is, I know that I will get the sharpest shock. 100%. You will definitely. 100% you will. They will take advantage of you all the way. I agree. You're okay? Uh, just another issue that I would like to. It's not for me, myself, it's from my kids. Do you. Can you tell me anything? about, because of the oldest one, the girl, is looking at the moment like a, I don't know, I cannot watch. I try to push her to get like a business, but she's not, like a. an interpre, you know? She's not. She's like model of a st job, steady by check, goes there. And I'm, I don't know, I'm a little bit.. Where's she staying now? She's in Portugal. In Portugal. What work does she do now? She a dental facility. Very nice gold, though, I must be honest. Very, very nice go. Are you sure it's your child and she's she's decent, man? I'm't, I'm joking, man. Now, like I said, she's she's a very nice girl. I like her. She's good energy, good heart, very, very clever girl. Not stupider. She's really not stupid. But she's not ready yet,. She's really not ready yet. If you give her a business now,

it's going to break her confidence. It's going to destroy her confidence. If you had to tell me that you want to get her more involved with arts and crafts and something creative, I'd say, go for it, you know? But for her to start a little business entrepreneurship, something like that, forget it, if it's not going to work, she's going to burn out so fast. She's the kind of girl that will only mature financially in her late 20s, early 30s. I'm talking about 32, 33. That's when they'll wake up and they'll start wanting to do business, okay? In the meantime, let her discover her authenticity, let her discover her personality and let her discover who she wants to be, okay? I like the job that she's got. She's learning a lot, she's learning people's skills, she's learning interactive skills there, and she's pushing forward. If you saw adamant at securing her future, go work harder, go make money, buy her properties that she can rent out and she can manage your rental incomes for you as a sideline project to learn more about business on the side, to do your administration and stuff like that. Perfect. I like it. She's got the energy for that. But for you to start a business for her now, it's going to set her up for failure. Okay. There's nothing wrong with her. Some people just takes longer to shine. KFC was only started as a man in his 60s, you know, before he made success. You know what I'm saying? Everybody will shine when the time is right for them to shine. conditions.. I'm proud about him because he Moz where he was like, sheltered, you know, by special by the mother, but now he's in Portugal, he's finishing high school and trying to get into university. I don't know if he's going to get in the university this year, but he has a lot of. That guy's got big, man. He's got big balls this boy, you know? Very cocky, very popular. Kids like him. People like him a lot, hardworking, he knows what he wants, good business mind, good energy mind, knows how to push himself, you know? A little bit insecure. I can see there's a goal that upset him a little bit. There's a goal that makes him a bit confused, you know? Nothing too serious, you know? But I'm telling you, Pedro, there's nothing to worry about with your child, nothing, nothing to worry about with him. He's got good energy, good businessman, good mind for energy, good mind for business, and the two of you are still going to have a very, very strong relationship one day, you know, give a time, letting develop, but the two of you will get closer. Make sure that you phone him every now and then. Make sure that you connect and interact with him every now and then. It will go much easier from there, all right? Things will definitely run faster and smoother from there. It will definitely run easier from there, okay? But I guarantee you now, it's a very nice boy, very good boy, good smart energy, very good power there. There's nothing wrong with him there at all, okay? Everything's going to work out very nicely from there. Don't stress too much. Okay. Now it's a good boy, this one, really, really good boy, this one. I like him. Nice to hear that. I don't know, I don't have any specific regarding the r of the family. I think it's the type of the time where everything is more or less settled, so it's those are my main servants, you know? I see. I don't know. I'm telling you know, my brother, for me, you moving overseas, you going there to your wife, it is absolutely the best thing that you could ever do for yourself. It's going to be fantastic, it's going to be fun, you're going to enjoy it there, and it's time for you and your wife to learn to love each other again, you know, to learn to reconnect with each other again, to understand one another again, and to find that ability to truly to truly love each other, you know, to truly connect with each other again, you know, I think it's going to be the best, best, best thing that you could ever do for yourself, you know? The important thing is, I need you to stay positive, I need you to stay focussed. I need you to keep focussed on that ability and agility of letting your light shine again, letting your creative power flourish again in order to say, This is my moment to be alive, this is my moment to shine. I deserve to be happy again, you know? And understand that, you know what? You don't not even halfway through your life yet. So let's make life happen again. My brother, you are doing fine. The only two things I

see as a concern, I need to be able to create routine, focus on routine, change up your routine a little bit more. Number two, I need to eat more fibre. Your diet is fucked up, okay? You eat too much shit, you don't eat enough green stuff, I need more vegetables, I need a little bit more fibre just to be able to balance out the stomach. Okay, okay. I do so, I will do so. 100%. Thank you. Let me know how it goes. Send me photos of the beach. Okay, we'll do we'll do. I'm gonna send you. Okay Louis

. How's Joanne? Hi, Jo, How are you? Fantastic fuck on Conflair. How's life been treating you good? Yeah, I, you not? It's okay. We're doing okay. Are we doing okay? We' alive, right? We're doing it. Dude, that sounds absolutely fucked up, eh. I'm sorry, dude. That really sounds like shit, man. It's. It's beautiful, and just trying to figure out a few things. like regarding work and stuff like that. It's just a few complications that we need to overcome within ourselves, that's all, you know? It's like always of people, you know, this life that we are living today, it's a beautiful life. I mean, we all know exactly who we are, we know what we are, we grateful for what we've got. We're grateful for who we are as individuals. You know, our divinity, our consciousness, that great master self within us, we know exactly who we are, but my God, this fucking head of ours, right? It just interferes all the time. I call it Tico and Teco, you know, there's two little mind fucks, you know, that keeps on interfering, that keeps on interfering and trying to tell us who and what we're supposed to be sometimes, you know? We've got this fear of materialism, as if we don't deserve it, as if we don't allow our finances, our realities to sink into who we are, you know what I'm saying? And it's this game that we're always playing with survival, and I think a lot of it's got to do with our own personal programming within ourselves, about how we've been programmed to always feel guilty the minute we focus on ourselves. We always feel guilty, the minute we want to be alive, you know? So we end up bargaining with the universe, you know? We end up bargaining with God, that you know what? But I've been a good person, so therefore I deserve X, y and Z. Yeah, but if I keep on meditating, I'm going to be manifesting better. If I have a certain mindset, I'm going to, and it becomes this mind game, it becomes this debate of sorts, you know, how we bargain with the universe, you know? And how always tell people is that we need to understand one thing, is that the universe doesn't work over budget. We've got budgets, we work on budget constraints, but the universe doesn't. The universe simply responds to who we are. It doesn't react to us. It doesn't owe us anything. It simply responds to the who that we are, not the what that we want. The universe can't give a fuck about what you want. It cares about the who that you are. So my question is always, then you know what? I meant to a lot of these big business guys, a lot of these big ego guys, and a lot of these assholes, and I help them and focus them and you know what? They drink their asses off, smoke weed from the morning to the night time. They assholes, complete narcissists. Why are they so successful? And here I am this good Hamm cheese and tomato, woo woo spiritual asshole that's struggling to get along. You know what I mean? do I understand. And you know what? The answer is very simple. The answer is very simple. It's called positive entitlement. Do you know what positive entitlement is, Joe? You see Entitlement is one of the most powerful things that a person can learn in life. You know, there's a few egotistical

concepts, as I call them. I call it to go from poison to power, you know? And it's about understanding the relation of conditioning of the mind.. People ask me, yes, but entitlement is a terrible thing, and I tell them, no, it's not. The most entitled people in our past was people like Buddha, Inoch, rampa, rampa. Jesus was the most entitled man ever. And they would look at me like, "What the fuck?" And I'm like, "It's simple. Imagine standing up in front of a crowd of 100,000 people, looking them all dead in the eyes and telling them that you are all wrong, you're all stupid, through me and only through me will you find the path to God. Dude, I'm cocky, and I won't be able to do that. That takes some serious balls, man. That takes some serious entitlement, but it's not entitlement, Joanne. It's a right to exist. It's something that we don't have. You see, we've been brought up with this whole mindset of forbearance, you know, where you've got to give an order for society to be okay. It's about how much you give back to the world. It's about your ability to sacrifice yourself, you know, crawl on your knees and beat yourself with a whip all in the name of praising something, you know? You've got to meditate in the fucking frozen fields at four o'clock in the morning and completely freeze your testicles off so that you can find the enlightenment, you know? We create all these conditions for ourselves as points of bargaining with the universe, because how dare I achieve something if I don't suffer for it? How dare I become something because I'm grateful for what I've got. Fuck off, I'm not. I deserve more, I will have more, therefore I will create more. No, no, no, I'm grateful for what I've got. I'm telling the universe. Listen to you, dude, I'm happy with what I've got. Please don't give me my dreams. I'm okay. So, yes, there's a fine line between being grateful and being self sabotaging. And it's that line that we've got to learn to understand. And I am spiritual coaches and teachers and people that help people every single day of our lives, we always fall into that trap because we're so badly want to make a difference in this world. We want to have our mark, we also want to create our legacies, we want to be able to push as much as what we can. But at the same time, we don't want to lose ourselves with ego, we don't want to lose ourselves with our ugliness, you know? We want to keep the purity of self. the way I describe it to myself always is that if I've got this big bowl of glass crystal glass water with this purest of clean water and I take one of my daughter's a glitter and I throw it inside and it's got all these cute little sparkles and wow, that for me, is what appears for it looks like, you know? That for me is what it feels like when I do my work and I do my spirituality and I do my meditations and I do my focussing and I go for my walks and it's awesome. And then every time somebody asks me about money or every time ego gets involved, it's like me taking a little bit of black dye ink and I just throw a blob inside. The whole ball just discolours. You know what I mean? And that's exactly what ego is, but then I realise that we've misunderstood ego, we've misunderstood entitlement. Because without ego, I wouldn't be able to get onto a platform and teach. Without ego, I wouldn't be able to pick up the phone and phone Joanne who was like, "Oh my God, I'm speaking to Joe, and I'll be too scared to you. I'll be too embarrassed to. I'll be too emotional to. You know what I mean? I understand. So it's about understanding that everything in life is exactly that balance. We have the masculine and the feminine energies, like you know. And with everything in life, we've got a negative energy and a positive energy. Too much positive energy and it's a bad thing, too much positive energy. I'm a narcissist, I think I'm God's gift to mankind, I've got this whole ego thing about me, which is not good. Too little ego, and I become fear of being unseen, fear of not being good enough, fear of not achieving enough, I've got the self criticism, the self doubt, I always struggle to get out of this anxiety place, always struggle to get out of this place of not being this. So therefore I just quit and I give up. So ego needs to find that fine tuned balance to always be that crystal clear water. so that we can find that balance. The same thing goes with enlightenment, entitlement. We need a level

of balance between knowing and understanding your value, having faith and belief that I will be provided for, you've been in America for how long now and you've made it work. How many months has there been that oh my God, I I'm going to feed the kid. I don't know how the fuck I'm going to pay my electricity. I don't know how I'm going to survive. But yet for some reason, you pulled it out of your ass and you made it happen. So that lack of faith is causing me to overstress and then oversteering is causing me to attract even more negativity and and it's the spiral that I'm stuck in mentally about financially. I know I'm going to be okay, I just don't believe it. So therefore, I stress about it so that I can create it, right?. And it's finding that balance, which is so tough, AJ. So I remember about, I was about 20 odd years old, I can't even remember when and I got called out to a farm out in Lenburg, you know, down in Sunnyny off, proper northwest Afrikaans, Dutchville, you know, the proper thing I agree to my little van and I go down there to this place and we go there and see these guys and was awesome. They all want to see this prophet guy, you know, and you know, they're very hardcore Christians, you know, and first of all, we're going I got there the first time there was this big massive white cross, right? And the guys were literally standing there, wanting to see who's this guy that does the devil's work, you know? And I'm like, don't worry, boys, let's just check, you know, and we go in there and we talk, and after a couple of hours did I've got them wrapped around my pinky and it's fantastic, you know. Long story short, a couple of hours later, the one main guy, Uncle Billy, he's this multip Villooner, this massive maze farmer. He invites me to go to his farm, to speak to Ten ofese colleagues, you know? And I'm like, sure, you no problem I'll be there, I'll go there. member the old guys? So here's these tenach guys sitting there. Around this fire and the one we to teach them about how to pray properly. I'm teaching them meditation and focussing, right? So I'm teaching them proper prayer. So it's all about intentions and focussing and the word manifestation comes up. And the one guy tunes me, don't come to me with an avy, fairy cock. That stuff is bullshit, man. And I'm like, what makes you think that it's bullshit? Because you don't know how to believe in I tell you, it's very simple. If you pray to God and you tell God, please God, teach me patience, what is God going to give you? Patience? Or is it going to give you 10 people to piss you off so that you can learn patience? I told him, you own a farm. If you go outside there and you plant Milly's, what are you going to get? You're going to get maize that's gonna grow there. You're not going to get strawberries growing in a maze field. Your intentions of what you set becomes the frequency that gets permeated from you that becomes the reality you create. And we carry on for like a half an hour discussion about the power of manifestation and the power of visualisation and focussing. And the one guy gets up there, yop in and he looks at me like this and he says, well, herees with what I'm saying and it's nice and it's awesome, but fuck that shit, man. I don't know what do you mean, yopping? He's like, "W, look at Villilly over there. We've got the same size farm. Villilly just bought himself a brand new bell helicopter worth \$2 million. I can't even afford to pay attention. I can't even buy a new tractor. We're doing the same thing, we're planting the same fuels, we've got the same rainfalls. Why is he more successful than what I am? And I looked at him like this, and I told him, well, I'm really going to push you off now, because uncle really deserves it, and you don't. Jesus, this guy's fucking face dropped. He's like, what do you mean he deserves a and I don't? Why don't I deserve it? I work harder than him." Tell him exactly. You work harder than him, you believe you need to sacrifice more. You believe that you've got a point to prove Billy doesn't. Fine. V looks at me like this and he smiles and I tell him, what is your big secret? Tell me. As when he stands and he rubs his little goatee like that, and he gets up and in Afrikaan's proper old school, he says, the, he tells me, you know? He has a right to exist.. I'm like, what do you mean? And he says, "Well,

my great grandfather taught my grandfather that taught my father, that me as an African man, the only thing I have, I have a right to exist. I have a right to be wealthy, a right to be happy, a right to run my farm, I have a right to be a businessman and a community leader, and that's why I will always be successful because it's my right to.. And you know what? I believe it's not entitlement. It is the law of allowance. Because if I allow me to be the real me with my smile and my love and my passion, I'm not praying to God to teach me how to make money anymore. Because the more I pray to God to teach me to make money, the more shit's going to happen so that I need to learn to make money so that I can fix it. It's what I'm manifesting. If I keep on manifesting to learn patients, I'm going to get people to pisse me off. If I keep on focussing that I need to get out of this financial shit, I'm going to keep on getting financial shirts so that I can learn to get out of it. It's what I'm attracting., I' The universe doesn't happen to you. It happens from you. You see, Uncle Billy, there' guy is people with entitlement, people with ego, they have their conscious belief that they have a worth. They have a divine right within them to be who they are, and therefore they manifest and attract it that way. Right. We believe we have a divine right to suffer and to sacrifice and to give everything we have to everybody else, and that's exactly what we are doing. It is not a universe problem, it is a program problem. The universe knows that it's abundant, and those abundances are available to all of us all the time. But until we change that preconditioned mindset of understanding our value, our right to exist, we always going to be proving that we have a right to exist. We always proving to people that we're good enough to teach, we' good enough to talk. We're good enough to help. We're good enough to. I know I am. I'll show you I am. You've already lost it right there because you're trying to show. It is a what you do, not a who you are. And when something comes from what you are, an external version of yourself, it is a consequence. And when you live out of a consequence, the reason for the consequence doesn't exist. There's no court to it. But if your core is the reason, the consequence would already be manifested. Right. So it's not about even changing my mindset or changing my attitude or changing my frequency now. It's about smiling, owning, and saying, it's fuck them all. I'm joking. But it's about owning that power of self. And knowing that I have a right to exist. And when we own that right to exist, that's where everything starts moving forward. I love that, you. That makes a lot of sense, B sense, I understand exactly what you're saying. Yep, I get it.. Yeah, yeah, I understand. Exactly. It's like. It is. It's the old way. It's through stepmaos and through. Repent, bitch, repent. repentance and proving I understand what you saying because I do I understand what you say. And yeah. And I had a big fight with my grandmother. I had such a messive fight with my grandmother, because she was the biggest catalyst of my issue when I was going through it. Every single time I wanted to do some Yeah, but it's not you, it's the universe. Fuck you, it's not, it's me. I've got to get the balls to get onto that fucking stage, not the universe. The universe is already there.. And the minute I snapped out of that, I had the ability to leave the farm. I had the ability to break away from the hospice mentality, the charity mentality, the let's give and serve the world mentality, which is amazing. I love serving the world. But I managed to find my own personal value. That's why I live in a sixth bedroom house today, not because I've got an ego, but because I have the right to it, I have two offices in my house. I have to work here, I've got a sury in my house. I live in a golf course, because I have the right to exist, not because I've got too much money, I still fucking shit myself every month for money, but I have the right to be where I am. Self in love, Joanne. That's the most important thing. I've got to love myself not out of pity, because that's the problem that I realised is that most of now, I love me. It's like a self pity love me, you know? It's like a self pity, kind of like I'm making up for it. It is. You know, it's like I had a

session with a group. When was there? A couple of months ago? There was this whole group post- trauma group and they' from the diabetics Association or some shit like that. I couldn't even remember. And they were sitting there wonderful people and like, oh, yeah, you know what? And I can see. They've done self awareness courses, they've done deepbriefing, they focussed, they've detached their past, they've done fireb ceremonies where they wrote to fuck you, and think you letters and all that kind of a bullshit, you know. And they've dealt with their past, you know? And I told them, you've literally become addicted to transformation. Yeah, yeah, yeah. And I'm like, what do you mean? And I tell them, "You are addicted to the whole thing about, " I have let go of my past, and I am transforming. You're so busy transforming that you're not moving nowhere. You're standing still. It's like, I always teach people about the cocoon, you know, the butterfly. The most difficult part of a worm becoming a butterfly is not making the cocoon. The cocoon is the place where we need to have introspection, we need to destroy, not destroy, we need to re understand the old self in order for those old shadows to help us transform ourselves into the becomingness of this beautiful butterfly that we are. And once you've become that butterfly, wow, you know, that freedom, that power, that essence, and to be able to look back and say, yeah, but that's what I've dealt with. That's where I come from. That is who we are, that butterfly stands there on their little perch, you know, where the winds in the sun, and it's so glorious, but it's still fucking got it's one foot stuck in the cocoon and the more the sun keeps on rising, the more he's looking at the worm he was that he never lets go of the bloody cocoon. And he's so busy being stuck in that cocoon that that's where he dies. You know what I mean? We never burned the cocoon down. We never burn away the cocoon and sell ourselves free to fly off. Right now. That's where we start. I understand it. I understand much. Yeah, it's true. get a satisfaction and fment from like doing the work, posting. But I'm saying that would say get stuck there and yeah, it's time time to let go of time to fly, time to enjoy the freedom. 100%, because you have the right to be free. You have the right to be where you are now. You are trying to prove yourself financially and corporately successful enough when you've already been at for the last decade. What the fuck are you trying to improve to yourself? You've just got to stop resisting yourself and think outside the box. Right. Well, that's the thing that I'm you know, when I when I' where I like, I just don't know which way to step. I know that there's, like, a new. I of offering, but I just don't know.. I want to stop you right there. I'm gonna stop you right there. You're already fucked it up six, love. Okay, me. Yeah. Number one, all right? Not knowing what I'm feeling. Not being truthful to what I want. Not owing it. Dude, I want to make a million dollars. Fuck that. That's what I want to make. I want to make a million dollars. Own it. Number two, the uncertainty of trying to understand it. Okay, but I know that there's a new phase of teaching. There isn't a new phase of teaching. It's never changed. There will never be a new phase or an old phase. Teaching is teaching, Pa. Style is a style the way to teach. But the platform's already been there. The platform was there forever. You just never allowed yourself to partake in those other platforms, to go for corporate, to go for one on once, to go more group sessions, you've never allowed yourself to be a part of it because of fear of being unseen, fear of maybe, I don't know, I'd say, yeah, fear of unseeingness. You know, that fear of unseeingness is a motherfucker. You know that fear of being unseen, right? It's that.. You don't have this problem, but the way I can explain it is like, you know, when you introduce yourself to somebody and you're like, wow, what a connection. It's awesome. And then two days later, they come again and you're like, hi. And they're like, who are you again? Your motherfucker.. You know? It's like, Jesus, dude, I fucking ate that. I swear I' punch the guy, you know? It's that and I'm not worth being seen. It's that smile, when I look in the mirror and I'm smiling and I'm like, why are you smiling? It's

not your smile, that smile is a fake smile. You're putting on that smile because you want to make people know who you are. You are busy being so fucking fearful that you're creating that essence. Like I said, it's not you, but understand the concept of it, okay? Fear of being unseen, it's very simple. It's where. She's Joanne. She's strong, she's beautiful, she's successful, she's got this light, this energy, this vibrance, she's got this goddess like frequency that is ready to change the world. And she's so fucking scared before she gets onto stage, nervous, uncertain, but you know what? She doesn't give a power when she gets up. And when she gets on there, she smiles, she focusses, she bounces, and boom, it's there. You must there. You've aced that.. And then you go home tonight and they're like, F, what if I can't do it next week again? Yeah. What if I can't maintain this? What if I'm not gonna be financially looked after emotionally looked up? What if What if I can't keep it up? What if I'm seen and then I become unseen? What if I can't have their ability to push through with it? So you know what? I'm just going to create humbleness and I'm just I'm gonna let the universe give it to me when I need to get it. I put sugar on shit to make myself feel comfortable. Now I'm convincing myself that I'm just being humble, and I'm just taking it as it comes. But in the meantime, I'm being so scared of being unseen and not worthy of recreating and reproducing, because I've added my value to success, whether it's financial, whether it's reaching people, whether it's helping people. It makes no difference. My success comes from an outside, and what's it, some acknowledgement, you know? Yeah, an outside exchange or an acknowledgement of value, not from an internalised value of who I am just showing up regardless, you know? And it creates that unseemess, that fear that's there. The platforms that you want to start now isn't a platform that doesn't exist yet. Those platforms are already there, you just haven't participated within those fields. So it's nothing new that you need to start. So your focus should not be about, I'm going to try something new, because the first thing that happens is subconsciously, I'm going to start something new. I'm stepping out of my comfort zone, because my old comf' don't support me anymore, and I'm looking for something new, which means the value that I have is not worthy, I need to find different values out there. The mindset should rather be, I am expanding my frequencies to allow energies and allow opportunities from other existing and non existing platforms to be a part of my reality now. Because if I change the way I prompt my mind, the vibrational frequency of my body will respond in a different manner. When you do kiology and when you do reflexology on people, what is it that we actually do? You're prompting them. You're teaching them different belief structures and belief ways within self. We're not going to teach them business coaching or I hope somebody build their business. The first thing you do is you reprpt the functionality of that specific shop or business or whatever, same stuff, same everything, but everything just works. When you go and bless somebody's house, what do you do? You reprompting the image. I'm just shifting the energyies, putting new frequency inside and, boom, it creates this freedom. We need to constantly reprompt who we are. People like myself and yourself, we are incredibly sensitive. So it takes a lot of mental prompting to be able to feel again, because when we feel, we don't think, but the problem is when we don't think, we fear that we don't feel. And it becomes this speed wobble, you know? So it's about allowing yourself to open up and just learning to say, hold my beer. Fuck it. Fake it till you make it, literally. Fake it till you make it. Why limit yourself about limit yourself to trying to find a new opportunity or a new field? Simply allow your frequency to open up so that any field available will be attracted to you and your reality. The minute you open that preconditioned consciousness, you get rid of the limitations of allowance. Well, I can understand what I really love that. So I I understand what you're saying. Stop trying to figure it. because I have, actually, but then I keep thinking, and then, you know, the financial

thing keeps on, like, coming up in my face, and I'm like, okay, I have to I need to do something. But I know what you're saying, but I have to do is open up to allow the frequency, allow the opportunities to come to me and just work on opening up my frequency and not being up, thinking about, where's the money?. Who is the magic? Joanne's the magic, right? Joanne's the magic. You the reason for it. I mean, I was all those, I was about 10, 12 years old, and I was standing on the platform the first time and I'm like, You're nervous about the platform. And my dad smacks me against my head. You' my dad, you know a fucking rip. And you smack me against the head, hey, people are already here because I want to hear you speaking. They don't here to see what your clothes look like. They're not yet to see your hairstyle. Fuck the hairstyle. Fuck the clothes, ba. They' year to hear you speak. They've already come here. So what are you worried about? Just fucking talk, man. We were still there at Randburg, and it was this. There must have been about 400 people there, you know? And it ended up being an amazing performance that we put out there that day, you know? Ama. Because we just we just showed up. Open up. We just showed up. Most guys will tell you, the more they tried to make money, the more they failed. It was at the moment of giving up the things started happening. Right. When we struggled to have our first pregnancy, how many met that we do nine in vitros, right? Me and Michelle's. She had a session.. She had a session with you, right? And that session with you was phenomenal. She loved it. It gave her just a different perspective, just a different fuck it, no, I'm okay. Gave her the ability to breathe. We wait, We took the last savings we had, we booked a holiday to Mauritius, right? And we're like, letet's go, dude. We booked our holiday to Mauritius and we went there and it was amazing. Amazing. We came back in Shiffar pregnant, well, Vo, of course, but we still say it was our baby moon. You know what I mean? Because we chose to change the frequency. We chose to change the belief structure around it. China needs to do for her business. It's very simple. There's no magic formula. There's no big business plan. There's simply her, stop living here, and just showing up. You wanted to do your own YouTube channel. You wanted to do your own podcasts before. Did, why do it formally? Why build a business? Why not just pick up your fucking laptop and start recording a nice session about whatever you want to talk about and put it on. You're going to get to the point where I'm gonna get out of my mind and I'm just going to get shit done. You know what I mean? Stop thinking about it. Just get things done. I was with the guy, when was it, last year, October, last year. And this guy's got about 150 retail stores, doing incredibly well. And fuck, he's ballsy, this guy. Dude, you understand? He's ballsy. Cashler is fuck, he's got no money, you know? But he bullshits himself so well into becoming different. So we're talking and everything's going well and this day in particular, we were driving out there, close to Hobot in San. And we're driving past there and there's this available site on a corner, beautiful site. And he's like, F, dude, a shop here would look nice. And I'm like, it would! But do you have the money for it's like, fuck no. I mean, he's got like 200 million worth of debt. Nobody's going to look at him And he's like, well, I already owe Abs a \$90 million, what's it going to be another 10 bar? He follows the landlord right there. We're standing there, and he phones the says, "Len here, come here, I want to talk to you, but now, dude, was maybe an hour. The landlord was there. We sat there, we work at out, discuss everything else. The next morning, they started breaking walls down and started putting up the shop. He founded the bank and told him, "I want to open up a new shop. The bank said, "There's no fucking way." He says, O, I'll call you next week. Next week, 10 days later, the shop was ready to open. He borrowed stock from all the other suppliers, put stock inside the shop. We found Abs and said, Listen, I'm opening the doors. I need you to pay the guys now." And Abs, I' we can't pay the guys. We did it in approve. Like, "Well, either you close my entire business or you

approved \$1 million rands law." 48 hours later, everybody was paid. Do you understand what I'm getting? And I thought to myself, "You fucking arrogant cunt." And he looked at me and he's like, "I'm not arrogant. I know what I want, and I'll fight for it." Right. So that got me thinking. Okay, so, what are you fighting for? You see, the difference between a choice and a decision. It's very, very simple. Without a decision, you can't make a choice. But without a choice, a decision is nothing more than just an imaginative want, okay? So an imaginative want is nothing more than just a desire. Desire coming from French, which means of the Father, God consciousness, a point of focus. So if I'm putting into the GPS, I want to go down to the coast. Great, you've got a destiny. It's not your. Sorry, you've got a destination, not your destiny. You've got a destination of where you want to be. The journey of how you drive your vehicle down towards the coast depends how the destination will play out. So you've made the decision. I'm going to get to Durban, right? I'm going to get to the coast, I'm going to drive down there, I'm gonna make it happen. Awesome. What choices do we make on the way there? If I get out of my state and I just turn left and I keep on turning left, I'm going to end up in Durban. I'm not going to end up on the ocean. I'm going to end up being stuck exactly where I am now. But if I make the right choices that's going to support the decisions that I've made, the decision is not just a goal anymore, it becomes an eventuality. Now I know I've got to get to Durban. Now, if I want to get to Durban in the right mindset, I've got to choose what is my observation like? I can choose to see all the bottles, the squatterums, the negativity, all the bullshit that they're in life, and by the time I get down there, I'm going to be so fucking irritated that I just want to go for a nap. Or I could see the mountains, the joyfulness, the chirpiness. And by the time I get to the ocean, I'm going to have a ball of a time. I can't wait to bolt sandcoles.. Every choice needs to support a decision. Okay? Make it easier, let's go a step further, all right? If we go to a restaurant, right, me and Joe, I take you for lunch. And I said, "L, Joe, let's go for lunch, right? We go, we sit down, all lacker funky, and the waiter comes and brings us this nice, beautiful menu, right? You know what's the biggest problem with people, Tr? They'll take that menu and they'll page through it like it's a bloody magazine, you know, because it through the pages and they go through the pages and eventually they just put it down and like, so what are you guys gonna have? They don't know what the fuck they want anymore. People don't know what they want. We're so busy trying to be worried about shit but should I eat that? Maybe I'm too fat, but maybe I'm too skinny. Maybe they're gonna think I'm a bigger for order something that's too expensive or something that's too cheap or something that's do. All these to and deck was going crazy into our minds. We can't even decide what the fuck we want to eat. eat, yeah. So we just put the menu down and we see what everybody else is gonna have.. You know what I mean? Yeah. I do what you mean, yeah. But now let's say, for example, before you go to the restaurant, the doctors tell you that you're a stage one diabetes, you're gonna die of sugar dietics, you need to go on a die at high fibre, you need to eat, right, blah, blah, blah, blah. And you've made a decision to understand that your health is the most valuable thing that you have. Nothing in life is more valuable than your health, not people's comments, not people's reactions, nothing. You walk into that same restaurant. The waiter brings the menu with you. Pizza Rosle. Which one do you pick? How difficult is it for you to choose something out of the menu if you know what you value? Right, I understand. You see, if we don't have a value, if we don't have something to fight for, we'll never be able to make a choice, which means if we don't make a choice, we can't support a decision. So I'm making a decision, I'm going to get money. Great. Awesome decision. How are you going to support that? By making the right choices now, I'm just going to wait and see it because I'm humble and I'm grateful for what I've got. The universe is going to tell you to go, fuck

yourself. You're going to end up in fucking Cape Town instead of Durban. Right. You going to throw me? So, I got to first understand what is the most valuable part about me, what is it that gives me true value? Yeah. Where does my value come from? You see, if I give you a candle, H, I give you this beautiful candle, and I like the candle for you. What is the most valuable thing to a candle? Not about the candle. What is the most valuable thing to a candle? A lot. No, the light is its consequence. Fuck, the light doesn't even exist. The lighter, a match. You see, that's your problem in life. You're so focussed on the fucking candle itself that you forget about what I'm telling you. I'm telling you, what is the most valuable thing to a candle? Not about a candle. And yes, let's go to the candle. You're telling me that the most valuable thing for a candle is the stalk, the light, the energy. No, it's not. Because the flame itself is a consequence. It does not exist. Listen, it's a consequence. It's not real.. You're telling me the spark is important. What the fuck are you going to light? I mean, I can throw sparks all over the area. I'm not gonna get a flame. Right. So what is the most valuable part of the candle, then? What is the most important part of the candle, then? The fuel, the wax, the passion, the power, that that essence that gives it its fuel, that is so cool. Now imagine I give you this bowl of wax. What do you have? A fucking bowl of wax. That's it. You've got potential. Right. It's got potential, because wax is like the passion of life. It's the power, right? It's the fuel, the birds. But imagine me going to the bank tomorrow and saying, "Listen here, guys, I have a lot of potential. Borrow me a million dollars." They have me to go fuck myself. And let's say they give me by some miracle, they give me a million dollars. How am I gonna pay it back? In increments of potential? Potential on its own is nothing more than possibilities. We are living in a world full of opportunities and possibilities. We're not tapping into it. We're not. So it doesn't serve us to have potential and wax. It's important in its crucial, yes, but on its own, it's nothing more than just potential. Potential. Until you add a smaller thing called a wick. Do you know that little wick that you put inside the wax? You call it a conjit. A conduit is like a freeway, something that takes all that potential and puts along into one singular form and focus point, a point of focus, a conjit of knowledge, power, and energy now, I've got something to push all that energy inwards. So if I take that wick, which is the conjure, intention, let's call it intent, right? So now, if we've got intention and we combine fuel with that intention, do you know what we have, Najo? Potential. ornament. It's not a fucking flame. It's just an ornament. And it's just going to stand there. Here I am, look at me, I'm a fucking candle. Whoop de whoo, I can't do shit. But at least I've got direction in life. Right. And all of a sudden, we discover the one thing that makes us breathe. E, the spirituality, the consciousness of life around us, the awareness state, right? Now, if I take that awareness state, and I amalgamated around that candle, Dude, something's happening. It's got life. It's got soul, it's got passion. And then once that soul and that passion amalgivates all of a sudden, somebody comes with your favourite, the spark. We come with it enlightenment, we come with that spark, a point of ignition, a point of focus, that zero point field, the soul. Now we've got the four elements. We've got firewater wind and earth, right? We've got the physically emotional material and spiritual, the wax, the wick, the oxygen, and the spark. And when we take all those four elements and we combine them together at the perfect time, the consequence of those four elements is enlightenment or a light. When that light shines, it's not because of those four elements. It's instead of everything else. Instead of every single thing else uttered than those four elements finding the perfect balance, the four quadrants, the balance of self, you know this. When that balance comes together, the consequence is a great idea, a great thought, a great plan, a focus plan, enlightenment. That's just what's important. That's just the valuable part of the campbell, right? The question was, what is the most important thing to the candle? Being appreciative, I don't know, being appreciated is.

darkness. Darkness? Is he up with a little candle outside today in the sunshine, it ain't God fuck over. It's just this little ornamental thing flapping in the sun like saying, oh, my God, please, somebody see me. You know? Do you really think a camera gives a fuck about your intentions? I'm going to light the candle over there on my little shrine there' like, um you think that candle gives a fuck about my ambience in the room or my zero point focus field? The can that doesn't give a shit about my intentions, but it just wants to burn. You know what I mean? It's the value I give it that makes it powerful to me as an individual. But to him, I think I'll give a shit about whether you fucking Buddhist Buddha himself del liked him, you know what I mean? For him, he just wants to do it. That's all he wants to do. It's just exist in its own physical greatness. It just wants to shine. But tonight, when the sun goes down, when it gets dark and it gets cold and we get insecure and we feel vulnerable, oh, that's when magic happens. Because that's where that candle doesn't externalise itself when compared itself against the sun and compared itself against the Buddhist mon lighting it or anything else, that's that moment where that candra looks within itself and says, fuck, I'm genuinely scared. What the fuck? You know? It feels that cold for the first time, that uncertainty, that not knowing this, that, how the fuck am I gonna pay my balls? How am I gonna survive? It's that unknowingness within itself where it says, I think it's birthday for wind just comes and kills me right now, because what the fuck? You know? That smile that I've been giving to the world has no value anymore. It's just me and me. That's it. And at that moment, there's that little voice that says, "Stop looking at what you are. Stop looking at who you are. Because when you trust who you are, you will find value. And when you find that value inside who you are, yeah, that value opens up, and you're immediately see you. Oh, my God, but what a man, I'm glowing. And the more you focus on that value, you're not what you need to make and have. But that simple value inside, that value grows and it grows and it grows. And before you know it, I mean lightening. I'm light, I'm glowing, I'm hot, I'm warm, and before you know it, you don't destroy darkness, you have no right. Do we need darkness? You simply illuminate. You illuminate all that confusion that is stuck into our minds inside our conditions inside our energies, and we create light with it. and all that illumination just goes out. And who I am starts shining. That's when you realise what is the most valuable thing to a candle. It's not the light. It's the darkness. It's the consequence of who you become in spite of the darkness. So my question is, what is Jian's most valuable part? What is the most valuable thing about you? It's not your therapies, it's not your teachings, it's not your vibe. It's not even your essence. It's not even your spirit, because even that's fucking corruptible. It's your smile, Joe. It's Something as simple and stupid as your smile. What happens to you when you smile? Relax. relax. stop thinking. When you smile, you stop thinking. You stop over analysing, you stop trying to find a reason in everything, you stop trying to create wealth, create substance, to create fucking anything. You just want to say, I. When you smile, your mind switches off the whole new cortex just detaches, right? And do you know what happens when your mind detaches, J? You start feeling. You start feeling. There's this God consciousness, the I am, the observer, the true observer within the just aronowledges and that starts growing. And when that acknowledgement of groweth comes that instinct comes, that feeling comes and you put that feeling around you, you become the ego. Because you see an eagle doesn't run around the ground like a chicken looking for something to eat. That's where it gets all fucked up. A chicken knows it's eagle knows its value, not out of arrogance. but out of purpose. It detaches itself, and it becomes the observer. And when it becomes the observer, it can see where the rack is running. And when it sees where the rat is running, that's when it goes in and it grabs the rat. And when it grabs that rat, it doesn't sit there among the chickens and eat its meal. He knows his value. He'll

remove it. And on top of his perch, feeling focussed within himself, he will enjoy his meal. That's your totem. That's your spirit guide. That is your spirit focus, is to be the eagle. To detach, to refocus, to find that spiritual consciousness within yourself, to start observing you, your life, and just be in this. What is your mantra? Very simple. Just show up. In plain English, fuck it. Okay. Fuck it. Your mantra is to learn to show up. The more you try to figure it out, the more you put yourself in that corner. Okay, so now we know this psychology, there, we know this emotion, we know the spirituality behind it. Now, what the fuck was I actually do? Simple. Pick up your phone and start fucking recording yourself. Make a video, teach people our lives, start talking, smile. Because when you smile, you feel, when you feel, you teach, when you teach people and listen job. Yeah. You just don't put yourself out there anymore. I remember when I was about two years ago, you started making these videos on Facebook and stuff. Fuck, dude, they were amazing. They were brilliant. My wife couldn't wait to watch them. People couldn't wait to talk about them. Thanks, Oh, that's good. I still do my videos, but not as much. Not as much, once a fucking six months. Remember, your biggest problem is about marketing yourself. How are you going to market yourself? How are you going to express yourself physically to get your name out there if you don't expose yourself? YouTube channel, create a YouTube channel, create this smaller ring. Align yourself to from your YouTube channel, always taste it on X first. If something does well on X, it's going to do well on the other ones. If you put a shit video on X, it doesn't fuck up the algorithm. So your system still goes. You see, on Facebook, on Instagram, and those places, if you put a great video on it, awesome, but you put a bad video on it, they immediately flag you. So the next great video doesn't do well at all. Why? Because it takes an average between all your different videos. So always taste them out on X first, on Twitter. So if you taste it out on X first and see the performance on Twitter, if it does well, repost it to the rest. If it doesn't do well there, go change it first. Make it look pretty. You have to change that, number one. Number two, what is your brand? Do you have a brand identity, a brand focus, a name, a company? Do you see? Joanne Raders as a brand itself? Can you? Josie Ris? So Josie Raidus is my brand for my kneeling work and then of course, Drum Cafe is still, you know, a drum cafe is still going on, but we're trying to rebrand at the moment, actually. Like, we're trying to rebrand it as like, what we started doing now actually made me feel a lot. We are really upset and saying is, in our meeting yesterday, we sort of changing the bottom line to experiential keyn. So that's great for me, because I feel like I can do chill notes. You know, I can stand up and's like, it's not just team building playing the drums. It could be playing the drums, you could be dancing in the loola, you could be you have to dance. Just come to come, show up and and let me just share what I have to share. Dude, I absolutely love it. Let me share something. My company is called Company's called Vivicaints, right? The company's there, it's registered, everything's running and I've been doing it now for a while. So somebody asked me, why vivicinct? It's fucked up. And I told them, well, it's very simple. I believe that in life, we've got seven senses, not five senses. So obviously we've got smelling, tasting feelings there, and urine. great. Aw. The sixth sense is obviously spirituality, the six things, the quantum consciousness, right? Call it the fifth dimensional field. But then I believe there should be a seventh sense. Now, I don't do music, you know me. I don't dancing and that kind of shit. I'm too m it's too much for my brain to handle. I love drumming and I love sitting on my own, no proos, but I love feeling. I love feeling. If I sit with you guys and you do drumming and stuff, oh, fuck, that feeling is just magnificent. It's that vibrations that you feel. I call that feeling vividness, right? Yeah. That moment when you hold a baby for the first time, right? Yeah. Oh, there's that vividness in that. That moment when you make your first million bucks. There's that vividness in everything. You open a cup and you got \$10,000

lying there, and you're like, fuck yeah. You know? There's a vividness in that. You know what I'm saying? Yeah, there's vividness in life. So me, I call it the viver. And that's the whole key, is to find vivness. The vivid sex. I love that. So vivicent is exactly what you're trying to describe. But I need you to think outside the boxer. You see, you're training, you're coaching, you teaching, that will always be 30, 40% of your income, 30, 40% of your business. Be corporate deals. They will be one or two of them. It's not a problem. They'll keep you busy. It's going to be nice. It's going to be fun, you know? I don't see an issue with that. The drum cafe? I'm telling you now, you are sitting on a fucking gold mine. You just haven't tapped it. There's too many chefs, too many Indians, there's too many people trying to fucking all be. There's no leadership there. There's no one person to come in and say, listenen, shut the fuck up. This is how we're going to do it. This is how we're going to launch it. You guys are all good at business. You are great at survival. You're good at feeling, you're good at passionate, you're good at building, embracing, moving things forward. And I love that. You've got your brand registered, you've got your brand trademarked, you've got your brand completely controlled to how it needs to be. Now, get a fucking business person to build a business plan for you. Seriously? You look at some Tony Robbins, for example, right? That guy's worth homides. 1.2, 1.4 billion dollars, you know? What made him successful in this very interesting thing, I was about 22 years old when I heard him say this. He kept on saying as he was walking in New York City and he was doing business with a guy helping a client, but he had no fucking money, he couldn't pay attention., I' inside. No problems. I's, right? Don't worry, me too. I got one at one in two. All right, tell me, tell me he kept on saying is that he was busy with this guy that was in Wall Street. And this guy looked at him and said, Tony, you know what? You're an amazing motivate. You're an amazing inspirational guy, but you're a stupid fucking businessman. Get yourself a business manager.. And that's exactly what he did. You want one? How do the one? No, that's the question. Did you show up? I think you need to put it out there, show up, but start incorporating. Start taking it a bit serious. Start building a business plan so long formulated around the drum cafes. I still feel that your drumming cafes is going to be your golden ticket. I believe you're going to make millions out of your drum cafes. I really, really do. Yeah, you know, so we' just working now to change doing as we corn it rhythm at work, which is like one of our war, W, and it's still by drum Cafe and there's three of us that are working together, so hopefully it leas like it. Maybe we can collaborate together, yeah. We've already been collaborating pretty well for the last couple of liber to go. We've got to step it up, bro. We' the websites and all that now here I love that. Joe, I'm telling you know, you' drunk your face is going to be your growth point. I want to do drum caaffe, weekend workshops, seminars, people can come, it's going to work like crazy. I'm telling you, that is your key to really making money. It's going to be your drunken face. Your sessions, your private sessions, everything like that, it's all gonna go well, it's gonna go perfect, I've got no issue with that, you know. But I'm telling you know, your main focus point is going to be with the drum caafes. That is where you're going to make your money, that's where you're going to grow, that is where you're going to truly scale your business to the next level. Interesting, huh? Yeah, okay. Well, that's the confirmation. No, seriously, the raw, I like the raw RIW, I think it's quite cool, but it's still not the right one, Joe. Go with it, the raw is going to work, it's going to work fantastic, I love it. It looks nice, it's appealable, you can put it on shirts, you can put it everywhere, it looks great. I love it. But it's still not the right one. I don't know what it is. I keep on seeing purpose, I keep on seeing blues. We'll figure it out. You'll figure out something there, Jane. I know that by November this year, the drunk caafase is going to start having a proper, proper crow at it. Okay. Within the next two years, you're going to make more money in the drunk Caafé than what you've ever made in your

life. Okay. It's going to become a licensed brand that you can license and you can take people forward on it. All, I go. Okay. Well, that's. I just need to know that confirmation, and I hear what you're saying about allowing it in in the right to exist, the right to to shine, just showing up and doing the work. And I hear you, and are you right? Like my practice, 30, 40% of my work. And that's enough. It's more than enough, John.. I don't actually want more necessarily want more. It's going to take you away from you. I want to build my drum cafes, I want to make money out of the drum cafes, and I want to see my clients because it's my passion to see them, not because I need to survive to see them. Right, exactly. Okay, okay. Oh, my dear. You've got my number. Send me a WhatsApp if you need any. Please, let me know. No, well, okay, I love you so much. So I want to pay you, I tell you or what? No, it's fine. Don't worry. Take to my wife. Don't text to me. It's her job, not mine. I'll. Love you... Bye bye bye.

I'm sorry it's I thought I had I think the time. Oh, sorry, man, apologies. What's the time there? Seven. Oh, God. Seven. 7 a.m.. My phone. My bad, my bad, my bad. I apologise about that, Jenna. I' things growing? You good? How's life been? Oh, I'm good. I'm good.. That sounds good. Thank you. I'm fantastic for me. I've got no stress, no drama, life is good, making changes, lots of things happening in our country, things are moving forward. Well, not really, it's fucked up, but it's fine. We're having fun. Yeah, that'll be over in our house, so our new office. Having fun? It's not decorated yet. Oh, well done, man. Congratulations, B. It's so much fun, man, that is so good. And, um.. Oh, where do I begin? So, how's the business been? How's job?. My college work is ended weird, but I have to tell you ever since the summer started, I started to go., become part of a program that's helping me do my innovation. So they are a team, I have a coach, I have an innovator coach, and then we and I sent one grant, one million dollar grant already, and another one in two weeks for my research, so hopefully small team coming into. I have no doubt that it's going to come. I've got no doubt that it's going to manifest this stuff. I think it is the beginning of greater things. I think it's the beginning of a lot of higher development, a lot of higher achievements, a lot of things to be able to take you to the next level, to take you to the next focus point, you know what I mean? I think that you've got the light, you've got the power, you've got the vision inside yourself, which for me is awesome. I love that, you? And the way that you're learning to build a confidence is really, really a remarkable, you know? I think your biggest problem is still is those two little chipmunks, you know, Tiko and Teko, you, those two different thought plants inside my mind, you, where I've got the one that's convincing me that, no, I'm going to be fine, I'm doing a good thing, I'm on top, I'm doing the right work and then you've got the other one saying, yeah, right, you've got to fuck it up, man. It ain't going to happen, man. You know what I mean? And you've got these two dualities within yourself that constantly throw you from positive negative, positive negative, belief, nonbelief, believe nonbelief, you know? And I think a very, very big aspect that Jenna needs to work on is maybe try to understand the fear of being unseen, you know? Because you've got a lot of knowledge. I mean, you really do. I mean, you've got this beautiful spirit, this beautiful energy and it's definitely your karma to be able to achieve magnificency in life, to do great things in life, you know? And yes, sometimes it comes with a lot of fear, it comes with a lot of self doubt, it comes with a lot of uncertainty, you know, especially because there's a lot of people that's jealous, a lot of

people that doesn't always want to see us succeed, doesn't always want to see us move forward in life, you know, and you can feel that, you know what I mean? And you've always had this issue where you attracted people's eyes too many times, you know what I mean? And people communicating or commenting all the time, you know? And it's awesome. I don't have a problem with that, you know? But for me, I think the biggest problem, like I said, is it's overcoming that fear of being unseen, that fear of not being good enough, and I know I can do this. And I've got the knowledge, I've got the figure, I've got the focus, I've got the way to communicate, I've got the research, I've got the vision of what I want to build with myself. But what if I drop the ball? What if I just don't fucking get there? You know what I mean? And it's this shit, I know I can. Fuck that, man, I can't do this. I'm good enough. I've got, and then we buckle a little bit, you know? And it's that fear of unseeing this, that fear of not knowing, that fear of dropping the ball, that fear of not being good enough all the time, that that're constantly creates this caution. Now we can do one or two things. We can either allow it to make us so aware of what we are doing and when we are doing that we fine tune our strategy all the time, that we always find tuning who we are. The problem with that is that it takes away the instinct, because every single thing that Gemmas always done that's worked out, that's been a great success, has always been a point of instinctiveness, that gut feeling that you've trusted, that inner knowingness that kind of come out and you took the chances, you understand? So that internal doubt takes away your ability to think on your feet, that ability to trust your instincts with trying new things, being adaptive, especially with the research that you're doing, it takes a lot of instinctiveness with all the scientific knowledge, but there's a lot of instinct that needs to go along with it as well. And I feel that we need to get that instinct back in. We need to get that instincts incorporated into everything as well, you know? And I think once we get that instincts incorporated and get that instincts to balance out again, I think a lot of utos will open up. A lot of bigger opportunities will be able to come forward again. You understand? So that fear of the unseenness, it's kind of like, there is no positive point to it. The negative point, you know that feeling when you introduce yourself to somebody and you see them for the second time and you're going to like reintroduce yourself and they pretend they don't know you. Motherfuckers, I hate that feeling, right? It's where if they just don't see you, they just don't acknowledge you. You do all this great work and people don't see you for the work that is, oh, it's just you. It's fucking whatever, dude. You know? They play it off. They play off your knowledge your brilliant, you' an opportunity to truly make changes in life, you know? It's like they're not taking me serious and it's making me feel insecure neurotic and emotional. It's making me feel unseen. So I'm going to push even harder, I'm going to prove my point, I'm going to show you why I can be, and that's when I make mistakes. That's when I make fuckups. That's when I talk without thinking. That's when I react to situations instead of responding to them. So the fear of unseenness is truly the one thing that is the red flag at this moment. It's the one thing that I think Jenna needs to be aware of. She needs to be conscious of, because that fear of one seeing this can truly create a roadblock where I don't need one right now. And when you can learn to overcome that roadblock, you can learn to put that aside. That's where your doors will open up, that's where the new you can truly shine in again. Do you understand? Once we start shining from that point, things will falter on. Things will push on out, Th will truly fall into place much easier for you. Self trust, self knowingness, know what is your value, know what your values are, and learn to smile again. You're on the precipice of greatness, Jenna, you are busy developing something magnificent. Now you worrying about money? Do you really think the universe has a budget? Do you really think that the world, the universe out there, the great God consciousness, works on. Okay, but shit, we only can we spend so

much right now and we can only give. Dude, we create limitations. We work on budgets. We work on bargaining, whether like, but I've been a good person else and I deserve X, Y, and Z. Yeah, but I've been behaving, so then I need to get we are the ones that bargain with the universe. We're the ones that bargain with universities, research facilities, grant funders, finding money, we bargain with every fucking thing. Why? Don't you understand last I when I spoke to you, and I told you about the law of allowance? Allowing yourself the greatness, putting that allowance first, and you've been truly practising and I can see that, where you realise that you have a right to exist and you are fighting for that right. And the second part of fighting for the right to exist is stop bargaining. They go of the bargaining, they go of the bargaining with the universe, with the self, or the mind, with emotions, with your husband, with everybody. We fucking bargained with everything else. Yeah, but if I do this, well, I'm going to get Y and Z, you know? Bullshit, I deserve Y and that's so I'm going to fight for it, and I deserve it. You got to adapt that mindset of deservingness. The difference between the 5% fantastic successful, wealthy creative, geniuses in the world and the 95% of people out there in the world. It's positive entitlement. Is a positive entitlement is a very important lesson to learn in life. If you look at people that's very wealthy, people that's very successful, they all believe they are God's gift to mankind, you know? Which is arrogant and it's narcissistic, and it's not something we want to achieve, I get that, okay? However, they always creates success. Why? They look at a piece of shit and it turns to gold. Why is there? Because they believe the value that is within them. Their don't bargain, that value. They have belief in it. They have that level of entitlement to say, "This is what I deserve, this is what I can be." Now, imagine if we can take that level of entitlement, and we can remove the ego from it. Imagine we remove the ego from it and we replace it with that smile that love that grace, that value of Una really is. You're gonna be left of magnificence. And you can argue with me, yeah, but, you know what? We don't want to be that type of person, we don't want to. I mean, entitlement is a cock thing to heaven. And then I'll turn it on and say, yeah, but if people like Jesus wasn't entitled, he wouldn't have been known as Jesus. Imagine being standing on this Plus front tens of thousands of people looking all in the eyes and t them that through me and only through me when you find the path to God. Dude, that entitlement as fuck. Without that entitlement, you have no value, without a value, you've got nothing to fight for. No ego, Get rid of the ego, but have your right to exist, don't give up the fight. You're telling me about the \$1 million dollar grant that's already been there, we spent that it's great. We're going to get another million dollars now, and immediately when you say that your whole energy went all darkish gray, and it was like, oh my God, oh my God, oh my God, I hope, I hope, I hope, I hope. that's not being entitled, dude. That's bargaining and being a fucking street beggar. You can learn to realised reality. I understand. There's a reality behind it. There's a reality, international economics is really, really bad right now. There's no money in the world right now. I get it. Eugenna Hines, man. Come on. If you could believe in you the way, I believe in you, the way everybody else believes in you, you wouldn't second guess yourself. Go chase the big funding. If some damass out of Mozambique, an African lady can get \$10 million for funding because she wants to give new. What's, a female, awanness campaigns to young girls in Africa, and she actually managed to get \$10 million of funding in the town where even Donald Trump got the funding for Southern Africa, then why can't you get \$10 million for something that's really important? You know why she gets it right? Because she's entitled. She's entitled. She's got this attitude. She's the wife of a minister, and they deserve it. Find your level of positive entitlement. We can turn that poison of entitlement into a powerful thing, into something self empowering, self growing, something spiritual. And that's what we need to do. Yes. Can I have been working allow of allowance

every morning, so out. I love that. We're good at more of allowance. It's the one thing that we need to overcome. Second thing, don't forget to taste your coffee. It taste my I. Don't forget to taste your coffee. He said the biggest mistake I'm making in life is take a cup of coffee and just swallow hot stuff. We're not creating presents. Presence is the most important thing for G right now. You so her mind has been running at a massive pace. There's been a lot of pressure, there's been a lot of uncertainty, this change over, this project that you're running, family, moving. Dude, there's been a lot of happening in your life right now. You know what I mean? It's really been chaotic and you've got your good days and you've got your really shitty days and it's this yo yo effect psychologically sometimes. it leaves you with this position of, oh, dude, I'm exhausted. You know what I mean? And the most important thing that you can remember is just slow down, take the deep breath, smile, and be present. Presence is your most important key to finding value. You see, my Italian heritage tells me that if I drink a cup of coffee, the first thing I do, I smell my coffee, right? Even if it's cheap shit, instant coffee, I smell my coffee first. I need to learn to smell my coffee. It is my brain resetting itself to focus on no one thing. Nothing to become the observer. When we can teach ourselves to become the observer, which is exactly what your total animal is right now, it's the eagle, right? The ultimate observer. It's the ability to detach from all the chaos, to detach from all the drama and all the hype, and to look at things from a different perspective. When we see things from a different perspective, it's there where we'll see where the race is running. So look, observe from a different point of view and then engage an attack on the rat. Does that make sense? By drinking coffee, learning to smell your coffee, taste your coffee, and you feel the coffee going all the way down, you become consciously aware of the now. You become consciously aware of where you are, that presence. You slow down your mind, you slow down your focus, and immediately you take control of your circumstances. When you take control of those circumstances in that mindset, it will give you the power to trust your instincts again, and you'll be able to make decisions on the fly. Step number two, so number one is presence. step number two is a balanced routine. You need to focus on a balanced routine. Your routine right now is not very balanced. Right now, you're running, running, you running, running, running, and there's no time to take introspection. There's no time to re look at things and to just regovern, okay? I need to make time, even if it's five minutes every morning. Got light that candle, do your focus, put the armour of God, the light around you. Relax, calm down. Do you meditation, five minutes. Go for a walk once, maybe twice if you came, a week early in the morning, go for a walk, go clear your mind, go do that personal performance review, refocus yourself, reenergize yourself, and push yourself forward from there. But get that focus back. Get your time balanced out. You're over obsessed with one thing for too long, you forget to look at Claritine it. Can you understand? When we balance out and break up our times a little bit, it gives you more control over the circumstances, okay? Time management is super key for you, okay? Bring that into place. Point number three, visual stimulations. What is your visual reminders? Do you have photos against the wall, your memory cards? I mean, you've got a beautiful office that's been beautifully decorated right now. Where's the totem? Where's your eagle on the wall that reminds you to be focussed and to be detached? Where's your IM list and your visualisation, path, your mind board? You know what I mean? Get your visual stimulants in. Get something to physically remind you every now and then, even if it pisses you off, it's fine, but get your physical piss off moments, okay? Get your physical visualisation points where you can see what your focussing on. Those are the three most important points. Enough Riching. So, what do I see? I think you're gonna do great. I think you are on a beginning of something really g. I think that you are on the verge of breaking through into something really cool. I

think that's very scary. I think it's very uncertain. There's a lot of unresolved issues there still, you know, a lot of untied up ends, you know. So there's a lot of loose ends and it still needs to be tied up, that still needs to be finalised. And I think it's kind of scary sometimes because it leaves us hanging a little bit, you know what I mean? It leaves us unsure of where we're going to go forward, but makut tells me within the next three to four weeks, all these loose ends should be tied up, all these loose ends will come to a point quite nicely, okay? So keep having your positivity, keep focussing on that faith. If your emotions on your stress levels gets way too high, glass of wine, always fixes the problem. I'm joking drinking. Don't drink, okay? It's not good for you. Smoke weed. It's better. I'm joking, okay? But just catch your focus, all right? Detachment, a little bit of meditation, go for your walks, get your focus back in, refocus yourself and breathe. Don't forget to fucking breathe, dude, okay? Just breathe. You're gonna make it. I see the money coming in, I see the funding coming through, I see another four levels of funding that's going to come in. I think it's the second or the third one that's going to be a big amount of money that will allow you to finish the entire project and to launch it nicely. It's not going to be a short term project. This is a long game that you're going to play here, you know? I still see you researching and developing for the next two and a half to three years here, okay? And it's glorious, it's going to keep you busy for a long time. It'll definitely make your name, you'll be able to get your name into the industry, into the game the way you wanted to make it out, and it's going to be the key for you to develop yourself forward. The company that you're currently affiliated with, the support that is there, I love the support. It's really, really cool. There's one lady there that I keep on picking up, that's got a bit of a negative vibe sometimes, a little bit of a jealousy to from her side, sometimes, alright? I don't know whether she's on lack of board or whether she's part of the directorate's itself, you know, but I need to win her over. I need to get her on my side. If I can connect with this lady that's on the board, she's on the board, on the communications board, if I get her on board with me, dude, you are 100% fine, okay? Everything will work out nicely. What is the connection towards the north west? I want to go northwest, northwest. I want to go northwest. What is the connection with northwest? There's influence or interference or some new idea that's going to come in to do with your project, somebody that comes from the Northwest, who comes from the Northwest. I make Kentucky, so it could be a variety of states. No, I want to go. What do you in that Illinois? No, I want to go north west. I'm talking about fucking way north. I want to go, like, Montana, Seattle, up that side, dude. Right? We're Kentucky, Tennessee's down here. Indiana, Illinois, Wisconsin.. Tele, Colorado. No, I would have gone north by way north. Like I said, I want to go Seattle, Montana, that side, way northwest, you know? I don't know what's up there. Maybe a tech company. I keep on seeing somebody that's got this whole team, smart individuals, really focussed, really powerful, that's going to come in and help us develop something here. They're going to come and bring their knowledge and incorporate it to take this thing to the next level. That's what I keep on seeing, okay? Okay. The only thing I can tell you is just make sure you've got your contracts sorted out. Make sure that your contracts are in place before the interference from Northwest comes, okay? I keep on seeing Northwest is gonna come, they're gonna snowball, they're gonna bully, they're gonna want to take over, make sure that everything's contracted, make sure that they can't just do a corporate takeover, that everything is enhanced. We need them. I want to do business with them, but we got to make sure that the boundaries are stay in place. That's why I'm picking it up. But I'm only talking towards December, January. It's not even now, but just keep in mind, okay? I don't understand why you got your up and down, so emotionally. I don't get it. You look good. I don't. I. Everything from I put my a great application in in all of a sudden, I have to tell you that all of sudden

these whole bunch of people like, like to help me. And I'm like, what you all doing? Like, but being in a big university, that's what they do. Like, they have, you know, my business code, my innovation coach, my grand coach. And I'm like, I'm not used to having all this help. That's what those are my mind. So. Scared. I have just a team of people that are in there to help me, and a little bit of me was like, is someone going to take my fucking idea up? But her husband's like, "Don't allow that in your mind. Like, you've already. You can't. I agree with you. 100%. You can't let that coming. But as far as the one person I had to have a meeting with my dean and she made it clear that I was a spouse so higher, and I should have been, I'm, should be great. Oh, yeah. And I even have a job. This is exactly the chick I'm talking about. I need to get on my side, I need to get her to see your vision, to like you, and play a bit nice. Unfortunately, I'm not one for licking us. I'm South African, you know, I like to get myself into sheikh. We very straightforward. I don't know, you know? But with this one, yeah, I think you need to bite the bullet and lick a little bit of ass because she can make my love very difficult. She can really make things difficult for you. So play the game quite nicely there. Yeah. Get there on your side. My husbands like you, and she knows what my husband does, but my husbands a lot of money. And she couldn't control it, right? So I think it pissed her off. Something pissed her off. I don't know what it wasn't me, I had not talked to her. No, it is you. It is 100% you. It's the fact that you got in, you got everything we wanted. It's an easy pass, everything's just falling into place, and she's had to fight her way to get to where she is. She's got to build her name, Ego, that's all. You came in there and you literally told the ego to go fuck herself. I think she has been told by the powers that be that she needs to support you, whether she likes a remark. And I don't think she likes to be told what to do, hence why she's the dean in the first place. She's been removed as a. Oh, fantastic. Then we've got no more issues by then. You clean your slate and you move on, you tell it to go buy yourself some ice cream. Well, I think when I told her my chair was next to me, he knows my ideas. And I told her, she's like, her nose that, like, wrinkly. I'm like, Ooh, she's disgusted." I's love it. Oh, don't, well done. Are you going to get all your funding? You're going to finish this project, I'm telling you now. And this project is going to work fantastic. It's going to be bigger than what you could ever imagine it. It's really going to work out well. I find out it's my thing. Fuck up and find out. I'll love that. Dude, it's brilliant., I'm in a book in regional program for innovation. called bl blue. M blue, I'm sorry. Well, yesterday they talked to me about the national recognition, and they're like, what are your thoughts on it?" I said, "Falk up and find out." Like, what's the worst case Mario?" The national and Science Foundation tells me, you don't. That's their problem, not mine. You've really got to know. It's not like the agreed in any case. There's nothing to lose, yeah. It's nothing to lose \$50,000 to build my team and to go to conferences because I had to do \$100 customer Discovery calls. So the team will help me do that, and they gave me \$50,000. So I'm not buying. Go for it, dude. Why not? Yeah. It's a lot of money. It's good money., and just? Okay. For free, I love it. Do you need somebody to come and help you? I mean, I'm great at people. I'm just saying, you know, I can be tomorrow, you know? Well, it's a bit farchly, but. Just to go to conferences, meet with people, interview them for 10, 15 minutes and boom, like.. Dude, I love that. absolutely love that. I think it's fantastic. I think it's brilliant. Broaden your horizons, get a hole international crowd, international viewpoints as well. It's focus on South America, North America, the big emerging markets is going to be Brazil and India as well, get some connections into Brazil and India as well, and it'll just re anchor everything that you need to focus on, you know. I think it'll just set you apart from just being localised. It's exciting. I just can't. I've been doing the Dr. Joe Dispenze's meditation several times a week. Every morning'c I need to focus and hone in and it's just, even like this house, this house came, like, What a house like, dude, I

mean, the vibe this fantastic, good energy, little bit issue with the water. There's going to be a little bit of water damp and a water runoff, especially towards the back, right side of the house, that we've got to make sure, just make sure all the French drains and the gutters are all cleaned and stuff before winter starts, you know. But yeah, other than that, the house is spectacular, really, really nice. I like it. Yeah, and it was \$100,000 cheaper, and another house. Crazy, isn't this? The energy is just vibing, like, my son's, like, the energy feels good. I was like, oh, great, 'cause that's what I was thinking, you know? Claly noticed, yeah. It's good. Ly, Daddy is so cool, man. I love that. It really looks good. Your husband, as well, your husband looks nice for me, feels very strong, he feels very confident, he's tired, though. He needs a serious holiday. He's been pushing himself a lot. There's been a lot of stress on top of him, a lot of stress on his mind and his inability to communicate sometimes, I'll do a lot. I'll deal with it. I'll sort out, you know. I think there's just been a lot of changes lat here, a lot of getting used to new ways, you know, and I think he's struggling with that communication and that's settling in sometimes, needs to blow a bit of steam, I feel that he needs to blow off a lot of steam sometimes, taking a couple of shooting ranges or something, I don't by just getting to blow a little bit of steam, it'll really do well. How's him in your son? I don't know why, but I keep on feeling there's a bit of a vibe there, you know? I keep on feeling that our relationship could be stronger, our relationship could be connected and it's not. It's kind of like we're living past each other. I understand that they're both very much alike and your son and him, even though they're not connected, but they're still connected, you know? And I mean, they've got this a likeness towards each other's personalities, you know, and I feel that there's a bit of a clash there sometimes, and I need to find a way for them to reconnect a little bit sometimes, you know. I don't know why, but there's something there that bugs your husband quite a bit sometimes, you know? And I mean, I love your husband, marrying on was the best decision you could have ever made in your life, you know? need to smack every now and then, he needs to kick up his ar every now and then, but really awesome guy, really, really good guy. Alex turned 18. So he's been teaching him what he can and can't do as an adult. And recently, he caused a fire and a fire pit to. So they had a moment. Okay. Like it nearly nearly hurt some kids, so my husband was like, "You're 18, you go to jail. It's in our house, we go to jail." And it was just.. I get it. I think your husband's just too much pressure, and he forgot that. I think he just.. He just got got over. Next year we I'll invite him next year, bring him here to Africa. We'll give him an African experience in the bush, blow some steam. It was like that. He actually has 8% African men. Oh, God. Yeah. It's interesting. His ancestors, like, he's show me pictures. They' Yeah, from Africa. Imagine that., I don't He thought he was Native American, and he's not. He's that he's. Oops? Yeah. It's so funny. There was actually a situation I got here now in Capeown. There's one of these real right wing Afrikaner, white men, you know, one of the old school guys, you know, the whitees only, like, like you'd call them the KKK guys, you know? But he's like hardcore this fucking thing. You know, they're trying to kill him like a few times. He's a real asshole, you know? And for fun, they did the genetics test, right? And it ended up that he's got 25% clawer blood in him, which is like proper black. It's not like half African, because he's like black, black, dude. It's like, you don't understand. You know the guy disappeared off the wing? We don't know he. I think Nova' heard from him for like four months. Apparently he's gone to Mauritius, he's gone to some island and he's just like pissed off because I mean, he's been all those white supremacy, white blood, pure blood, and that ends up that his 25% closer. So he's great grandfather was Belgium and was actually had an affair with his black lady, this African woman, and they had a child and then they raised the child in their own house. and he that child was his grandfather. So it's like, what the fuck? Theo was so funny.

So I'm scared to go my bloodlines too. I don't know what the fuck I'm gonna come out. I mean, I'm surprised my kids didn't come out Japanese or something, you know what I mean? I'm I'm German, Italian with Afrikaan with blood, right? Like, yeah, it's Netherlands, German, and Italian blood. My wife is half Russian, half Dutch. So it's like, my kids could have career come out like Chinese or fucking, I don't know, Scottish or something. I'm actually only at 3% at the answer from Vietnamese, but the 97% neer Pan, so. I think it's so cool. I haven't even done this place yet. I haven't done in West Spanish. I like, is that what's like.. I thought it's just early. Oh, now, I'm drinking. Oh, is quite cool. Now, but your husband's a real awesome guy. I like your husband. Your husband's got a lot of ability inside. I'm very clever, eh. I'm not talking about studying the spot. I mean, Book smart is one thing, but your husband's emotionally smart. I just think he's emotionally trained and that emotional pressure of the last three years has been on top of him a lot, you know? I just need to be myself for a while. I think once the main crutch point of his project goes forward, it'll give you that ability to detach a little bit, you, just to unwind a little bit sometimes, you know. And it's definitely something he needs to do. I can see he's going to start a new project. project. I can see there's a new project that he wants to start. I don't know why. But my gut tells me in about, yeah, very, very soon. In about a couple of months there's a new project that I see him starting and between me and you, I see a lot of red flags there. There's going to be a lot of people that's going to give them shit. There's going to be a lot of competition. There's going to be a lot of hate. There's going to be a lot of anger towards this project. I don't even know what it is that he wants to do, but he's going to get a lot of resistance with this project, you know, but it will flow. My feeling tells me that it's going to flow, but it's going to develop into something new that will also take off quite a bit it will be a second grade project. It's huge. It's big, but it's going to create a lot of. There's going to be a lot of stack... I don't know why I see the backlash. There's a lot of backlash, a lot of resistance from people. Yeah, it's the first personalised medicine, so he can take your protein, not to surging expressions. And he can run it through his machine and it will tell you that this protein will work for your, like, pain sur treatments or your diabetes or what. Wow. So. Do diabetes remarkable, not with themselves, not to genetics with your proteins. That is incredible, isn't it? Yeah, so there's a lot of jealous people in there. That's coming after them, because they're not helping him. I mean, he's not helping them. Oh. But he has a team is students. He has a team of people.. Yeah, so he's this is what he constantly fights as he's intelligent bright fucking people, because they want his stuff, but they they want him. He's very creative like me. And he can create an intervention, like O his head. You can tell somebody after just talking a few minutes. This is what you need to do. This is what you blah, blah, blah, blah. This is how you make it successful. Dude little bit. This is what they want him to do. But he doesn't have the time for that,? It's about his laboratory. He's drug inventions and we're looking to buy a land to do neutraceuticals. I love that. It's a fantastic idea. Definitely go for it. Definitely, definitely go for it. He just needs to watch his back for a while, but he'll be able to push it through. They've been trying to push him out. Thank you're trying to push him out a lot more, especially with this new project starting. They're gonna be very, very pushy with him there. But this year is going to be fine. For me, the big threat is next year February, March. I don't know why February March, in particular, but I keep on seeing those too much in particular going needs to watch for Okay.. Then Alex starts school. He's got accepted into business school, our son. Nice. So. Where's he going to go study? at the University of Kentucky, where we teach us. Do you think that's a good idea? Well, he'll be in business, squ I and education and TJ's and medicine, so he'll get it's a huge. Not mess. I get it. I get it, I get it, I get it. But what don't you send him to Europe? He is very much like me very and my dad,

very quiet. Very. That's what I'm saying. If you can go to Switzerland.. He's going to go to Spain with me in November. Take him with, even if he does his first year, well maybe even he's like two years in Kentucky, it's fine. But I need this kid to get exposure, huh? Because he's a genius boy. He's a real smart boy. And I'm worried that the influences that he's got, where he is now, it's not conducive to him getting out of his shell. They got this little protective unit, and it's this little safety in net, and there're these cute guys that just do like... Yeah. I don't know how to say this in a non derogatory, sounding ugly way. But Tilly's gonna grow up a wanker, man. Like, seriously, he needs exposure, he needs to guard then, see the W but. Trust himself more. I mean, this guy's got a financial mind, but he's not a mathematical genius, but he's got a brainful business. He can be a truly, truly amazing entrepreneur. But in order to be successful entrepreneur, you've got to learn to push your boundaries. You've got to learn to push yourself. entrepreneurs that make success is ones that doesn't wait for things to happen. They go out there and they take risks. You get what I'm saying. Okay. I understand he's 18. He's a 16 year old, 18 year old. I get that. And I know that he still needs another one and a half to two years for maturity to kick in. I get it, 100%. I wouldn't send him to Europe right now either. And that's why I'm saying within the next year and a half to two years, I think he'll be emotionally ready to go to a place like Denmark, Switzerland, go to a place like Italaligo. You know, even Spain or something else, go to a Master's Year there or speciality somewhere else. I need him to get some exposure. I mean, even if he stays in the States as well, I mean, America's great, it's not a problem. But, I mean. keep him away from his dad. Keep him away from his dad. His dad's not good. I agree with you today. The problem is is that I can afford you. Yeah. You're not gonna keep him away from his dad. I know he's. Your son's like you. His first. Just remember one thing. Your son is like you. Guilt is the biggest fuck up in life. It's always been. Why do you suffer with the law of allowance? Because of guilt? I feel guilty to look after me. I feel guilty to acknowledge me. I feel guilty to put myself first. I feel it's always been a guilt, always had this, like I said, the fear of unseen. So I always had to prove myself. And the problem is with your son it's got that same thing. And his dad knows how to guilt him. The father knows exactly how to guilt him. And it takes a while for him to catch that wake up again. So all I can tell you is that sometimes in life, every plant needs to learn to cook with the sunshine. The sun can either burn you or can help you grow. And if you don't build the protective oils, the protective layer against the sunlight, it's going to fuck you up. And by protecting him away from his dad all the time, he'll never build that conditioning to protect him against him. Does that make sense? It does. If my teacher coaches him because his dad will say mean things, and he's like, "My dad's got a lot worse. He's like, "No, your dad's always been this way." Like he was abusive towards a mother, he threatened to kill her. He's doing this to you now... Hmm. And it's an important thing that he needs to experience. You can't protect him from that. Yeah. Sorry. Yeah. And he looks like me and my dad, like clear's day. Like 100% kids. 100% my father. Like,. And even people that I grew up with my dad, they' like, oh, my God, like, he looks like your dad, and he's even going into finance, like your father. Like She's. It's amazing, isn't it? Yeah, I mean, he's sweet, like, he's a sweet, caring guy that just.. He's a tourist, so he holds things in, and then he's, like, done. Like, I'm a Leo, and I do the same thing. I'm very nice. And until you say fucking something stupid, or you come after my family, then you're fucking done. Like, I'm small, but I'm... Feisty. Yeah, it comes out. That's like I said, I mean, you've always reminded me, even last time I told you, that you remind me of the honey Badger. You know the honey badger, right? No, I don't. You don't know a honey badger? My God, it's supposed to be the underrated king of the African bush. It is the craziest motherfucker that you've ever met in your life. A honey badger is the most known for

tenacity, perseverance, and don't say die attitude. A honey badger is in Afrikaans, we call it a rot, right? Now, a rat, it's immune to poison, right? No jokes. It's called the honey badger because it goes into these honeydens. It'll dig into the honeydens, and then bees would sting it so much that it'll pass out from anaphylactic shock from all the poison, right? It will literally pass out for 20 minutes, get back up and go, eat further. It doesn't go away. It will stay there. It's the only animal that is immune to puff adders. You know, the snakes, when the snake bites him. He'll pass out for like an hour or two, he'll sleep off, he'll get back up and he'll go look for the snake and he'll kill it. He will go find that fucking snake. That's them. There's actually go check on Discovery Channel, right? There's a whole program about one honey badger called Stoffel, right? STOFFEL Stoffel, where Stoffel is this honey badger that grew up in Hooters down by the Kruger National Park. And long story short, we're going to waste your time, but he had read this honey badger, and it so happened one day that the lions, he's got this big game farming, there was a land cage, and the lions were attacking each other, and the farmer went running outside to go scream at the lions to get them to back off and stuff all got in there. And he went after these fucking lions, right? Now, how many badgers are about the same size as Jack Russell? They're not big, okay? And this little thing went up and he grabbed that lion, right? And you bet the lion. The lion turned around and fucked him up, solidly. You don't understand. The lion, the lions are crazy animals, okay? They're not to be played with. The lion really messed him up. So the pharmacist caught him out before the lions. I took him to the vet three months to recover. Three months for Stoffel to get better. Put him inside his truck, got back to the farm, where opened the door, Stoffel jumped out of the truck and went straight for that lion for revenge. He wanted to get way back to that lion that hurt him. The lion fucked him up again, they went straight back to the vet, okay? After a couple of weeks in the vet again, they came back and he bought this cage for him to be in a Soudicant escape. It was 12 hours, and he found a way to escape out of the cage to go after the bloody lions. Right? He escaped his pain three times, eventually with Johann, the owner of a farm, had to give stuff to somebody else to raise him in his farm because he wouldn't let go of that lion. You know the Jew, right?, I just tell people I cut I literally cut cores. I'm like, you fuck up. I'm gone. You hold grudges. You don't stop. Look at how much you've been pushing to get this project of yours up and going. It's tenaciously. Yeah. You've got that same tenacity. I'll send you something just know about the honey badger. Me, I love it. It's an amazing animal. It is one of the toughest focussed, most protective animals you can get. They're very protective. No. Thank you. My daughter seems to be doing better. Do you. envision. Communicate more, talking a lot more, a lot more opening up as well, which is a good thing. Very self self-conscious, self way of her looks and a demeanour and stuff like that, which is something that will come better over age, come better over time. Very creative, her creative expressions is growing quite a lot more, becoming a lot more expressive within herself. Your daughter's looking good, I've got no problem with your daughter. She's, she's great. Just needs to go to the dentist. keep on seeing something with her teeth, something with the teeth is very sensitive lately. Some other teeth is not 100%. So she just needs to double check the teeth, that's all. then her brother AJ actually came down for Alex's graduation. And he was cause he lives with his dad. Like, he's.. I don't know, he quit his job, went to work with his dad, but he ended up coming down for Alex's graduation. And then we played a pickball game, had a blast, like, had a great time. And Ken was like, I'll probably tell Dad he had the worst time and no, he he told his dad that he had the best time. It was the first time that he visited me in years, so.. Wow. Sold you how much you've changed, right? Yeah. And so much, how much you've grown, how much you have evolved past that old self, how you have let God that all abusiveness

and that old mindset, and how you recreate your own consciousness of self now, that tenacity, again, that ability to never give up, to push yourself every single time, to always wanting to master yourself, to grow yourself, has finally paid itself off, you know? So I think it's such a big compliment to you as acknowledgement for the woman that you've become, to allow that changes to come to you. And I remember last time we were talking about it, and I told you, leave him, he will find his own way, he'll find his own peace by forcing him, you're going to push him away, leave him, he'll come to you. And it's exactly what's happening by just you learning to allow things to happen.. Yeah, he's 26. He's 27. He's got up to 26. figure out still in life, but he's coming around. Still has a lot to learn, yeah. But is your event the whole journey? Isn't that the beauty of it, you know? It's like you said, fuck up and find out, you know what I mean? That's true. We all never make our mistakes in life. We all got to learn. We've all got to learn somehow, you know, in whichever way the universe delivers our knowledge for us, every candle needs a dark room, without the darkness, a candle will never know what its function is about. Yeah, that's true. And by the way, my husband did not get that job we talked about last time. They did not choose him. Oh, really? You said it was a 50/50? Yes, yes, yes. And it took months National Institute knocked down money for universities, especially medicine. And he got the email, P three, two or three weeks ago I said, they didn't choose him." So that means we're not going to Texas, Al Paso. Oh, thank God. You have been contacted though, right? Yeah, we are. But just what you said is going on that's been going on for a long time. Yeah. I'm glad you owe you all, though. I feel a lot more special things are going to happen where you are. A lot of great things will develop where you are. You are definitely in the right place. I think you just need to own it. Yeah, I do. I'm so proud of you. Well done. Thank you. And I think I've made a few errors during this semester that I before aboution years would make, but it's exactly what you said. It's just boning my value and which I've been working on. Mm hmm. Look, I've being seen. Being sounds. my wife's anxious every time I lecture. I was like, "Why am I anxious? I've done this for 25 years.". It's not about the lecture. It's about you being seen. It's about you being unseen. And that's where the big theory is from, you know, I mean, for the first time, you don't have to fight for something anymore. That's something that you've been fighting for is literally in front of you. And that's even more scarier than having to fight for something. Yeah. To fight for something is easy, you have a point to prove. When your own something, it's even harder, because we don't understand how we allow that value of owning it and enjoying it and feeling it. And I think the important thing there is that takeaway that I gave you about the coffee. Next time in your lecture hall, you're going to be scared. But remember the difference between fear and excitement is nothing more than mindset. It is that thought pattern that creates the difference between fear and mindset. It's the same chemical reactions in the hypothalmas that creates the same reaction in life. So if I can stand in front of that pew, if I can stand in front of that crowd, and instead of just lecturing because I have to lecture, you can take your cup of coffee and you stand and you smile. You take it smell, and you taste it. And when you taste that coffee in your mouth and you feel that coffee, go all the way down, you become prison. When you become present, you put that smile on your face, you open your eyes, and you say, "Fuck it. Fuck it. Because you've arrived. That's allowing. It's you showing up, not allowing Dico and Teko to be a part of your life, but rather you taking control of your own facets of self and saying, this is me showing up now. True. Yeah, that makes sense. I'm gonna fund Starbucks and tell them I need a sponsorship for selling some coffee. Starbucks are not doing well at all. They're actually struggling quite a lot. They're overpriced and the coffee isn't they're great. You ever as Seattle coffee company does incredibly well. I mean, there's over 400 Seattle coffee shops in a small little country,

which is fantastic. They do well. Yeah. We not a Starbucks people either. No. No. Thank you. Any other advice for my son issue, but, like... Walk. Walk. Walking clarity. It's the most important thing you can do right now. I want you to make an appointment with yourself at 5:30 a.m. or 6 a.m., whatever every time it is, half an hour before you need to get up. And I want you to go walk around the block. And when you walk, I want you to go walk, take four breaths in. You're holding that breath for three seconds, and you breathe it out. And when you breathe out, you put the light of God around you, put the light around you, put the lighter around your house, your cars, your business, your job, everything around you, you put the light of who you are, that armour of God around yourself. And when you walk, I want you to visualise. This is the future me. This is the me that I want to be this week. This is what I want to achieve this week, this is what I want to be, this is how I'm going to get there. And you go do your walk. You go do your thing, you go walk, you go push through. And after you've done your walk, you come back, you take a nice shower and you carry on. Next week, when you do that walk again, do a personal performance review. Where did I fuck up last week? Where was I incapable of being my true self and why? What was the reason for it? What is the reason behind the reason? What is the real purpose of me not being the real me? What caused me to let me go? And then you find your light from there, gives you that internalised perspective all the time, so that you can realign and refocus yourself to always know where you're supposed to be and how you're supposed to be. It'll give you the ability to focus more. If that makes sense. it does, yeah. It was said to that's the most important thing. did the guide see, a beach house anytime in the future? I don't think so. No, I know it will come. I'm guaranteed that it will come, but not now. Let's focus on that bridge when we cross that bridge. There is going to be in a couple of years from our first, there's still a lot of roadshows, a lot of books, a lot of shit, you still got to learn first before we're going to get to that point. But yes, it will come. I don't doubt that for a second. That's why I thought we were buying. That's what I was looking for as a beach house, and then. Dude, this house that you got now is Spec. I love this house. It is absolutely the right place for you. It's meant for you, it's the right energy, it's the right vibe. The colour is just perfect. Everything just works, man. I love it. The only thing is just the water at the back and it's a shitty drive through, drive you. What do you call it? Driveway., let's not go there. It's my husband's truck isn't anything that fits in it. Yeah. It's the only two things that I can see as not being ideal. The water leak at the back, right side of the house, and the driveway, the driveway is fucked up. Shitty. But Wonder Woman got money, we got to bulldoze this shit out of the driveway and we'll make it bigger. We'll force our way through. That's exactly what he said. I'm telling you, it's going to happen. It's this. Give or day. It's the back's like oasis. I'll send you a picture. It's like he cut the trees's so high you just see the back in in Kentucky it's like beautiful, like old barn animals. Oh, shut up, me.. You know, I am so, so, so, so, so, so, so. emotional, is the right word? I mean, even me as sold my farm now a couple of weeks ago. It's gone. It's no war. Finally. It's been seven years of trying to get rid of this fucking thing. I love farms. I absolutely do. It's next level, but we're Africa. The crime rate has been going through the roof and this whole thing about, they can take your farms and take back the properties without paying you, that thing. You know the whole thing that Trump was carrying on about and Elon Musk was carrying about, it's actually real. They haven't taken forms yet, but they've passed into law where they can take your property without giving you any payment or notice or anything like that. It's actually been cetted again, recetted last week. So it is real. So it's such a mission. finally up the fucking thing. I mean, that farm gets hit. Jesus, dude, how many times? I got hit there five times a year, six times a year, that the criminal's come in and they fucking clean out, man. So, I mean, we don't stay there. I live in the cities. I live in the Gulfy states, you

know, security state. So the farms are just, you can't live there anymore. It's just become so bad. So it's sad. But I you on a farm, but I won't be able to farm in your country, though. It's not enough cheap labour. No. Which is absurd the farmer. In South Africa, we've got cheap labour, dude. Like, so cheap labour. The minimum wage for farm workers, yeah, is \$300, it's 00, 200 It's 195 a month. No? What? It's 10 a month. won't. \$2 a month. Give them a small bottle of place, you buy him a chicken a week, and 50 kilograms of maize meal. That's. Wow. It's fucked up, isn't it? And then I've got the shit that we've got here. Isn't Heather McKinnon like, you two are reading with her, that's who recommended me. Didn't she live on her phone? Who? Evan McKenna, like, It's probably you did a reading a couple of years for her, and she recommended me to you. Okay. She's. I thought she was on her far. In South Africa? I think so. Yeah. There's a lot of people that still love the farm thing. They stick it out, you know, fuck that up. got two or three girls. I don't want to take that risks. I don't want to go sleep and have guns everywhere and three girls. three little girls. Oh, my gosh. So much fun. Which one? Which one do you think is more daddy? Like Daddy's little girl? Oh, fuck, I can't say. No, I can't say. It feels unfair for me to say. The oldest one is very smart, wise, clever, she's the little naughty one. She's full of life, absolute prankster, lover to bits. The middle one is my twin. Looks like me sounds like me, talks like me, naughty as fuck as me, gets into trouble like me, loves having a life like me. Doesn't say no for an answer. Wild rough and ready just like me. The baby's still too small to know. I mean, she's only white to down. About 11 minutes, 12 months, yeah, 11 months old now. So we'll see. see that's a good fun. No, I love it. I absolutely. You got your little army. I got my army. I got my army. So, yeah, I have daughters that your pension fund, they say. Daughters will look after their daddies. say, I know it's quite cool. But, it looks good. You look good. You're really, really looking good. The changes that you've made, the focus that you've done, everything's turning out good for you. You've just got to keep on going with it.

Speaker A: I am fantastic. How's jenniferennr? That sounds interesting.

Speaker B: Hear from you. What's happening with my life?

Speaker A: What's happening with your life? That's such a good question, isn't it? Wouldn't it be nice to always know where we are, to know what we're going through or where we're going to be? It's always the golden question, what I.

Speaker B: Going through I way to be. What are the right decisions?

Speaker A: Well, you know what? It's all about perspective, I suppose. You know what I mean? Because I mean, going through a lot of stuff in life, isn't that what the whole purpose of life is about? You know, it's about going through stuff. It's about going through all kinds of journeys, all kinds of insecurities and uncertainties. You know, it's. If we never lose ourselves in life, we'll never have the abilities to. To refocus and to remash ourselves and, you know, let me see. Overthinker. Complete overthinker. Too much emotions, too much feelings, too much uncertainties. Not knowing who I'm supposed to be at this moment in life, you know, there's been a lot of loss in your life, hasn't there? A lot of disappointments as well. Never

mind just the loss that you've gone through now. But there's been so many times in life that you've tried to measure yourself, you've tried to build yourself, you've tried to create something new. And I think you're at a stage now where going through this loss that you've gone through now there's this entire reprogramming, refocusing, asking all these questions about like, what the fuck, man? Sorry my French, but what the fuck? You know what I mean? It's kind of like, where do I fit into the picture now? You know? I mean, when I look at your energies and I look at your mind, you don't have a problem with knowing your identity. You know exactly who Jenn is. You know exactly Jennifer's mind, Jennifer's focus Jennifer's energy, her spirituality, her mindset, her vision. You know who she is. You do? Do I give her enough power? No, I don't. I'm too scared of her. I've got this absolute fear of getting to the end, looking in the mirror and being disappointed with who I was, with the expectations that I've had for myself and not being able to live up to it. You know, I'm grasping for this need to start feeling again. I'm grasping for this need to start being alive. Again, you know what I mean? And like I said, you know, when I look at you, you understand spirituality quite a lot. I can see you love spirituality. You do spirituality. You practice quite often, you know, you know about mindfulness, you know, about your own spiritual awareness. You feel things, you say things. Your six senses is quite high, you know, which is amazing. I love that. I love the fact that you've got your own gifts and your own focus. But I mean, all of that is all great. Those are all aspects of what you are, you know, Those are all roles that what Jenny knows how to play, you know what I mean? It's all things that she knows what to do. But who is in control of Jenny? That's the question. Because it's this duality in inside my mind, this tico and to, you know, there's these two characters fighting for attention inside me, you know, there's the spiritual me, the focused me, the knowledgeable me, the me that knows who I am. And then there's the me that's gone through so much, that's just tired. She's fair, she's done, she's huful. I want to fucking die now. I want to go back home now. I want to reconnect to my family. I want to reconnect to my love. And I'm not in the mood to struggle financially anymore. I'm not in the mood to struggle materially anymore. I'm not in the mood to struggle emotionally anymore with people in circumstances, you know what I mean? And it gives us this place of absolute rebirth, you know what I mean? And for me to be honest with you, Jenny, I know I'm supposed to sit here and have empathy for you. I know I'm supposed to sit here and feel sorry for you. I hate this poor chick. But honest to God, what I want to do is I want to tell you I want to grab you, I want to smack your ass, and I want to tell you to pull your fucking head out of your ass. Come on. This is your rebirth moment. This is the moment in life that you have been waiting for. This is the moment where the universe has given you the opportunity to have absolute freedom. You've got freedom to be the woman that you always desired to be. You've got the time to start focusing on the becomingness of self, to become the ultimate observer of who you are, your mind, your emotions, your spirituality, and to implement it into everyday life. You've got an opportunity to remove all the labels that you have created about yourself, about the roles that you're supposed to play about where you're supposed to fit in society, financially, emotionally, and the roles with people and you get to redo it all. Do you know what an opportune moment you are facing in your life? And yes, like I said, we can look at it from a victimized point I said, and we can look at it from a place of, you know what you've gone through a loss and I'm grieving and I'm focusing and I'm reconnecting. Fuck that, dude. You know better. My job is to tell you very simple today. You should know better. You do know better. This is your moment where you need to own your power, you need to own your strength and you need to start smiling. Your smile is your greatest power that you've always had, Jenny. Your smile has always been the one thing that you've had that connected people, that connected yourself, that connected your focus. Do

you understand what I'm saying? But now I need to allow that smile to internalize and to start loving me again. I need to start loving the who that I'm becoming and not the what that I've been through. I need to start loving the who that I'm going to be in the next three months, six months, two years, instead of the focus on the what that I'm struggling right now. You're not going to die now, Jenny. I know there are complications and I know that there are issues, but you're not going to die now. You still have a long process ahead of you. You still have a long period ahead of you. And you have the fight to be able to have this life be magnificent, to be absolutely quintessential for yourself. But the time has come for you to learn that fucked up little word called responsibility. The ability to respond to what needs to be done instead of living in your mind, instead of living in your thoughts about what I should, who I should, how I should. It's time to wake up and say I am. It's time for me to wake up and take that responsibility. Start eating better, start focusing better. Start practicing your meditations. My God, I can't teach you about meditation. You know about meditation. You know what I mean? I can give you tips that you haven't tried yet, but I mean, come on, you know as well much as I do. So get your ass in gear. Get that focus back. Get that discipline back. Start communicating. Start connecting again. Start putting your energies out there again. How? But I feel drained. You don't feel drained. Genuine. You don't. You're emotionally tired because you don't know how to create that distinguishment between people around you and yourself. You haven't learned to set fresh and decent boundaries with yourself sometimes, which is a big problem. You haven't set boundaries with your job, with your clients, with your people, with your work. You haven't set boundary spirit either. You allow other people's energies to infiltrate you and to push you down sometimes and it drains you. You know, you don't invest enough into your own reconnectedness, if I can put it to you that way. Do you understand what I'm saying? So for me, Jenny's biggest process in life right now is about step number one. Let's refocus. Let's reset yourself a vision board. Get that vision board again. Let's remember we're going to call this the journey of remembrance, you know, because you already know who you are. You know what you're supposed to know. I need to remember now. I need to remember that innocence again, that smile again. I need to remember that spirituality again. I need to remember how to talk again. I want to start teaching people. I want to start motivating people. I want to start influencing people more. That is my role right now. Jenny needs to write that down. This is my role. I want to help, I want to focus, I want to teach. I want to inspire people again. I want to be able to inspire, insp myself and motivate myself. Not because I need survival or I need tension or I have got this fear of being unseen. But rather because I get to feel again. I get to learn to feel again. To put my feelings ahead of myself and to focus on who I am. I want to stop worrying about what people think about me. You've got this big thing inside yourself about that fear of judgment, that fear of not being good enough, that fear of being unseen. As I said, you know, you got to let go of that. I don't want to smile just because I'm smiling. I don't want to smile because it's just what Jenny does. Because everybody knows the smiling one. Everybody knows as the happy one. Everybody knows her strong. Fuck that. I don't want to be that facade anymore. I don't want to have that mask anymore. I want to smile because it's genuinely who I am. It is the true self, the divine self that is coming from within. Do you understand what I'm saying? It is that rebirth of an ignition within myself to be able to push forward. You're going to laugh at me now, but as I'm focusing On you, the total animal that pops up the whole time is a bloody dolphin, of all things. You know, I keep on seeing this dolphin everywhere, you know, and this dolphin keeps on swimming and it's just so amazing. I mean, if you go and study the theory of the dolphin, especially if you look at the mythology behind it, you know, it says that there was a tribe in the old Incas that got tired of humanity, that got

tired of the human game. And they chose to vacate themselves away from the land and became the mammals of the water. They adapted to go into the ocean. The ocean representing the emotions of course, and detachment, representing not being involved with the material mess anymore, but rather to find that playfulness, that cheerfulness, that protectiveness within their emotional state as beings of water, which is beings of emotional mastery, you know, and it's exactly what you are going through right now, which is kind of ironic, you know. And the whole time the dolphin represents playfulness, it represents agility, it represents family bonding, in other words, connecting with society, connecting to yourself, knowing your own purity, gliding through water, understanding tides of life and changes of life, understanding your role within yourself and within your own life. And that's exactly the focus that I want you to have. I want you to take this beautiful image of a dolphin. I'll send you one from my totem card deck and you put one against the wall and you remind yourself every day that I am free. Freedom is the secret of the dolphin. The dolphin represents absolute freedom, emotional, material and societal freedom. A detachment from a physical chaos, reconnecting to the openness, the vast of the ocean that it can give you. And that is where you are in your life now. So the question is, what steps do you need to take within yourself to be able to achieve that on the material, physical in your life proposition, you know, how are you going to get there? Step number one, I think dealing with your past, it's kind of tough because when I look into your mind and I look at you as a person, you've dealt with a lot of your shit in the past. You really have. You've done your self awareness, you've done yourself focusing, you've done yourself motivation. Even the loss that you've gone through now, you've even dealt with that anger, you know, you've dealt with that anger. I mean that anger was a big one, you know, but you've dealt with it and you've let it go. You've let go of so many old pains and old disruptions, you know, old 10 year old Jenny, you're quite in connection with her. You know, you're inn a child, you know your're inner self. You've let go of the past pains, which is great, but then why do they still haunt me? Why do they then still keep on coming back? Why is that? Neuroplasticity. Or as I like to call it, the bastards in the head. You know, those old bastards that just doesn't let us go. Why do they still play such a predominantly strong role in your life? Why can I they not just let go, burn the cocoon and move forward and accept the fact that I've become this butterf now? Why can't I just detach? And for me, the simple word in all of this is gratitude. You haven't learned to become great. It's grateful yet. You know that, right? I mean, it's kind of fucked up of me to say that. It is kind of cuck of me to say that, isn't it? Because, I mean, you're a nice spiritual lady, but you haven't learned gratitude. Now, I'm not saying you're not grateful for what you have. I'm surviving'm alive, I'm healthy. I've got a card, I've got a fuck that shit up. You re not the materialistic people. Yeah, we're not going to talk about materialism. Y I'm talking about becoming grateful for the darkness. You see, the most valuable thing that a candle can ever have in life is darkness. It's not the flame, it's not the light. It's not the balance between the wax and the wick and the oxygen and the spark that has to come together to create a flame. It's not that it's darkness. Because if that flame is never stuck in a dark room, he never realize the value of who he is, of what it can become. So that candle's main objective is to look at darkness and say, wow. Thank you. Thank you. I am not a flame because of darkness. I am AF flame in spite of the darkness. The darkness has given me the tools of self realization. And that gratitude Jenny hasn't done yet. She hasn't become grateful for all the shit that she's been through. She knows the green grass that she's gotten from all the shit. But I haven't gone back to the shit to say, you know what? I own you. Thank you. I think she's been so busy dealing with her past, as in cutting it off and letting it go. Cutting it off and letting it go. Why would you do that? Don't you realize that your Past is part of your identity

that you have become Jenny. In spite of all the pain, in spite of all the trauma, in spite of all the loss that you are going through and have gone through, that the light that you are achieving within yourself, in spite the pain that is there is something to be grateful for. That fight in your mind, that adhd brain of yours that always overthinks and over contemplates and always worries about what people think and always scared. O my God, you are one of the most afraid people I've ever met. You know the right always overthinking, scared. But the cool thing is you feel that fear, you feel that nervousness and then there's this fuck all vibe that comes over you, you know, and you get up and you perform, you know, it doesn't take the fear away, you simply overcome that fear, which is great. You've learned to step up into it, you've learned to own it. But that fear is still there. And when you are done, when you step down, you feel great and everything else, but within a couple of hours that emotions come back again, you know what I mean? Because I haven't learned to re realize a rebirth of who I am yet. That re realization method that you're going through. So step number one is about writing thank you letters. You've done the fuck you letters. You've done the anger release, you've done the emotional release, you've cried, you've sworn, you've done your thing. You know what I mean? But I haven't done the thank you letters yet. I haven't done the thank you letter, the re understanding, the reigniting myself and projecting that into my future yet. Because right now if I talk about future, there's this block, you know, there's this I don't want to know, I'm not interested. I don't know where I'm going, I don't know where I'm go going to be. And that's what I'm seeing the whole time in your mind. And the only reason why is because the past is over. Projecting into the future all the time. Which means I'm not understanding why I had to go through all that shit. I'm not understanding what I had to learn from all of that chann. I'm not understanding who I've become instead of all of that stuff. Can you understand? And once you understand what you've become, I've got no more fear of the tomorrow. I've got no more fear of where I'm going to go. Because I get to understand the me that I am with gratefulness. I'll be grateful for being stubborn, full of shit, emotional, insecure, etc. I'll be grateful for the fact that I've got strength and power and vision. I've got spirituality. I've got the sixth sense. I'll become grateful for who I am. And I can project that into tomorrow. Does that make sense for you, Jenny? So for me, step number two is about re realization. It's about rewiring the bastards in your mind so that they could understand. Yes. However, instead of the pain, this is what I've come find. Empowerment from the past. Instead of victimization. It's not the right word because you're not a victim. But instead of that whole self punishment, instead of that whole self criticism, instead of that whole pushing yourself down sometimes. Can you understand? And once we do that, Jennifer will have a clearer mindset of where she needs to go tomorrow. Who she needs to be tomorrow. Can you understand? Once you find that picture, it leaves us with a third step. Just show up. That's your mantra. Stop thinking, stop analysing, stop trying to understand things. Just show up. Showing up means trusting your instincts, trusting your gut, trusting your ability to take a cup of coffee, to smell it, to taste it, to feel it, to become present again. Showing up means presence within your mind, body and spirit. To find an amalgamation, to simply be. Do you understand? Limitlessness comes from the law of allowance. The law of manifestation is very simple. Any idiot can understand that. You picture an image, you visualize it, you feel it, project it. And hopefully you daydream about it enough where you feel like you've got it but nothing's fucking happened. O we all understand how that process works. But there's a fundamental truth missing to the power of visualization. And it's the law of allowance. That right to exist. If you do not understand that you have a right to exist, a right to be happy, a right to be who you are, you will ll never have a reason to fight anymore. You wouldn't have a reason to overcome and to conquer. And this is exactly where you are

stuck right now. Your reason to be. Your reason to fight, your reason to self acknowledge and to move that forward into your future has not being created. Can you understand? And once Jenny starts focusing on that law of allowance. I allow me to be who I need to be. I allow me to be what I need to be. This is where the doors can open up. This is where the truth of self can start being revealed for yourself. Does that make sense? The law of allowance. I need to allow me the greatness that the universe can give me. You know, somebody asked me the other day, but you know what? I don't want to sound greedy when I'm focusing and I look at them like this and I'm like, dude, seriously, you live on a budget. You work on a constrained budget. The universe doesn't have a budget. A budget is a rule that we created because we feel guilty, because we don't feel we deserve it. We don't allow ourselves. So we suffer in guilt. We suffer in self punishment all the time. The universe doesn't have a budget. The universe doesn't owe you anything. The universe simply responds to every single thing within yourself. Every consciousness, every thought, every action, every deed that you have gets pushed out into the universe. The universe absorbs it, analyzes it, and simply gives it back to you. That's all the universe does. It's a mirror. If you don't like your consequences, if you don't like the consequences of your life, then change your reactions. Because every action has a reaction that creates a consequence. If your reactions and your actions are not in line, your consequences are going to be fuck. You eat bananas, you plant bananas pie. You can't expect to plant bananas and eat strawberries. Life doesn't work like that. You need to learn the law of allowance. What do you allow yourself? But not with arrogance and not with the mind power of y. But I deserve this. No, that's victimization. It's got to be the inner knowingness of what it is that you desire, what it is that you deserve. And that fight, that get up and fight for it, that getting up and stop procrastinating to actually go for it. Can you understand? When you learn those three steps, that's where your doors will open up. That's when your life will start changing. In plain old English, get over the shit from the past. Change the bananas in your head. Smile for fuck's sake. You're still alive. Move forward. Carry on. You have an opportunity to build a magnificent life. Build it. God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the knowledge to know the difference. I don't know who this man is who died of a heart attack. Quite a tall gentleman, darkish color hair, taken to the side like this very funny guy. Big, big, big smile on a massive energy. But he comes with this big placard with the. The prayer on it, you know, and he keeps on Giving me that prayer the whole time, the serenity prayer. And it keeps on reading. Very simple. God grant me the serenity to accept the things I cannot change. Stop trying to rescue everything. Stop trying to fix everything. JK JK is my motto in life. Jk jk Y cock is y cock. Your shit is your shit. Don't make your shit my shit. I will love you. I'll give you advice, I'll give you everything you need. But go fix your shit. I'm not going to take your shit and fix it for you. You've got to learn that. You've got to learn to detach when it's needed to. You got to learn to own your own reality, to own your own mind regardless of people's opinions, comments or other people's insights. Set boundaries. Set crystal clear boundaries with people. Circumstances spiritually, emotionally and materially for you to take control. Makes sense.

Speaker B: It does.

Speaker A: It could be the dolphin. That's where you need to be. So where do you stay now? Where you going to move to? I see you moving where you want.

Speaker B: To go in terms of work.

Speaker A: Yes.

Speaker B: Well, I've been retrained to let go again and as you quite likely said I'm going to and I fix things for them and I'm kind of being the fixer.

Speaker A: Why? It's what you do. It's like an orange telling me it's tired of being orange, it wants to be pink. You're a fixer. You just need to refocus the way you fix things. You need to start fixing instead of rescuing.

Speaker B: Yeah.

Speaker A: What company did you work for before?

Speaker B: I worked for a company called Zinia and prior to that? Audio code. Audio codes I thought was my dream.

Speaker A: So what did you do there? Corporate governance. What did you do there? Corporate governmentance.

Speaker B: I was both sales manager and both of them head of division putting processes in place, employing people doing sales.

Speaker A: So what's next?

Speaker B: As's an open canvas, I've got to decide what's next. I'm seriously considering starting my own thing.

Speaker A: I think it's a fantastic idea and.

Speaker B: You know, possibly doing it on the side while working for somebody else. At least I've got an income to pay the bills or you know.

Speaker A: What business did you want to start?

Speaker B: Got it.

Speaker A: What business did you want to start?

Speaker B: I was looking at starting a business in cybersecurity cloud based solutions, telecommunications, connectivity, what I know and then I was also looking at getting a whole lot of LA that have also recently been entrenched and see where everybody's strengths lie. And see what we can create as a woman in technology driving in business.

Speaker A: There is the need. Where is the gap? Where is the need? Where is the need in the market? If you look at telecommunication, cybersecurity, sales, sales, performance tracking, portfolio management, where is it that there is a real need in the industries today, especially in corporate industries, where is there a need? What is the lack? Coaching.

There's a lot of coaches out there. There's a lot of people out there. It's a very, very oversaturated market, don't you think? Doing business coaching, business training. It's a very, very tough field to break right now. One of the big reasons why everybody is retrenching the big corporate companies is because the cash flow is not there. They're not going to go and spend 100 to 200,000 at a time to go and get an outsider to come in to do a couple of sessions of coaching right now. Especially if the cash flows are constrained. So you've got to identify the gap.

Speaker B: Most companies' processes and solutions, you know, the solutions are not talking to other the processes aren't following through. Companies are going in and not really analyzing what they have and utilizing what they have and adding to it to make it better. So you know, they're going in and just dumping what they've got and starting over again. Dumping what they've got and starting over again. They're not going in and doing and say this is what I've got, this is what I need, this is where I want to go and how do I do it with what I've currently got.

Speaker A: And how do I get the staff to follow through? How do I instead of when I implement something, how does it stay implemented two to three weeks after the implementation? Or how do I create the governance?

Speaker B: Stop it.

Speaker A: Why?

Speaker B: Sorry, it's my dog.

Speaker A: Tell your dog to stop it. Your dog is your baby. What's wrong with you?

Speaker B: He's crying. So yeah, I'm kind of like as you said, I mean I was working for this company, they took me on nine months later they said thank you very much, you did what we needed you to do and you're too perfect. Okay, well I'm too perfect, thank you very much.

Speaker A: Do you blame it anydy?

Speaker B: Got it.

Speaker A: Do you blame them?

Speaker B: No.

Speaker A: So I'm going to be brutal with you. Is that fine with you? I'm not good. Three things went wrong at the previous job. Number one, you are great at your job. You definitely are great at your job but you suck at self value. You suck at selling yourself. You great at implementing change and implementing teachings. And that's exactly what you did. Your price tag was not cheap. You're old. You're not young. Right? Why pay you x amount of money if I can get a youngster and pay them 20,000 Rand. \$2,000 to do exactly the same job after you've built the system. You know what I mean? It doesn't make financial sense to keep that there. I don't blame the company. Do I think it's right of them? No. It's fucked up. But that is

business. It's corporate, right? Number two. Selling yourself. What is your brand? How do you sell yourself? Come.

Speaker B: No.

Speaker A: I come fix things this for you. You're an ass lickr. When it comes to work. You are sor Ask liquor. When it comes to work. You lick ass. You motivate. Oh I can do everything for you. Dont worry. It okay? Its okay. Bab me when you can. Its alght. Ill do it for you. Il sacrifice me so that you can win your ns licka. You have immense corporate fear of being unseen. You see, you've got this fear. You know you're good and I know you're good. Fuck dude. You are brilliant. Okay? But you're so scared that you are not going to live up to that being good that you overdo it sometimes. And you've got that fear of being seen and then being unseen again. Not being remembered, not making a statement enough. You've got that fear of being let down. That fear of being let go. And I keep on manifesting it all the time. It keeps on coming into my life all the time. People come, they take me, they use me, they abuse me and they kick me to the curb because I have my own fear and lack of value implementations. Makes sense.

Speaker B: Ye. My attitud is kind of like if you can't see what you know my value then you.

Speaker A: Of course we become arrogant. We can become absolutely arrogant in it. Why? Because we're so scared of being unseen that I will not allow myself to go there. I'd rather just cut you off and tell you to go fuck yourself and I'll move on my own underard. I'll survive. I'll eat shit. I'll go live in a little fucking tent somewhere in somebody's garden. But I will not bow down to anybody else. Because I know my value s the unseene. You're self sabotaging all the time. Whereas if you had packaged that what you do into a value added system. Get the corporate or the Entrepreneurs to understand the value that you're system provides. With you implementing that system, they can't live without you. You're no longer selling you your insecurities because right now you're selling your insecurities. You come to the office, you're always there. Which, yes, I agree, we always have to be on time, if not earlier. You always got to put in 110%. But fuck, dude, you there at 6am until 10pm at night time, overdoing everything over. Pushing yourself so much until you reach burnout in order to rescue that entity. It's not about you, it's about the entity. Because if you do it enough, you're going to prove yourself enough. Then the universe is going to owe you something. We bargain with life. Yeah, but if I really show my value, somebody is going to look after me. I'm going to be rewarded for it. No, they're not. They're going to kick you to the fucking curb. You can't bargain with business. You can't bargain with God. You can't bargain with the universe. Do you really think the universe gives a fuck if you meditate 10 times a week? Universe can't give a rat s ass about that. You meditate because it's for your own focus. It's your own mindset, your own mental clarity. It's not about impressing anybody else. That's what Jennifer'got to understand. She's got to learn to make things about her value. So my question to you, what is the most valuable thing about you, Jen? What is your greatest value?

Speaker B: I suppose understanding. Compassion.

Speaker A: No, it's not. Where are you ever compassion? Where have you ever been compassionate? Tell me. You calculative? Yes, you calculative? Yes. You feel a lot. Yeah, but

compassionate? When else did you put yourself first? When last did you fight for you? When last did you have compassion for yourself? Your own past, your own mind, your own energy and life? True story that you're compassionate towards other people because maybe I'll be rewarded for it. That's a bargainer. It's not a compassionate. Let's look at subconsciously. Subconsciously, it's my way of always doing 110%. I told you I'm going to push you off today, okay? It's about overco. Compromising your own value so that you can add value to others. So that I can be recognized for the fear of the unseenness within myself. It's not compassion. Yes, you do it with love and yes, you do it with grace. And yes, you do it with your intentions. Very Pure. I am not misunderstanding your intentions, please don't misunderstand me. But your value. Ask you not what service you provide. What is your greatest value?

Speaker B: Say that again, sorry.

Speaker A: What is your greatest value?

Speaker B: I would not know. I have no idea.

Speaker A: So how do you expect a client or a business partner or a life partner or a spirituality to see your value and to live up to your value if you do not know how to honor your own value?

Speaker B: I suppose with everything that's going down in my life and everything, I don't know what value I add. I don't know what value I add to myself anymore.

Speaker A: So that's why I'm going to stop you there Jen. You see exactly what you are doing now. You're allowing the bastards to come back again. Yeah, but you see everything that's going back with my life and everything. Now you're recording all of that shit that you have already dealt with and I'm justifying. So then stop bringing it up and making an excuse. You're valued. Do you know what your greatest value is?

Speaker B: What is my greatest value?

Speaker A: Presence. You have a presence about you. When you are busy with something, you are so present you won't think about the dogs, you won't think about other people. You won't think about nothing other than that what you are focused on, you've got the dead point focused on it. When you do meditation, you switch off, you detach. Your mind is not there, you are present. Do you know how rare that is? Not a lot of people can do that. I mean I have taught what hundreds of thousands of people how to meditate before. I mean you know how many hundreds of thousands of people I've seen all over the world. Presence is the hardest thing to teach somebody. You are one of the only people that has the ability to take a cup of coffee and to actually taste it. Not just to drink hot stuff. You know the right. When you take over a business, when you walk into a new company, you are so present with what needs to be done that you get over passionate about it. You get over focused about it that you give 110%. It is your presence that creates the essence. Your friends, people that like you, people that listen to you when you talk. I want to get a lot of old ladies that's been bummed out, that doesn't have jobs anymore, that's got skills. I want to build them together, create a network with it. Why? Because I have a dream, I have an idea. And when I become

so present with that idea, I become over fixated on it. I become so over fixated on it that nothing else matters anymore, including my.

Speaker B: So it's a life balance that I need to put into place.

Speaker A: Better life balance. You got to learn balance. There's a time and a place for everything. Your presence is amazing. But expand your presence. When you do spirituality, be present in your spirituality. When you sleep, be present. Then you sleep and sleep. When you eat, be present. When you eat. Eat, face, taste your food. When you work, be present with it. If you beat somebody up, you be present with it jogging. Be present in everything you do. Your presence is your greatest thing that you've got. What happens to you when you smile? Jennifer, I've mentioned three times that your smile is extremely valuable. Why?

Speaker B: When I smile, I feel freedom, I feel joy.

Speaker A: You stop thinking. You stop thinking. When you smile, your mind switches off the whole neururalortex, the old bastards, the Tico. And to all of that goes quiet when you smile. Your outsides become insights. Your outsides switch off, detach completely and that internal presence come out through a thing called instinct. When that instinct takes over, there's no thinking, there's no mind. You just show up and you take action and you do your thing. Now imagine giving that presence, that action, that smile. Imagine giving it a direction, direction of balance and a schedule of when to be what and how. Can you imagine how successful you'll be? You got the right focus on your value. Once you focus on your value, you enhance that value. Then you learn to teach people that value and you allow people to add to the value, allow them to take their own actions. You don't have to take responsibility for everybody else, including the other old ladies that's all been pushed out. Then we go back into business again and we say, right, what's the next step? Send out your CV, go find a job 100%. See where you can find a place where you can do corporate governance. Corporate governance is your thing. It's your magic tone. It is your magic net. Making sure that everybody does the roles that has been allocated to them to do. Making sure that the software systems are working. Making sure that the security is working. Making sure that everything works through. In English you call it being an analyst, a data analyst. I am analyzing the data from management. I'm analyzing the data from different individuals within a workspace. I'm analyzing the data of stock controls, of portion controls, of workflow controls. Whatever the case, it is your combination and the road. De Dania before we start it, just now I wrote down data analytics report system Specialization, corporate governance, that's the key for where you need to focus on in your future. With all the technology that's out there today, artificial intelligence, knowledge basis, that's out there. It is so easy to set up automated systems that allow owners, entrepreneurs, builders to be able to have their report systems analyzed to ensure those report systems come in. To ensure control and continuity within their companies. That is your job is to streamline businesses. The reason why you got cut out of the business is because cost saving, nothing else. So let's cost savings. The corporate companies want to save costs so they cut you because your expensive. So let's use that against them to make sure you get paid. How are you going to save them money? What is the most googled or the most researched topic in the world? How can I make money fast? How can I save money? So you see the potential problem. The problem is people want to make sure the jobs get done. They want to make sure the reports come in. They don't want to sit for hours doing paperwork. They want an automated system that can handle the

reports, see the reports, make sure everything flows with a green tick, red tick, orient tick, that's it. They want to have one single dashboard to make sure everybody does their job, everybody does their thing. It's going to be cheap. It's got to save them time, save them money, but make sure the business grow so that they've got cash flow. You know how to do that. You know how to create business optimization strategies when it comes to sales, when it comes to mergering, when it comes to corporate governance, when it comes to analytics and reports. Do you know somebody that can help you develop a system like that, a software or an integration system that you can input into businesses, combining it with cyber security?

Speaker B: Yeah.

Speaker A: So what are you waiting for? Build a business plan. And I need my 10% commission for giving you the idea. Right? I'm not asking, I'm demanding.

Speaker B: But what is the immediate? I mean that is a something that's.

Speaker A: Got to be working on a six month project. Yes, I understand that. So the six month project, get the bane started, get the basic started, get all the plans set up and let's get a couple of people to start testing your program on so that you can start building it with these other people involved in it right now. Immediately you need to send out your CV and go find a job. You need to send out your cv, go find yourself a job, See where you can get yourself a job in how much is it that you are looking for financially to be able to Survive.

Speaker B: I need to clear 65amonth.

Speaker A: And you've tried to go find a job and there'nothing.

Speaker B: Yep, my age, big problem. You know, it is my color.

Speaker A: Nothing to do with color, to do with age.

Speaker B: I went for an interview on Monday and I'm pray, praying I'd love to go into that business. I mean, it's in CRM Dynamics.

Speaker A: So yeah, my gut tells me that within the next three weeks there will be a job opportunity that will come your way. It's going to be something to do with a software or software company, something to do with electronics, which is a very good thing. And it will get there, stay positive, put a vision board, put a vision board, put it against the wall, print out a couple of things with a new job, new focus, new money. And then create your business plan and start building your business. Because even if you do find a job, it's going to be sustainable for what, a year, maybe a year and a half and we're going to be in the same position. Need. You need to build your company. You really, really need to build your company. It's really, really important for you to do that.

Speaker B: Oay.

Speaker A: Go do your research, go do your fundamentals, go build your basis. You need to build a company. It's the only way for you to carry on forward job opportunity. Like I said, between the next three weeks, I do feel that there's something will come. So have faith, have hope, keep on pushing yourself. Oay. But most important point is about you needing to set up specialized targets. Focus on yourself, get them going, get them growing. Grow your brain. I think you've got a great idea and I think you're sitting on a potential gold mine. You've got experience in years, I mean, you've got four decades of business experience in sales management, in corporate governance, in analytics, in report systems. Take that knowledge and put it into a software program. Get IA to start building, start building up your layers, the layers of the layers. Make it airtight, make it solid, sell the shit out of it.

Speaker B: Definitely. Because that is what is lacking in business. All businesses, you know, it's one solution that everything can feed into. And at a pop of a button, you can actually see where you are financial, where your sales are, where your projects are, where your procurement is, where your debtors and creditors are. As you said, on one dashboard, you can look at your business up. One of the things that I was doing while I was training the team is I also, I created one spreadsheet that had everything that they needed to know. And I think you are the CEO of your business and in one glance you exactly where your business is at 100%.

Speaker A: And make it look pretty. These dashboards today look like pieces of shit. I hate it if somebody brings me a Microsoft thing or an ocean thing. It looks like cuck. With the technology that's out there today, we can build something truly masterful. And I'm telling you how it will work. It will really work. Go for it. You've got nothing to lose. This is your push. This is your PowerPoint. This is your moment to stand up and to be the architect of your own desire. Be the dolphin. Step away from a corporate mess and start building your shape. Start building your future. This is how you build your life. You've got this.

Speaker B: So financially I'm going to be okay?

Speaker A: Financially you're going to be fine. You need to go back and say thank God these guys let you go. Because if they didn't let you go, you would have been drowned in emotional distress and confusion for eternity there, number one. Number two, they are forcing you to finally see your value and to fight for yourself. You have a right to exist and it's time to fight for it. Stop being an AR LIR.

Speaker B: So when I live I said to the 1:1 director who had an issue with me because I kept telling him his system don't talk to each other. These figures will never be right. They didn't like that. And when I saw him and I said what do you want me to do for the hand? He said, I don't know. Hand over what you're doing. All three directors had no clue on.

Speaker A: What I was doing, you see and but that exactly shows me that shows you that you have no value. You're not selling yourself. You are selling a company their own system. It'll never work. It's like having a tire shop. But you're selling your competition to the guy. You can't do that. You've got to find your value, Build your brand. Build your personal brand and build it from there.

Speaker B: And then I said to him, did you realize I've only been here nine months? And I said nine months is a pregnancy. Now it's time to rebirth Jennifer. And those were the exact words I used.

Speaker A: I love that Jennifer. Well done, well done, well done, well done. So now pull your head out he ass. Stop sitting there soking worrying about 65k a month and get fucking building your systems. Get started building your system tonight. Said burn the midnight oil. Go for it. You know what you are like. Get it going.

Speaker B: And any other Advice.

Speaker A: Smile. Eat good. Wake up in the morning early. Go for a walk. You've got time now. Wake up in the morning, go for a walk. Go clear your mind. Go clear your head. Take that walk. When you walk, breathe, focus. Allow that light inside you. Allow that passion inside you. Refocus. Plant that seed here and keep on pushing it forward. Call me in a couple of weeks. I want to see a performance report. I want to see how you carry on with it.

Speaker B: I'mnna to put my board together, start looking at what developers I've got a do that possibly I could talk to.

Speaker A: To invest in me 100%. You've got everything you need. You just need to pull your hel out of your ass and get started with this thing. I'm going to send you create yourself a personal performance review so that once a week you can review yourself to say this is where I fucked up, this is where I can do more. This is how I can push just to give you that balance. Not to overdo it or not to underdo it, to give you that balance in between. But go for it. You've got this.

Speaker B: Cool. Now I've got to let my daughter know that I've been let go again and deal with her rap.

Speaker A: But's that's her problem, it's not yours. But it's her problem, not yours. Build yourself a proposal. Build yourself the brand. I want to see you fly. In the next three weeks I want to see a working prototype on the table. Seriously not joking.

Speaker B: No, I'm definitely going toa look at it. Busy with it. Got all these ideas running through my.

Speaker A: Head, but is you see what I do? I've got five whiteboards in my office. 1, 2, 3, 4, 5. Every time I got an idea, I write it on the whiteboard. I start with one point, I finish it up and I move on to the next one. Put all the ideas forward it if it was me, I'm a multitask. I mean right now as I'm sitting here, I'm talking on my second phone. I've got my iPad here, I've got my laptop over here and I've got my cell phone over there. That's me. That is how I operate. I can do emails here, I can work out people's GPS cards here and on my phone. I'm always in contact with people that need me. That's how I run. When I start writing a book, I write two books at the same time. Otherwise I'm going to get distracted. You're the same, but I need to stay organized. So I use my whiteboards, visually organize it, know what I want, get back to plan and move forward. Set up your system, find what works for you.

Speaker B: Okay. So immediately get CV out there. This position that I went for on Monday, do you think that is a possibility or.

Speaker A: I think your possibility is about 70%. So let's focus on others. Main importantly, focus on starting your business. Definitely it's gonna work.

Speaker B: So emotionally I'm got to get out of my own ass.

Speaker A: Get your head out of your ass.

Speaker B: Okay. Financially I'm gonna be okay.

Speaker A: You're gonna be fine.

Speaker B: You've got get out of my bet.

Speaker A: I believe in you. I know who you are. I know what you are about. I know what you are capable of. If you start believing in yourself and knowing who you are. Get a structured plan, a focus plan and you start running towards it. There's no reason you cannot let your value be your life.

Speaker B: And that's exactly. You know, in my coaching and that with everybody and wherever I've been, I've always said you're enough. You're the CEO of your life. And I'm not taking that advice myself 100%.

Speaker A: Again, pull your head out. You ask and get started. Cool.

Speaker B: You've got swim like do open.

Speaker A: Good stuff.

Speaker B: Thank you very much.

Speaker A: Stay bless Jenny Soonia. Bye.

I recorded my notes with Wisp AI this is it!

is my birthday. Oh, happy birthday, Sonya. Congratulations, five many, many blessings many, many greatness. The older we get the wiser we become the more we find our light you know? They say that with age comes knowledge with knowledge comes toity, with stity comes mistakes and with mistakes comes a true knowledge and experience. They say knowledge will help you grow and all knowledge will help you become famous and rich and powerful, but that's bullshit. I know a lot of people who's very, very clever that he's very, very stupid in life, that doesn't achieve anything in life. It is the ability to stand up and to take that what you've learned and to implement into your reality. That is what creates magnificence in life. So as a birthday, getting older, getting more mature, getting more focussed, if he's an

amazing opportunity, not just in life, but in self realisation. When we spend so much time going through facets of who we are and what we are, trying to understand the difference between Tyico and Tcho and the voices inside our minds, driving us crazy sometimes. That moment we wake up and we're, oh my God, I'm a year older. What the fuck did I do with my life? You know? That panic, that feeling of, oh shit, I'm getting older. But yet we look back and we be proud of ourselves, you know, of what we've become and of who we've become. And if you are not proud of yourself, then you better go sit your ass down and you go reflect and you go reook and you go restand the whole process of what you've been through. The who that you've become, the who that you have created, through all the darkness that Sonya's been through for the last decade, over the last 10 years, all the emotional, uncertainty, the ups, that downs, the abandonments, the fear, the pain, the grief, all of that stuff you've been through. There's so much that you've achieved, there's so much that you've learned. And the important thing is about taking grasp of the things that you've learned, the who that you've become in spite of the darkness, in spite of the pain. Because pain is going to be there. It's going to be there. When it rains, you're gonna get wet. The wet is going to be there. You can't run away from the wet, but we need the wet for the grass to grow. We need the pain to be there for that selfcertainty and self visualisation to be there. So you're saying happy birthday? I don't believe in a happy birthday, not for someone like you. I believe in happy becomings Day. Because every day that you go through your face of a birthday, you are getting closer to becoming the ultimate self, getting closer to becoming the Sonya Mendes that you know you are, that you've always wanted to be, but you've never allowed yourself to be. You see, it's been too long, Sonya, that you smile without really smiling. You show up without really showing up. You've got that smile and you look in the mirror and you look at yourself and you think, whoho the fuck is that person smiling at me for? And you're talking to yourself, and you're like, why this smile that I used to convince people that I'm fine, this smile that I used to convince me that I'm okay? That smile that I convinced the world that it's fine. When you walk up into a crowd and you go to introduce yourself, hi, I'm Sonya. And they pretended I don't remember you, They' pretend they're better than you. That feeling of what the fuck? You know? We've been busy being that nice person for so long in life that we forgot to be the good person. We forgot to be the one that honours ourselves, that focusses on ourselves, the ups and the downs that you're going through the emotional uncertainty that you've been going through. I mean, you've got some really cool days and really shitty days too, you know. And it's like the highs are high and the lows are low, man. I just want to find stability, you know? Kind of like, let's just go to Mauritius's and live on an island. No, fuck Mauritius, it's tooherry. Let's go to like, let's go to the Caribbean, man. Let's go find a nice place in Costa Rica and we just chill for a while. You know what I'm saying? We all want that.. E? Let's go. Costa Rica. Costa Rica. Costa Rica, don't want to go there. It's one of our buck in this place is to go. Apparently it's magnificent. I heard in a session with them, two people from Costa Rica about a couple of weeks ago, and they are just absolutely chilled. It's the most amazing vibed people. And I ask that exact same question. So what makes you happy in life? And the lady tells me that it's not because I live on an island or I see the ocean every day. But it's because I choose to see the ocean every day. And that is so real, Sonya. Because that's exactly where we need to be in life. We need to start choosing to see our path, choosing to see our realities, Choosing, to start seeing the who that we are. You see, these abs these downs are going to be there as part of our life. We need ups and downs. You know, if we had to go through the world just having summer, never experiencing winter, we will never have seasonal changes. Plants can't grow. Things will never evolve. It'll be chaotic. And so to us as humans, we go through seasons.

We go through summer, we go through winter, we go through autumn and we go through spring. And every single season represents a different state of mind, a different state of being this within ourselves. But we need to learn to acknowledge the who that's behind us. You see, the Mother Earth is there, it's stable. The Earth is always stable. And it knows that even if it goes through winter, the spring will come, and it knows that even if it goes through summer, the winter will come, it knows the cycles that it needs to go through. It's never going to change itself in order to cobbo, in order to just compromise for the surroundings around it. You don't see Mother Earth putting on a blanket and running away because wind is coming and becoming all negative and killing everything on top of it now. It embraces itself, it focus itself, it understands the process. So do does Sonya, Sonya understands the process that she has to go through. But remind yourself every single morning,ind, refocus your mind on the who that you are. You need to understand that this last decade, the last 10 years has been rough, Sonya, it has. And you have dealt with it. You've written your letters, you've burned the letters, you've written your fuck you, and you're saying you letters, you've made peace with all the pain, and you've let them go. You've even made peace with the who that you are, that reconnection to your real self, and that for me is beautiful, Senora. It's nice. But another question is, what is holding me back now? What is stopping me from actually becoming the Sonya Mendes that I want to be? Is it because of that smile that I'm faking all the time? Is it because of living in a pretence sometimes? No, sometimes those masks, we've got to fake it till we make it in life, you know? We've got to put it on to convince yourself of who we are, even though inside we are hurting because we've got to step up and fight towards it. But we've got to dig deeper than that. We've got to unlay it. And we've got to see, but what is the part of me holding that back? What is the part of me, holding back that becomingness inside me? Is it the old beliefs that I have? Is it my old mindset that I have? No, you've dealt with that. Maybe. Maybe, sometimes, we start dealing with the trauma of what we've been through in life. Maybe we so busy trying to figure out life, figure out where we're supposed to be, where we're supposed to go, that we actually find comfort in the chaos of detachment. We create a comfort zone in, oh, my God, I need to get healthy. Oh, my God, I need to stop Rove. We're coming in the past. I need to start finding myself. I need to start. Maybe we get so indicted to becoming something and overcoming something that we'll never actually just say,Fuck it, move on and carry on with our lives. You know what I mean? It's like that butterfly. I love a butterfly, butterflies in most amazing animal, and I mean, you are an absolute butterfly. If you look at your purpose of life, right, you went through being this worm, ugly, fat, eating shit, digging in dirt every day until he started realising yourself. The darkneses, the disappointments, the pains that you went through, allowed you to transform yourself. You created this cocoon, this web around you, isolated yourself, moved away from your country, moved into an African country where it's all chaotic, and you actually made it there. You built an empire there. And within that empire, you've allowed yourself to go into water, to turn into mush, and to transform yourself to the Sonya that you know you are. Because even now when I'm sitting here and I'm looking at you and I look at your energies, you know exactly who you are. You know your strengths, you know, your weaknesses, you know your focus points, you know your mindset. You know Sonya Mendes. You need to pull your head out of your ar and accept who you are. You're magnificent. So you've become this beautiful butterfly with this power, this energy, this vibrance, you know? And every time our wings open up and I'm about to fly, my foot grabs onto the cocoon and says, no, no, no, I'm not ready yet.m mm. I still need to change a little, but maybe there's some things I need to learn. Maybe it's the, and then I fuel hold on and I feel pulled in and then I fake that smile and I force that smile and I force myself to be okay

because I'm too scared to let go of the old me. I'm too scared to acknowledge the new me to say, you know what? I've become this butterfly. I get to burn down this cocoon because I don't need it anymore. I don't need a transformation anymore. It doesn't serve me anymore. This is who I am. I am Sonya Mendes. Be proud of that, who you are. Get rid of that fake smile, get rid of that transitioning. You've transitioned for fuck's sakes. Accept it now. It's time to stand up and say this birthday is a rebirthday. It is a day of rebirthing my law of allowance. I am allowing me to be Sonia Mendez and every time Tikico comes into my cza, that little chipmunk, that jumps up and says, do you deserve this? Are you sure you can do that? Every time that decor comes and he says a couple of things, leto tell him to go fuck himself. Sorry, my French. But you let Teko tell him to p off, okay? And you, Sonya Mendes, take the ropes and you take control and you say, you' breathe in deep, four deep breaths in, one deep breath out, and you talk to yourself and you say, I am. dot, dot, dot. I am strong, I am focussed, I am allowed to be happy, I am allowed to smile because I feel it. I allow myself to find success. I'm allowed to be rich as fuck. I'm allowed to be in love, I'm allowed to be happy, I'm allowed to be limitless. And you create an entire mantra where you visualise that light, you visualise that golden light of love and power, and you put it over your head, over your body, you put it inside your house, your cars, your business, your family, you put the light of whose Sonya Mendes. And you put that loud out there. And even though you don't know where to go and you don't know how to be it, fuck it, it does not own your power. Son Mendes does. So you know what? That's how we wing it. That's how we tell the cocoon, I love you. Thank you. You served me. You made me change, but I don't need you anymore. I have the sky that I get to fly into. So again, do you see a birthday? I don't see a birthday, Sonya. I see a re birthday. I see a re ignition of that goddess that is within you, the real you that has the time, the allowance, the focus and the mindset to start growing into something quintessentially magnificent. Do you know what quintessentially means? It means fucking awesome. That's all it is. It's a fancy English word for saying, wow. And it's time for you to be wild. It's time for you to say, "My physical body, my physical disabled disabilities, is not going to condition me. I've got this issue. So what? I'm lactating. I am teaching the world that nourishment is key. I'm not going to let my physical inabilities create a physical disability. I'm not going to let it play on my mind anymore. I'm going to feel shitty, but I don't know how to get up and change it. You do. You've been doing it for the last how many years. So let's stop giving it power. Let's give power to the things that you can control. Let's give power to the focus on the things that you can move forward. In your mantra, you create a small little section where you put there the alt serenity prayer, but in your own version, God granting the serenity to accept the things that cannot change. Why not created for yourself? Write a little piece. They say, you know what? Sonya, within me, there's things that I do not have the ability to control right now, but I know who I am, which means I will not let them control me. I will be the creator of my life when I plant bananas, I eat bananas. I am the god of my life. When you focus on their ability to be the creator of your reality, your reality will shift. Oh, my God, dude, I't got a bad headache. You didn't even tell me. I'm saying? I have white hair. You got white hair? Oh, my God, you're getting gray. That's nothing, dude. I've got no fucking hair. Ugly bald, man. I used to be this Italian heartthrob,. Now I'm just a throb! Yeah, but I'm not ready for that. So I've got three questions for you. I've got three. What is my age now? You don't look a day over 29, so it doesn't matter. 40. Oh, congratulations.. You've joined the naughty40s. Remember wondering Sonya, in your 20s, you are stupid, you are insecure, you're neurotic, you're emotional, and you make mistakes in life. In your 30s, you're so busy trying to figure out who you are, who you're supposed to be, where you're supposed to fit in, trying to figure out how you're going to make money, how you're going to make survival.

You're just trying to understand your different identities, all the horses in your mind. You're learning of Artico and To and they're driving you crazy sometimes when you get to 40, you don't give a fuck. When you get to 40, you get to the state of ownership. I get to own me, I get to free me from the past of who I was and I get to rebirth myself. Is it going to 40 is like finishing primary school and going into high school? It's going from junior school to senior school. It's where you literally get to stop being a kid anymore and you get to learn to be free again. You get to learn to be alive again. You get to be naughty again without worrying about consequences. You get to control your reality. Trust me, Senora, I've been in the 40s for two years now, and it is the most amazing thing to ever be. Unfortunately, it still make a sav money as you used to your 30s. Bye, it is amazing, I love it. It gives you freedom, power. It's absolutely amazing, you know, in South Africa, being a white man, manas and respect is a very big thing, you know. And you know what's the worst part of being in your 40s? Now when you go walking into the moors and you're walking into the street and you hit this pretty young girls that walk up to you and like, it's like morning uncle, you always respect your elders as an uncle or an aunt, you know? And you're like, you're calling me, fuck. You know. Did it hurts, you get these 30 year olds and walk past, you're like, hello, hello, Danny, you know? And it's like, what the fuck, man? Have I become that old already? But you know what's a cool thing? It gives you a superiority. It gives you that feeling of ownership. I don't have to walk into a restaurant in a morning and worry about who's going to see me anymore. I walk into a restaurant and they' think, Eric, look at all these fucking kids. You know what I mean? It's amazing, Sonya. I'm telling you now, it's brilliant. Okay. So. I'm I'm I'm not sure what is happening. Even the other day, I was thinking, maybe it's the house that has bad energies. You think that my ow can have bad energies? I think what happens is sometimes, remember, life is like a big sponge and a big mirror sometimes. So whenever there's a lot of internal conflict within yourself, your vibration starts putting out a little bit of negativity. Remember last time I explained to you that life is like this jowfolded mirror that responds to you? So whatever frequency we put into it starts bouncing out of it. Now, obviously, you're going through a little bit. It's called a mini midlife crisis, not a big one, okay? It's just a mini midlife reunderstanding is what we're going to call it, okay? And because you're going through a restanding of yourself, there's a lot of, oh shit, I should have, oh shit, I could have maybe, if not, that's a lot of negativity that builds up within ourselves. And that negativity we project outwards sometimes, and it bounces back through the walls of the property sometimes, okay? So, yes, number two, look at you, Pa, you're gorgeous as hell. You don't look a day over 30 years old. You really don't. I mean, you still look good, you feel good, you're making money, your business is growing. Your clients are very, very happy. You've been extremely successful. So there's going to be a lot of other 40 year olds, 50 year olds. It's going to be a bit jealous of you sometimes, you know? And unfortunately, living in a Portuguese community where you do the most important thing for any continental is for Fash, you know, the gossiping, you know? So people are going to gossip. People are going to talk, and for me, I think it's a wonderful thing that people gossip and talk. Remember, they never talk and gossip about somebody driving a Volkswagen, you know? People gossip and talk about the Ferraris, you know? And to be a Ferrari, to know that you are worth gossiping about, love that. It means you've made an entrance, you've made your name for yourself. So yes, there will be a love negativity today. Is it enough to affect you in your life? No, I think you just need a little bit of a break. I think you need to give yourself a bit of a focus point, give yourself a little bit of love again sometimes. Maybe do a couple of nice meditation rituals, create a fibb ceremony in the morningings where you wake up five minutes earlier, light your candle, do your visualisation, do your meditation for yourself? Just learn to silence your mind

a little bit, Project your future self, and then just carry on from there. I will attach to the report that I send you just now, the recording that I send you, I'll attach a small little mantrapie and there's a mix for a Tolosi juice. It's like a blessing mix that I use a lot for my clients, okay? When I go out to bless people's houses and I bless people's energies, I use this mixture of vinegar, whales, herb, spices, and salt, just to put around the house sometimes it helps to clean the energy. It helps to break a negativity and it gives you a centralised point of focus, okay? So I will send that up to you just now, okay? And then by Friday, I should be finished with the first thing. There's this thing called the Omor of God that I'm busy with now on the computer where I teach you how to put that light around you, how to put the protection around you, okay? And try it a couple of times, see what happens, and you see it will just bless the energies nicely. But I'll send that to you. It's not a problem. Good.. I'm feeling bad lately, even I know that this happens sometimes. Sometimes we feel that we don't have friends. Sonya, you've got so many friends, my friend. I mean, do you know how many friends you've got? Have you seen how popular you are? I mean, have you seen how many people actually like Sonya Mendes? Have you seen how many people actually want to be with you? Do you know how many friends I have, Sonya? I mean, I'm the guy that has seen hundreds of thousands of people over the last three decades serving people. I've got clients in every continent on this earth. Do you know how many friends I have, Sonya? I've got two friends. My wife and a guy called Leon short little fat fuck who's dumb as shit. Those are my friends. I don't have friends. Yeah, but.. Because it's not about having friends. You've got connections, you've got people to connect with. I understand, you don't have a wife like I've got. My wife is my best friend, I understand that that loneliness gets to a person and especially getting to the age of turning 40, you ask that question, but what the fuck did I do wrong? Why am I not worthy of being in a relationship? You know, but you're failing to realise, Snorina is that I can sit here and I can make 100 million excuses, and you know me, it's not my style. I'm not the kind of guy to put sugar on shit, you know? So I'm not going to sit here and say, "Oh, but you know, you, yo, your karma and fuck karma, dude, it sucks. You've met a bunch of cunts. They've taken for you for a ride and it is what it is. There's nothing we can do about it. Yes, two of them really had the potential to be an amazing people. They were really awesome. The spirits were good. They were real soulmates. You've known. They were plenty of lifetimes. The problem is we can't control what choices people make in our lives. And because we're so badly wanting to fit in all the time, we keep on attracting situations where we've got to prove ourselves to fit in. My feeling tells me the minute you let go and the minute you just allow yourself to be free and you stop wanting it, it'll come to you. It'll come to you by its own creation. So fuck it, let it go. Will you find friendships? Yes, you will. Will you be alone for the rest of your life? No, you haven't been for the last 50 years or 40 years. Why would you be for the next 30 years? The next 30 years is going to be the best 30 years of your life, because you're going to live that life without that big expectations that you've always had hanging over you. You're going to live this next 30 years with their ability to just show up and to be alive. And the minute you free yourself from that desperation of needing to be a part of, that's when it's going to happen for you. Yeah, so there is a friend.. So she's the friend that went with Minnie to Padoro, just two of us. And suddenly, I felt that she was different. She was distant, and it was an important friend for me lately. Okay. And then I said, I think you are met with me. Something happened? And she said, "No, no, no. Nothing happened. Why should I be mad with you?" But actually, she is, I don't know what is happening, but then it was like, okay, I I tried, I said that I think that there is a problem.. If she's not, what is the problem, what can I do? There's nothing you can do about it. You see, a lot of people are going through different phases, and again, like I tried to

explain to you earlier on, you're very good looking, you're smart, you're intelligent, you've got the energy, you've got your own independence. People get jealous of that very, very quickly sometimes, okay? Does that mean you have to change the way you are? No, you don't. People need to learn to adapt to the way that you are, to the who that you are. Personally, from where I'm sitting at an outside point, I don't see any problem there, I can see that she's going through a lot of her own personal stuff. She's going through her only emotional stuff as well, and maybe we just need to give it a little bit of space for her to reclaim herself, to reconnect herself, to refocus on who she wants to be. Can you understand? Maybe we just need to allow her to go through her own evolution and her own evolving changes, all right? And from there, we can take it forward. But personally, I say, just. walk under the bridge, Water of a duck's back, Don't let her get you. Is that all saying that I always teach JK, JK in Afrikaans, it means yokak as yokak. Your shit is your shit. Don't make your shit my shit? You gotta let her shit be her shit. You don't have to own her shit. If she's going through something, it doesn't mean you need to be her rescuer. It doesn't mean that you need to overcompromise. Just be yourself. If you be your smiling, bubbly self, I'm telling you, she'll get over it quickly. I try with me? Why is she having that with me? Because I don't think that she is doing the same with the other friends. I think it's simple case of.. Again, jealousy. I think she's just a little bit jealous. I mean, Tony, you don't look a day close to 4, you free, you independent, you've always got happiness. You've got opportunity to make money, you've got your own business. Don't read into it too much on that. Don't give it power. The more you give power to the weeds that grow, the more the weeds will take over the land. You know, there's this old farmer that ow you to tell me that if he planted his maze and if he sees a weed that's growing in the middle of the field, if he freaks out about that weed, he's going to put so much energy into that weed, he's going to forget about his whole field of mice. And there's going to be focussed, so much on that weed and oh my God, what must I do? Oh my God, what's happening? Why me, God? Why am I being punished? And eventually that weed is going to grow into a fucking tree. And he says, you know what you do when there's a weed in the life? When a weed comes into your life, you walk up to the thing, you look at it in the eyes and they say, you shall not pass. You grab it by the roots and you rip it out of the ground and it's done. You don't kill a dragon using toothpicks. You take the biggest fucking sword and you chop its hair off. With your friend, it's the same thing. You don't sit there and now, okay, maybe it's me, maybe it's there, maybe no bullshit. You woke up to and say, heyey, whatever happened? I'm sorry, I'm not sorry. Whatever it is I know, I don't know, I don't care. Come here, you, my friend. Give me a hug. You give her a hug and you walk on. That's it. Take the problem, throw it out. Move on. To simpler. Okay. The more you faster on the problem, the problem's going to get bigger. Fuck it. So, you were saying when I don't know what the problem of my microphone? I can hear you. Um. Okay, so, um, a few months ago, first, it was two months without talking with you. Well done, F. You survived.. But I wasn't and I have a friend, a Brazilian girl. And I was with her on Sunday. She's and she said, I know what is happening with you. is. What is the name in English of the place where Devil is? Are you hell, yeah? Yeah. She's so I'm trying to dress late. Okay. It's like a strong as ast infer strong I don't know, something related with the signs? Yeah, yeah. Astrology, you get astrological signs, yeah? You're going through health.. What is the name? Astrology. You're going through health, yeah? Yeah, so she was saying, this is like 30 days before your birthday, and when is like this kind of numbers, 20, 30, 40, 50 It's even worse. Sen will be okay on Thursday. I'm going to tell you, you're gonna be okay on Thursday. You 100% fine. I love that idea. Astrology, astronomy, numerology, do I believe in them? Do? I believe that there's certain similarities that comes from certain star signs. I know that we are made up

with 70% water and that water is definitely affected by mindsets, vibrations, and thoughts that different thoughts and vibrations can affect the vibrational consciousness of the water itself. I understand that. I acknowledge that and I agree with that, okay? However, I have the power of free will. I am the creator of my life. I am Toel, I'm stubborn, I'm full of shit, I'm whatever it is, then how come can I also be soft and kind and gentle when I need you? It is a choice that we make. And you see, because the body is made up with 70% water or whatever percentage of water. Now, I'm going to believe that numerumerologically, this is my how week and I'm going to go through shit this week. Now every time I bump my dope because I'm not looking what I walking eats the hell week and I believe something so much that my whole body starts vibrating at that consciousness that I start attracting more and more shit all the time so that things happen more and more and more so that I get to blame somebody else outside. You know me? I feel sorry for a guy like the devil, for example. I mean, I really feel sorry for this poor guy. I mean, that poor guy gets blamed for everything. I mean, the other day, I went to go see this kid, right? He mother brought this kid to me. The kid was losing his mind a little bit, and he got into some serious problems. Now this kid has got some serious issues, psychologically. I mean, this kid's fucked, okay? Not to give you too much information, but it came out, the kid killed, an animal, long story short, right? And his excuse the whole time was, no, the devil made him do it. He was obsessed, he was possessed by the devil Pask schizophrenia, okay? He's obsessed by the devil and the devil made him do it. Now, sitting in front of me, and all of a sudden he starts getting these convulsions, oh, my God, the devil is coming. He's going to take over me. I'm gonna hurt you. So I grabbed him by the face and I smacked him on his head and I was told him, you shut the fuck up. I'm not your mum. You don't play these games with me. Oh my God, I shut the devil out of him now all of a sudden he's cute fuck off, man. You have to punch him to tell him to stop playing these fucking games. We give power to our beliefs so much that these beliefs control our lives. What about responsibility, the ability to respond to what needs to be done? Yes, the full moon does affect us sometimes. It fucking does, okay? When Mars comes closer to me, I can feel my temper. In Afrikaans, we call it to somebody, So it's like a ref counter. So my ref counter goes very high when the moon is very high, you know, or when the energy is very close. I get it. It happens to me too, you know, but then I become even more mindful to control it because I will not be controlled by outside forces. Same with you. Control it. So do you that I lost my focus? I think you lost your focus. I think this whole thing about turning 40 years old has become a very, very big thing for you because it's a big moment in your life. It is a turning point from going to what is expected of me, who I'm supposed to be, what I'm supposed to achieve, and to becoming, I get to own myself. Now I get to burn the cocoon, and I get to reown the hoo that I am in order for me to build my new reality. Okay, because I can't understand what because I'm feeling I'm not old, Sonya. I'm feeling like... Free.. I have ru, I, maybe, like, wake up, go to work. I'm doing just what I' You feel robotic, you feel as if you're just following your routine. And yes, it does happen, Sonya. It really does. So it's even more important for you to make time for yourself, to reflect on who you are, to remember the self that is there, and to allow yourself to have pressure. You see me? I've got my cup of coffee here. You see, yeah, I've got my cigarettes yeah, okay? Coffee and cigarettes. That is what I love for. I love those things. Oh, they're good for me? Fuck, no, I know they' not. Do I care? Fuck no, I'm going to die in any case. I might as well die happy. Remember, I'm a South African Africaner guy with an Italian blood, okay? Which means I'm all about passion, but every single thing about me is about passion. But you see, I can drink 10 cups of coffee a day. Am I tasting all ten on my just tasting one? That is a choice that I need to make. You see, when I'm sitting in, I'm seeing people, and I see my mate come

inside my door, knocks on the door and brings me a fresh cup of coffee. Immediately the first thought I choose to create is, ah, my ability to internalise. You see, I was a very young kid when I learned a lesson before, you know? I asked somebody once, how do you find God? Well, somebody asked me once, "How do you find God?" You know? We were sitting in a big group and we were having a chat and the guy offered me a cup of tea. Do you want some tea? I'm I told him when you fuck mad, bro. Only gay people drink tea, man. I'm not a gay boy. You' sorry, no, no offence. But we were just joking at the time, you know, and we grew up in a different time. And he looks at me with a smile, he says, no, what do you mean? And I thought, a real man drinks coffee. Because if I drink coffee, I find God. What do you mean, you find God when you drink coffee? And I tell him, well, you see, my Italian heritage means that I've learned to drink an espresso from a very, very young age. You see, the problem with normal people today is that they take a cup of coffee and they just drink it. The models will drink a glass of hot water, you know? When we drink coffee, we stop. The first thing you do you smell the coffee. When you smell that coffee, you slow down your mind and you create the consciousness of presence. When you slow down your mind and you start smelling the coffee, you pick up that cup of coffee and you put the first piece to your mouth and you taste it. Do you know what happens when you taste the coffee, Sonya? Nothing. Nothing happens in your mind. No one thing. All you are doing, you are smelling, and you are tasting. You are observing that mindset, you are observing what you are doing. When I taste that cup of coffee and I feel the coffee go down in my throat and all the way down into my chest and I have that. When I have that moment, every single thing around me slows down for that split second, which means that that second, I become the observer. I feel I don't think. I no longer think, I no longer assume my mind stops running, and all I do is I internalise, I feel, and I become the observer. Now, that means I become no one thing. No one thought, no one mind, no one consciousness. And I'm going to ask you some questions, Sonny. Do you believe in God? Yes. What is God? God is everything. Every single thing around us, quantum consciousness, the father, the Son, and the Holy Spirit, if Father of the Spirit is Sandi. Positive, negative, neutral, right? Which means it's omnipresent. It's no one thing. Nothing. Actually, funny thing is the word god comes from omnip, which means. And if you translate those words, it comes to the word that says, no one thing. No one thing. The Ultimate observer state. When we take that a step forward and you're go look at what Moses did, when Moses walked up to the burning bush, and he said, "Wom for art thou, the burning bush looked back at him and said, I am that? He said, you. The word broken down into the old Latin Greek comes to the word that says, I am. That means I am. otot dot. If something car up and says, I am, then what am I? Everything. No one thing. When the disciples walked up to Buddha, and they asked Buddha, "Who is God?" Buddha answered, "O, I am. They immediately assumed he's God, but that's what he said. He said, God is, I am. When I drink a cup of coffee and I take a smell and a taste and I feel it, I become the I am, the am who I am. The real Clinton Sario, the me, the light, the energy, the power, the smile, the cockiness, the whatever it is. Sonya needs to learn to drink coffee. Because if she can learn to drink coffee, she'll find mindfulness. No, woo woo hum tomato, funny spiritual bullshit. Just something as simple as having a fucking cup of coffee or a cup of tea. Si your ass down, refocus your mind as hey, I am alive. That's all she needs. Because when she feels that she'll have to reconnect. When she feels that, she will start reconnecting to herself and not astrology and astronomy and all that other woo woo bullshit. She doesn't need that shit because she knows who she is. Okay. So maybe I need to create for my act Sure. Maybe you need to create? My small mantra. There we go. Now you're talking, create your mantra. Every morning for me, I make an appointment with myself. I make an appointment with my

mind, my body and my spirit to light my candle, to do my prayer, to put that light around me, put that energy around me, and to remind myself, rewire my mind. I remind myself this is who I am. a message to Brazil. Do you remember zil? You weren't talking I remember him, yes. I remember. or something like that. I remember, yes. I deleted some shs, but I wasn't sure if he had sent a message. So then I sent a message. Sorry, I deleted the shed and I'm not sure if you reply. But this was true. And then he said, "Oh, no, no, no, I didn't reply." And then he replied. And in that moment, I felt like, you know, I don't care about this anymore. I don't. For me, it was like, okay, it was like three weeks without replying to my message. Normal message, I don't know. Yeah, I't aw about life. And now we' sending message. Oh, God. He said that he dreamt with me, but it was like, so he clarified. So it was dreaming that someone was burning a house, that it was from their grandparents. And I just I was there. So we now we talking about dreams. And for me, this is like, maybe because I was like, I don't care anymore. it was I felt it was like my. last detached. Yeah, that total detachment, the total letting go of things now. Tot. Yeah, now he's talking with me. I don't know. I don't want to read too much into it. Like I said, maybe he's grown up a little bit, maybe he's matured a little bit. Maybe he's just building up reconnection. Again, let's not label anything for now. I think, because you've let go and I think you've detached and, there's no expectation from your side, you're allowing nature to just do what it needs to do, you know? So I think just keep on being neutral, just keep on being yourself, don't make any assumptions or any attachments, just be neutral in yourself. I think that's the only way for you to truly be in this situation, you know? I think it's the best thing for you to do right now in this situation. I'm not thinking that. Quick question, Sonia. How is your dad?, I think he's okay. I'll tell you why I'm asking, you know. When I'm focussing on you the whole time, you, There's three people and I'm writing down as I'm seeing things, okay? I'm focussing, I'm making notes here, all right? There's three things that I keep on picking up with you. Number one, obviously, your mother, I can feel your mom quite strong. Mom is very, very happy. I can feel a great energy with her, okay? She comes in.'s me. Okay, cool. That's quite ironic, isn't it? But yeah, I just feel your father all of a sudden, and I feel your father so strong and now he calls you. Makes sense why I would feel him so strong, okay? But yeah, your mother keeps on showing me this purple butterfly and she puts so much emphasis on this purple butterfly, the whole time, you know? And she keeps on giving me this big purple butterfly in her hands that she wants to give to you the entire time. She wants to present you with this purple butterfly, the whole time, you know? And it's like she just wants to give it to you. She just wants to push it to you, you know, to say, it's transformation. You've transformed, you've become, you know? There's another woman there with your mother. Her name Sheila. Sheila, Sheila, Sheila or Shayla. I keep on seeing S SH E. is what I keep on seeing. So I assume could be like a Sheila or a Sheila. Something in those lines, okay? A little bit fattish woman. She was quite a bigish woman, black haired taked backwards like this, had big rings around the eyes of a ear, you understand? And I keep on seeing the two names. Sheila Maria or Maria's Sheila, Maria, Sheila, or Sheila Maria, something in those lines. Can you understand? And I keep on seeing this one, bro. I can smell her even. I mean, this extremely rosy smell that comes with her, this very fluorescent, kind of a vibe with her. And I keep on seeing this woman with your mom. I don't know if it was a good friend of your mother's. I don't know if there was a good connection with your mother's, but I keep on seeing this woman that comes with your mom, okay? She struggled a lot to walk the left hip gave her a lot of problems, had a lot of problems in her legs, sometimes a lot of swelling of the legs, etcet, et cetera. But I keep on seeing this energy that comes with your mother, you know? And your mother keeps on coming through, and she says that even though she's dead and even though she's not there,

she's there, she sees you, she acknowledges you, she tries her best to give you messages all the time. She tries her best to give you proof of existence and proof of life all the time, that she is there and she wants to remind you that she's there all the time, okay? And she keeps on saying is that very simple. She says, you're in the mirror again, you know? You're in the mirror again. It means you've went back into that mirror to relook at yourself again, and you always go back into that mirror to reook and to relook and relook. Sometimes in life, you need to break the mirror and stop trying to find the fault within yourself again. There is no more fault in your past. You've let go of the past. Stop going back to that mirror to reflect your past. Can you understand? And she keeps on saying, stop going back to the mirror. You're in that mirror again. Move forward from the mirror. You need to move forward from there. Can you understand? Good. I'm writing. No, no, that's right. I write all this. Well done. Okay. And about my father? Your father I don't know, I just picked him up all of a sudden I very, very strong. He just felt this energy about Jesus. W dad. Something, what's up with your dad? And then he found you. So I think it was just leaving interfering with the energies. That's all. to be honest with you. Because if I focus on him, I don't see anything wrong. He's doing, okay? He's doing for. Look n fuck forward. Same thing over and over, same shit different lane, you know? Nothing's changed. He's doing fine. I'll be in Portal in one week or next week. Oh, fantastic, but you must have a fantastic holiday. Just don't kill your brother. Well, actually, this time, I didn't schedule any holidays. And what I'm feeling now is that I want to stay at home, I will be working from home, and I want to have some time to try to have my routines again. So I love meditation in the morning, exercise. I'll send you something just now about a routine to work at a specific routine about focus. And then next week I'll send you that other focus thing about blessing and stuff. It's a good idea. Yeah. Because so friend was saying, we can do a walk walk in our garden for several days. And I'm like. A pri. I don't think a pilgrim is right now is writing for you. Remember what I said just, your biggest problem is going back to like your mom said, going back to the broken mirror. I think going back to the past, all the time, going back to the cocoon all the time, you're going to pilgrimage when there's stuff that you need to deal with. There's stuff you need to get rid of. Dude, you've get rid of you have gotten rid of too many stuff. You just haven't released and started your new life yet. So I think doing a pilgrimage now is just recknowledging the past again. recknowledging the changes again, reag my God, dude, you've done that how many times more. I think you're the butterfly that just needs to say fuck it and move forward now. F on. If you understand. So I don't think the porking is going to help you. Two other things. I I told you, I'm not feeling okay for, I don't know, several months, and I don't understand. But maybe it's dead. I lost my focus. Yeah. And I know that is a big, big mistake. And no, no, I don't know. I feel I reconnect to with Mateo again. Mateo, okay? For me is. The sex was good. Yeah, I can't. I don't know if it is my hormones. I did blood tests, um last week. Okay. And my practive is so high, it's insane, and I know that another one is so long. Okay. So my rems are not okay at all. Okay. I don't know if it is my hormones, but I felt I don't know. I want to have someone to A companionship, yes. Yeah. I understand that. And I'm not sure it's normal for you to go back into the past, to go reook at the past, to go re look at an old self, to be able to reintroduce and to reconnect from there. It makes 100% normal for a person to want to fit in and to want to be a part of. The only thing I can tell you is just be mindful of where we've been, be mindful of what we've been through before, be mindful in the way of the changes and the challenges that we've already gone through with the situation. You are not stupid, you're a grown woman, you know what is right and what is wrong for yourself. You know how to overcome and how to focus on yourself. You know the reasons and the reasons not to do things in life. Can you understand? So, yeah, I think just

be mindful and be aware of it. But.. yeah. Is he gonna grow up? Is he gonna change? Is he gonna be different? Is he gonna. No, he's gonna be the same guy. Know that. You've got to understand that if you look at the pros and the cons, he hasn't changed, he hasn't shifted he has not been a different guy. Your expectations might be lower, your expectations might be less, and that's okay with me. But he hasn't changed, and he's not going to change. Just understand there.'s. Because when I'm with him, it's really nice. You know, it's awesome. And like I said, just now, the sex is good. So it kind of justifies it in your mind. Your mind justifies it because of the physical attraction. Understand and remember, as I told you last time with him, set clear boundaries, nowhere the boundaries are, and as long as you can stay within those boundaries and you allow your mind to stay within those boundaries, then I cannot tell you not to. You're 40 years old already, you know? It is your choice at the end of the day. You're not a kid. You know what I'm saying? But know yourself. When you feel yourself going over the boundaries, stop for the blog. At the bound that you I have The boundaries you need to have is to understand emotional commitment, expectations from him. Are you going to expect him to step up be a man, be in a relationship? That'll never happen. The minute you're going to want more than just friends with benefits, you know, just to be more than fuck buddies, that's where you're disappointment and your expectation of that situation is going to change. We've been through this situation before with him. We've been through this situation already where we tried to set clear boundaries with what we want from each other, exclusivity, et cet, et cet. And it did not work. It will not work. He's young, he's free, he does hair, doesn't have any commitments. I mean, his main aim in life, is to teach young people how to play rugby in the bush. You know what I'm saying? He doesn't have that mindset of settling down, being a husband, focussing on a life. He doesn't want that. He's told you that. So you got to learn to respect that, or you got to move on from that. my biggest problem is, I can't be with him if we don't talk, if we don't have some.. You see, the problem is, you are misconceiving the difference between a relationship and a fuck buddy. A relationship is somebody that talk shares emotion, says connections, has a relationship. We relate to one another and each other's lives into a connective issue. He doesn't want that. He's made that clear three times. He's shown you, he's broken your heart twice. So my advice is stay away, but I know you and I know your stubbornness. So if you want to carry on with being a fuck buddy, make sure there's clear boundaries, make sure there's personal boundaries within yourself not to allow yourself to push forward with it. It's not like I want it. If you don't want it, then walk away. But the thing is. First, you know that I don't believe that we should search for someone. But, because I wasn't searching for years, then I started to search, like, I'm going out, I was in the ap, I'm trying. And I don't find anyone. There is anyone here. Should I move from a Zambis because of death? No, not at all. You should make life about you and not about finding someone to match you. You should make life about who you are, detachment, letting go of that past self. For the next six months, your focus is about being a butterfly that's free, that's going to be limitless. I'm telling you now, that will allow the right person to be attracted into your life. that for years. And every time you met somebody new. Yeah, but.. So it works. No. Well, you've met didn't meet the right people. You've met somebody you. You allowed new opportunities to come into your lives. Yeah, but I don't want that. If it is for that, it's so I can have just sex, and I don't need to have that again. I understand that. I understand that. till the right one comes. It's. It's bad if I don't believe in that anymore. It's not bad if you do not believe in that anymore. It is the old hers and the disappointments that makes a person believe in that. And that's normal to have that. I mean, whether the disappointments that you've had, you've given your heart to three men that ran away, and that literally abused them, you know, took advantage of it.

It's 100% normal to feel that way, and to understand that way. And I know that you've dealt with it, and I know that you've burnt it, but it's creating a caution within yourself., yeah, I think you've got 100% right there to justify that question and to state for yourself that to move forward with your own life and with your own reality is about internalising and personalising things for yourself, you know? Unfortunately, in life, it takes a few lessons and knowledges to get to know ourselves, to get to know what we want and deserve. And I can sit in and I can try and make excuses for what you've gone through and to try and justify it at the end of the day, what you've gone through was fucked up, and there's no justification for it, you know? I agree with you there 100%. There's nothing I can say that's going to make that better, make that easier, okay? All I know is that every time Sonya learned to let go and she detect and she made it about herself, she immediately attracted this new energies, new people that came there. Unfortunately, and I think the mistake we make is we didn't say boundaries from the word go, we didn't understand what our value is and what it is that we deserve. So we immediately fell in love and settled for it. I think if we just have a clearer understanding of our own regards to what it is that we need to have, what it is that we need to experience with ourselves, then we could be able to align things differently. But yeah, you're 100% right. But I can feel that Mat doing an effort with this connection. An effort of is on is capacity. It's not that it's doing the YouTube, but I know that he's doing a YouTube. I like that. And if he's doing a huge effort, give him the benefit of the doubt, give him time. Let's see what happens. I'm not gonna sit here and break you down. I'm not gonna set you in demotivate you and demoralise you. All I can tell you is just that we know where he's been. We know what we've been through. So he's going to show himself now for the next step to move forward. No, I don't believe that. Then go for it. Then I cannot justify it. Then I'd say, give him a chance to grow and give him a chance to show. Just be clear about the boundaries that you set with him. Be clear with. I don't think that he will go up now. He won't. I'm telling you that too. That's exactly my point that I'm trying to make the whole time when you're arguing with me there. But I know that he's. Awesome, Senora. And you know what? You deserve to be made an effort of. So let him keep on making an effort, let him keep on moving forward. I just don't see him changing, not yet. Yeah. But, you know, I don't I don't want a friend was saying, go to Portugal, try to know someone one night. It's not what you want, Pa. You don't want that kind of a person. You don't want those people in your lives. I understand that 100%. I get that. You don't want that. I was like, "No, I don't want to know someone and go to bed with that person one night. I don't want that." So this is my best solution at this time. 100%. And for me, like I said, have fun. Have fun as much as you can. Just don't overcommit, don't oververexpect, know, he is who he is, and you're not gonna change him. That's it. Okay. And my out? We have one minute. Your health, for me, looks fantastic. Obviously, your hormones are still very, very high. Your lactose is through the roof, you know, and I can see the hormones are fucking with your head a little bit sometimes. But if I look at where you are now, to where I saw you three months ago, your mental control of the hormonal imbalances is a lot stronger. You've been, you know what to expect, you know what to feel, and you're kind of like cope with it, you know? It still fucks you up every now and then, but you still kind of like bounce back much faster away before it took a few days to bounce back. Now it takes you only a day to bounce back so I'm really, really impressed with the way that you're controlling it, the way that you are handling it, the way that you are interlooping it. So, no, seriously, Sim. Well done.. Yeah, but it's really. It's up and down. It's really, really high. And the medication is just not working for you. And unfortunately, I don't have an answer for you there. I really don't. We've tried every fucking thing. As soon as we don't. I'm going to the doctor tomorrow, Ian, and then I'm going to Portugal to the doctor in

Portugal. And see what they say, yeah. And then I will try to find different doctors. We just got to keep on going. We just got to keep on trying different things. We got to keep on trying different ways, different methods until we find one that's going to work, until we find one that's going to fix the issue. Just keep on going with it, you know? When you come back as well, maybe I'll see if I can find the phone number for Professor Kruger. He's a homeown specialist out in Cav Town. He works specifically with fertility and female hormone problems. Maybe I'll see if my wife still has his details I'm actually making a note now to email her now. And I'll ask whether maybe maybe we can find a way to reconnect on that way with him, you know, and see if she can do something from there. So let's see. Because my hormones are like, actine that is the milk. So when women are pregnant, it's high. And then, that helps with the fertility, it's like down. It's like, of course, my body is. It's going to be upside down, man. Yeah, exactly. It's gonna drive you mad. Yeah. So maybe it's also the's beds are not helping in the last months. 100%. I agree with you, there. So I I'm gonna speak to my wife and see if she can organise a appointment with that doctor for you. or just get the number for you at least, okay?. I'll see what I can organise now. There. It's gone through. Okay. It's gone through. Thank you. Okay. I'll let you know. I will definitely let you know, okay? Okay. Because I tried everything, even now I also, did blood tests to cot. Oh, yeah, I have cortisol tests, yeah? I'm not sure, but it seems that it's okay. He's working good. But I will check with the doctor tomorrow, but it seems okay. Everything is okay, just two her mom that I'm not looking. Okay. But let's see what that doctor says. I'm gonna make a plane with that one. I think that doctor's going to be able to help you out quickly. I really feel that. Thank you. Yeah. Because it should be than 30. And now 156. Sure. 113. Oh, yeah. Dude, that's a lot. No, okay, let's see what happens. Cool. Okay. Keep strong, Sonya. Thank you. Be good. Thank you. Ciao. Bye

Can you hear me better now? OK good Sandra how are you my friend now I can hear you. I can actually see you now. The Internet was sticking all the time.. Oh, okay, okay. So, you're looking good, but. I must be honest, when I look at your energy and I look at your frequency, you're looking very, very good. Your mind has been in a good place. A lot of stress, a lot of worries, a lot of anxiety, you know, I think the biggest problem in life is sometimes the fear of not where to go towards, you know, the fear of not knowing how to make a decisions, you know. I think not knowing what decisions to make and what's going to happen in life, it puts so much stress on us sometimes, you know, it takes away the ability to feel the ability to focus, the ability to participate sometimes, if you know what I'm saying, you? I think it's very important, especially in a time like now worrying about your daughter, worrying about university, where you're going to go to, is you going to be accepted? Why is government getting involved and interfering with her, wanting to study abroad and wanting to push forward? It's it's all these weird stuff happening, you? It's like so many bananas flying around all the time, you know, and it's making the mind go a little bit crazy sometimes, you know what I mean? It's creating a little bit of Maluka, you know? And it's it's to a point where, what is it that I want to have here? You know, what is it that I need to be here? And for me, there's three things that we need to focus on, you know? Number one, I understand there's a lot of stress and not knowing what's going to happen in our future, not knowing what's going to happen with moving forward. I mean, even with yourself, you know, your r of life, your job, everything is also a little bit confused, even though things are going well, but, you know,

there's no certainty. There's no guarantees, you know? And that lack of guarantees is what's really making us feel crazy sometimes, you know? Your daughter applying to universities all over the world and not knowing how we're going to fund it and how we're going to be able to push it forward, you know, and to get government involved with it as well, it creates so much uncertainty, Sun, it creates so much negativity sometimes, you know? And the problem is, you know, coming from an African country, the first thing you do is we become superstitious, you know? Maybe, maybe the witch doctors did something, you know? Maybe there's a negativity. Maybe there's a block somewhere, you know? Maybe the curondos or the Barusas came in and they put something against us to give us bad luck, you know, the hold things back, you know, it's normal to think that. It's normal to believe that. But in your case, I can promise you now, when I look at your energies, your energies are clean, your energies are clear, there's no negativity, there's no bad luck, there's no bad energies there. There's no negative nonsense in your life, which is a good thing, you know? So we prayed, we say thank you to God for that light, for the protection, that is around us, you know, and to make sure every morning you wake up, you light the candle, put that light in protection, that love of protection around you, around your kids, around your house, your business, everything that's around you. blessed with some positive intentions, positive mantra and just allow yourself to be focussed from there, you know? The most important aspect as well is just have your focus in yourself. Have the patience within yourself. Create that mind within yourself that you know what? Even though things are not there, things are not sure, the only thing that you have right now, sunrise is your state of mind, is that state of consciousness that you've got. And the more we become overstressed, and the more we become overworked in it, the less we feel again. And it makes us not appreciate what we've got sometimes, you know? So step number one, I need to practice gratitude. I'm not saying you're being ungrateful for life, please don't misunderstand me. I'm not saying that you're not being grateful for what you have. You are very grateful. But sometimes that fear that we go through, the uncertainty we go through creates this emotion of, am I good enough? Am I doing enough? Why am I struggling like this? We become negative. And the more we start thinking negative inside our minds, remember, your body becomes that vibration of what you are thinking. The universe Andra is a mirror, a big mirror of life. Whatever vibration we send into that mirror gets reflected back to us. So you plant bananas, you eat bananas. Remember that. The minute you plant bananas and you start thinking shit inside your head, that shit is gonna come back into your life again. But the minute we start changing that positivity, changing that into a positivity, that is where we start focussing forward. So step number one, I need to start thinking more positive. You need to get rid of those bananas in the cabeza. You need to start focussing on that light inside yourself, put that light around you, and start planting strawberries instead of bananas. You want to eat strawberries in life, stop planting bananas. comprehend When you start focussing on positivity, the positivity will come through. Second step, the more you try to understand what is behind the mindset of a ministal government in an African country, you are going to lose your shit, okay? You'll never find out what's going on there. You will never be able to understand them, Senora. It doesn't matter how much energy we put into it. There's no predicting what the government is going to do. They wake up every morning in a different mood, and that is how they make their decisions. The only thing you can do is keep on putting pressure on them, keep applying that pressure on them to explain to them that serves them, explain to them the circumstance. If you can have a sit down meeting with somebody from the department where you explain yourself I' telling you know they'll give you the green light, they will give you the go ahead, okay? As for your daughter, I love your daughter, Pa. She's got an amazing energy. She's got an amazing

heart in her. Her confidence is very, very strong. Her focus is very, very strong, very intelligent girl, a little bit cheeky sometimes. She likes to fight a little bit too much sometimes. She likes to be the boss. She likes to be in control sometimes, you know. She likes to manipulate sometimes, which is all strong positive arguments that she's got. It's good personalities that she has, you know? So keep motivating her, all right? I see her stling, Signora. I see her carrying on with her studies. She's not going to stop, they're not going to hold her back, you know? The studies for me is very, very important for her to keep moving forward. The only thing we can do is let's create a positivity around it. Let's visualise her studying inside our minds. Let's put light in it, let's put love in it, and let's put that light in love into the universe. The universe will respond back to us, all right? In the meantime, keep on selling your applications through, get different universities, keep on sending. If you can send another 100 applications to 100 universities to 10 different countries, you keep on doing it. Perseverance is the main important thing here. Perseverance is the key to making things happen. Do you understand? I keep on seeing this three opportunities that's going to come. My gut is telling me that there's going to be three opportunities that will give her an okay. You understand? One of them is in Northern Europe, Northern Europe is going to be the best option for her. It's going to be fun for her, it will be nice for her. The second option is South Africa, somewhere in South Africa, there's university that will give her the option. Personally, I don't want her to go to South Africa, I feel that it's very limiting for her. I feel that she needs a little bit more exposure, I feel that she needs a little bit more a cultural difference to understand different lives a little bit more. But you know what, if it's on the table, it's on the table, it's an option, you know? The third option that I see is towards the left, which is America, okay? The USA, the Americas, I want to start applying there for scholarships, I want to start applying there to see what we can carry on through, all right? I do feel that there's a slight chance for her to go towards, I'm not too sure what it's like an Asian country, like maybe China or Singapore or something in those lines. You understand? But I've got a very funny feeling with it. I don't feel very strong with it. You understand? It's only like a 50-50, you know? But for sure, for me, the main priorities is Europe and America. Those two is the main priorities that I feel will come through and generate an opportunity. The third option, South Africa will be there. So for me, the most important thing, let her create a vision board, take a big piece of paper or a big blank piece of wall and start putting pictures of universities, put pictures of her graduating, put pictures of her studying, pushing herself, creating that smile, creating that life. Every morning when she wakes up, when you wake up, light a candle, do an intention, do a prayer, put a lighter on it, visualise, this is the life I want. Tell the universe what it is that we want. The biggest mistake we make in life is that we bargain with the universe. We tell the universe, but if I'm a good person, then I deserve. We don't deserve anything in life, Sandra. None of us do. Life doesn't come to you because it's a negotiation. The universe doesn't respond to you because of a bargaining tool. The universe is abundant. The universe has too much money. The universe has too much opportunities. It is what we allow for ourselves and what we fight for ourselves. That what we want to achieve in life. But the problem is we want everything on a golden platter without the effort. And this is why your daughter is struggling like this. Your daughter is not struggling because she's being cursed, because there's bad vibes. She's not studying because she's not smart enough, or she doesn't deserve it. It's not. She's struggling right now because she's got to learn that if you want something in life, you've got to fight for it. You've got to believe in it. She needs to learn to realise that if you plant bananas, you're going to eat bananas. But if you plant strawberries, the consequences will change. That what you get will be different. And this is one of her biggest life lessons in life. We need to stop looking at tough times as

we are being punished. We are being pushed behind. We are being kept behind. We need to understand that tough times are there so that we can learn to find our light through it. There's a lesson to be learned here. There's a knowledge to be gained. And her gaining knowledge is about perseverance. It's about focus. It's about tenacity. It's about pushing herself forward out of this role. Your biggest lesson here, is to learn to realise that you cannot always control everything. You see, the problem with sunrise is that she's got such a beautiful heart and she's such a loving woman and she always wants to fix things and make things better. But unfortunately, it makes it look like this chicken that keeps on wanting to protect the little chicks all the time, but the eagles are flying around and she doesn't know what to do, you know? And unfortunately, with this situation, you've got to understand that your little chicken that you're trying to protect is bigger than you and you can't fit under your wing anymore. And it's her choice to start looking after herself. She's got to learn to become a fighter. She's got to learn to dig deep and to find that African grit within her to say, I'm going to be a warrior, I'm going to be this fighter." So for you, señora, you got to stop being the chicken. You're gonna stop being the mother hen that wants to protect everybody else. And it's not just about your daughter. And look at your role that you play at work. I mean, your job is a good job. You've got a fantastic job. But there's so many people that he's making their problems, yours all the time because you don't know how to say boundaries. You don't know how to demand things from them and you always try to fix other people's bullshit in life. So you've got to learn the old truth that says JK, JK. Your shit is your shit. Your shit is your shit. You're going to stop taking other people's shit and making it yours. You like not forer. You don't like to gossip too much, but you get involved too much with stories that's not yours, with situations, that's not yours. And I understand being in business, we need to take up, we need to pick up the slack, we need to push things forward. I understand that I've got how many businesses, you know? But you've got to learn to get to that point where you allow people to be delegated and you allow people to make mistakes so that they can learn from it. To be the rescuer sets you apart for isolating yourself, being abused, and for being the victim. You've got to stop being the rescuer all the time. Instead, teach them guide them, set boundaries, and learn to smile again, Sandra. You haven't smiled in a little while, you know? The most valuable thing about you, my friend, has always been your smile. I want you to write down every morning or focus every morning on the fact that my key to life is my smile, because every time Sandra smiles, your mind stops thinking. Your mind stops running conclusions, your mind stops creating all these scenarios that it creates sometimes. And for that few seconds that you smile, you stop. You relax and you start feeling. And when you feel, you can feel that presence of life, that presence of light, that energy of God, that shines from within you, that starts coming out, and that's when you tell yourself, everything's going to be okay. I am the creator of my life. What I think is what I get. I have an opportunity to shine. I have an opportunity to be alive, then I want to live my life to the fullest. Take back your power, create your mandras, create your focus, but you are on the right track. Point number two, self criticism. You are very, very hard on yourself, Sandra. You know that, right? You are very, very cruel to your yourself sometimes, you know? You're always good at loving everybody else, but you're not good at loving yourself, you know? So I want Sandra to try a new exercise. Once a week, I want you to create one hour, just one hour a week. There is Sandra's time. There is time for Sandra to love herself. It's time for Sandra to feel something. When you go sit and you read a book, whether you have a cup of coffee on the beach, whether you're going to have a glass of wine in your house in front of the television, whether you sit and you start journalling, you get a little book and you start writing everything that you feel with you start to do something spiritual to do more meditation, to do more mindfulness,

whether you do some breathing exercises, but I want you to dedicate one hour a week that is your week, that is your time. If you can focus on your energy, your life will start to change a little bit better, because Sandra is so busy rushing, rushing, rushing, and before she knows, Papa has been two weeks already, you know? Two weeks is gone. It's like, where the time go? Because you don't slow down. You don't make time for yourself to slow down. We are all busy, Sandra, all of us. I mean, you know how busy I am. I'm running three businesses, two charities, a family with three daughters, writing books, writing programs, doing all of these things, but I still have time for myself, and I still have time for my family, because time is my key. Time could be the greatest thief in this world where it will steal every single thing from you, or it can be the greatest opportunity for you to learn to control. All we've got to do is to become the observer. The problem is we're so busy reacting to everything that we react to life and we're react to situations, we don't take a step back, breathe three times, create a three breath rule. Before you make a reaction, b breathe in three times, smile, and then respond. I want you to focus on the three breath technique of responding. Take 3D breaths, smile, put that smile around you, and say, okay. Then you respond. Don't react. You understand? When you learn to respond, you take control of time, you contract control of your circumstances, you take control of the actions that you take in life. Good. So how's the husband?. Driving you Maluka. Driving you crazy. No. Why is there so much confusion in your love life, Pa? I can see too much confusion. Because he's not behaving well, being like a teenager. Huh? No. Yeah, like a teen joke. Why do you say that?. Because well.' been going around and the tightout with the girls. You can prostitute.. Even though, from the bad three, shing down just gave us so many stress. kids are going crazy because of the discussion that the fing and Yeah, okay. Yeah, that is the story with the husband. But to another side, he doesn't want to to the courts. had a son. He wants to keep on doing the same thing and getting a different answers. It's not possible. He hides money for me. He gives money to people or women's his family, you know,. You know, Sandra, the most difficult thing that I have as a job. The most difficult part of my job. I said the most difficult part of my job where I'm sitting is that I always need to have cultural sensitivity. Cultural sensitivity is not based on race, but it's based on on where each culture comes from and fors from. Now, you know that I work in a lot of different countries and I work all over the world, right? There's two places in this world that I have personally experienced, that is just weird for me, you know? And one of them is Mozambique. Mozambique, the country you living in, it's just, it's a mind bender for me, you know? It is the most amazing people, you know what I mean? 80% of Muszambans are brilliant people. They really are. They've got beautiful hearts, they are warm, they are passionate, incredibly passionate, you know? They've got this energy, this power, but yet at the same time, they've got this relaxedness, this ability to feel, to be passionate, you know, to have this vivid experience of everything that they do in life, you know? The downfall with them Mozambique, you know, I've seen a million people all over the world. Mozambique is the number one place in the world where husbands and wives have affairs. Do you know that? It is the number one place in the world that I've been to where faith inside a relationship is nothing more than just a dream. It doesn't happen. Do you know that 85% of the experiences that I had with married couples all have a sideline, a mistress, or a boyfriend, or a girlfriend, or has the same issue as what you've got. 85% of couples in Mozobi has got exactly the same problem as what you've got. So why am I telling you this? This isn't helping you. I'm telling you this because of two reasons. Reason number one, like I spoke about just now about you being the mother hen, you being the chicken that always wants to protect everybody. The same way with your husband, you've been blaming yourself a lot. You've been asking yourself that question

about what are you doing wrong? Is there something that you've been doing different? Is it something that you have been not, I do you? Is it something that you've been doing wrong that's making him behave like that? I understand I need to be more sensitive and I will. But I need you to understand that the choices of that man has got nothing to do with you and your impact. I understand that, yes, in a relationship, we need to always be in love with each other, we need to always communicate with each other and the communication is not there. I understand that we don't make enough time for each other. And even if you do, it's still going to be a part of it. It is part of his culture. It is who he is. He is the kind of man where he will be so happy at home, and he will promise you everything and everything will be fantastic as long as his girlfriend also agrees with it. Do you understand? It is simply his way. Now, I'm not saying that you need to just accept it and move on with it. I'm definitely not saying that. For me, having affairs, having extramarital behaviour is the worst thing a person could ever do in life, because it's not only a slap or an insult to yourself, but to the people that you say you love. It is the most narcissistic thing that a man can do. I believe that, especially in a situation like yours where you've got such good foundations, you know? will he leave you? There's no way he will leave you. Because, again, the African man's pride of being in control, having everything, being the king, where I've got my woman and I've got my staff and I've got my money, it'll never be okay for his mind and ego to just bow down and say he's made a mistake and walk away. He will look and feel like a failure. So for him, it will be the greatest insult he does not want to get divorced, you understand? So the question here is not about what he wants. The question is not about what he needs. The question is, you got to make a big decision now. Decision number one, can you live with it? Like you've been living for the last two decades? For the last 20 years, you've been carrying on like this? Can you carry on like this? Can you move on like this for the next while and accept him for who he is? Accept him for what he is and allow yourself to find happiness within yourself, to make life about you and not about him anymore. If not, at divor. set a life up together, create yourself your insulation, create yourself a point of focus where you can make a life about you. You can make life about your mind. You set your finances together, you set your emotions together, go see a proper lawyer and then move out. You understand? Those are the only two options that you have in life. And the reason why I'm not giving you advice on which one of the decisions to make is because it's a personal choice that you've got to make here. It is a personal decision that you've got to make here. When you married him, you knew who he was. You knew what kind of person he was. You knew he was into this kind of a whole thing. He's been like this for the last 20 years. Your husband hasn't changed, and he will never change. It's who he is, it's how he is, and the biggest mistake we make when we get married, the biggest mistake we make in a relationship is that mindset of, I'll change him. I'll give him a reason to change. I will give him time, you will get better, I will give him time, he will come right. But unfortunately in a situation like this, that's never going to happen. He will never come right because he doesn't want to come right for him. He's got the perfect life. He's got a beautiful wife and a beautiful kids that will always be at home. He's got stability, he's got finances, he's got everything he needs to. And when things get rough and he gets a bit stressed, he's got plenty other women that he can go to just to blow off his steam and come back home and be the husband again, you know? In his mind, he's doing nothing wrong. He's saving you from stress, he's saving you from mind. I know it's bullshit. I know it's wrong as hell, but that is what I've been dealing with in Mozambique, with Nim for the last, how many years I've been working in Mozambique? 25 years, you know? I mean, I've seen over 90,000 people just in Maputo, you know? And I mean, for them, it's normal. And every time I bring up this argument, but it's not normal, they will come on and say about what you

want me to do, come home stressed, and my wife doesn't give me sex. My wife doesn't give me this. My wife doesn't that. And it's like in their mind, they will always find a way to justify their actions. Look at the way when you've spoken to him about these things. Doesn't he always have an excuse? Doesn't he always find a way to justify himself? That he's how narcissistic they become. So you've got to make a decision as Sandra. Ask yourself that question. Are you willing to accept him for who he is? Accept him that there's going to be bad days every now and then. He's going to have one or two things on the side every now and then and you can carry on with it because you love him? Because if you love him, you can accept him, he can move on with him, you carry on. But if that's not the case, then you need to start strategising with yourself and say, you know what? I'm going to give myself so many months, I'm going to give myself six months to prepare myself financially emotionally and mentally, I'm going to start looking after myself, I'm going to start introspecting myself, do all the things I need to do, because set up meetings and appointments with all the five top top top lawyers in Mozambique, okay? Not because you're going to read them, but because if you've had a meeting with that lawyer, your husband can't use them, so that way he can't use the best lawyers that's there. He's got to use a friend of a friend, you know, so that there's nothing else legally you can do. And then from that you file and you carry on with it. But this is a decision only you can make in your own, not me. The main important thing, take away you from this, stop blaming yourself for it. Don't think that it's because of you that he does these things. You're not doing anything wrong. You're not doing anything unbecoming. Yes, sometimes you can be a bit more romantic, sometimes, sometimes you can be a little bit more nicer sometimes. Yes, sometimes you guys can have a little bit more communication, sometimes go away a little bit more, sometimes. But knowing your husband and understanding how he works, it is the way he is, but there's not changing that. His mother. Love's being controlled, loves to interfere, loves to tell us what to do with life. She's actually a very nice person. I think she's just been through too much pain in life. I think she's been through too much abandonment in life and it's made her this bitter manipulative, old, I don't know, what's the word I'm looking for? Yeah, she's just an asshole. And the reason why is like I said, she's actually a very nice person. She's got great intentions inside her. But I think that she's been used and abused and gone through so much pain in her life that she's just built this mask of anger, this mask of manipulation and she lives with that, you know? Again, cultural sensitivity. What is the problem? Again, cultural sensitivity, senora. It is the same thing. You took her son away. Her son was her king, her son was her prince, Her son was her greatest creation that she had and yet you come this new woman that's taken him away from her, that is manipulating him and her and will you ever be good enough to be married to her son? I have seen this millions of times dealing with Muszambons. It is the way it is. Even if you go to Portugal, it's got exactly the same problem. Those portas are crazy, those moms, because the sons are they everything and their wives are coming there to steal the sun and to eat the money and the wife is never good enough. Señora, with that one, they're the only advice I can give you is God grant me the serenity to accept the things I cannot change. The courage to change the things I can and the ability to say fuck you, and die. You know what I mean? To ignore the rest of it, that's all. You're just got to learn to bless her, the Italian way, and you move on, senara. Ignore her. She will never change. The only way she changes is if her heart stops. She doesn't have a problem with you or your children. She has a problem with she can't control her son or your children or you. That's what she's got the problem with, is that she can't be the matriarch. Okay. My mother. No, I like your mom. Mommy's a nice person. Good hard, good energy, good sensitivity. Got a lot of big energy inside that. I know where you get your smile from. Your smile comes from her, you

know? Got the same smile, got the same energy. Ad advice I can give you, don't make the same mistake as what your mother made. Simply accepting things in life and just making everything inside herself and just keeping quiet and carrying on, you know? Your mother had a lot of opportunities in life, but she never, she never fought for it because she just allowed all that shit to just carry on, you know? She never took back her power. So learn from her mistakes. Okay, there is nothing. She will be. I f November that she passed on. Yeah. And I want to do a special ceremony.. I think it's a fantastic idea to do the ceremony. I think it's a really good idea. It's always important to remember where we come from. Exactly. Yeah, yeah, yeah, it her. accept this. I definitely think she will accept this. Again, like you said, the only thing that your mother keeps on showing me, the only thing she keeps on showing me is just that you mustn't make the same mistakes as what she made. Don't make mist same mistakes is what she made. That is the most important thing. The little boy that she lost, there's a baby that she lost a long time ago I keep on seeing this boy that's with her, you know, boy to protect her, a boy that's protecting her, that's looking after a long, long, long time ago that this baby was lost, you know? And I keep on seeing this boy there. The gentleman who died with a heart attack, who's the man who died with a heart attack? Dark complexion skin, quite a tall guy, but skinny guy. Very, very prominent nose, all right? And he used to have like a goatee sometimes, you know, the hair that comes around the mouth like this, you know? He used to have a little bit of a goat beard sometimes, you know? And I don't know if it was a brother of hers or who, but very nice man, very, very good energy, you know, that I keep on seeing there with her. Like I said, I'm not sure who that the connection is, but I see this man with her very strong as well. There's another lady as well with her, very strong, big woman, but fat woman, she was quite tall as well, but quite fat woman like this, you understand? The skin was like a greyish colour skin, you know, like a greyish colour skin, gray hair, taken backwards like this, you know, but very strict woman, very, very full of shit, you know? They didn't play games. They didn't take nonsense. St with the arms folded like this, you know? And very judgemental, very, very angry woman, you know? And she used to give your mother a lot of shit before, you know? But it doesn't matter. There's so many people with your mum. There's really a lot of people with her, and it's important for you to note that they are fine. Having the festival, it's very, very simple. It doesn't matter whether it's at her place or whether it's at the beach or whether it's in the bush. She doesn't care where it is, you know? It's not about the place itself, you know? It's about the remembering and it's about connecting to the light that is there. Don't spend too much money on the flowers. They're just going to die, she says, you understand? Rather plant a tree. I don't know why the tree, but she likes the trees, okay? She always loved trees and she keeps on saying, isDon't waste money on flowers. Go plant me a tree. You plant me a tree, the tree will grow, that's my memory. Do you understand? Don't waste money on flowers, plant a tree, okay? If you cannot come right with doing the ceremony at her house, there's a place that she keeps on showing me the whole time. It's not the beach, but there was a lot of water, a lot of sand, a lot of water around, like a little bit more inland, you know, I don't know if it's by a river or by a little dam that we used to go a lot. But there's this one place that's by the water that she loves. She loves this place a lot, you know? I need to go there by the water, by the river. This is where she loves, you understand? I see. Must be, for sure. I'm actually goosebumps, yeah. And for sure. And if you can't do it at her place, you go do it somewhere like that, okay? That is a memory for her. It is a good thing. But she needs you to know that she's not in the grave. She needs you to know that she doesn't live inside some religion or some old traditions that we need to carry on. She respects the traditions because it's where we come from, it's our culture, but she wants you to know that she's always inside

your house. You don't need to have a special ceremony for her, but it's good for you to always remember where you come from. She needs you to know that she's always there to look after you, to protect you, to be with you. There's no need for extra ceremonies, but know that she's very proud of you. The only two things that she comes with, again, number one, don't make the same mistakes I made. Live your life with freedom. Point number two that she keeps on making. She says, start dreaming bigger. You're not dreaming big enough when it comes to your job, when it comes to yourself, when it comes to building your own balance between spirituality, physicality, and your financial life. You need to start thinking bigger. You need to make life about you and not so much about the people that you're trying to protect all the time, okay?. My sister? Señor your's sister is doing well. I don't see any problem with your sister. I don't feel any problems with your sister. She's got all parts, she's got her ductory again, stop being the mother hand that tries to fix everybody else's problems, you know. Some people need to have problems because it's what they need to learn in life. It's part of the karma, you know? So we need to allow them to live their lives that they've got.. You know, I about. my ol. Yeah, the one who.. The university of.. She always herself, you know. She in the bedroom. It's called being a teenager part.

So how is Nadia? What do you say? So, I think Switzerland. In Swaziland? Oh, nice. That's a nice country. Yeah, but we are in a big problem here. Why? What's wrong? So, I've got a lawyer.. And my lawyer will be arrested. That's not good. Yeah, and Mr. President of the Law Society. And yet they've arrested him. So I'm really worried about that, so I've been going to correctional services to see him and it's not a good thing. He's an old man, and he was arrested unlawfully, so... What was he arrested for? So he was dealing with didn't the word he used to describe a matter. So he said, "I will arrest you for 120 days. So you have to serve 20 days and 100 days, you pay 100,000 bail. Okay, so he kept him in content of code. Exactly. For no reason, because you can't do that to a lawyer who depending the client. Okay. So you first arrested the client, which was my husband, for 90 days with no bail, but my husband came out after three days, because someone released him. And then he goes and arrests the lawyer. The president of the Law Society. So it's been a mess. It's called Living in Africa, my friend. Africa has fantastic, you know. I always tell people Africa has got a lot of heartbeat to it. And just like a heartbeat, it's got ups and it's got downs. It keeps on flowing up and down like the cardiac system does, you know? And so too does Africa. It takes a special breed of us to be able to live and reside in Africa and to make it work here, you know? If you're going to try and spend time trying to understand the righteousness and the values of African systems or law systems, you will die crazy alone and completely fucked up, you know? So that's not going to be the answer to this, you know? Exactly. So the more that you're going to ask me to try and make sense of this for you, it's not going to work. We're going to both waste our time and energy on it, you know? The best thing I can tell you is that there's the old serenity prayer that I've learned living in Africa. It says that God grant me the serenity to accept the things I cannot change. The courage to change the things I can and the knowledge to know the difference. And unfortunately, there's nothing else that you can do about this matter, you know? I do believe that the old man is smart enough to be able to come out sooner time, you know? He will be able to get free. He's being looked after nicely there. So I think they're treating him quite well there as well because of his reputation. I think that there's a lot of fear as well around him, you know. But from where I'm sitting at, I

think that there's a bigger picture behind us. Yes, I understand that you called me because we need to talk about your court case and about your life and your business and you want to know about your husband and how you can bet to your relationship and better to focus on your own reality and we'll get there. With the old man's situation, I think that the universe sometimes uses people as instruments for different reasons, you know? Yeah. And I think him being mistreated by the judge and him going to prison itself, having a first world experience of what it's like and what it's going through there, I think it's important for somebody that's the head of the law Society to go through and experience like this so that we can truly implement changes, you know Sometimes every single candle in life needs a very, very dark night to realise that, listen, here, we've got light in us and let's glow, you know? And I think that I think that the university is kind of like using him as a conduit to bring in bigger changes in the legalist society, for the country of Swaziland completely, you know? So I think this is what's happening to him. It's got nothing to just do with your case, but it's also got to do with the changes that needs to happen in an old law way that things needs to shift again, you know? So Exactly. The only thing you can do, Senora, pray for him, send him love, send him life, and make sure you take him some good KFC, you know? That's all he can do, you know? Make sure he's well known. you know? But everything is going to be fine. So tell me what about your court case? What court case are you involved in? You and your husband? So we've got a fitting station. Yes. And the franchise people, it's Gulp. And they didn't want to renew with us. But the thing is, we then bought the whole complex with the filling station. We bought it. It's ours. Okay. And they didn't want to come out of it, but they don't pay rent, they don't provide the fuel. So we said, we need to remove you guys. We have to put another company, which is Angel. Okay. And they refused. So when my husband started removing the things, he was arrested. Okay. As a landlord, but anyways, so when he was arrested someone from government removed him after three because he said, this is not doesn't make sense in being arrested while he's the owner of the property. And was your agreement with G? Is there a nondisclosure agreement or a noncompensation agreement that you signed with G? So weed, but it's already expired. We had signed a franchise agreement, but then it got expired, and they didn't follow it. So there was no renewal? Yeah. So that's why we had the right remove it. To refuse, yeah, of course. But I don't want to leave. So now we're in this court case against them, and we our life has just turned it around like, we don't have incomes, we don't have... I understand that. All right, first step first, Sen, let's go back. Yeah. What do I see from an outside point? First of all, I really like you. You're an amazing woman, really you are. Very clever woman. You've got a good heart, you've got an amazing spirit. I can see you focussed a lot on your energy, on your spirituality as well, which is a good thing, you know. You've got a very, very nice divinity inside you. a little bit too negative sometimes, you drive yourself crazy, you overthink everything like crazy sometimes, you know? You've got so many bananas in your head that's driving you mad sometimes. You know what I mean? And you've got to've learned to slow down. There's a lot of anger inside you. Both you and your husband right now, and it's causing so much frustration, and the problem with that is that the two of you are taking it out on each other sometimes, you know, which for me is not okay, we need to stop taking it out on each other, we need to actually reconnect with each other again, we need to refocus with each other again, stop fighting with each other because of stuff that's got nothing to do with you. You understand? You are living in Africa. Politics or politics. You always going to have politics, okay? The good things is, is that you're a smart Indian family, you're smart, you're educated, you've got power. Since when do you sit on your ar and feel sorry for yourself? So, my job here is to remind you, to stop playing victim, to pull your head out of your arse, and to say,

you know what? Excuse my friend, but to say, "Fuck them, I'm going to make money. I'm going to run my businesses. Stop thinking about running away and leaving Switzerland, and let's immigrate and let's Come on, man, you've never been a coward before. Yesterday, he wanted to do that 100%. And you know what? For me.. I say, this is the time that the universe is sculpting you where you can either create negative karma from this and be a victim and lose everything, or this is going to be the point where you stand up and you start fighting again. I want you to adapt the mindset of a lion, not of a little mouse, okay? Stop being the mouse and start being the lion. I've been taught doing a lot of businesses in Africa before. There was an old wise man that once told me that if you do business with an African government, and the guy comes and he slams his hands on the table and he tells you, this is what I want. your job is to stand up and to slam back on the table even harder. It's the only way they listen. You feed them with the left hand and you beat them with the right hand, and you've got to learn this system. Do you understand? You've got to stop giving up. I understand we are here to be spiritual and we are here to find our divine light. And I agree with that. My divine light will not be noarilly manipulated by bullshit. I have the right to fight for myself. I have the right to fight for my spirituality, for my family, for my businesses. Do you understand? And you need to learn that, Senora. So step number one, more lion, less mouse, Cabish. Step number two, with go, they're going to take you to court, they're going to sue you. This thing is not going to be over in six months, okay? You know that. I need you to prepare yourself psychologically and mentally to know that this is going to carry on for two to three years, okay? And it's okay, let it carry on. We don't have the money to sue them. We don't have the money to get lawyers, to attack them like crazy. We can't. The only thing we can do is we can use them attacking us, create our judgements against them, and it's going to backfire against them themselves. You understand? This old man at the Law Society, I like him, very, very smart guy, very, very clever man, good heart, very compassionate. There's a young man that works with him, skinny guy, a little bit dark, darker complexion, skin, very, very arrogant, very, very cocky. Incredibly smart young man, okay? This guy is going to lead the fight forward. that will make sure that Gold pays you damages. He's going to pay you remunerations. They're going to pay you money for all the shit that was there. You understand? So don't stress. Don't overthink, don't over focus, okay? In my mind, I keep on seeing this thing coming to an end within two years, all right? So keep on fighting with it. You understand? Step number two, Senora. carry on with your business, bro. Engine wants your business. They haven't pulled out, they haven't run away from it, you need to speak to engine, let engine come in with the legal department and with their franchise department and let them have a look at everything that's there. You let engine fight the fight on your behalf, stating that you have a fantastic premises, willing to be able to spend money to revamp it because your premises looks old and shit, you need to make it look better because you are selling to African people, to black people, doesn't mean your shop has to look like shit, okay? It's time for you to make it look like a New York style shop bar. I want you to upgrade. I want you to make it better, even if it means engine putting money in and creating a joint venture agreement over the next 10 years, so be it. You know that you're in a perfect location. You know that the property that you bought is in the perfect place for the business to grow into future state. Get the right partnerships involved with Engine to see if they will give you guarantees in places and help you set up the system the way you need to, okay? Step number three, get going with your shop. I keep on seeing retail stores. What retail stores is in the building? So takes people to like. Okay. is renting debonets, Shop. Nice. Is there. Perfect in your. You use them, R them the centre, make it look nicely, and then you need to find yourself a nice little spot for you to start generating some more income, okay? You are

going to make it, you are going to be fine. Nothing bad is going to come. They're not going to send people to kill you, they're not gonna send people to hunt you down. They pay the judge, some money, and the judge is doing what he g to make this whole case go away. Gp has been losing a lot of business. GOp has been losing a lot of business inside the whole of Southern Africa, and they're trying to hold on to every small little thing. And they know that you and your husband, even though you've got connections to money, we don't have a lot of cash, so they're going to go after you to make an example. But they're going to fail. Sorry. Sorry, you have a called? The had one. It's the weather. It's It's the weather. Oh, it's fantastic. That's stress. So, yeah, for me, you need to start fighting. You need to start sitting down, you and your husband need to hold heads, we need to pray together, and we need to start visualising and say, You know what? Our faith, our focus, our love is going to push us through this thing. We're not going to let some corporal company destroy our family, destroy our legacy. That property, that business, that building that you've inherited, it comes from generations by, it's not from now. Stop thinking about selling it, stop thinking about running away from it. That is your foundation that's going to look after you and your kids one day. Do you understand? Your job is to make it look beautiful. Your job is to take it to the next level. Your job is to reinvest it into different projects. Do you understand? And carry on from there. With your husband, I like your husband. Your husband's a nice man, A little bit cocky sometimes, very arrogant sometimes, you know. He thinks he knows everything sometimes, you know, but it's a good thing. I want you to push him to start the new business, okay? I want you to push your husband to start going back into the field. What business was he in before? Where did he make his money? It was a wholesale and a supermarket together. I see. And then a small station. Okay. But he wants to open up a lot shop now. There was another business he wanted to open up, a new supermarket. I don't know because he has secrets. That he? Okay, it doesn't matter. It's just I keep on seeing him getting involved with the new business again. You know, I see him getting involved with something in the retail sector again, another petrol station that's going to grow as well. And it's the right energy, it's the right focus to do. Let's not focus on moving backwards, let's focus on moving forwards, all right? We need to start reooking at building up money again, building up business again, and pushing things to the next level. Everything's going to work out very nicely, Senora. I don't see anything bad. Step number two.. Step number two. Nobody's put a curse on you, okay? Nobody's put a curse on you, Nobody's put a curse on your family. You need to get that shit out of your head. Do you understand? Because when I'm looking at you like this. to me that Yeah, you see? And that's exactly why I'm saying. It's because when I'm looking at your mind, I keep on seeing somebody's put a seed in your head that you cursed, you've got bad luck, bad things are going to keep on happening, that some black guy put some shit there by your family, what, what, what? That's bullshit, okay? It's bullshit, bro. I'm sorry, Sia, you know what? I could say yes, there is bad luck paying me money, I'm gonna come down, I'm gonna clean it, I'm gonna charge you, thousand500, \$2,000 to come there to clean everything. I, you want to pay me the money? No problem. pay me the money, you know? But I'm not in this to make money out of it. I have money. I'm in this to teach people to help people, and I'm telling you now, the more money you're going to spend on which doctors and on priests to come and bless your place and to clean your place, the more stupid you're going to be, because you're going to lose your money. Do you understand? There is no generational curse on that land. There is no curse from a black man that put it on your husband to see him die, to see him break down. There is no curse on that. Your auntie, I think she's just picking up on the negativity. I think she's feeling a lot of negative that he's inside the people itself. Remember, the guys from Gob, they want to see you destroyed.

They want to see you lose everything. And that is true. They do, okay? I can see that there's family of yours, you understand, who is in competition, also very wealthy business people, that would love to buy your property for next to nothing, you know? And yes, they've got negative intentions towards you. They've got a lot of jealousy towards you. There's a lot of people that like to focus, that'd like to talk too much sometimes, you understand? I can see those things. Yes. Does it mean that there was a physical spell put on your family? No, there isn't, okay? You need to cut away from that. What can you do? Create yourself a little something for you to bless the place yourself. Get some sage, start making some sage bunnels, because smoke out your house a little bit with some sage, put some sage inside, then what you do, okay? I will send you the recipe later. You get yourself a half a litre Coca Cola bottle. You know those half litre plastic bottles that you get? You fill it up halfway with brown vinegar. You know, brown vinegar, okay? It has to be brown vinegar, not imitation vinegar, real vinegar, okay? Brown. Brown vinegar. You take a tablespoon of sea salt, salt from the ocean, okay? You take a tablespoon of Epsen salt, you know, magnesium salt, all right? You put some magnesium salt inside there, you put some Epsen sea salt inside there, then what you do you take a tableful of sage. Either you can get the oil is nice, but if you don't get the oil, you can take the raw sage, put the sage inside there, you put some rosemary, tableful of rosemary, and a tableful of lavender. Put inside that what, inside that thin vinegar, all right? The bottle. Then there's these little Dr. Lemons drops. Do you know these Dr. Lennons drops? It's yellow boxes that you get? They make these. or something. You should get it at clicks, checkers, pick and pay, you even get it in Swaziland, all right? Just go look. It says that doctor lemons, and in the Dr. Lennons, they make natural drops and natural remedies. There's one drop that's called Devil Strek, all right? It's called Devil's claw, okay? You know the flower called Devil's claw.. If you can't get the liquid of Devil's claw, then you go, take yourself some devil's floor plant. It has to be the flower, the yellow flower, it stinks very bad, okay? You crush it up nicely, make sure the oils come on, and you put the devil's claw inside there as well, right? Then from your kitchen, there where you eat and you cook food, you take the other water and you follow up the bottle halfway up, okay? Mix that stuff inside the bottle very nicely, you put your hands around it, and you pray. Light the candle and you do a pray. And you ask the universe, put your light, put God's light within this bottle, place this bottle, put this energy inside the bottle with this bottle, we remove all negativity, all jealousy, or all the negative that is around us, blah, blah, blah, and you take that bottle and you sprinkle it around the house on the inside, you make a cross in the front door or whatever you believe, make a cross in the front door, back door, and on the windows and you put some a little bit around the house. You take this much from the bottle and you put inside the bath and you put inside your water in your bath, okay? You do that twice, all right? And then if you want, you mix one, you take it to the petrol station, and you' shopping centre one night, when everybody's left, you just go sprinkle some of it around there. Then you put some salt by the front door, salt by the back door, just to keep the negativity out. That recipe has something that I've used and I have blessed thousands of businesses. I mean, you know my reputation, you know I've seen a million people.. And that is the recipe that I use. I call it toolos use, okay? That's the water that I mix to be able to go bless houses and businesses and everything else. mix it, create it, and God bless your business, but you are not cursed, Senora, okay? Thank you. You are negative, yes, and you are scared, yes, but you are not a loser, Senora. You're a fighter. Now is the time that you need to attach to that fighting spirit, fighting energy. Call your ancestors, your father is always there to look after you. You've got a grandfather who died a long time ago, very, very strong man, big businessman, didn't take shit, had a lot of spirugiality. This man is your protector. This man is

there to look after you, to protect you, and to guide you. Call upon your grandfather to be there to assist you, to protect you. There's an old lady that comes there with him as well. Very, very skinny woman, very light complexioned skin passed away, a long time ago, had big rings around the eyes, you know, big rings around the eyes like this, had a lot of problems in their lungs, a lot of problems in the stomach as well, you understand? She comes with your grandfather, she doesn't talk. She's just there to give presents as well. Your ancestors are there to look after you. They are there to protect you. Do not give away your power to some bullshit superstition. Don't give away your power to somebody else's intentions. I know those things are real, I've seen it, I've dealt with it. How many times in my life and in my experiences. But this time, it is inside your mind, not inside reality. You understand? Thank you. Step number three. Go grab your husband and give him love. Go jump on his back, go appreciate each other again. The problem is, this whole situation over the last four years, you and your husband, you've been pulling away from each other. You and your husband we're not connecting anymore with each other. You even asking questions like, I don't know if I love him anymore. He's got too many secrets. He must piss off. You know what I mean?. 'Cause it comes a stage in your life, you just.. You need to accept the fact that you're still love you. You love your husband. And it's not about sex. It's not about physical stuff. It's about you and your husband.. standing each other. Understanding each other and connecting to each other again.ing. You know exactly what I'm about to tell you, senora. So unfortunately, relationships is hard work. I have a Clintonism, Clintonism is my methods that I use and I have a Clintonism that I always use where I tell people that you don't always have to like somebody, to love somebody. A lot of times, even in my own personal relationship, I don't always like my wife, but I always love my wife, you know? And that love that you've got is strong enough for us to always come back together and to reconnect our relationship again. And you and your husband is exactly the same thing. Right now, we don't like each other a lot. But we still love each other. It irritates me. 100%. So let's rather, instead of just jumping to conclusions, let's take a love and let the love build us more. What we do about that is two things. Number one, why don't you find yourself a place of expression? Because remember, you've got all the stress. You're being a mother, you're being a wife, you're being in businesswoman, you've got the stress of the law, you've got stress of the community. People are talking shit. Everybody's talking so much nonsense in your community. It's not even bad. You feel embarrassed, you feel ashamed, you feel strong, but weak at the same time, you know? And you just don't know where to go anymore. It's like your whole bubble is full, you know? So I want you to do me two favours, please, okay? Favour number one, why don't you go walk? Go to the forest, soiland's got some of the most beautiful forests, some of the most beautiful places where you can go to be alone. I want you to go to the forest, take a big pipe, a plastic pipe, okay? And you go beat the shit out of a tree, okay? I want you to go beat the tree, I want you to scream, I want you to shout, I want you to get all of this anger that you've been holding inside you and get it out of your system. In my workshops, I call it BBT, as in the baseball bat technique, okay? And it's a fantastic technique about letting go of emotion, okay? So I want you to get rid of that frustration, get rid of that emotion, okay? Don't keep it inside yourself. Get rid of it. Stop owning it. move it. 100%. And then the second thing, I want you to start journalling, all right? You love writing, but you don't write anymore. I want you to start journalling again. All your thoughts, all your minds, all your emotions, get yourself a little book. Here's mine. I've got my little brown book, right, you? Get you a little book and start journalling again. Your private thoughts, your emotions, your energies, write a few fuck you letters, to a few people, and then a few thank you letters as well. And even if you have to burn those pages afterwards, then burn them,

okay? But I want you to start expressing yourself because your mind is not thinking clear, my friend. You've got so much thoughts and emotions in your mind that it's creating un clarity or uncertainty, all right? So I want you to practice that, okay? The last thing, I want you to learn about the armour of God, okay? Now, the armour of God is a very, very important meditation that I do. I'll send you the link in about two weeks' time about, I've got a seven day blessing workshop and a one day armour of God workshop that I do on WhatsApp, alright? Oh, okay. how this works is very, very simple. I want you to go find yourself a nice white place, collide a little candle, and then all you do is you start focussing. I want you to have a little bit of a smile and you start with deep breaths. I want you to breathe in that light through your nose, all the way down into your bottom, at the bass chra, and you start breathing it out again, you know? And from the base of your chakra, I want you to create an image in your case, it will be the lion, because that's your spiritual totem, OK? So you've visualise that lion, that yellow, golden light, pool full of power all the way from your base of your spine, OK? And I want you to push that energy up your spine, breath in. And as you breathe out, you push that energy out. Now, why I'm telling you this is you've got a lot of spiritual energy. And when you focus, you can feel your hands getting hot, you can feel the tingling inside your palms, always there, you can feel your third eye, always starting to tingle, okay? So I want you to practice this, all right? So I keep building up that energy all the way up through your stomach, all the way up through your chest, all the way up here. And as it gets to your chest, I want you to hold the chest, and then I want you to talk and you create a mantrop for yourself. Whatever feels good to you, okay? I want you to put there that I am protected by divine light, my spirit, my mind, my God, is strong and imp powerful. I will not allow people circumstances or events to steal my light, to steal my smile, and to steal my power. I am the creator of my life. I am the creator of my reality, and you take that light and you put that light around your mind like this and you breathe a beautiful light around you like this, and you visualise this pyramid of light over your house, over your shopping centre, your children, your husband, and you put that light over there. And you say a prayer and you walk away. I want you to do this every day for seven days, Senora. Create that armour of God, created the protection of light around you, your family, and everybody else and let's see what happens, okay? Okay. About my daughters, I just wanted to ask. You' got two daughters, right? Yes. Okay. The oldest are old is, you know? She's 13, going to be 14. here. Good luck. So I'm a bit concerned because I had to put her online because there was issues in the school, so there were some bullying and it was just a mess, so The 14 year old man. Sorry? The 14 year old, eh? Yeah, she's 13 and she's 14, yeah.. And the other one, the baby hold is she now? I like the baby. She She's eight. But she's like her father, this one, you know that, eh? The eight year old, is just like her father. Same cheekiness, same stubbornness. She knows what she wants very happy energy, very loving energy. K. That is her vibe, you know? Takes life as it comes, doesn't overthink things too much, sometimes, incredibly passionate. If she gets angry, she gets angry, Pa, but if she loves you, she loves you, you know? She's got this yo yo effect. just like your husband, you know? It's up and down, you know, when it's hot, then he's hot and then it's cold and he's cold, you know, it's they are exactly the same in that regard. Your eight year old has got a fantastic business mind, really creative mind. I want you to teach an hour already to get involved with making own little things, selling her own little things, doing interactive games a lot sometimes. That when they will be fantastic. Whether she's alone or whether she's with people, she will flourish. It's not a problem, you know? She's quite cool. The 14 year old, I must be honest with you, I'm a little bit worried about. That's why I picked her up in the first place. Very, very intelligent goal, really intelligent girl. She's got a very, very, very strong brain, but she's stupid. She doesn't use it, okay? She acts dumb sometimes. You

know, she withdraws very, very quickly sometimes, you know? She's got this. She's quiet. She's got this hyper, how can I put it you? She's got this hyper anxiety issue sometimes. She'll ask you 10 times, "Are we late yet? Are we going to be on time? Are we not related? Are we going to be on time?" She obsesses about being on time, standing out, not being good enough, you know? Incredibly overemotional, over sensitive sometimes. If I look at her the wrong way, she'll hold her against me for six months. You know what I mean? She doesn't just forgive. She doesn't just let things go. She needs to go to an occupational therapist. If you can, please, again, there's nothing wrong with her. She's just very, very over sensitive. She's got a little bit of ADHD and hypersensitivity. Her hypersensitivity means that she's struggling to process her thoughts, her feelings, and reality, and to mix them together. So it makes her always fear not being good enough. It always makes her fear not being seen enough, and that fear of failure and that hyper anxiety for next week, tomorrow, am I going to be fine, am I going to fit in, creates that panic inside her sometimes, a lot, okay? Yeah, I. And that's why she'll always pick on other kids. She'll bully the kids and when they bully them back, she's this victim, you know what I mean? And we need to be careful for that, all right? Because once we let her get away with her, it's going to become normalities. We're going to build belief systems inside her, like now going away from school, taking away from the kids. I mean, she was ugly first and then they retaliate and then it creates this drama and now it's okay because I'm just gonna run away. I don't want to teach her to run away. I don't want to teach her to avoid these issues. You understand? We need to teach her to confront these problems. So step number one, we need to get a really, really good occupational therapist or a play therapist that she can go to twice a week for at least three months so that she can get to learn how to deal with her emotions and mind. It's not a psychological issue, there's nothing wrong with the psychologically, there's nothing wrong with her character. She just doesn't know how to process her thoughts and emotions, okay? You didn't raise her wrong. You were a fantastic mother with her. Don't try and find fault with you or blame yourself. It's just the way she is, Senora. Look at me. I mean, I come from a very spiritual family, my parents are spiritual. My grandparents are spiritual, yeah, I am cocky, full of shit, I smoke cigarettes, I swear a lot, I'll tell you to go fuck yourself. I've got no problem." Did they do something wrong? No. When I was 15 years old, I told Mama, listen, yeah, I love you, but if you want to go to school, here's my school back, I'm going to that place, I'm done. What must they do? My father was a genius. I mean, he was literally 20 years old and he had already PhD's and everything. I mean, he finished at school at 14. So for me to stand up and to tell them, Oh, listen you, I'm done with school at the age of 15, it was a bit of a shock for them, you know what I mean? Here I am, this 15 year old prodig, studying quantum physics, metaphysics, and psychology, and I told them, I don't want to finish my education anymore. But they lack me. They understand how I am. I mean, I started businesses and look at me today, I'm successful. So you got to understand that it's not a reflection on you as a parent. I mean, if my mom had to look at me as a reflection, she'd think to herself, oh, my God, I must have had a child from a demon, juggling. But you understand what I'm saying? So don't take it as a reflection on you. It is her own identity. She will make you proud, she will make you strong, and she will get there. Create formats and places where she can communicate, where she can talk to you with, you know, just to make it a bit more easier for her sometimes, because she doesn't open up, don't force her to talk. Let her go. Animals and her have a great connection. She's got an emotional and a past life connection with dealing with animals, working with animals. You want her to connect faster, let her play with horses, let her play with dogs, let her play with cats, let us spend time with animals, you'll see she'll be able to board that emotional connection quite fast, okay? Online schooling is the worst

thing that you can do for her. Sorry. Taking her back to the old school is even worse, okay? So you made the right decision to take her out of that school, perfect decision, but I needed to go back to a school. I needed to go back to a school, even if it's a small private school where there's only five or six kids in the classroom, that'll be fine, but she needs to go to a school where she can interact with people. She needs to learn conflict resolution. If she doesn't learn conflict resolution, she's going to live in your house at 60 years old. Can you understand? So we need to teach her that conflict resolution. Yeah. She said here, I don't trust these children here in Swasme. Sienora, it's got nothing to do with children in Swazzerland. The problem is, you've got fear of always being teased. You've got fear of the family that you grew up in, that Indian community is a beautiful community, but they are ruthless. They are assholes with each other, you know, they always take each other out, and you went through a lot of pain because of your community, and you scared that your daughter goes through the same thing. My question to you, though, is that with everything that you've done and been through in your life, why are you such a strong woman today? I mean, you really are strong. I mean, you've dealt with shit that most people would lose their minds over, you know, and you always have a way to fight back. You always have a way to stand strong, to fight for your family, to raise your kids, to be a great wife, and to build yourself up. How did you learn that, Senora? You don't think you learned that by going through a shit experience with a shit community the way you did? So now you want to take away the opportunities for your daughter to develop her own skills of self confidence and pride and power because you want to protect her? Sora, you need to understand the difference between protecting them and dealing with your own insecurities, because if you're going to keep on protecting her all the time, she's going to end up becoming an asshole, you know? And she's not an arsehole, so I don't want her to be one, you understand? You can't protect them from that. I mean, I've got three daughters. I mean, I love my babies. My oldest daughter, same thing, she's got a problem, well, she had a problem at school. The kid were bullying her. So I took my daughter to karate classes and I took her to boxing classes, and I taught her how to stand up for herself and I taught her to find confidence and I forced her to go back and confront. Not violently, of course, for reasons. No, I knew, yeah. She went there and she learned to communicate, and you know what? The gold was bullying her. They are best friends now for three years running. Do you understand? Like, literally, they are best friends now. Because she learned to confront the situation. She learned not to run away from it. Sam is living in an Indian community. I mean, it's going to be hard. It's going to be tough, it's going to be difficult. But make it work, you learn from it, you grow from it. It creates grit, it creates an essence. I'm living in Africa. Why? I've got Italian ancestry, I' South African, I'm aurki, you know. Why live in South Africa? I mean, with my skills and talents, I would be making a lot more money living in Europe or living in America. Y. So why living in Africa? Number one, I don't want to keepmo own toilets and make up my own bed in the morning. Yeah, at least you've got a cheap flaour, you know? But because there's a passion here, there's a grition, there's a farm gritter I learned in this country that'll never be able to learn anywhere else. There's a passion and a focus and a love that you've got here, that you won't experience anybody else. Same as the reason why you won't leave Swaziland. Do you understand? So let's not take those opportunities of greatness away from our children. Yeah. You're right. Of course I'm right. My name is Kon Sarri. I'm always right. I'm, I'm joking, I'm joking. No, thank you. Perfect. So, focus on your light, your grandfather's with you, everything's going to be fine. You're gonna beat this court case, don't give up. Focus on the lion, be the lion, and go show the world who you are.

Good morning Vanya how are you? How is the lovely and wonderful Vanya? I am. I've had better days. I've had worse days. I'm kind of okay. Okay's a good place to be because it means that there's a lot of self realisation that you're busy fucking up yourself, but yet you still want to be able to change yourself and move forward with it. So I like that. I love the da the noncomplication of where we are. You know what I love about talking to Vanya about is that she knows exactly where her mistakes are. She knows exactly where she's not focussing and where she's not pushing herself forward. However, she still allows herself to be caught up in that emotional mind game of becoming the victim lately. You know what I mean? It's the simple case of, I am where I am and I fucking hate it, but yet I love it because the money's good and the energy is good, but I just don't know where my future lies. You know what I mean? And I need claritine to knowing where I'm going. Am I wrong? Um, I don't know. I mean, not even. To be honest, not thinking a lot on the professional side of things. That's good. Um.. Yeah, no, I mean, I'm worried. I mean, I'm worried. I am. Yeah, I'm kind of worried about the next four years. Hmm. Uh, because I would really like to stay where I am, so Tomas can finish school. I love that. And I must be honest, the country you're living in now is fantastic. I mean, Thailand is beautiful. It's got a good energy, it's got good vibration. Where do you stay now? It's It's not Thailand, it's not Thailand. Oh, isn't it? Where do you stay now? Singapore. Oh, same. I just see the vibe of Taiwanese. You know, I see the dresses, I see the people, I can see the mindset, very busy hustle and bustle, but you're actually fitting in quite nicely, you know? It actually suits you quite nicely, yeah. And you've been building quite a good connection with the people there, you know, your leadership abilities have really evolved quite nicely, your focus on teaching people have evolved quite nicely. I love you being in, sorry, Singapore, North Thailand, but I mean, I love you being in Singapore. It's nice. It's professional, it's focussed, it's pushing you to the limits, and you've been learning so much, Vanya. You've been really learning a lot. You've been creating a lot, you've been teaching a lot, you've been pushing a lot. Well done. How is the business going though, all right? don't, I mean, I'll hopefully we're going to restart because although I'm here, I'm still working for the mouse project. Still for that. But on a different area. So hopefully the project will restart this summer. That's where we are all focussed. So, yeah, I mean, if it starts, it's going to be great. So, you know, yeah, I don't, I would like to stay here for the next four years, so tomorrow can finish high school. and, you know, go to uni, because, you know, he needs this school here. It's much better than the schooling Mutu, so it's being great for him. Either than that, you know, I don't really care. I mean, then we'll see, I'll probably go to Perry's or whatever, but it doesn't matter. I'm fine. It's not something, except the fact that I would like to stay here for the next four years because of school. Nothing else worries me about the job. That's good. It's more the life that concert that worries me, not really the job. Why are you concerned about your life, Senora? What's the concern? Listen, you never told me what was going to happen to my mother. I was always asking you. You never prepared me for that, Quinton. That was a bit of a shock. So, if I had to tell you that your mother was not gonna live a long time, what would you have done to make it any different? Would you have been able to fix it or would you have just over obsessed and stressed and driven yourself crazy in the process of not having to be? No, I think I would have fixed some things, that I always I always thought I would have the time to fix, and I didn't. And I didn't. And yeah, that is not, it's going to be two years in July, and I don't have peace. It still hurts, right? I don't have peace. Basically, that's it. Did you write your mom a letter? Uh, no. Have A lot of people told me I should do that, but I didn't.. Have you spoken to your mum yet? Because she's very happy, and she's laughing her arse off at you. Tell me something, before we carry

on, the old lady who died with cancer, who's the woman who died with cancer? Short woman, a little bit fat woman, like that very, very curly hair, Der complexion skin, very, very olive, dark skin, you know, black hair taken backwards, very, very shortcut, was a little bit blind in the left eye. I used to walk with a little bit of a limp with the right leg sometimes, okay? Very, very strong, very, very powerful, very, very focussed woman. Got so much energy, not f connection to her. I want to go back a friend with her. I don't get a name with her, but I keep on seeing the initial B. I keep on seeing a B with her, all right? So I don't know whether the B comes from, but again, short woman, a little bit stocky lady, curly hair taken backwards, very, very good friend or very, very close friend to your mother's. I want to go back when your mother was in her early 30s, late 20s, when they had a very strong connection with each other, okay? There was a very, very close friend of your mom's. You used to love the garden as well. I keep on seeing garden, gardening the whole time with this lady, okay? But I keep on seeing this woman that stay with her, all right? Gentlemen who passed away a car accident, very skinny guy, very tall gentleman. I've seen him with you before. I've spoken to you about him before, especially when we were focussing on your momentum, very, very young man, good energy, diving his studies, good looking guy, very, very well dressed. Yeah, just there with very strong. There's so many people they're worth I can carry on till tomorrow. There's a little boy that was never born. I don't know whether your mother lost a baby, but I keep on seeing this little boy coming hand in hand with your mother and she keeps on saying, it's just that I'm with my son, I'm with my son, the little boy that was never born. Can you understand? And I can see her with him very, very strong too. Her mother was very, very feisty, very, very feisty woman, never used to take shit, alright very straightforward, very to the point, fighting a lot sometimes, you know? And I can see the grandmother very strong with her very much, you know. And like your mom saying is that we've made peace. We've made our peace, we've understood each other, we understood our processes with each other, we've made our peace. That's all that she says, you know? Your mother's got no regrets, Ivanya. Your mother's got no regrets, she's got no intentions. There's nothing that she has that she feels is unfinished business. There's nothing that she feels that we could not have fixed or did not fixed, you understand? There's nothing that she feels that we should have overcome, and we could have overcome. Your mum needs you to make peace. Your mom needs you to let go. Your mom says that there's three big problems that please forgive me, okay? But she says there's three big problems here. Number one, yes, your mom has passed and you're not grieving. You're grieving, you're forcing yourself, I'm supposed to feel this, I'm supposed to feel this. You're trying to control your grieving process. And unfortunately with grief, there is no control. There's simply allowing the process to carry on as a process through, you know? Some people grieve for one month, some people grieve for 10 years. There's no right to a wrong way to grieving. You need to stop trying to categorise your grieving process, okay? You need to stop feeling guilty for feeling happy. You need to stop feeling guilty for being okay. You need to stop feeling guilty for missing your mom. You need to stop feeling guilty for thinking that you should have told her how much you loved her. She knew how much you loved her. You need to stop feeling guilty for you not apologising and you not talking about the things we needed to talk about. It wasn't meant to be fixed. It wasn't meant to be sorted out yet. Can you understand? She needs you to know that she is okay, that she is strong, that she is focussed. She needs you to know that she is in a very, very good place and she has made her peace. Can you understand? It's very important that you know this. Point number two that she's coming up with the whole time is that there's a loneliness that you've developed inside yourself. Being in Singapore, it's beautiful country, great opportunities with your business, great opportunity in your career,

your family is all happy, everybody's okay. Life is moving forward. But Vanya's empty. Vanya's tired. Vanya's burnt out, you know what I mean? And Van's not feeling focussed right now. She's not living for herself. She's just following routine and following schedule, you know? And this constant following of schedule and following routine is putting us to a little bit of a putting us to a little bit of an uncertainty within myself sometimes. Can you understand? And we need to refocus that. We need to reconnect that. We need to reconnect. thew and the what that we want to be again," she says. Do you understand? We need to overcome that lowliness that we're feeling. Create different systems. Lear to go out a little bit more, make a little bit more of a path to move forward, make a little bit more of a path for you to be able to meet people, have more adventures, to create life a little bit more, okay Step number three, we need to set new goals for ourselves. We need to create a little bit more goals for myself into where I want to be and how I need to focus with me. I need to set more goals for myself about things to achieve in life. not business related, not property related, not financially and related. Just about my spirituality and about me. There's been a lot of soul searching that you've done in this last while. There's been a lot of soul searching that you've done in this last year, and it's time for me to start implementing those knowledges. It's time for me to start becoming that person that I want to be, okay. Let's start by dealing with the past. Finishing off the unwritten. by writing your mom a letter. Go write your mother a thank you letter and I forgive you letter. Go write her a letter to state. I love you. I see you acknowledge you and deliver oath 4 again. start second point by focussing about your future self. I'm not talking about the future of the next four years just with a business. That yes, we build a vis board, created vision of staying in the country for four years, focussing on the job, making extra amount, extra money, growing your wealth, growing your finances, et cet, et cet. That's fine. But I want to create an image of the future, me. Who is Vanya going to be in four years from now? If you had to take all the knowledge and all the lessons that you've learned in life from forgiveness, love, passion, focus, I mean, this business that you're in, this company that you're working in, petroleum, international, it's been a big learning curve for you. You've learned faith, you've learned focus, you've learned communication, you've learned so many different points in yourself to be able to reconnect to you again. You understand? And the time has come where I think Vanya needs to internalise again. She needs to refocus again. She needs to reconnect again with herself to say, "kay, this is where we're going to move forward in. This is going to be the next step for myself." All right? I want to visualise a future me, a future self. What is she going to look like? What is she gonna smell like? What is she gonna sound like? What is her smile gonna be like? I want to put emphasis back on who I am and not what I do. I've been focussed on what I need to do, what roles I need to play, what kind of mother I need to be, what kind of wife, what kind of businesswoman I need to be, what money I need to invest, what holidays I need to go on, what experiences I need to have. But I think that your mother's death represents an internalisation, a time to go inward, to start focussing on the who, instead of the what, a time to re embrace the who again. Let your mother's legacy not be one of how but these things I could have finished. These things I should have said. This things that I should have done. No, let your mother's legacy rather be one that says, I'm not going to wait for tomorrow anymore. I'm going to start living in the now. I'm want to start focussing on creating presents. I want to start tasting my coffee again. I want to start smiling again. I want to start being who I am now. I want you to set me three goals, Fanya. I want you to set me a one year goal of who I'm going to be in one year from now. I'll send you the recording if you want to. I want you to send yourself a one year goal of who you want to be in one year from now. Then I want you to set a three month goal. The one year that I'm going to be in three months from

now. The via that I'm going to be with my mindset, my focus, and my disciplines, my spity, I want to start doing deeper meditations. I mean, you've really started to explore a lot of different meditations and spirituality, I can see it in your aura, you've been growing quite a lot there. That've been making a lot of time for it, but I want to make it a priority for myself again. You know what I mean? And once we start making these priorities, it will start falling into place. But then the most important one is, I want to create the future me next week. You see, the same way you run your company. I mean, the first thing you do as a corporate businessswoman, you rely on reports, right? There's a report for everything, Everything's got to be a reports, everything's got to be filed, we've got to follow through, follow up on reports, double check it through, etcera, etc. When last did you do a Vanya report, a PPR, Personal per performance Re review, right? When last did you do a Vanya report? Let's call it the PPR, the personal performance Re review. I want you to generate yourself a personal performance review, where once a week on let's call it a Tuesday morning, I want to wake up 20 minutes before everybody else, whether you go outside for a nice little walk with you sitting inside a nice quiet place, lighting a little candle, doing a little of introspection. And I want you to set goals. Where do you see yourself this week? How are you going to walk, how are you going to talk? Recreate that focus on being in control again? Thoughts, emotions, spirituality, etc, et cetera, et cetera. After you do that session, you go to a shower. Get in the shower, go get clean, everything else, but the new ritual, when you climb out of the shower, I want you to look in the mirror, and I want you to wink at yourself, okay? Like, I do out a lot of myself because I'm gorgeous, it's easier, and I'm joking. But when you climb out the shower, I want you to look at yourself in the mir and I want you to wink at yourself. I want you to wink, not at you, but at the future, you. I want you to acknowledge Vanya, I can see who I'm going to be this week. I see you, I acknowledge you, I know you, I own you, and you carry on. Ignore it. Just one second, just a week. But that wink sets you apart from living in I must one day to I am right now. And if you can start doing that, and then what we do is on a Friday, your wine day, I want you to take an hour for yourself and go look at your mind, PPR and say, okay, where did I fuck up this week? I didn't do my meditation. Why? What was the reason for it? What was the reason for the reason? I didn't do my focussing this week. I've messed up my diet a little bit this week. I want to focus on X, Y and Z. What was the reasons I didn't? And what can I do next week to make sure that I don't do it again? Twice a week, I want you to plan a week. I want you to go through a review on a Friday and planning on a Sunday or a Tuesday. Your choice, when. I want you to create those two days as very important internalised me time days. The second thing I want you to do, I want you to find three hours every month, whether it's 20 minutes a week, whatever it is, but three hours a month, I want you to express yourself. Whether it's doing creative artwork, God learn to draw something, draw pictures, whether it's building puzzles, whether it's going to a boxing club and learning to beat something up, okay? But there's so much frustration and emotion inside you, and I don't have a point of release anymore. Can you understand? I want you to find a point of release, whether your release is cooking, doing an extreme five course meal or a three course meal once a week, whether it's going to a boxing club once a week, whether it's going to a yoga club once a week, but I want you to go and do something for yourself once a week for three minutes. That's my point of expression. Can you understand? A moment to express. The rest of the time, I want you to focus on what is the most valuable thing about you. You see, one thing I love about Vanya is that her instincts has always been her key. In business, you've always been very sharp with your instincts, your instincts has always led you forward, your instinct has always made you outperform everybody else and I perform everything that you need to do, right? But it feels to me as if

you detach from your instincts lately. You're not trusting yourself lately. I'm not trusting what I'm feeling like. In actual fact, I'm not feeling. I'm over emotional. And remember, there's a big difference between an emotion and a feeling, an emotion is a thought pack. It's a patterning inside the mind that keeps on running. A feeling has no mind, has got no thought, has got no association? It's pure instinct. And I need to connect back to my instinct again, that instinctiveness has got to come back again, because that's always been your biggest secret in your relationship as a mother, in your business, as a friend, as a spiritual person, your instinct your ability to switch off your caba, your mind, and to reconnect to that instinctiveness has always been your greatest key. So I need to bring that back somehow, okay? How do we do that? For Wonder, it's very simple. For you, it's really easy. What is the most valuable thing to Van? About you, not to you, about you? It's your smile. Your smile. You see your smile? What happens to you when you smile, Vanya? Every time Vanya smiles, she stops thinking. She gets this, fuck you, Vi, and she shows up. Every time Vanya smiles, her mind switches off, she stops living in this dream world or the self blaming world, or even with her mom. If she has an image of a mother inside her mind and she smiles, ooh, she can feel the love. But the minute she doesn't feel, oh, I should have done this, I should have done. Do you see the picture? Do you understand the difference? Your smile is your key to overcoming this grief. Your smile is the key to being successful in the next four years before you transition to whether it's France or Spain or whatever it is to make your transition happen. Your smile is the key to activating and unlocking the true inner self again. I need you to practice your smile. Even when you're busy fighting with somebody from your company, fighting with your bosses, do it with your smile. Because when you deal with those Americans with a smile and you deal with your bosses with a smile, you know what happens, manya? Magic. Magic happens. You always find a way to explain yourself better, to connect yourself better, to interact with them better. Your smile is the key to connecting to your inner yourself, because the minute you smile, your whole mind, your neurocortex, starts switching off. And when your neurocortex starts switching off, your primal self starts reengaging, which means your pial gam starts overstimulating, which is your ability to feel things, to sense things to trust your feelings. Your gut immediately opens up, the light starts shining from within you, and immediately builds this light around you and all just because of a simple little thing called a smile. When I smile and I drink my coffee, I taste it, I smell and I feel it. I become one with it, I become present. Your lack of being present is causing you to over punish yourself. You've been struggling a lot to lose weight, to stay focussed, to stay alive, all because you're not being present. You're either living in a past matter of yourself, which is causing you to become depressed, or a future side of yourself, which is causing you to be anxious. We so busy living in the past, and the future tomorrow and the yesterday, all the time, that we're not living in them now. Remember, time is linear. It does not work, how can I put it you horizontal it works horizontally in your case. It's where you've got the past in the back, and you've got the future in the front, and you've got the presence in the middle. When we live in a moment, a moment is a point between two points, a moment is where we've got so much emotions from the past that we are projecting into the future and the future being re remembered from the past, that it cycles all the way through, that your life has become moments. How many times have you realised, oh, my God, another week has gone? Another two weeks has gone. Shit, what have I done? I haven't gone anywhere, and I'm still feeling all of these emotions, because I have lost my presence and I have refocused on being in a moment. I need to recalibrate my momentum in life, to learn to start living in the now. How do you do that? You take this horizontal line of time and you turn it vertically. Where the past is on the top, it's where I come from, I make peace with it, I understand it. I

write letters to mum, I write letters to the companies, I write letters to all the things that bug me and I can understand it, I can process it, I can put it behind me. I project that future self, the who that I want to be, the real me and that what I'm fighting for towards my future. And when I enign them into a vertical field where I've got my future in the past at the top that created my essence of who I am, my future at the bottom, that allows him to have an obje objectiveness, a focus on where I'm going, it leaves my presence right bang in the middle, which means it becomes right now. No moment. It is a state of consciousness. When you reach that state of consciousness, you start living in the now. How do you activate it? You smile. Makes sense? So I want you to practice your smile. So for the next two weeks, I want you to indulge me. Set an alarm on your phone every two hours to go off, to remind you to smile. That's it. It's literally the alarm's going to go. TT, and all it's going to say there is smile. That's it. You take a deep breath, send to yourself, calm yourself, put the light around you and smile. That's all you do. Because I need to remind me to smile again. step number three, I want to start setting physical goals. I want to lose 10 kilograms. Set physical goals. I want to lose 10 kilograms. I want to start doing my meditation on I focussing better. I need to get more fibre in my body. I'm worried about your sugar levels that's been a little bit too high latly. I can see the sugar is going a little bit too up lately, taking in your fibre will allow your body to start absorbing all of the sugars a little bit more and it'll allow your liver to reconnect a little bit easier sometimes. So more fibre, I need to cut sugar and I need to cut all the artificial shit out of my body. No more bread, no more pasta. We have, but cut them down a little bit more sometimes, okay? I'm worried about your iron levels. That's a little bit too low sometimes. I need to get more iron, just to push me up a little bit more sometimes, get your vitamin sorted out, and go for walks. I want you to have salad and proteins, a lot of it. Too much salad, too much proteins, get your diet so out, and I want you to start setting goals. Kavish. Not that you getting fat. It's just about reooking at yourself and reset those. I am losing wine, but's You are losing weight, but your fibre intake is too low. You're not taking enough fibre, and the fibre reverses insulin resistance. When you take in a lot of fibre, your insulin resistance goes down, which means your sugar levels goes down, and your body doesn't just absorb everything and stored it into fat. The problem is, you smell a piece of bread and you pick up a kilogram because your brain is already so fucking insolent resistant that it doesn't break down, the natural sugars. That's where the problem is. Okay, I have a question for you. Okay, two things. So one is, I mean, I really need to know. In order for me to be able to have peace, I need to know. I need to stop feeling guilty and I cannot stop and I can't. I can do it. Why? I don't know, because, um. I mean, everything I. Well, first of all,. I mean, I think I did a lot for my mother. A lot. But somehow I. I gave her a lot, but I don't think I gave her what she wanted. It got to a point where I was not able to, I was just not able to, and I didn't want to talk about it because that would mean to talk about she like money and I refused to do it. I didn't think it was appropriate. It wasn't appropriate. To say certain things to my mother and I refused to do it, that basically kind of an elephant in the room because because I didn't want to address certain matters. And, of course, you know, she realised that the relationship was not the same, and I was not able to overcome that. But I think that she died, you know, not only very. But Vania, don't you understand that you supported your mother financially her entire life? You've given them every single thing in life and a very important. And a very important lesson in life that you've learned was to set boundaries. And for her, there were things that were more important than that. And I don't think I was able to give what for her was important. So that is one thing. And yeah, I do I do feel a lot of guilt. So I'm going to ask you a second question here. going back on that, the other thing is, and this is a question for you, so the most important thing for me to have peace is actually to have

peace with my mother, which I don't. But, you know, things with my there that are really weird. I would like to hear your thoughts about that. because it all goes back to the same financial issues and to be honest, I don't know what to do. And yeah, I, you know, like I said the other day, it got to a point where if someone would tell me 10 years ago that my relationship with my parents would become this, I would never believe it. And right now, to be honest, we do, I don't feel anything for my father, but I I'm kind of I fear the person that I'm becoming, because it's really real. What is going on. I'm gonna I'm gonna send you a piece next week. Remind me next week to send you a piece on the difference between a good guy and a nice guy. It's one of the hardest lessons to learn in life is the difference between a good guy and a a nice guy. I'll put some notes in the recording when I send it to you. The difference between a good guy and a nice guy is so tough in life because we're so used to always sacrificing and giving and breaking ourselves down in the order to be nice. And the more we keep on being nice, the more the world takes advantage of us, financially, emotionally, spiritually, on every single level, the world takes advantage of nice people. To be a good guy means that we need to learn to set boundaries with people, and boundaries are so hard to set, not just because of the people that we're setting it to, but for ourselves, because it goes against everything in our nature of being that server that we believe we are in life. We want to fix everybody's lives. We want to fix everybody's problems. But if we can't, we can't, senora. And it is the hardest thing to learn in life to set those boundaries. And you have learned one of the hardest lessons they used to learn in life about setting boundaries with people and putting your own importance first. It makes us feel selfish, it makes us feel that we're doing wrong to everybody, you know. We in truth, it's not. It is the only way to be able to safeguard yourself in your own sanctity, you know? Going back to your mom, I can promise you now your mother has no heart feelings. The limitations that you had to set financially on everybody else, those are realities for, you know. It's part of what we all had to go through in life. You There's a difference in life between enabling somebody to always be a victim and to always expect things, and to allow somebody to still survive and to live a good life, which you have. You have no reason to feel guilty about not always giving the way you were supposed to all, that you said you were supposed to. You see, the problem, here is that you created rules in your own mind about what's right and wrong, about what should have and shouldn't, what could have and could have not. You created those rules. You set to expectations for everybody else. And the minute you couldn't deliver those expectations, you start blaming yourself. You start creating this guilt about yourself, and now you are punishing you because of the rules that you created. Senora, these are rules that are only you created in life, and nobody else. You need to re look at the set of rules that you create in life, and you need to allow yourself to start feeling love again, to start feeling peace again. Because even now, by making peace with your mother's death, and even the guilt that you carry about your father, you're not allowing yourself to be Vanya. In your mind, you are nothing more than just somebody that can provide. Somebody that always needs to be the fixer. The rescuer role that always needs to play. You need to stop playing that rescuer game and you need to allow yourself to stop being alive for who you are. Your life matters. Your life is important enough, you being alive is more powerful than anything else. Point number two is that your mother raised somebody who's strong, capable, independent, focussed. Do you really think she's going to blame you for being strong, capable and independent? She knows how she made you. Well, she didn't make you. She just created you. You both, you've created, you've become something so dynamic. And to run away from that, because of guilt, it's an injustice to yourself and to your mother's legacy. Is there something you could have done differently? No, there isn't. Because if you didn't set those boundaries with your parents way back then,

they would have abused you. They would have taken advantage of you, and there would have been even more guilt and anger in her death than what there is right now. You've let the elephant in the room be there. I understand there's certain things that we should have talked about. So write to your mother and tell her about those elephants in the room right now and explain to her not as an excuse why it was there and why you did what you did. You don't have a need to justify yourself, but clearly, clear your mind. I promise you now your mother does not have any grudges against that. Clear your energy, clear your mind. Clear this air that is there. Make peace with your mom. You've got nothing to feel guilty about, Vanya. Nothing at all. From where I'm sitting at, there's a part of me that wants to look at you, give you a slap against the head and tell you, "Listen, stop your fucking shit and pull your head out of yours. Stop being a fucking victim, okay? Your mom and then took advantage of you for too long and you learned to say no. And I think that's one of the most powerful things that you've learned in life. It's one of the greatest things that you learned in life. You still gave them love, you gave them respect, you gave them everything they had in life because of where they were. What else were you supposed to give them? I don't. I don't. I don't think I gave her the love she wanted to. What love did she want to, but if you had to go down on your knees and hug her and kiss her and rub her hair every day and wash her hair with shampoo every day, she would have told you to fuck off. You would have irritated her. No, I don't think so, but anyway. But what do I do with my dad? I don't know what to do with this guy. Nothing? One of the. Nothing. Nothing. Vanya. JK, J. Yokak is Yokak. He's got his life. He built his life. He shut his ears. You're looking after him, you phone him once a week, you be there, support him emotionally great and leave him be. He's got his life, my friend. You are not responsible for other people's lives on realities. You can't go and bow down and put your whole life on hold so that somebody else can feel seen. You can't do that. That's wrong. If you keep on allowing them to manipulate you the way, you're going to keep on feeling guilty about you not being there washing the hairwood shampoo every day. Everybody has a life. Everybody needs to move forward. Promise your father is also master manipulator. He knows how to make you feel guilty. He knows how to make everybody feel guilty. He's got nothing else to do with his life other than just think and make himself feel guilty. Don't allow the guilt to get you down. You have done nothing wrong, Vanya. You know that. Am I wrong? Yeah, but. So what is it that you expected? To buy your father, or get him a house to start living right next door to you, moving me to your room so that you can feed him every day and wash his feet every day? It's crazy, Pa. It'll never work. You've got your life. He's got his life. He needs to learn to overcome his own insecurities by making new friends, seeing new people, getting out, starting to be alive again. He's not dead yet. S is your mom and then. They chose to have the life that they've had. They chose to be in their circumstances that they are. You're not responsible for their choices. They could have gotten out and got involved with other groups and other communities and made more friends and have more connections around them. It's not to a place to always be their fixer. Give them that emotional support, yes. Be there, talk to them around then, listen to them complain about life all the time. Stop fixing people's shit. Isn't this one of the reasons why you learned to set boundaries with them? It's because they were always overtake everything and take advantage? You had to learn to set those boundaries, which for me was the right thing to do. You're gonna let your staff, at your company, just take any salary they want to, and take as many days off as this they want to? No, there's a job that needs to be done. There's a life that needs to be built. You're not responsible for their personal lives. Okay. There's a line that you had to draw, and you drew the line, and it was an important line to draw. Yeah, it's not.. It's not for dish yet, but anyway. It's not finished yet, but keep on setting the boundaries, keep on drawing the line, stop

feeling guilty about it. give them all the emotional love that you can, give them all the emotional intentions that they can. But I'm telling you now, you are creating your own guiltier because you can't rescue. If we look at the picture behind the picture, yeah, this has got nothing to do with them, it's got to do with you that always needs to fix. You that always needs to rescue. You've got to stop seeing that you are not good enough. I mean, look at what you've achieved already, in your businesses and your life, and your own family and your own achievements with yourself. You've already accomplished so much, but it's your own fear of not being seen. It is your own fear of not being good enough, your own fear of letting people down all the time that created this need to always rescue everything. This is your own insecurity that you need to overcome, this is not about your mom. This is not about your dad, either. Everybody has their own role in life, and they are happy with the roles that they have. But the problem is you are the one that's got this fear of being unseen. You're the one that's got this OCD that's got to have everything in the same box. You've got to get rid of that OCD mindset when it comes to emotions, because it will destroy you. Focus on that smile. Allow yourself, the law of allowance. Allow yourself to be alive again, allow yourself to stop feeling guilty. You need to go explore this guilt and this fear of being unseen, this fear of not being acknowledged, this fear of not being good enough. Learn to love Vanya. Okay. Kids tell me about the kids. Strong, confident, beautiful, successful, intelligent, cheeky as fuck, knows how to push the buttons, know how to push everybody else. growing up to be really, really strong and sophisticated. Dude, they've got their own minds made up, right? It's like having to run a courthouse with all these different lawyers that all have their own opinions on everything that they want your life, you know, and you've been the judge and they don't listen to you anymore, you know, but no seriously, your connection is very, very strong connection's good. Independence is strong. They're all learning a lot about themselves. Make time to keep and reconnecting, make important time to still re bundle with them, you know. Everything's looking good, but now, I can't see any problems, I really don't. Schooling's going wild, education's going good. There's nothing bad. Okay. My husband. your boots friend? Six. Need more sex, Pa. That's say. nothing else. I'm sorry. You guys are fantastic, but me, I like your husband. It's happy, He's strong, he's focussed, he's doing his thing, he keeps himself busy with anything he wants to keeps himself busy with, you know? Keeps on looking north, he keeps on pushing himself. He's got projects of the projects, of the projects, and that man loves you too much, Pa. You guys make an amazing couple. It's not your first lifetime together. You've always been together, you'll always be together. We just need to make more time to connect to each other. We just need to make more time to be romantic with each other, create more date nights. Let's go and explore a little bit more sometimes. But you guys are really doing good. I like that., OK. What do you. Buses? Do you see anything? What business does he do now?. What does he do now? Okay. What business does he do now? sale out as quickly as we would wish them to go Do you see anything? In Portugal then? Mm hmm. There's two of them that's going to sell very, very fast. I keep on seeing two of them that's going to sell quite quickly. Two of them is going to solve very, very quickly. It's not going to be a problem. It's going to bring the cash flow back in again. I can see some new project that's going to start in the north of the country. I want to go towards port to side, you know, I can see there's a new project that we're going to start in Porto, that will actually generate quarter of income. It's going to generate quar of money, which is going to be a good thing. I don't see any red flags. especially with cash flow. It's a little of a tight right now, but things will ease up, things will create deliberate more comfort, but I don't see any red flags at all I don't see any problems. It's actually doing good. Oh,, what else? Smile, Ver. The main. I't know she's okay. Oh, your girl's perfectly fine. Strong,

focussed. I would love for her to be able to talk a little bit more. Her communication levels is not 100% on par sometimes, not talking about what's important here puts on a lot of facades sometimes. tries to give you what you want to know, sometimes not who she is and what she feels sometimes Art I wanted to do more art, more painting, more creative expression. It will help her a lot sometimes just to express a bit more, but fine. No, but I was asking you, how do I do I know that my mother is fine? Ask her for a signal. Ask her for a signal. Go write your mom a letter, okay? Gorite her a letter, go make peace, take the letter, go burn the letter. Let, letter, go up and smoke. Give it four, five days, and you ask her to give you a sign to know that she's there. And she will. You're going to yeah, knocking on the doors or you're going to see a feather falling out of nowhere. She will give you a sign that you will know that he's going to be from her. Put that intention out there, put that message out there, and I guarantee you now that within the next five days, you will find your message. Okay.

Good morning AI how are you? I'm fantastic but what's happening? How's life? Why are you look so terrible? Why you look so fine, man? You know what Fein stands for in psychology, right? Psychology, we teach people that Feinste stands for fucked up, insecure, neurotic and emotional, you know? So you should never be fine in lives inñora. You should always be fantastic or magnificent, you know. It's about how you allow yourself or teach yourself to program your mind, you know, In other words, you allow the bananas in the cave. Those bananas are going to be your reality. If you keep those bananas in your head and they keep on running around, they're going to drive you mad, they're going to drive you maluka. You know what I'm saying? So you've got to get to a point where you've got to learn to understand your own bananas, you know, because when I look at you by there's so much going on inside your mind, there's so much emotion, so much loss, so much hurt, so much pain, insecurity, living in the past, living in the future, where am I supposed to be? But at the same time, there's such a beautiful woman there, you know, strong conference, successful, a happy person. There's this absolute ability to let her light shine. You know what I mean? But it's so conflicted within herself because of all those bananas sometimes, that she doesn't know what to feel anymore. You know what I'm saying? She doesn't know how to feel anymore. She doesn't know how to just be happy anymore. And I mean, it's your biggest wish, isn't it? It's just to be happy, just to be okay again, you know what I mean? In peace, yeah, exactly. To find your peace again, you know? And not to let things get you so much sometimes, you know? Sometimes I wish we were robots, you know, where we can just process analyse and move on, you know? Not to get emotionally involved all the time, but fortunately, we are not robots. Fortunately, we all have a soul, we all have a greatness, a consciousness, we all have a divine spark that is inside of us. Even robots have divine sparks inside them, you know? And we need to understand that it is all part of a bigger process of what we need to learn in life. I don't believe in predestin karma to a point where every single thing in life is exactly how it's meant to be. No, I don't believe in that. I do believe, however, that our spirit is a wise, consciousness, that is chosen before it incarnated into this life, that there's certain things in life that we need to experience. There's certain losses and certain pains and certain confusions, that we need to go through in order for our divinity to keep on growing until we can find that I am, that the observer state within ourselves. You understand what I'm saying? And I believe that there's certain things in life that we are tracked into our realities, that challenge us, not because of Karma way, I kick a

dog now, I'm going to be punished for the next three lifetimes having a tale or some shit like that, I don't believe that we have to pay for punishment from our previous lives. I believe that in this life we have the power of decision, and that everything that we go through has been created by ourselves, by our minds as a consequence of knowledge that we need to find, lessons we need to learn things we need to overcome, you know? If you keep praying to God, please God, teach me patience. God is going to send you 10 people to piss you off so that you can learn patience. It's what you are creating, it's your karma that you are making. You know what I'm saying? If you're not strong enough to believe in yourself, if you're not strong enough to under the who that you need to be in life, people are always going to take advantage of you. People are always going to take you for granted, and they're going to abuse you and manipulate you. But if you can learn to understand the value within yourself, the value in who you are, not by being an aggro and aggressive and telling everybody to fuck off and die, which would be nice sometimes to do that, you know? But it's about understanding that it's the development within yourself of trying to find deeper aspects about you, trying to find your strength, trying to find your power, trying to be the elephant again. Strong, big, confident, but focussed and soft and gentle again. Do you understand someone who's saying, Senora? You need to learn to set boundaries, my friend. You need to learn to set boundaries, not just with people around you, not just with circumstances, but with your own mind. You've got this Tyaco and Taco inside your mind, you know, there's good self and this ugly self, these two little chipmunks that keep running around inside your mind all the time and they're driving you crazy because I'm exhausted. I don't know who to be anymore sometimes. You get that?. So, yeah, for me, if I look at our letter, I would say her biggest karma right now is to learn to love herself. That's it. Something as simple as, number one, she can't always fix everybody's problems. She can't always change the reality outside. She can't always be the rescuer. Because, you see, the funny thing with being the rescuer is that the minute you always try to rescue things, rescue people, try and rescue the situations, it turns you into being a victim. It makes you always feel sorry for yourself because nobody's going to see it. Nobody's going to acknowledge it. Nobody's going to see the value in that. You need to always overcompensate and to always try and motivate them, always try and fix people's problems that rescue a complex that you've created. It's there because of your own insecurities of not thinking you're good enough sometimes, you trying to overcompensate sometimes. Sometimes in life, Sñora, you need to let the animal shit in the grass, otherwise the grass is never going to get green. You know what I'm saying? If there's no shit on the grass, the grass can't grow. Sometimes you've got to let the shit happen to people so that they can learn. If you always take away the shit for people, they're never going to have green grass. You always put a pillow between the head and the brick wall, they will never learn that you know what a wall is hard. I'm not supposed to do these things. Do you understand? So instead of always rescuing, give love, give advice, give up liment, pray for them, but bless them the Italian when you tell them to Weim, you know? And you take a step back. You refocus with yourself. You refocus on your value. Problem is, the more you try and rescue, the more you allowing them to be victims and taking advantage of you. And the minute that happens, now, all of a sudden, they become the victims, you become the rescuer. If things don't work out, and you move all the way down into the victim rule yourself. The victim role are feeling sorry because nothing's working. And then when nothing is working, then you start perpetrating, you start pointing finger yeah, but it's because of this, and it's because of that, and that's when you self-sabotage. That's when you start self blaming. putting yourself down, criticising yourself, breaking yourself, like where you are now. And it's because of that role that keeps on playing all the time. We call it the victim triangle. We' at the top, you, the

victim, always the victim. We be poor me, life sucks, life is bad, I'm not good enough, I don't have enough money, I don't have enough happiness. My job is shit. Nobody sees me. You know, that game that you like to play, you know, and being a porter yourself, you know, theorters love that game, yeah. I am tired of that. You are tired of that game. Exactly. But the problem is now you get tired, right? So you know what happens? Then you're going to change your malua, you're gonna change your bananas in your head. You're gonna tell Tikico and take or piss off, I am in control. I'm gonna rescue things to become the rescuer, I'm going to start going to the gym, I'm going to start to eat well, I'm going to tell my boss, you know what? This is my limitations, I'm going to tell my family, this is what I deserve. I'm going to start to rescue things, I'm going to start fixing things, I'm going to start making everything better. And for two weeks, Senora, you feel absolutely empowered. You feel powerful, you feel focussed, you feel like you've got the mind. And everything just works out well because you are the rescuer now, right? The fixer. You know what I'm saying? But then all of a sudden things starts moving and shaking a little bit, you know, these little mini earthquakes start happening, you know? Because, yeah, but you know what? I'm doing all of these things and nobody sees me. Yeah, but nobody's acknowledging me anymore. Why me? You know? Why do I have to do everything every time? You know what I mean? And we start becoming the perpetrator, the one to point finger, you know? We start blaming the everybody else, yeah, but it's because my husband is an asshole, you know? It's because my boss is not blaming me enough money. It's because Mozambiki's got too many politics. It's because whatever the situation is, we always tend to blame the world outside. And the more we blame and the more we point finger immediately what happens, we become the victim again. And then we feel sorry for ourselves for a few weeks, and then we start being the rescuer again, and then we the perpetrator again. And we keep on playing this game over and over and over inside of ourselves sometimes. And you've got to come up to that point where you've got to decide, you know what? Enough now. Enough playing games. I don't want to play games anymore. You've got painting inside your heart. You've been through loss. You've been through a pain, you've been through a hurt. You understand the value of life, senora. You understand how precious life can be. But right now, your emotions is so high in your mind, you think it better you die. You think it's better you run away. You think it's better if you just disappear, but loving some Caribbean island and drink mojitos the whole day. You know what I'm saying? But that's not going to be the solution. Because the solution, again, is who are you running away from? Who are you running away from, Senora? You're running away from that beautiful little girl. Is you when I look at your energy and I look at your mind? There's this little Arlatina, this little hue, this mini h, this beautiful, strong, confident, happy, this girl that is so innocent and so pure, and she was forced to grow up. She was forced to always be the protector for everybody. She was forced to always fix things for everybody else. And her whole life, since she was a little girl, she always had to live for everybody else. Please everybody else, always sacrifice who she is for what role she must play. Do you understand? You always had to create these maskers of, I need to be a good mother, I need to be a good wife, the good worker, a good child, a good studyier, a good fuck it, God knows, I don't know. Maybe you're a politician, you know what I'm saying? Because you're always good at everything that everybody else needs by avoiding you. And I think this is what's really hurting so much right now. It's not the fact that you've gone through loss or that you're confused with your husband or that you're confused with your job. I think what's hurting right now is that I at once to be in love with herself again. She wants to be able to look at herself and be happy again. She wants to be able to take a cup of coffee and smell it and taste it and feel it, and to be able to say, ah. But right now, she can't, because

her mind is so busy, she doesn't even taste the coffee. She might as well drink water. Do you understand what I'm saying, Sora? There's no presents. There's no presents right now. And the only way for you to become more present is if you learn to detach from those bananas. How do you do that? Number one, I need you to learn to say thank you, Senora. I need you to learn to become gratitude. Now, please don't misunderstand me. I'm not saying that you're not grateful for your children and for your husband, and for your job, and for your money. Those things you are grateful for because it's what the world sees. And everything the world sees are letters always grateful for that because that's where she lives. I'm talking about being grateful for who she is, Being grateful for that beautiful smile that she's got. Being grateful for that beautiful heart that she's got. The problem is she can't be grateful for these things because she doesn't remember them. She doesn't remember who she is. She's been so busy for the last 20 years being everything that everybody wants from her. Yes, she's forgotten to be herself. Do you agree with me, Senora? So what we need to do is we need to look back and say, "Okay, but where did I lose myself? Why don't you go, Nora? Go buy yourself a nice little book. You see, you're in my hands, I've got a little brown book. This brown book, I call it Mike, it's my sanctuary book, right? It's my private book. The kids know the wife knows nobody writes in my book, it's my book. They can read it. I've got nothing to hide. But, you see, in this book, I've got a lot of little things that are writing inside you. All my emotions, everything I've gone through, all my troubles, I call it the fuck you book, okay? Because for me, I believe in saying "Fuck you. Because if I can't say, "Fuck you, I can't say thank you. Let me explain. You see, every time I goes through a bad situation in life, Senora, it comes with so much darkness, you know? It comes with so much confusion, so much emotion, so much desperateness, like you right now, you know? And we're so busy looking at the darkness that we forget who we are. We forget about the power to get out of this darkness. We forget. They're in three months from now, you'll be out of this situation. In three months from now, the situation will no longer be part of your reality and you will have moved on from it. So keep your eye focussed on the future. How do you do that? By going back to the past? You see, if I go back to being abandoned, your abandonment that you went through in life, you that had to grow up so fast to be the mother, the teacher, the caretaker, to be the woman for your parents, or your family, that always had to be there to look after everybody else? That was the greatest thing that could ever happen to you in life. It was shit because you lost your innocence. You had to always serve everybody else, etc, et cetera, et cet. But it was beautiful. You see, most people go through the emotions that you go through right now, or the loss that you've gone through, the drama you've gone through, they would have either ended up in a crazy house or they would have ended up killing themselves. But you don't. You keep on fighting. You keep on trying to find a way to fix yourself. Do you know how beautiful that is, señora? Do you know how nice it is that you would always. It is tiring. Of course it is tiring. But do you know how beautiful it is that your subconscious knows that I deserve better? I deserve greater? I can grow out of this and that you're fighting for it? Now, tell me something, Senora, where did you learn to be strong the way you are? Because, I mean, that takes immense strength to be the way that you are. How did you learn to become strong like this? You don't think that the strength came from all the abandonment that you had to go through as a young child? All the criticism that you always had to face as a young child? You don't think that because the world has always been against you as a young age, that you had to learn to always be the fighter, you had to learn to always be strong, to always be focussed, or always bring yourself back together and to keep on pushing forward because it's the way that you survived. It was the only thing you knew how to survive. But don't you understand how powerful that is? You see, if I give you a candle, I mean, I love

candles. You know candles, right? I've always got my candles burning wherever I am. For me, a candle is not just a point of focus or beautiful energy, but it is a constant reminder. You see, a candle reminds me about the inner flame, the inner light, the inner path to enlightenment. What do you think is the most valuable thing to a flame? Listen to the question. What is the most as a valuable thing to the flame? Well, you missed the oxygen of her for her. No, no, no. That is the most valuable thing for the flame. For the flame to exist, it's a different situation. And the oxygen, no, it's not the most valuable thing, because you see, there's oxygen in my room right now. Do you see any flames running around? No. Oxygen on its own is nothing more than just the spirituality. It's the belief. It is the construct of what makes the person. But if you look at what is the most important thing to the flame, as an oxygen, where does the fuel come from? Where does the flame get energy from? Where does the flame get its power from? It's the wax. But you see, if I give you wax on its own, all you've got is just a ball of wax. You don't have a flame. So the wax is important, it's the fuel. The fuel is our passion, our drive. What is your reason, Ella? I want you to understand this notion I'm getting at, because the problem is those four points that I'm going to list for you. Point number one is your fuel. What is your passion? I want you to make a list of what is your passions. What are you living for? What is the fuel, that drives you? And please don't tell me that, oh, it's to be a good mother. Fuck the kids. It's not. Because it's not about being a role that you play. It's not about being a mother, a wife, a worker, a businesswoman. It's not about a role that you play. I mean, I've got three beautiful daughters, I'm happy about that, but they are not the most important and valuable thing in my life. They cannot be. Yes, they are very, very, very valuable to me, and they are very important to me, yes, but about me, they can't be the most valuable thing because if they were the most valuable thing I owned in life, then all I'll be is just a role that I play. I'll be stressed, out immature, emotional, insecure, always making sure they've got everything they want in life and I'm going to raise brats, assholes. You know what I'm saying? So what's more valuable to me as Clinton's Sario is my presence. Because if I'm present, I'm going to be the greatest dad, I'm gonna be the greatest husband, I'm gonna be the greatest businessman, I'm gonna be the greatest teacher, I'm gonna be the greatest spiritual coach. I'm gonna be everything that's just fantastic because I am present. So my presence is my fuel, me, Clinton, you find your own thing, okay? But what is your fuel? But you see fuel on its own is not enough. I can't go to the bank tomorrow and tell them, Listen here, boys, I have potential. Borrow me a million dollars." They're gonna laugh at me. And then even if I get the million dollars, I'm gonna pay them back. In potential? Here's a bag full of potential for you from payment. You know, it's not going to work. So every power, every essence, every potential in life, needs a conduit. You know what it is a conjit, a place to pull it out from a week. You see, inside the coax, there's this little stick, right? That stick is called the wick. It is the thing that takes all the fuel and pushes it through one point. You're conjured, your conjured would be your business, your work, making money, your ability to connect to people, your ability to express yourself, to communicate yourself. Wait, wait a minute, there's a problem. You don't talk. You don't tell people who you are, you don't tell people what you want. You allow people to shit all over you, and then you cry because you smell like shit. So your ability to communicate is not there. So your inability to express yourself, your inability to express the passion in a way that you feel great about is not there. Doing yoga, doing spiritual things, meditation, learning to see things, talking to your spiritual, to ancestors. I mean, your grandmother's day, I'll talk about her just now. I know that's why you called me, because of the dead people, okay? But I mean, all of these people, they are there, but they were standing there looking at you and saying, what are you doing with your life? You are wasting time. Your focus is so much about

creating success that you're forgetting to be alive, Senor. They want you to not make the same mistake as what they made. When they wake up 20 years later, and they're old, they can't do anything anymore. You're carrying one day after another day after another day, and it's depressing the shit out of you. You need to find the passion, the power again, and that's why I'm talking like this. comprendñora. The third most important thing, like you said, is oxygen. The air we breathe without oxygen, the flame cannot exist, because oxygen is the belief, the spirituality. How much time do you spend doing meditations, focussing, even fuck the whole religion thing, okay? How many times a week do you spend one hour contemplating where you were, who you were, where you want to go, who you want to be? Let's take away the spirituality. Let's take away all the woo woo, okay? And we make this about psychology. When last did you relook at yourself, write journal, express yourself, get rid of the anger, and actually find a point to focus within yourself? Let's go back to spirituality. When last did you do meditation? A candle burned session in the mornings, me I love every morning when I wake up. I go write the candle, I do my prayer, I put that armour of God around me, I put that protection around me, my house, my family, I focus on who I want to be. I focus on my smile, my feeling, my connection, and I get back into the shower. After I get into the shower and I climb out the shower, the first thing I do, I wink in the mirror. I look at myself and I wink at the mirror, I look because I think I'm sexy. Well, I am sexy, I'm joking. But I'll wink at my mirror, but I wink at the future me. I wink at Clinton's Serial this week. This week, this is who you're going to be, and I acknowledge that. I create a vision of my future self, and I fight for it. I let my future self be created with my spirituality and my focus, Twice a week, I do deep meditations. Twice a week, I do spiritual focus points. Why don't you start get a yoga group once a week, I do some yoga. Once a week, go for a walk outside, 5:00 a.m., past 5 in the morning, maybe 5:30 in the morning, go for a walk, nobody bothers you. You can focus, you can make plans again. You can reconnect to you again. You know what I mean? When you reconnect and you refocus on you again, that's where you find your light. You find your power, you find your passion again, Senora. Compre. Without that spirituality, your belief in something is not there. We all need to believe in something, even if we atheist, we believe that there's no God, they believe in something. Everybody needs to believe in something. What do you believe in? You believe you're not good enough. That's why you always have situations that show you you're not good enough. Change your beliefs, and you will change your reality. Your reality is a conscioussquence, a consequence of your bananas in your caveza. Change your bananas and you change your consequences, señora. But you see, I'm getting it. Step number four. What is the fourth most important thing to a candle? Spark, without a spark, a flame cannot exist. The sparks in your in your ability to just show up. Your ability to overcome fear. Now, you've got a lot of that. You've been showing up since day one. You haven't stopped showing up. Showing up, having cooneas, balls to be able to do things, to be able to show up, do things, to be able to live your life. That's been your essence, man. That's always been the thing that made you magnificent. But you're losing that. You're losing that passion, that power, that energy, because the question now comes to, what am I showing up for? What is the reason for me to show up? Is a spark is only as powerful as the reason behind it. And if we don't understand our reason, the who we are instead of the what we are going through, then the what we are going through will defeat us. And that's where you've got to make a big decision in your life again. You've got to decide again, who are you? You've got to find that spirit, that energy, that essence inside yourself, to stop blaming you. The baby's situation, the husband's situation, the work situation, you're always blaming yourself. Oh, it's my fault. It's my fault. It's my fault. I need you to stop blaming yourself, Simato. Is it your fault that we're going through winter

right now? Did you turn the world upside down, literally, so that we've got winter in South Africa now? No, it's not your fault. It's simply is nature. Sometimes you've got to understand when to take responsibility for things around you, and when not to. This is a time where you don't have to anymore. You need to take responsibility for yourself. The ability to respond to what you want, responsibility. That should be your feel, your reason. So if I look at the candle and I look at the flame, the consequence of this whole story, what is the most valuable thing to a calf flame? Nothing. No one thing. It's like God. Do you know the word God comes from Hubbert, which means hoda Ahim, which translates into the word that says no one thing? Nothing. No one thing. It's everything. When Moses walked up to the burning bush and he said, "Who far art thou the burning bushd? Long story short, I am. I am that what I am. If something says, "I am, then what am I, Sinara? I am everything, which means I am no one thing, but I am everything. When the disciples walked up to Buddha, and there asked Buddha, who is God?" He answered, "O, the word Om means I am. Does doesn't mean he's God. No. It means I am. God is no one thing. It's everything. I can carry you on like this for another hour. With all the religions that I've studied. The bottom line is, you are the god of your life. You are the creator of your life, Sñor, and what you think is what you get, what you believe is exactly that what you're going to achieve. Change that what you believe, and your reality will start changing around you. So the most important thing to a flame is observing, seeing, because if the flame can see how all four elements fire water, wind, and earth, physical emotional material and spiritual, or the wax, the wake, the oxygen, and the spark, come together, the conclusion, condition, the consequence, would be a flame, which means the flame does not exist. The flame is a consequence of everything else coming together. It's the same as with your happiness. It's the same as with your smile, because when you smile, you stop thinking. When you smile, your bananas in the caveza goes quiet. Dico and tco stop fighting each other, and you start taking control of the reins within yourself, and your light starts moving forward. Your energy starts moving forward. When you stop thinking, you take control again, you show up again. The who that you are takes the lead again. But you see who you are is scared to take the lead. Because I'm sitting and I'm teaching you about who you are and who are you supposed to be and what you're supposed to be, blah, blah, blah. But you know these things. You know exactly who you are. You know your smile. You know your love, you know your energy, you know your passion, you know your compassion. Your biggest problem, you are scared. You were scared of what if? What if I'm not good enough? You remind me, and this is your spiritual animal for now, basically, okay? Is the butterfly. You know the butterfly? It's the most amazing little animal. To go through that transcision from a worm, metamorphosizing itself in the cocoon, to become this beautiful butterfly, that for you, is easy. You don't have a problem changing. You don't have a problem changing your mind, focussing, fighting, doing the shift, that you can do. Your problem? Now you've become this butterfly and you know there's something more to you. You know there's something more you want in life, but you can't get it. So now you're so scared of letting of the cocoon because you know the old life, but you also know the new life you want, but now your foot is still stuck inside the cocoon. And the butterfly wants to fly, but it can't because I'm holding on to the cocoon. What you need to do, senora, you need to burn the cocoon. You need to realise that the old self, the old life doesn't serve you anymore. And it's time for you to burn that cocoon to move away from it. How do I do that? Very easy, sñora. I asked you just now a very simple question. What is the most important thing to a candle? What's the most valuable thing we understand now what the valuable part of a candle is the four parts, okay? Enlightenment. We understand that. What is the most valuable thing to a candle? What is the most important thing to a candle? You said the wax. No, it's darkness. You see, if

I take a candle, Señora, and I put it outside in the sun, or I put it in the room with the lights on, it's got no function. It's got no purpose. It's got no meaning, it has no value. It's got nothing other than just its circumstance. When I light my candle in the morning, oh, yeah, it's for intention. You think that candle really gives a fuck about my intentions? You really think that candle cares about my ambiance in the room? It doesn't give a fuck about my ambiance or my intentions. That candle just wants to shine, Pa. That's what it wants to do. Regardless of what it is, it wants to shine. So imagine for a second you this little candle up in heaven. Running around, your name is Jimmy. Happy, strong, powerful. Look at me, I'm the man. You know? One day Jimmy wakes up. That's his but he's bored, man. He's like, this place is boring, Pa, you know? All this light everywhere, all this happiness everywhere. A Pa, it's too much, man. And he decides, no, he's going to go talk to the architect. He's going to go and talk to the director, the CEO. He wants to challenge him and say, listen, you, what the fuck, bro, you know? So he walks up to the son card, walks up to the son, he says, "Good morning. God looks down, the sun looks down at him and he says, "Good morning, Jimmy." And Jimmy's like, "Dude, you got a nice place, Jimmy in. Nice little female flames. They're all pretty, the food's good, the vibe's nice. But, like, I'm wasting my time here, man. What's the point of all of this? And God smiles at Jimmy and he says, really? It's like, yeah, it feels like I'm just, yeah, what the fuck, bro? So God's like, okay, Jimmy. I'll tell you what. How about. I send you on a journey? And she was like, why? God looks at him and says, do you know who you are, Jimmy? And Jimmy was like, Yeah, of course I do. I mean, I'm a flame. Look at me. I'm glowing, dude. And God's like, "Yeah, that's all good and well. You know, the theory of being a flame. But do you know what is a flame? What are you? Who are you? She looks to himself and is like, well, I don't know. I'm just a flamed. It's what I am. It says so on the label. And he's like, "But what can you do, Jimmy? What is a flame really do?" And Jimmy sat there all confused. So God carried it on again, "Let me send you on that journey. And I promise you, it'll feel like a dream. But when you wake up from that dream, you will remember your body. You will reconnect every membrane in your body and mind to who you are. Jimmy looks at him like goes and he says, "Really? He's like, "Yeah? Bring her on," says Jimmy. And just like a. Jimmy gets born into this place called the World, right? But this world is a crazy, crazy place. For the first time in his life, he saw darkness. This most amazing thing that God created, called darkness. And he set inside this little room, pitch dog, for the first time experienced fear, he experienced insecurity, emotion, not knowing who he's supposed to be, what he supposed to be, and he was going crazy inside himself, depressed wants to die, what's the point of all of this shit? et cetera, et cetera, et cetera. Long story short, one morning Jimmy wakes up, getting dressed, brushing his teeth, getting ready to go to work, and a little voice talks to him in his head, and the voice tells him to stop looking at his past, to stop looking around him, and to start looking with him. Now, Jimmy, cofounds the doctor and he says, "Dude, I'm going mad, I'm hearing voices I'm going fucking, you know? So he ignores it, carries on with his life, and a couple of days later, something happens again. There's light keeps on talking to him and tells him to start looking within and to start looking without. Jimmy's sitting on this pedestal, all scared, insecure, neurotic, emotional, all kind of fucked up in his head. He starts looking inside himself, and the more he looked inside himself, the more he felt, and the more he felt, the more he experienced heat, love, energy, and the more experienced that heat inside himself, he started to glow more and more and more. And the more it glowed, the more he started to shine. And the more it shined, he realised, but wait a minute. I'm illuminating the room. I'm not destroying darkness. I'm simply turning it into light. But being who I am, and that heat kept on growing and the light kept on shining, and the minute that light started touching every corner of that room, a big wind came

and killed him. Zoop until be popped up in the heaven. He's like, "Oh, my God, I just had the most amazing dream, and God's like, " yeses, Jimmy me, why did you dream?" And she was like, with a tear in his eye, looks up at God, and he says, "I know who I am. I know who I am. I'm a light. I am so grateful for darkness. Darkness taught me how to be strong and powerful and confident and to look within myself, to believe in the who that I am and not the what that I am going through. It taught me that I have the light. And God's like that's awesome, Jimmy. Now, what else can you do with it? And Jimmy's like, "Dude, don't come to me with that shit." And he's like, doo you know how to forgive? And long story short. So, Jimmy, because I'm an ex adventure. You see, the problem with our letter, she hasn't found her life yet. She's found a lot of darkness. She's found a lot of confusion, a lot of reasons to be confused and stuck. She's found a lot of situations that made her feel fucked up. And she keeps on thinking it's because the universe is punishing her. She keeps on thinking that it's because she's not good enough, she's not smart enough, she's not praying enough, she's self blaming you and self criticising all the time. Well, my job is to tell you is to sit here, to tell you to stop, to pull your head out of yours, and to stop fucking hating yourself. You have no right, sñora, to keep on criticising and breaking yourself down, and your circumstances down, because of something that you went through in your life and in your past. Deal with your shit. It's time for you to find that beauty. You're an amazing woman. You are strong, you are confident, you are powerful, you are not like most borras out there, you know that. You are not like most people out there. So stop trying to be like them. God made you different, Pa. You're a five percenter. That means you're gonna go through shit that 95% of people are never going to go through. They're never going to understand. The fact that we've got this conversation today is not because of pure luck, but it's because your spirit has decided it's time. It's time for you to start showing up again. So take a little brown book and start writing fuck you letters. You'll go write, fuck you letters for every time in your life that you have forgotten about yourself. But at the back of the letter, you write a thank you letter. You write and fuck you for hurting me, Fuck you for abandoning me, Fuck you for what I'm going through right now. Fuck you for not having kids. Fuck you for being my husband, for being an asshole, but thank you. Because you teach me X, Y,Z. What knowledge have you found from it? What experience have you gained from it? What calrity can you achieve from each point of darkness? Let's turn your darkness into your moments of light in your moments of power. Let them become the reason why you stand up tomorrow morning and you look at your life and you say, you shall not pass. It's time to be alive again. Complain. Yes, I understand. I just don't know what to do it to myself. Why? I'm. I'm stuck. I'm stuck with an idea. And I could not. overcome. You can't shake it. Yeah, I do. What is your idea? What is your idea? I is more like an obsession, I think. Tell me you're obsession, Senora. With a person. You're still in love? I'm not sure it is love. It's more like an obsession and. I thought it was gone at then I turned and I had't get rid of it. Okay, I'm gonna ask you if a simple question. When you met this person, all right? What state of mind were you in when you met him? Take a mind. No judgement, please, B. It's me and you, okay? I don't know I's okay. I want to find myself. I was in my own worlds. But can I ask you whether he saw you? He acknowledged you? You see, I don't think him. I don't think him being in your life was a coincidence. I know from a spiritual point of view, and from what I can see, you are not meant to be together, you're not meant to be married. I know that you've married the right husband, I know that you've married the right man. You love your husband. He pisses you offful lot sometimes. He irritates the shit out of you, but you like it. You know, you get to be the boss, you like it to be in control, which is the aspects that you like. You are in the right relationship. So why this obsession with this guy from the past? Well, there's three reasons. Reason number one, I

think that he saw you. He saw the real you. He created this level inside you where he made you feel and be something that you thought you could never be in life. He made you feel invincible, powerful. He recognised you, and you grew up in a time where people didn't recognise you. You grew up in a place where people didn't see you. You had to fight to be seen, you know? And I think a very big part of this obsession that you've got is the fear of being unseen, you know? I'm so scared of him not seeing me or me not being the person that I felt I am when I first met him that it created that obsession with him as a person. Even though it was never about him, it was about the role that he played, about seeing me, you know what I mean? I think you need to delve more into the fear of being unseen, the fear of unseeing is, and see where you can discover the emotion from there, of where the adaption comes from. Point number two, you're asking me whether is it a spiritual connection? Is there a past life connection there? I say yes, definitely. Was he maybe a husband in your past life? No. But I believe like when Jimmy came down to Earth and Jimmy had to come to experience darkness to find his light, I believe that the next story with Jimmy is where a little Sheila popped up, right? And this little Sheila came up next to Jimmy and God asked Jimmy, Jimmy, can I send you on a journey where you get to learn forgiveness? And Jimmy's like, yes, I understand forgiveness. And God's like, I don't think you do. And at that moment, the most beautiful, passionate, most amazing spiritual light came up next to him called Sheila. And Sheila took him by the shoulders and took him by the hand and said, I ask you two favours. I will go with you on your next journey and I will hurt you. I will hurt you so badly that it's going to take every single thing inside you to forgive me, so that you can learn forgiveness. But the two things I asked, number one, always remember who I am right now. Remember me as I am now, not for the things that I'm about to do. Step number two, don't blame me for the pain that you are going to go through. because it is my journey to go as well, where I have to lose myself, to do things that I'm not supposed to do so that I can re-remember who I am again. The story carries on from there. We all have roles to play, and I believe that this man is definitely past life connection. Yes, a definitely come from a sole group connection. Yes. Does that mean that we have to be together in this lifetime? No. I believe that he is the conduit, or he is the stick of the candle that needs to teach you about making a life about you and not somebody else about you. Making life about learning to love yourself again, learning to find yourself again, to finding your light again. I think you need to write him a fuck you letter, a proper, proper fuck letter, and you write him, you know what? Fuck you for being so awesome. Fuck you for making me feel so insecure, so stuck for such a long time, but thank you, because I see your role. Your role was there for me to understand what it is that I deserve, what it is that I'm supposed to allow in my life, what it is that I'm supposed to create within my life. And now that I realise that life is about me and the light within myself and you were there as a teacher teaching me to reconnect to my light, I can set you free. And you can write him, I fuck you and I thank you letter and you put all your emotions and all your energy into that letter and you take that letter in your hand and you go burn that letter. And you set it free. Step number one. Step number two, you got to look at your own emotional triggers of why can you not overcome. Step number one overcome your thoughts. You are entertaining your bananas. You're letting To and Teko control your mind. You've got this horse running in your mind at a crazy speed, especially when it comes to daydreaming and imagination, and you're letting these imaginations and daydreams run so much as a point of avoiding a physical reality. You're so busy avoiding your own reality right now that it's easier to live in this dream life of what could happen if maybe one day when. You like the asshole that keeps on dreaming about spending a lotto money, but he's never even bought a lottery ticket before in his life. You know what I mean? You are using him as

an excuse for you to be weak and for you to escape your physical reality. You need to stop that. You need to stop using him as an excuse to avoid you now. You see, your problem is, again, fear. You're scared that you're not good enough. You're scared that you're not strong enough. You're scared that you're not going to find enough lover or feel enough in life, that you don't allow yourself to experiencing to create things now. So it's easier to run away and live in this illusional life in your mind about what could have been and should have been. Do you understand? You need to cut their tie. Every time your mind starts wanting to go into this imagination bullshit, you need to stand up and say, no, that's not who I am. This is who I am. I am our letter, I am strong, I'm powerful, I'm focussed, I'm confident, I have become the butterfly. instead of being the worm. I need to stop holding onto that fucking worm, burn the cocoon, and move on with my life. It's time for me to spread my wings and be all free. Be the butterfly and move forward. Can you understand? You need to be the butterfly and find your light again. Comprend When you find that light and you can move forward again, that's how you find your freedom. You've got to take back your power. Stop allowing that stupid bitch of a mind of yours to control the who that you are. The time has come when you need to take back your power. Sorry for talking straight like that, but you understand what I'm saying? I'm straight. Good. Point number three. Stop trying to find excuses in spirituality over it's my destiny, but maybe it's my karma, oh, maybe I have Maybe I've been cursed, maybe it's you need to stop that chair, okay? There's no spiritual thing like this. This is very simple. Our let us time to shine is now, and she's too scared to. That's it. You've got a fantastic job, you've got a brilliant husband, you have got a fantastic husband. Gotchampun's back. I love him again. Find your freedom. Free yourself from your mind, from your life, and start smiling. Practice your smiling, literally. Set an alarm on your phone every two hours. Let the alarm go.. And then you look at the phone. He's, okay, it's my smile alarm. And you go one second, bar, you close your eyes, you take a deep breath. You from your ar. You breathe that air all the way up into your chest, all the way up into your throat, and you put that light that smile around you like this and you talk to yourself and you say, I free myself from all that was. I am the creator of my life. Creat a small little mor for yourself. I'm strong, I'm confident, I'm beautiful, I'm successful, I am free, I am the butterfly, I'm allowed to move forward. I'll send you something just now with a little pump. But focus on that freedom of yourself. Do it five, six times at eight. Do you for aora, alone for a while would be a very, very, very bad thing for you. The reason being is when you were alone, you sit and feel sorry for yourself. When you are alone, the first day, you'll be all focussing and drawing dream cards and creating dream boards, which is nice and then you get bored. Your mind is too busy to be alone like that. Your mind is always going to be thinking, thinking, and within an hour or two hours of being alone after you've done your vision boards and planning and everything else, you're going to start thinking shit again. And then you're going to spend all this alone time fighting, not thinking about what you're not supposed to be thinking about. So, no, I think it's a terrible idea. I know you once separation from your husband because you guys fucked up and you guys didn't communicate with each other. Well, I would recommend. Book a holiday to Mauritius, Maldives, Seychelles, go Booka Hol for six days, seven days. Go away, G reconnect. Go remember who you are again. If he's not the man you want to be within Soviet, I'm not going to force that. Then get a divorce and move on, but go find you. Go find your smile. Do you. Do you believe in, how do you say, is soulmates? I do believe in soulmates, yes. And this guy in your past from your obsession, like I explained to you just now, he is not your soul mate, he is simply your sole teacher. He came into your reality to teach you certain aspects. So I need to be in love with my grandfather, I need to be in love with the God that slipped on the street that taught me great lessons when I was 10 years old.

Do I now need to be in love with a fucking bird that flew into my car because I had to learn her life lesson out of it? No. There are simply parts of your reality. Your biggest life lesson is to learn to love yourself, to learn to believe in yourself again. Those people are simply part of that reality. The problem is when we are insecure with ourselves, we fall in love with those people because we give them our value and our power instead of internalising it. Do I believe your husband is your soulmate? I actually have that feeling. I can't say yes or no, it's not my place to do that. But I actually feel that he's there for a reason. Sienora, he's been with you for how long now? With all this shit, all the punishment, all the abs and all the downs, he's still stuck with you. You have told him in his face that you don't love him, that you love somebody else, and with all of that, he still turned around, and he still has your back. So now, if that's not loyalty, I don't know what the fuck is. I think you need to stop being fucking stupid and open your eyes, to be honest. Do you understand my point? Yes, I do. Go find you. I would recommend you going away for a weekend. Go to the Kruger Park, go somewhere where it's quiet. You can be in the bush. Nobody can interfere with you. You go with a pin, a paper, and a bottle of red wine and you go right fuck you letters, you go write letters to your past and you end it all off with an oath to you an oath to the woman that you are becoming the person that you want to be and the like that you want to find within yourself again. You go and you make a promise to your future self. That's my recommendation. Then you come back and you fix things with your life. I have a fireburn weekend. Now, back to the ancestors. I keep on seeing two people with you very, very strong. The one woman, short little woman like this, quite a stocky woman like that, very, very big smile. comes with this big bunch of flowers, comes like a grandmother, you know, comes with this beautiful flowers that she wants to give you, and she keeps on saying three things. Point number one is count your blessings when you have them. You have a lot more things to be grateful for than things to cry over. You are crying over something so simple that is not in your control. Take control of the things that you can and make the best of them. Point number two, I've already risen. Don't make the same mistakes I made. She lived her life trying to please everybody else, and she died lonely. She died insecure. She never had time to live a life fully, and you're making the same mistake is what she made, but not fulfilling your life point number three she keeps on saying is that you need to start investing your money. You need to start investing your money. I don't know if you want to buy a property, but they keep on showing me a new property, go buy property, invest money into propertyerties, allow your properties to build forward. Okay.

There's I've got ghosts to my systems. What's this? There's no. You good? Surviving.. It took a bit of a fallback. You want to explain to me what happened? Um. Is this is where my. But not the same. In. By anxiety? And I fear., but yet weak, needless for.. Mood to the depressive state of the extreme anxiety, it only kind of lasted for two days, you know, which is cool. I still there a little bit today. I can see it's still there hanging around a little bit, but not as much as before. So what do you think is the trigger of these things now? me. Because we've doubt with the negativity, the negativity is gone, that all the emotion is gone, that old ban is, okay. You like that I'm fine.? So Vay is no f and the. So we've broken down the emotions, we've broken down the negativity, we've broken down the spiritual woo woo cuck, okay? And it was Wachamur protection. She's a little, I don't know. What's the word looking for? You remind me of a panther. You ever thought it's a panther, man? A jaguar. Near Lei,

near definitelyocat in the disapp panther. Love it. You've got this strength, this sleekness, this diviness, this energy. I love that about you. It's a warrior. They start, they workers, but is your spirit, your spiritual animal, is definitely an orca, a killer whale, strong, focussed, vibrant, confident, knows how to swim. Funny. But. defiant, creates their own rules, creates their own lessons in life, doesn't play well with others, doesn't mix with crowds, doesn't mix with things around her. She knows her value. She knows who she is. real mock knock. is. Jo, what is she going to own? And what is she going to disown? Butterk is Jer, and V... And for fu, very anxiety and anxiety is real. PTSD, a repulse traumatic stress, emotional, incertainty budget. I'm not saying you're making it up. I'm not saying that you're pretending. Trust me, I know how real it is. It's tough. It's hard, that this ire feelinging, fun, your yellow man, what age your eight strike v, thereforese smile I want to die. I just want run away. I have no value that Malcolm means that is is like, I just don't care anymore. is. L. your most powerful.., d. a butterfly.. You need to decide what is your value going to be. Is it going to be easy near? But you've never been afraid of easy. Challenges has been one thing that Anaas has always had the ability to overcome. Anaid no all is our problem. And that is. That is who. times are gonna come in life. Volk Unfortunately, unfortunately, you a Ferrari. You have chosen to become a Ferrari. You're strong, you confident, you're beautiful, you're successful, you're intelligent. You've got that beautiful smile, that kind energy. Yeah, you maint energy, you trust the maintaining, you, dand. V. yourself built v V is is bi. It's bier van V.. Mad, It's a white fucking normal. Hello, nor is, right? verani vanosini, o extremist. , to destroy a normal. She's an orka. She's a fighter. She's a killer whale. She knows who she is, she knows who she wants to be. She just needs to have the fight to learn to fight for it again. Same with Lon forocope to say, hey, fuck you, you shall not pass. You're not in control of me. The self bearded, the anxiety, breathe it out. Breathe, Focus. Miocoppov. Tr alk spong sp. Go right down on the wall, right in front of you every day. This is who I am. I am strong, I am confident, I am focussed. I will not be controlled by my circumstances. Yam it for yourself can convince, Misss. Carbour. this is the part that you build your character. This is the part that Elaine needs to learn to stand up and say, "You shall not pass. You shall not pass. I am the creator of my life. The only thing that you have in life is the power of free will. Only you can choose who you become. Only you can choose what you create and what you become from this point. You are the creator of your life. You are the creator of your destiny. And the title of the space.. It's one of a kind. When I wanted to leave school at 15, everybody ridiculed me. When I got broken down for losing everything three times in my life, people broke me. And at the end of the day, today, I only have one friend and it's my wife. How can you? I can I don't trust people, I don't like people. But yet I deal with them every day of my life. Because I've realised that my value comes in who I am, my strength and my power, and I am the creator of my life.... Scrape, say, is your workers? Internalise your consciousness, internalise your vision, internalise your focus point on who you are. You are the creator of your life, Anai., fans, n for yourself. For a name for yourself to say, I didn't quit. I didn't give up. I have what it takes to be the creator of my life. I see the anxiety scramble, as I brief.. like, what the fuck you cunt? The Italian me, the warrior me. But the spiritual me knows that I can't do that stuff. I can't go down that way. So own his emotions. I'm not gonna let what they do bad to me, dest throw my family, destroy my spirituality, and destroy what took me 40 years to build. I'm not gonna let them destroy that. Experiate our oath. I can not the minister. I want to live that life with a clean consciousness, knowing that I can look back, and I have left the legacy behind. What are you going to leave behind, Anna? that they won, they broke it, they over you?. I know I'm gonna tell you. It's time to pull your head out of your ass. It's time for you to fight. It's time for you to stand up and to show the world who you are. And I know you've

been trying. I'm not saying you haven't been trying. Don't misunderstand me. I know it's been fucking hard, and I know it's not fair. It's got to be fair. Mys say, shall not pass. Lord of the Rings, right? Of the Grey was in the tunnel and I crazy fighting dragon ren at O and he said he's not gonna run anymore. He stopped. And he was facing the dragon, and he took his sword and he plunged it into the ground, and he screamed out loud, "You shall not pass." what? That was my motto. I had to take control of my mind. I've got serious ADHD, I've got so many personal, so many focus points, I had to take control of that. I had people destroy me my entire life. I had to take control of that. How do I walk into a room filled with demonic energy? Stolos I'm not special. The only difference is I just don't allow it. I don't play the game. My dad always told me in life that there's three rules to every game. There's the written rules, there's your rules, and then there's the rules that you are allowed to make your own, make your own rules. Make your own rules in life. Records only get broken when you start changing what everybody else does. How do you break a swimming record, a swimming the same way that everybody else swims or figuring out the technique that is solely you that make you different? You've got to figure out what makes you different. You've gotta find your technique, you got to find your rhythm, and you got to keep on practising. Your emotional state is not just going to be healed overnight, Karol. It's going to take time. Main with Blen. Al Da and say, you shall not pass.. I focus on this. This is my focus point. The last really fun. The time that I lost everything, same is that you've got your fucking Gowan, there's my elephant right over there. I used to focus on him all the time. And elephant doesn't swing around with trees trying to be a monkey. An elephant is strong, his confident, he's powerful. I focus on that image of who I am get up, I wash my face, and I change myself, I go for a run. I go for a walk. Change your frequency. front would look at yourself. For under the routine You got this. You.. And we swim? in your life, is th. that.. And I have fool, my? That's a clear, is it? A stupid. Just play with me. But. W. F. in. passion, fire, fight. with me. and you, and you' visualise.. It's fucked up.. And I And. You create a mantra. V.. from. St, confident, fuck it. Here's. Probably not. You're probably not gonna make it. You're probably gonna fail. So what? So what? Scitite. Grate your steering. You will make it. You will be successful. You will be successful. Guarantee that. Yes. You just got to step out of that zone. You've gotta take that risk and take that step. He's b eh. Three years to new.. And that's. genuin bong for failure, bong for means to bong for Sierra Cray.. successful. P so. P pressure. Fuck, constant pressure all the time. It's overwhelming. What you're going through right now, it's called Bernard anxiety. It's post traumatic stress from Bernard anxiety. Yet Bernard anxiety when he had no date for yourself? F spiritually. Sorry. You. Even though shit, okay? But I'm not really into all the stuff, because player plays it. plain and simple. Come in. What you say. I don't. But the one this were random, eh? laptop, right? And it is so weird. I mean, it's like so random, right? Morris so fucking y. emot, emotional self, emotional uncertainly. Fear. The whale represents overcoming expectations, breaking normalities, breaking the rules of life. The Buddhist monk represents internalisation by, magical symbolshematics about overcoming the water, the last airbender kind of a vibe overcome water, which is overcoming states of mind and emotion, and how the whale will rise from the water and the monk will float above the water. Jesus that walked on the water was at a presentation of overcoming mind, emotions, anything that makes us man. And this proced real fast that you knowotional emotionally stepping out of that boundary, stepping out of that comfort zone, stepping out of that mould that I had, and allowing the mould to not be a part of me, but to let the real me rather shine through life and be. I say? And that this prece, this because it's like, so you, that they swear Vars. So for me emotional anchoring, of course create emotional anchoring.. A visual reminder van V. And I game my lifestyle V.. Here's the

defin. But is your definition? What is your definition? Give me three words that define you the best. I can see Okay, so If you had to look yourself in the mirror, and. No, obviously, yeah, it is genius. There's different TV avenue, Diff genenius. aspect for yourself. Okay. It's normal, a statement. 100 metre butterf. Great, Wow,. Who are you? V.. for every action to be a reaction, right, a causal consequence.. What is your greatest value?., special trophy, oxy. a point of concentration, ne programming. ADH, I point. emotion, state of mind of inner circumstance overcome. Who are you? Human I 3 data. It'somic elephant was about longridden. elephant star. Mark.. Self being comfortable in your own skin. The elephant, even though it's big and it's strong and it's got presence, it's so soft and it's kind and it's generous. You had the elephant. I so beautiful, that hear from thy so And that's me. Big, strong, confident, but soft and kind and gentle. cocky wrad arrogant, but humble. No ego, no mind.. As a reminder, sometimes when I used to eat my panic stations like what you are doing right now, I reminded me of the elephant, but I got angry, my lips I got angry and I said, fuck it, got up action. And died, they ble goofen until over came up. First time near the action plan. If first study stop over theya, So find your totem. Your totem is your expression of who you are. Your totem is the killer wh. It's. It's big, powerful. It's a killer, it's the king of the water. But at the same time, it's agile. It's, slim, tactile, nose its strength. If a killer whale wants to eat a seal, it's going to stop at nothing. It'll work with the team if it needs to, but it will get the seal off the ice to beat her off. One minute. But it's so drainable that it can actually become a friend, a pet, something trustworthy. It's not crazy like a shark. It's just off the blood. It's tactical. It's smart, intelligent, sophisticated, wise, beautiful animal. You don't think that's who you are? You're the kilowa. Freewi. Sorry. cool movies towards us, okay? say, "S can sp Into freedom. And that's exactly you. You're in this place where you are caged in, and O you need to do is trust nature, trust yourself. Trust being, this fucking whale, and jump your way into freedom. You know what I mean? Be the killer whale. In the questions about that? And it's mykay, Promise? Good. Step number two. Value. What is the most valuable thing you have? I'm! And your marley., new boyfriend. mobilities. A value is not something that's outside of you. What you have is exactly that it's what you have. It's a commodity. My kids, I love my kids, but they are not the most valuable thing to me in life. They are incredibly valuable to me, yes. But the most valuable thing about me, it's my presence. My ability to show up, my ability to feel. Because if my presence is the most valuable thing I have, it will make sure that I will be the best dad for them. My presence will make sure that I will be the best husband to my wife. Axe and that a present is kind of fool because I' present. I see you. I don't expect anything from you. I don't want anything from you. I just want to be here to sit and chat with you. For some, my presence is my greatest value that I've got. Me, Clinton's area, my second most valuable thing I have is my smile. I love my smile. Because every time I smile, I stop thinking. Every time I smile, all my fears go away. and my passion, it reconnects me to the spiritual self to who I really am. That spiritual self that it reconnects to? This is what makes it me again. It makes it life again. I love my smile, my smile is my reset, it's my ultimate weapon against myself, my mind, my enemies, my darknesses. It lets me feel again. Do you know it's my third most valuable thing? Coffee. Love coffee, man. It's not because I'm Italian. I love coffee, because every time I take my coffee, I can smell it. If your coffee so rake,? And I coffee and everything inside my mind goes quiet and all I'm doing is I'm feeling. That's when I connect to God. No one thing, nothing, because I believe that God is no one thing, which makes it everything, which makes me the God of my life. It gets me to reflect, to refocus, to taste, to feel, to get up and say, "Fuck them. And I show him. It's like, you guys here. What's the most valuable thing to a candle. Envy. Darkness. Do you know that? Do you know that darkness is the most valuable thing to a candle? Do you know why?

Yes, a week is important. Wax is important. Spark and airy. But those are just the commodities that makes it find its balance so that it can find its light. The most valuable thing to a candle is when it's stuck in the dark room, because when it's stuck in a dark room, it gets to go inside itself and realise who it is. And only when it realises who it is from inside. Can it make the light shine? No It has no right to destroy darkness, but it gets to illuminated. And when it illuminates the darkness, the darkness goes away. Do you understand that? You are this little candle that is stuck in a dark room that needs to realise that her value comes from her fighting spirit. Like the Orca. comes from her intelligence, like the Orca. Comes from her ability not to take shit and not to have to always do what people tell her to do. She likes doing her own thing. She's a rebel. Always been, always will be. So you are. Be proud of that, start fighting. You were. Good. Future self. Step number three. If you had to look yourself in a mirror today, and you could see the you that you are going to be next week, what does she look like? Does he If you could look at you in the mirror and see your future self, what would she look like? One word. It's all. goes. So what are you telling your future self that you're never gonna get out of this dark room, is? So you're telling your future self, give up. You're not worth it. You have no value, you're not an orca, you're a fucking octopus. Son a octo. Right? You think you're gonna come right if you think like that? If you could tell your future self something, what would you tell your future self? If you could stand here and tell you in three months from now, what would you tell her? What would you tell it? Thanks me. Nice. Bullshit. What would you tell her? I can you give all the right answers in your head and then you're, h, fuck that, here. Stop. It's not a game. Take control. Take control. Who do you want to be in three weeks from now? Can you show me? Do you believe in confidence? Do you have confidence? Do you have confidence? Can show me? Show me. Show me confidence. Show it to me. Show me confidence. How would you sit if your confidence? Show me. How would your posture be if you had confidence? Chomping. Show me your confidence. That tells me you don't believe in confidence, then. So then you don't have confidence? Show me your confidence. Show me what it looked like if you had confidence right now. Margaret, look. Right?? Show me confidence. I want to see it. Why don't you want to show me confidence? Except you' Sorry. I don't mean to put you on the spot. Why don't you want to show me confidence? I'm taking me. No, no, you don't have to. You don't have to do anything. You don't have to get better either. You don't have to. And if you don't have to, you won't. Unless you want to. Because if you want to. Now let's changing the whole story. Because if I want to get better, then it means I want. And if I want something that means I have a desire for something. If I have a desire for something that means I have a vision for something, I can see it three weeks from now. And if I have a vision for something in three weeks from now, that means whether I feel like it or not, it doesn't matter. I want it. Which means I do it. It's like confidence. I never had confidence. In fact, even today, I still struggle with confidence most days, weirdly enough, but I want to be confident. I want the ability to stand up in front of a crowd of. thousand people and talk to them without fear and this feeling of anxiety within me. just as the real me, just talking with love and bashion and power and fuck all. So I had to teach myself. I looked in the mirror, and I told myself, "You are going to be confident." This is your confidence looked like. This is what confidence feels like." And I showed myself what confidence feels like. And I practised it every day. And I became confident. You feel? What does being normal feel like to you? Not feeling like this? Do you know what it feels like? Remember when you left me last time, you felt fantastic? That feeling of freedom, not having this cock over you? Can you show me? What it feels like? Show me your future self.. Show me VMA in three weeks from now, that's strong, confident, focussed, her values, but allga. Now, I say, I can see it. It. See that chill up, show

her again. Come on, I missed it. I had a glimpse of it. Can you show me the NA that you're going to be in three weeks tonight? Can you? Can you see her in your mind? Can you feel it in your heart? Can you draw a picture of her? Not for me to see, just to yourself. Are you going to draw a picture of her for me? Not for me, for you. I don't want to see it. Just for you. When we put down the phone, you don't have to do it right now. You want to draw me a picture of it? And then every morning, and every hour, I want you to take the powder, put it on your fucking foal, and I want you to look at it, breathe it, frow your finger in and I want you to practice that. Can you do that for me? Are you gonna try? Let's start with reprogramming your mind, reprogramming your thoughts. Every time you feel like heartf up feeling, off my ar. Focus on like, funny. put an image into her of the orca, the killer whale. F on the vibe, that energy being in control of emotion, and expand that vibration. Can you do that first? That's the spirit. Smile. You're gonna be fine. You're gonna find your light. You're gonna find your life. We'll still get you to the Olympics. You fucking hate this, man. You're gonna be fine.

Hi Teresa, how are you? I'm fantastic senora. So do you you stay?, where I am. Now I'm in a holiday house because I came here to spend three days with my mother in law, her birthday. My English is not very good, so.. And we are here with all the family. Nice, man, that's good. That's very, very nice. In a great weather is nice. It's nice. Yes. South Africa, we've got wind in now. It's freezing today. It's the first really cold day we've had this year so far. So it's terrible. We all got the flu, we all got cold. It's crazy. We're not used to winter. It was terrible. But today, the day is not so good, but it's near, I don't know if you know the North. I know. the north of Portugal is not so warm. I love the north of Portugal. It's stunning. It's the best place to be. If I ever had to live in Portugal, I'll definitely go towards Port. It's not nice. It's beautiful, green, all the mountains. Even the people, the people are nicer there. The people in Lisbon, I don't like them too much. They too they like to f folker too much. They're too snobbish sometimes, you know, they think too much of themselves sometimes, you know, which is a good thing, but they're too much of Pas, you know, it's too crazy sometimes, you know? In the north, I like it. It's more, it's like our South Africans, we're more farm down to earth, what you see is what you get. It's an easier life, you know? Makes life much better for me. I like that. But you're a nice lady, Pa. I like you. You've got beautiful energy, too much bananas in the c, You think too much, man. There's too much emotions, too much up and down, too much uncertainty sometimes, you know? But spiritually, you've got a lot of energy, you know, you've got a lot of gifts, I can see you like spirituality, you like to learn more, you like to see more things, you know, you want to experience more things sometimes. But I think your biggest problem, senora, is that you don't always trust yourself, you know? You don't trust your instinct sometimes. You live in your mind too much with worrying about what people think, worrying about, what what is going on around you sometimes, you understand? It's kind of like Teresa needs to learn to start focussing on who she is again, you know? Her whole life has been so determined by people around around her and circumstances around her and everything that is around her that she forgot to be who she is, you know? She forgot to love herself sometimes, comprehend, senior. And I think that if you can learn to reconnect to your essence, to your feeling, to the love inside you again, your life will change completely, you know? I think you've got so much talent to be able to talk to people, to

motivate people, to inspire people. But because you don't trust yourself all the time, you kind of like put that wall around you sometimes. Can you understand? Which for me is a big problem, okay okay? But you'll be fine, man. Don't stress too much. You know, everything will be okay. I don't my So, no, like I said, you know, for me, Teresa needs to go to a time of a life now where there's a lot of big decisions that she needs to make, a lot of big decisions on where you want to go, what is your future going to be? And I can see it's creating a lot of confusion in your yourself, you know? I can see there's a lot of decisions you need to make about your career and also your love life. It's good, but it's not 100% sometimes, you know? And we need to refocus on what is your way for forward. What is your step forward for yourself, you know? So we need to learn to open up a little bit more, need to learn to focus a little bit more, to start trusting myself a little bit in life. comprehend Yes. And how do you know that? How do I know that? Well, everybody in life has a certain vibration and energy, you know? And when I look at your energy and I look at your focus, I can see a lot of purple around your front of your head, which means a lot of spirituality, a lot of connections to spirituality. You want to learn more, but you're very scared of it. You want to experience more, but you're a little bit afraid of it, you know? I don't know what work you do, but I can see you work with people, I can see you like people, I can see there's always people around you, but you're exhausted because a lot of your energies is going out. Not a lot of your energies is staying inside you, which is causing this, not depression, but this burnout that you're going through. It's causing this emotional tiredness that you are going through somewhere and it's making you feel fed up. I just want to run away, you know? If you can go and live in the Caribbean somewhere with a smaller little pizzeria and just sell people alcohol and you'll be happy. You know what I'm saying? Because I'm throwing my best to avoid realities at this stage in life, you know? Not because you're not good enough or not smart enough, but because of the simple reason that I want to find my own peace again, I want to find my own focus again, you know? But all these outside people and circumstances is driving me maluka sometimes, you understand? So, yeah, the second thing about the uncertainty, there's a lot of orange around your face around your ears, which means you're not listening to yourself, you're not listening to your spirit, you don't trust yourself, you don't believe in yourself, your whole life, since you were 12, 13 years old, your life has been about pleasing family, pleasing people, keeping everybody happy, always saying yes, yes, yes, to what everybody else wants, which may you put you in a place in life where you stopped living for yourself. You stopped living for what you want in life and who you want to be in life. Do you understand? Which means you're not going to trust your husband, which means you've got a fantastic husband, go the energy, but there's a, I don't know what it is, but I can see there's a cut, you know? I can see there's a break there and I need to fix that break. I want to be able to get that break together again. Can you understand? I want to build the trust and the conference again, all right? And my instinct is telling me that the only way to fix that has to come from you that need to heal first. When you heal yourself first, then we'll be able to reconnect again. Makes sense? Mm hmm. Good. Yeah. So what what do you do?. Oh, nice. Work with people. I love that. It's fantastic. So, how are we going to start? You wanted to change your project, you wanted to change where you you're working from? No, no, no, I'm of my. I see. But what I'm asking, you want to change from where you are now? Because I keep on seeing an opportunity, not now, but maybe February next year, January or February next year. I keep on seeing there's a new proposition. I don't know whether the company wants to open up a new hospital or whether there's a new project that I want to start, but I see a very, very big opportunity for you to move. I work in a hospital and I work in private practice also, but I really don't like to Private pract. It's not for you, B. You're a

businesswoman. You're not a counsellor. So I go to I really don't lot to work there and. So I want to qu from this work, but now it's not well because of the because of the money that I work that I have there. So I have to find another place. I see. But for me, I keep on seeing that there's going to be a new opportunity, either in the company that wants to open up a new hospital or a new project or a new program, but I see there's a big chance for you to change, huh? With the same organisation. We'll see.. I keep on seeing that there's opportunities for you to move forward, opportunities for you to grow. It's like I said, just now, your job is not about being the counsel. It's not about being a motivator, but your skill as a businesswoman, your skill is a focussed woman is that really shines through there, which I love that. Your job is very safe, there's nothing wrong with your job. You're not going to get lose your job, you're not going to be pushed away there, which is fine. However, you need to find a way to balance your life, Sen. You need to find a way to balance out the stress, emotionotonal distress, and as well as the physical stress that you keep on going through on a constant basis, you know? There's a lot of pressure on you and you're not doing enough to detach and to ground yourself sometimes, okay? I feel good. I feel good. Yeah. I have a lot of relaxing I hope moments of. Detachment, yeah, you don't. And the problem is, is it's making you a little bit maluka sometimes, you know, it's making all this frustration in your mind build up to a point where your tolerance, you know, has gone out completely. I don't know if patientients anymore. I don't have time anymore. Just fuck off. You know what I'm saying? And it's become a point where you're busy putting this wall around you sometimes. You're putting this brick wall around you sometimes, you know? You isolating yourself, your friends, even your husband sometimes, okay? And you not being living yourself. So I need you to allow yourself to rebuild your structure, rebuild your routine. If you carry on like this in your, you will go with a burnout, you will go through a burnout. Already, your level of anxiety is much higher than usual. Already, your level of care has gone down a lot sometimes. And remember, with all the stress that you are going through, you don't have time to debrief yourself, you know? There's no debriefing, you know? And if you don't allow yourself debriefing, you will burn out, okay? So even if you start something simple, I want you to have a two phase approach, okay? Phase number one, you need physical. I know you're not a violent person, you're a kind, loving woman with a beautiful energy and a nice smile, but you've got this raw energy inside you that you are just not expressing. comprehend. So I want you to go and join a club where you can learn to go and do boxing, all right? Or you can go and learn to do shooting of guns or you can go and learn how to do taekwon door, but something violent, something physical, something where I can take something and I can break something. You know what I mean? Because there's so much anger inside you, so much frustrationustration inside you, and you keep on taking sugar and you're putting it on top of the shit to make it look nice like a pretty little cake. But you know, it's not going to work. The shit still stinks, okay? And it's going to keep on turning the sugar into shit. You need to learn to deal with the Mai. You need to deal with the shit. You need to throw it out. And the only way for you is physical expression. So go join a club where you can learn to do taekwo, something where you can do called kickboxing, something where you can hit the bag and you can burn that frustration, even if it's just one hour a week. That's all I want. Senora. One hour a week. I don't want you to be extreme because the problem with your bananas in your head is that you're an extremist. If I tell you you need to eat healthy, E, you're going to go on this big dietiet, strict for six days and then you never diet again, you know? You don't follow through with things because you're an extremist, you do it too much. But if you can just do small systems, every Wednesday, you put in your calendar, no more appointments after 3 p.m., 3 p.m., you go to the gym, you go hit the boxing bag, or you go do

some taekwo, you go swimming or you go to a shooting range to shoot some guns, whatever it is. Once a week, I want one hour, that is my time. Put in your schedule, you put in your diary, there's no going away from it. You understand? You start with that, Number one. Step number two, I need you to do something for your csa, to slow down your mind for you to learn to breathe. You go panic sometimes, you get too anxious sometimes, you understand? And that anxiety is that this's so many thoughts inside your mind, there's so much in your mind that you need to process sometimes and you don't have time to take these thoughts and to put them out sometimes. You understand? So either you make time to start writing, which I don't think is going to happen, okay? Because you don't like writing too much or you need to find a different way of expressing yourself. Why don't you start doing maybe yoga one time a week, you know, go learn to do some yoga, some meditation? You always loved spirituality. You were always intrigued with spiritual things, you know? But you never have the time to do meditation, you never have the time to do focussing. Maybe now you can put one hour a week for you to do something like yoga, something like meditation. Even if it is just in your car, cup of coffee, earphones on, listening to music where you just switch off, you let your thoughts go, you let yourself relax, you find the ability to reconnect yourself. You understand? Once a month, I want you to take a weekend with your family, with your husband, and do something stupid, okay? I want to do something stupid. One month, you go bunge jumping, you go jump off a mountain, okay? The next month, you go learn how to do kayaking, okay? The next month you go swim with the sharks. The next month you go and climb a mountain. One time every month, we need to do an adventure for the family to get closer together. What is the point of making so much money like you have, but you are not alive? You are not alive. You are simply existing. And you are existing to make a big corporate company more fucking money so that you can die inside yourself. This is bullshaper. You need to rep prioritise your life. You need to realise that the work that you do is important and you have built a fantastic reputation, you have built a strong name for yourself, and your reputation your name will carry on for eternity. But the time has come for you to find balance. The next mission for the next three months in your life is finding balance. You are not happy, Sñora. You are not happy. Not because you are too busy. You're not happy because you're not living. Because you're not smiling. You're not feeling. You're always inside your caveza, always in your mind. You need to find a way to switch off this mind, to reconnect your spirit, reconnect your soul again, and to start feeling again. These three small little steps, number one, an hour a week of boxing, something physical, an hour a week of something spiritual, something internalised, and once a month adventure for a week with my family. Those three steps, as step number one, is the main priority. Second thing, step number two, it's time for you to forgive. I'm not saying you got anger or anything like this, but there's this thing in your mind where you always got to overprove yourself. You always got to show the world who you can be. There's this anger inside you that you carry since you were a small man inya, okay? Since you were a small little girl, there's this old anger that you still have inside you. This old anger makes you push the world away. You don't trust people. And this anger, it's starting to catch up with you, and it's making you feel a little alone. The time has come, S you're away I need you to become more grateful for your past. I need you to become more grateful for who you are. I need you to find your gratitude within yourself. Are you not being grateful for life? You are grateful, but you are not. You see, when we become grateful for the shit in life, we will realise that the sheet makes the grass green. But if we don't become grateful for the shit, the shit is just going to stink. Do you understand? In other words, if I give you a candle, and I ask you, what is the most valuable thing to a candle? The most valuable thing to a candle is not oxygen or the wax or the wick

or the spark. No. The most valuable thing for a candle is darkness. Because if I take a candle and I put outside in the light, we're never going to see its value. It's never going to be appreciated, it's never going to be understood. It'll simply be a thing. But the minute darkness comes and the light goes away, this is where that candle gets to shining again. This is where that candle gets to show the world who it is. This was your life, Senora. Your life was this little candle stuck in this darkness, and she always had to fight to show her light, to fight to show the world who she was. My job today is to tell you that you don't have to shine so bright any more. You are not in darkness any more. You are successful, you are strong, you are beautiful, you are courageous, you have got energy. write those points down. Make something you can see every day so that you can remind yourself, rewire your mind, to say, this is who I am. I am strong, I'm confident, I'm successful, I'm beautiful, I am passionate, and I have a right to exist. But the only way for you to feel that is to forgive. You see, if the candle lived its life, always blaming me the darkness, yeah, but fuck the darkness, because of the darkness, the flame is going to get smaller. It will fight until it's dead. But when the candle can walk away to say, thank you, darkness, you have given me the opportunity to be who I am, all the times you were abandoned, all the times you were abused, all the times that the family didn't see your strength and people only knew you when they wanted me money or they wanted success. If you can learn to be who you are, Teresa, instead of your past, in spite of the darkness, but realise that the reason you so successful today, the reason why you are so strong and you are so confident and you are so beautiful and you are this person that you are that makes you so amazing is not because of the darkness, but inside instead of the darkness, but the knowledge you've learned from the darkness, the greatness you've become instead of the pain, this is where you will say thank you to the darkness. Because the darkness give you an opportunity to be something that 95% of people in life will never be able to be, and that is you, success, power, imagination, a right to exist, señor. And it's time for you to realise that. It's time for you to take your caversor, take your head, and to pull it out of your arse, to stop being a victim, to stop feeling sorry of yourself, to stop looking at competition, all the family, all the people, all the business. Stop! You are creating drama for yourself for nothing. Rather take back your power, live the life that you are destined. Put that smile on your face and say, "Fuck that. This is who I am. Be that power, and I promise you to your are so many new opportunities will come, so many new doors will open for you. Compre Yes. Step number three. Fixed news with your husband.. Si, I want you to start being in love again, with your family, with your husband, with your sister, with your mother, your father, everybody in your family. Make peace, papa. Stop. People are going to five. People are gonna talk shit. People are going to gossip. The more people that talk about you, the more you know you are doing fantastic. People don't talk nonsense about the Volkswagen. They don't care about a Volkswagen. People talk shit about the Ferrari, because a Ferrari is something to talk shit about. Be a Ferrari, Stop worrying about the Volkswagens. compre. Step number one, communication with you and your husband. It's okay for you and your husband not to always like each other, but we' always need to love each other and respect each other. Comprend. We need to build a way to build our connection. We need to find a way to reconnect, to love each other again. Start being romantic again. I'm not just talking about sex. The sex is also important, but I'm talking about love. Go jump on his back. Be playful again. You've both been so busy being grown up and mature that you've forgotten, you've outgrown. Come on, Pa, come back down, you know? Have fun, being naughty, create experiences. Once a month holiday away, adventure as a family, it's called going to change things completely. With the rest of the family, it's very, very simple. There's an old prayer that I love. It's called the Serenity Prayer. You know the

serenity prayer? God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the knowledge to know the difference. This is going to be. This is going to be your mantra for your family. God grant me the serenity to accept the things I cannot change. In other words, you bless them in the Italian way. You tell them to fuck off, okay? You put that love around them, that light around them, you smile, you don't give your power away, but you know you can't change them. So take back your power that they should be, they should move on with your life and focus on yourself. Compre. Yes. Good. I love this message. Perfect. What else can I help you with? What? What other questions do you have for me, Senora? You are really happy. I don't. Now I have a lot of things, so I. So my questions are I need to worry that Alex is true of my life. I very, because I worry a lot about everything very, you know? And I really don't have the time that I will. I think I think I need to worry about trust more in delegates. And I'm trying to be. But sometimes I think that are very important for me, but a lot of it's not a lot of, but they need a lot of they need a little bit helpful, but I know they are really good for me for my pre. I don't, you know important things I am. Always, because of the that fear, that fear of living in the past, it's that fear of the past coming back and getting hurt again. It's that emotion of, I don't have a right to fight for me. I'm so busy trying to prove to everybody else who I'm supposed to be and what I can do that I forgot to do things for me that makes me happy. So that's why the important things are procrastinate and I focus on the things that's not important. So it's about reprioritising your value. Letting go of the past. is change in work that are good for my career. Instead, I'm always doing the same like there. Look, I understand that, you, but. I mean, I have got a few businesses that I in myself. And I'm a very busy man myself. I deal with people, I deal with psychology. I mean, I deal with companies, businesses, I deal with programs, I've got online programs, I own two charities as well. I mean, I'm busy all the time as well. However, I always have time for my girls. I've got three daughters. I always have time for my girls and I always have time for my wife, which is my queen. It is my priorities about where I choose to probe over. And sometimes, yes, it's hard. But I have to learn to say no. I got to learn to draw the line and know what is important for me. If something is important enough for me, señora, I will fight for it. If it's not worth fighting for, it's not important to you. If you're telling me that your family is important and it's important for you to prioritise it, then show it to me by pulling it out of your house and start fucking fighting for it. Instead of your but my job, be sorry. Fuck them, it's not. Set the boundaries. You don't set boundaries, in your it'll never change. If you don't set boundaries in a way that is assertive, making sure that everything is still in place, then people will always take advantage of you. I see people for a living. That's what I do. If I just, okay, okay, okay, and let you come and I't have money to put pay, okay, okay, I'm going to sit with my thumb up my ass and have no money to eat. But if I come to you and I tell you, senora,, enough. Go back, enough, Stop. This is how you do it.a. Well, I respect that. I promise you now you'll follow me in three months again. I've seen over a million people from all over the world, no advertising, not even a Facebook page. Why? Because I know who I am and I've got boundaries for myself. If you're going to wait for two weeks to see me, you're going to wait for two weeks. You, but I need you urgently. Good. I'm glad you do. See you in two weeks. Done. Set boundaries. You've got to learn to set boundaries. With your caveza, with your mind, with your emotions, with your colleagues, and with your life. routine and structure it's. the only way for you to survive. Yes, and I

More more than Yeah, old agent technology, yeah. What a mix. Sure. Mm mm. Oh, there we go. Can see you now.'s happening, my. How's life? Thank you. And yours? Fantastic, man. So what do you do for a living?, my work is a video editor. Oh, really? I work online and then. I do a few small things on the side. That's cool, man. So, what's news, Pa? What brings you to me? Um, my mom me out. I'm pretty sure. You know that? Your mum? Who's your mum again? Uh, Margaret. Margaret, Margot. Which one? Ooh, I see a nice brother, huh? Yeah, brother, yes. Oh, cool. How's it going, buddy? What's happening, man? How's life? So, where do you stay? myoria, I'm I'm Eisner at the moment. Oh. Yeah, I'm just here for alone, for some holiday, and my sister's coming down and everything. Well, that's awesome. I mean, that's good stuff, eh. So, big question. Where do you see yourself in two years? Um, Okay, so I don't know, I want I've seen myself as having a So I do social media. I can see that a lot., I'll tell you why I' asking this, let me let's cut through the bullshit here, you know? I mean, I'm not going to sit here and play all pleasantries of, Olek and all that fucking sugar on shit bullshit, you know? When I look at you, dude, I like you, I really do. I mean, you've got a fantastic vibe about you, good energy about you, you really good mind. A little bit stupid sometimes, in the sense of overthinking, overcontemplating life. You're not living too much inside the mindset, instead of the creation side of it, and the biggest problem with you is, how do I balance all this talent that I've got, this energy that I've got, this focus that I want to have about the vision of who I want to be, my future self, and how the hell do I bring it into my physical reality now? You know what I mean? And then at the same time, I still need to fucking survive financially, I still need to survive emotionally. I still, there's so much you want to do, man, and it's like everything's just way out there, you know, and I love that.

Entrepreneurial mind of note, I love that, you've got great visions, you've got great focus, I can see the programs you want to start, I can see you wanting to write your own software, I can see you wanting to launch your own systems, et cet et cetera, et cetera. And I love that. At the same time, there's a lot of fear about your own personal redundancy. In other words, is there a future for you? Where are you going to go on your current path, you know? So I need to build something new so that you can be ahead of the tres and ahead of the bands, you? And I love that, you know? And you are 100% right, you know, you've got to start thinking outside the box right now, you know. But all of this outside focus on business, work, love life, emotions, who I need to be, what I need to achieve, what goals I want to have for myself, what kind of a personality I need to get because there's this big issue in your mind as well about, I don't want people to take advantage of me. I want to have this warrior vibe, this fuck you vibe, but at the same time, I love being this humble guy with this smile with this good energy and they kind of clashing from time to time. You know what I mean? And it's kind of like this identity crisis that you are going through within yourself sometimes, even to they say. So how the fuck do I overcome this identity crisis and at the same time reconnect to the soul of, this is who I am, dude, I want to be more than that. I want to be the man the M, the legend, but at the same time, I want to be nothing. I simply want to be the observer, the guy that feels, the guy that gets to experience again. Because if I look at you for the last two years, your biggest problem is you've stopped feeling, bud. You know what I mean? Everything about yours has always been instinct and passion. You know what I mean? And lately, it's been so much about goal setting and needing to focus on what I need to be and all these things in the mind that I've stopped feeling. I've started overthinking, I've started living inside the mind and no more in the heart. You get what I'm saying? And it's training for a tangent, dude. It's making me feel like, I don't know what I'm supposed to be. I don't know where I'm supposed to fit in. I mean, I love Pretoria, but I hate it. I want to go to the coast,

but I want to live on the beach, but yet, I like South Africa, but I don't want to be but I don't know where the hell I need to be. You know what I'm saying? And it's all these question marks, just hanging everywhere around you, you know? So how do I fix it? I mean, how do I help someone like you, you know? Very simple. Slow down, dude. Stop. Very easy. Who are you? Do you know who you are, Mourme? Yeah. Who are you? I am., I don't know. thought of that. So, how the fuck do you tell me you know who you are, but you don't know who you are? I just feel like there's so much behind it that's like. But that's the problem. You've got too many facets. You've got too many masks, too many.. You know what? If I look at you and I give you an example of Dar, right? There's this carriage in your mind, this massive carriage. And when I wrote the book and I'm doing an online workshop now with the horse and the carriage, you know. And I always tell people that within each and even one of us, there's a who you are, not a what you are, not the what mosque you need to wear, what personality you need to have, what skills you need to have, what money, what car, what personality or any other that bullshit. But there's are who. There's an underneath all of the layers of self, you know, the identity. With you, it's very simple to identify that.s that smile. I mean, I really like your smile. I mean, I think your smile is the most valuable thing that you've got. Even though you't't smile enough, you look like a bit of a serpu sometimes, you know, but it's fine. But I mean, I mean, your smile for me is the greatest key that you've got. Because when Moray smiles, do you know what happens? He stops thinking. You see, there's one thing that you've got that 99% of people don't have, and that is a pure line to instinct. You gut feeling has never dropped you, you know that, right? You've got this instinctiveness to of the way you create shit, the way you talk about stuff, the confidence, I mean, people have to work for years to develop the level of confidence that you get where you literally switch off your mind, you don't think about it, and it's just a case of fuck it, just show up. You know what I'm saying? And I love that about you. Do you know how rare that is, bud? Most people't attach that. They't achieve that because of that overthinking mind, right? But the problem is you do it in a state of coping in a state of it's a persona that you become. It's not a you that gets exposed. You get what I mean? So there was in the carriage is very simple. It's where the carriage is this true identity. You're inner self. The self that's made up with your greatest, determination, you're who you are, what you've been through, the life lessons, your soul destiny, and all that wooooak, okay? All of that stuff combined together creates this soul identity, which is great. But then we're living in a normal life. So I can't be daddy mode when I'm busy doing business. I mean, when I used to run my corporate companies, I had to be the businessman. I had to be the asshole, the straight shooter, the HR, the director, the CEO, and that has got its own facade and personality, you know? So I had this horse, this brave horse, the strong horse, the leader, the one that knows how to pull the reins, you know what I mean? And he was good and fun, but I can't be that guy when I'm at home with my kids. I've got to be daddy, you know? At the same time, when I'm doing spiritual stuff, I can't be this whole businessman, in the spiritual vibe. I've got to be a little bit more hum cheese and tomato. You know what I mean? You've got to play the different roles at different times in life, you know what I'm saying? And we're so busy playing all these different roles at different times in life. We've got hippie horses, we've got focussed horses, we've got selfyamte, feeling sorry for yourself, horses. We've got all these different mindsets that helps us survive in all these different circumstances in life, right? The problem is we get so caught up in playing these different roles on horses that the horses start controlling the carriage. The guy riding the carriage gives up the reins and he just sits then and he goes along with the ride. But not all of a sudden life happens at Big Khanshot goes off, you know? And all the horses start running in different directions. The mind starts splitting in different areas, different

directions, and we start feeling all insecure, neurotic, emotional, we feel a little bit depressed, we get create anxiety, all of these bananas in our head starts amplifying, right? And it's at that moment, that who we are needs to grab the reins again, to pull back the horses. Who you are needs to control what you are, what horse rides the count. Do you understand what I'm saying? And that's exactly where you are right now in your life. It's not about you not knowing who you are. You know exactly who you are. You know what personalities you've got. You even know where you're fucking up on where you're being lazy in life, you know? You don't do much about it, but you know where the problems are, you know? The problem is just that self identity of who I am and that allowing of being the man that I want to be in life doesn't always have the power to take back the reins and say, no, no, no, no. This is who I am. This is how I need to be. Do you understand what I'm saying? And it's that leverage that you need to learn. It's about accepting the me for who I am and loving myself again. What about how the fuck do you do that? With you, it's very simple. smile. Every time you smile, you stop thinking. When you stop thinking, you stop over analysing. You stop trying to please people. You stop trying to be a horse for different societies. You stop being a mask for different circumstances and you start being the real you. The self, and an identified self that valued inside you. And it's that self that's going to create your success in life. You get that, right?. I'm listening. I love your social media work. I love your creating your own channels, creating your own focus point, teaching people, motivating people, inspiring people to make money, to create success, to make businesses. I love that about you, dude. That is so you. The video, video editing, video creation, even though AI's taken over a lot of your responsibilities and makes your life much easier, people are lazy, dude. The human race will have all the shortcuts in their lives that they need, they will still want you to guide them and walk their way through. So I'm not worried about that part of your business. The essence that you've got, the magic that you've got, you've got the abilities to really drive yourself forward to that next level, which is great. Keep on going with it, but don't give up More. In order to be a 95%, you got to do the things that 95% of people are not willing to do. And you've got that ability. You've got that balls. You've got the know how and the self belief to truly put yourself out there in life. You understand? The only thing you need to do is to sit down, slow your roll and start writing down exactly what it is that you want. Pinpoint your focus, sit down, create that vision board, Pinpoint your focus on what it is you need to focus on. I understand that you can't do one thing at a time. I know that. Your mind is way too ADHD and way too busy for that shit. That's what makes you so intelligent. That's what makes you so successful. I love that. But you need to operate two, to, three things at the same time, but you need to have a clear, concise road. Have a proper GPS worked out for you. What is the focus point? Where are you gonna go with this? How are you going to implement your own strategies and focus points? create yourself a schedule of how to do and how to run. Before you know it, a week's gone and you still haven't achieved half of what you wanted to achieve because I'm not focussing on my own scheduling and my own abilities to function. Can you understand? Work out your proper scheduling systems. Understand the value of time, understand the value of controlling your own times. Point number two, I need to allow myself to have fun. You need to allow yourself some downtime. You need to allow yourself to go out there and explore different things in life. Go punge jumping, go do some crazy shit, go do some stupid things. I mean, dude, you realise that. Take a drive out to Blo, go jump off the mountain. You know what I mean? Go try different stuff to be able to break your energy, to break your frequency. You are an adventurous guy. You are the kind of guy that likes to push limits, that likes to push boundaries. Your motto in life should be fuck it, you know? That should be your motto, that should be your legacy, what it's built upon. Don't overthink it too much. You're on

the right track of life, but you need to know who you want to be in two years from now or what you want to be. Not what money you want to make or what business you want to build or what is the next big venture. Remember, you're the kind of guy that takes it as it comes, right? When the right opportunity comes, you're going to hit it, the right instincts are going to come and you'll build it. I've got no doubt about your abilities, neither does the universe. You are destined to create stuff, but you've got to show up who you are has got to start showing up. Start one week at a time, do a personal performance review. Review yourself once a week, wait that I fuck up, where can I do better, so that you can find tune yourself, step by step by step and from there you start building a new program. What is this new business you want to launch into the Earth? It's not a business, it's I do decently, I wouldn't say big I got a decent following on Instagram. Nice. And I'm trying to get my YouTube going, I'm already monetised on YouTube and everything, and I'm just trying to build a brand myself. What is the brand about? What is your content about? I like. Just not thephikes, eh? basically so far and cool. Dude, I love that? I absolutely love that. But now, Stunt is cool. Bes is cool, building your following. I love that. That's awesome. There's something else, Steve.'s what do I not seeing? What something else I want to create? Yes, The bikes and stuff is cool. The Instagram following the YouTube channel on bikes performances, creating the lifestyle. That's all cool. But there's something else I'm missing. Sure, for example, I'm building this one program now called the Narok, right? How to be a new aged man, okay? Teaching people about masculinity, primal consciousness, rawness, self, teaching young boys how to become a man, I've got this whole fucking program that I've worked out, actually need a video editor hint hint. I'll come and sit up a meeting one day with you downstairs. But I mean, I've got that project that I'm launching. I've got five projects that I'm launching. I've got an entrepreneur business that I'm building a new shopping centre. I've got a mine that I'm getting off the way. I'm helping guys build the businesses. The structure away from passion. Why did you structure that you're building away from your passion? Because your passion is great. The box is awesome. I mean, don't ever stop that. It's always going to be your thing. It's always going to be that adrenaline, bumping people want to see it created. But I want to build a business beyond that. Well, there's that goes into it, like a lot of things I still want to do in the back I want to build like I said, a band, and there's a lot that can go into it in the back of the brand. But with you saying you want there's something more to it, I really I really don't know I have. I think of a thousand things more, I still want to do. So, yeah. One of those people you don't have creative block, you've got. Creation block, or a creativity is more than the creation.. Which is cooler. Yeah, besides that, like, you always see myself in two years and I see myself having a bigger brand. But then on the other side, I'll maybe sh myself overseas as well.. You want me to be honest with you? I don't see you overseas. I see you travelling a lot overseas. I see you travelling a hell of a lot overseas doing performances, doing shows, road shows, everything else, yeah, but I see you in Capeown, not Job work, not Pretoria. I see you in Capeown. I see Cape Town in the central point. I stayed in Cape Town for eight months. I just moved back to Pretoria now a month ago. Nice. Why did you move back? just practically didn't work for me. Financ well. It's expensive in Cave.. Yeah. including the people I don't like that much down there, don't really have like a network up in Victoria I have a network. I need to get things done. I know someone for everything. Which helps? And, yeah, and then.. Because I see you moving back down to Captain about two years from now as a stable base, I don't see you going overseas. Overseas, yes, I see you travelling a lot overseas. You're going to be doing a lot of shows, a lot of a lot of stuff overseas. Definitely. And this business, which I can't see what it is, but I keep on seeing you launching a new business in November. I just can't put my finger on it. I know it's got

something to do with technology. I know it's got something to do with your YouTube connections. I just don't know what it is., because there's nothing really I'm working on on the back end of that, like, yeah, that's about it. What's your brain cool, man? Um, my social media. Yeah. It's called Stand. Where's now? So. ST UNT. Yeah. school? Yeah. K U N Z, but like with a K in his at an. And it's completely anonymous like I don't show my face or anything like that. dig it Yo, 26,000 followers on Instagram. Dude, that's brilliant. Thank you. Why are you doing it moment, miss? Um, well, like you said, I like to push the boundaries a little bit. It's not 100% me everything.. And, yeah, I've always just I thought it's cool too. Like, I don't like have the accounts, you don't show your face on. I' of people don't know who you are. Like, you still like. Yeah. It's like a different not a different personality, but it's like a. You know, I don't I don't know how to explain. I just wasted his cool Gene, grow something big anonymously. Who's Jason De Ritter? I have no idea. Moto. Well, someone's thinking of fucking shine. Why? Well, I've just. If you look at affiliates, Jason De Ritter. No, no, I don't know who that is. Somebody that's posted somebody of your stuff on his Facebook page and Yeah. It's awesome. I like that. It is so cool. I think you need to The weather that comes to mind, fear of being unseen. Do you understand the concept of being unseen? It's like, you know that feeling when you introduce yourself to me and, I'm Mé, how's it going? And two weeks later, I come to you and I'll look at you in their eyes and you know I know you, and you know I remember you better than I pretend like, where are you again? Your motherfucker. Yes, dude, I hate that fucking feeling, eh? It's like, they see me, but I feel unseen. I feel unfocused on. I feel unworthy of it, you know? That fear of being unseen is that internalised need to always prove oneself, that fear of, I know exactly what I'm valued at, I know what I'm good at, and I know how great I can be, but what if I fall down for what? What if I can't live up to the challenges that I said myself, you know? I got that focus that mindset, that evolution of self, of who I want to be, but then I ask it off with this confidence, this cockiness, this fuck you all vibe, you know what I'm saying? As to not to face that fear of not being good enough, that fear of emplacency, that fear of not being mortalized. So I create that fear of being unseen. I think that's your biggest problem that you got here. Hey, Ch. think about it.. Please don't agree with me. Okay. Give me a car, please. I'm just trying to. I'm struggling to understand that 100% the fear of being unseen. Like, it doesn't make sense to me. Okay. Fear of unseenness. It comes from. You know when you've got talent, when you've got energy, you've got love, you've got power. You know that you're supposed to achieve a lot in life? You put a lot of standards on yourself. You put high standards on yourself, even with the risks you take, there stunts that you pull, the planning, the energy that goes into a stunt, and if I can't pull it off, that fear that gets created from it, then all of a sudden there's this vibe that comes in where, fuck it, let's just do this thing. We become no mind, we become no energy and we just take action, right? And you just pull it off from some way. And then afterwards, they're stole that fear of shit, what if I can't do it again? You get what I'm saying? It's the subconscious fear of not achieving or not being able to live up to my greater expectations. It's doesn't it just go hand on hand with like pure failure? It doesn't, because if you had fear of failure, you wouldn't start at all. You see, your fear of failure is simply based on you not believing in yourself. It's fear of believing in yourself. It's fear of knowing the abilities that I've got to implement me into reality. You see, if you had fear of failure, you wouldn't pull these stunts that you're pulling on YouTube channel. I mean, some of these stunts are quite cool. They're quite wicked, you know? Normal guy, a fear of failure, wouldn't even try it because what if you can't pull off the stunt? So he'd rather just plan it and get somebody else to do the stunt on his behalf. You actually go through with the task. You actually go through with the task. You're the fear of failure is not your problem. It's fear of you

living up to the hype of that, what you've done, the fear of becoming the person that I know I'm supposed to be, because what if I can't live up to that expectation that I've created? It's that fear of being great and not having an excuse to back off anymore. It's that fear of not being seen or being seen and then not being good enough to upkeep that sceneess. And I've got that fear of then being unseen, that fear of being forgotten. It's that fear of, I know how to achieve success. I can go out there and I'll go and make money. And what if I lose that money? How am I going to feel that? How am I going to be there? It's not fear of failure because you're the kind of guy that will actually have the balls to go off and actually do something about it. But it's that fear of being unseen. It's that fear of being unremembered. It's that fear of not living up to the hype that I've created to be myself to achieve that. Makes sense? Yeah, I understand that regarding, like, I don't know, I'm thinking about doing the whole RCG thing in America for a year, what do you think about that? Terrible idea. Again, don't want to be rescued. You don't need to be rescued. You don't need a saving race to take you out of one place to put you into another place to make you restart somewhere else and to live your life with a label. You wanna immigrate to America do it legitimately. Go make money and go with your expertise, your video editing skills, your ability to build teams, your connections that you've got, you'd be able to overcome so many things. I mean, dude, you've monetised your Instagram. You've monetised your YouTube. Do you know how many people can actually legitimately say that? Okay, dude, you're not making big money. It's small pocket sales, okay? Great, I understand that. But still, you've got no experience, you've got no knowledge. You've got no real technical background. But yet you're achieving these things. Imagine if you actually believed in yourself and had a business plan, a focus plan, a plan of action, of how to build something solid, what would you be able to build out of it? I'd say within the next two years, you'd be able to have the financial ability to be able to go anywhere in the world, as a tourist, as not an immigrant, somebody who's looking for a handout, fuck that. Okay, but regarding that, that's give me financial like, stability or whatever you want to call it. is that in the line that I'm doing now going in the wrong direction? You were in the perfectly right direction, but it's not going to be with your stunt. Your stunts is cool. I love your stunts, dude, and your stunts will be able to build an audience like crazy. I mean, ifil Knievel could do it, why can't you, you know? You just gotta start thinking outside the box. You got to stop thinking limited. You got to start monetising it in the sense where you start making serious money, start doing shows, start doing epic shit. Start putting a face to the name. Stop fearing being unseen. Stop fearing, not being good enough. You've got to put yourself out there. Step number two, I think your business is going to be IT related. It's going to be to do with partnering up with other people than other programs to be able to make the monetisation work for everybody. You can spot the trend very fast. You know how to get something as simple as popping a wheelie and getting a thousand fucking views out of it. How many people do you know that all wants to be a fucking famous YouTuber or wants to be some famous blogger and they don't have a clue where to start or how to build their videos. They've got all these AI apps that they can use, but still, it's not worth anything unless you really know what you are doing, isn't it? How many of those guys would be able to give you 10%, 20% of profit sharing of monies that they create online for you, or even if you had to sell your services at qu it 500 bucks an hour to do my video editing? If I send you a couple of raw reels and I'd get you to edit them and build me the warrior thing, the Navava rock, or my meditation workshops or my focus yet. I mean, how would you be able to make it magic and how much would you charge me? 10 grand? I mean, 10 grand, 20 grand, you built me a beautiful fucking video, wouldn't you? A video that will guarantee me a 100,000 views. That's monetization. Build your system. Even if it's with stuff that you know. create

your own brand out of it. I like it. I love your brand. I mean, Stunt Kant is a fantastic fucking brain. I dig it, man. Can you imagine that being a worldwide slogan? I can see that going big, I can see that really taking off. I can see that creating a movement, I can see a stunt can's platform where you build a brotherhood where where people pay you, even if it's \$20 a month to be a part of this whole organisation, you send them weekly motivation, focussed tips on how to be limitless, how to live carefree, create this whole essence of a lifestyle that we're creating of stunts, you know? And you create the whole, I mean, I've got this program that I'm launching in July called F Fear, okay? You create something like a F Fear campaign, you know, where it's all about overcoming fear, overcoming internal shame, overcoming externalisation and if you partner up with something like a stunt cunt, I mean, fuck, if imagine me partnering up with somewhere like you with my fuck fear campaigns, right? And you do the whole this whole fearless challenges and you call it hashtag stunts, you know? What is your stunt this week? Whether it's an emotional stunt, a physical stunt, a motorak stunt, of overcoming a certain fear, of becoming a certain kind of a man? If you look at what the Tate brothers did, for example, you know, you take the Tate Brothers concept worth living limitlessly stunt cans, you know, stunts, living limitless, actually, dig it, man. You could actually build an entire program and following with it. I mean, I can't see why, if you got 28,000 followers or 26,000 followers on Instagram and just on YouTube, or alone, you've got 4 followers already. Imagine getting 1,000 followers, Being a part of your community, paying your \$20 a month each. It's \$20,000. It's more than enough money for you to be able to live. It's more money than what you've ever fucking imagined making in life. I'll go for you is to charge \$20 a month, thousand people. That's part of your community. You better figure out what is an evergreen program project, fuel, whatever I can feed them with, that will actually enforce them to pay me \$10 a month or \$20 a month. I mean, \$10 a month is \$1 180 bucks, dude. It's not that much money. If I can be part of an organisation that's going to once a week send me an awesome video, an awesome motivation, an awesome focus point, where I can get to go myself, I can have like the old speed and sound concept, you know, where it's all about stunts,otional stunts, physical stance, bike stunts, getting out of, getting out of my comfort zones, getting into my wild side, being a man, fuck, you get \$1,000,,000 followers that pay you \$20 a month or \$10 a month. Dude, that's \$180, in a month. You could live in Capeton like a bus or in Pretoria or wherever. You'd be able to find yourself. I should not a personalise it but can't incorporate, like, everyday thing. This is what you're saying. Dude, build a brand! Right now, you build the gimmick. No offence, please. I don't mean to offend you, okay? But, I mean, you've built a gimmick, an awesome one. Fuck, 26,000 Instagram followers, dude. I mean, you've got 660 views already just on this last thing that that you posted a week ago. I mean, 660, that's cool. Let's say you got a 1% retention, dude. 1% retention. People that. That's one of my bad videos. Well, it's the first one that pops up here. So doesn't matter. I mean, Instagram, you've got this one video that you put up there with a bike life. The African streetets layer, a Euro, 740 light. On Instagram, you got 1%, that's 75 people. 75 people paying you 150 rand a month each. It's already 12 grand a month. Where's your stunt cans get caps, T shirts, merchandise at you can start pulling through. stickers for your cars. People got bad to put the stunt can stickers on the b on the cars, you know? Do more videos. Heat it on. Go speak to KTM, see if they're willing to sponsor you. See if they're willing to sponsor your bike for a couple of stunts, you know, to make a revolutionised. We come up, we sit down together, and we build up a nice business program, a business plan, that you can go walk to KTM with and say listen to dude, your guys' promotion sucks. Your ads suck, your business looks like shit. Kawasaki, fucking all the other guys are taking over. There's a new electric bike that's coming in from overseas that's

gonna kill you completely. We need to make sure the KTM stands the ground. Look at what happened when BMW came in. BMW was the shirt. KTM came in, launched hard, kicked BMW's ass as the cross-country bikes, you know? BMW never responded to it. You make them scared, make them sponsor, you make them give you a thousand bucks for every fucking thousand videos or whatever it is. But get them to monetise it. We get sponsorships, get people to sponsor you. Come, take one of my programs, I'll launch it with you. You know, fuck fear, overcoming self, whatever, Build a three month protocol of a like a mentoring plan that you can put on to it where you motivate the shit out of these guys. You know what I'm saying? And you build a gr. I spons already, but there's nothing big. It's just a few small companies that one companies me like, a few thousand just torive and full content for them. Awesome. And then the other three companies are helping with and things like that in order for me to just promote their And that's awesome. We'll do specialised shoutouts for them. You can do specialised kind of video content for them. You need to sit down and stop thinking like a content creator. The difference between somebody like Mr. Beast, for example, and somebody that's like fucking you is a business player, a business mind. You need to sit down and stop looking at this as a content plan. When I got into farming in the olden days, the first thing I had to do is I had to learn business. When I studied, I mean, I do spiritual stuff, dude, I do the woooo shit, right? I do it 60% of my days, you know? I do Wu Woo stuff, okay? But I mean, I've owned minds, I've owned engineering companies, I've owned massive businesses because business comes first. How do you think I have seen people for the last 25 years, seen over a million people all over the world, okay? And yet I still don't even have a social media platform. How the fuck? Because I understand business. And when I understand business, word of mouth keeps on running, and you keep on building that energy. You keep on buildinging, your empire. You've got to do the same thing. You are focussing so much on your brand itself that you're not focussing on the administration or the technicalities behind the brand. And yes, you do have the skill to do it. Once you overcome that fear of being unseen and you stop hiding in the shadows of yourself and that fear of not being good enough, and you pull the head out of your ass and you say, "F that, this is what I want. Start taking clear goals, get a clear focus point. I'm telling you now, you can achieve this. You don't have to run away to America like a fucking immigrant. Okay, and then, I don't what can you tell me about Cape Town? What is the Cape Town story? I've got no idea, dude. I just keep on seeing my gut instincts telling me that within the next two years, you'll be able to move down towards Cape Town. It's going to be towards wtern Capesite, so whether it's between Hermanus and Cape Town or something in those lines, but I keep on seeing somewhere there that you're going to be able to create like a central hub for yourself. And is that being financially fine or financially struggling? Financially perfect. You see the fact that you're asking him in a question already means that you don't believe in who you can be. Yes, I believe. Let's not live naive. We're not going to live like we've won the lottery. I understand that part. Trust me, dude, you talking to a guy here that had to walk out of a fucking school at the age of 15 because his dad couldn't afford to pay school fees anymore, right? You're talking to a guy that started with absolutely nothing in life and today lives in Silver Lakes. You know what I'm saying? Because I know what it's like to struggle. Even now, some months, I don't even have enough money to pay a fucking attention. Never mind to pay my accounts all the time, you know? We all have ups and we all have doubts, dude. It's part of reality. But am I going to let my fact of money, which is supposed to be an energy of life, an essence of life, a commodity to control my reality? Fuck that. Go make money. Somebody in your position that's got low expenses, low overheads that can start from any way to start producing, push yourself on. Make your budget. What is your initial budget for survival? How

much do you need to survive? Three grand, 40 grand a month to survive, 100 grand to live comfortably, then build a plan that's going to scale you to get to making \$100,000 grand a month. What do we need to do to get to 100K a month? What do I need to create to do 100K a month? I know I need to do three businesses that I can charge X amount of money a month. I need to do so many online sessions, I need to do so many, everything else, and I know I get to buy 200K budget a month. Once I get to my 200K budget, I can go worse, then I can try all the other aspects, you know, work out a plan that works for you, schedule yourself. Thank you. And regarding relationships, has there anything you can tell me regarding that? You're not in a relationship anymore, right? No. I can see there was somebody in K hurt a little bit, which is a good thing, but. you want me to be in the nice Clinton, your buddy, or you want me to be there all this? No, no, just straightforward. Straightforward, if you got to convince yourself that you like someone, you don't actually like them. When you got to convince yourself that you love somebody and you need that somebody to make you feel good about who you are as a person, you're looking for a mother, you're not looking for a girlfriend. You know what I'm saying? She played that role of controlling you, manipulating you, of making you feel better about yourself that you couldn't make decisions for yourself because of your fear of being unseen. I like her. She's an amazing girl. Please, I don't want to disrespect her, I don't want to make her look bad. You both had a good game, you both had a position, an opportunity for each other. She taught you a lot about stepping out of your comfort zones, about taking risks in life, believing in herself. She also gave you a big knock psychologically in a big knock in confidence, okay? However, it was good for you. You're still going to hurt for the next two months. I'm not gonna lie, I'm not gonna put sugar on shit, take that emotion, burn that emotion. Get rid of it, get yourself a piece of paper, start writing, thank you, and fuck your letters. Write them on a piece of paper, burn them, get rid of them. Create your future self instead of the pain. A candle needs a darkness so that it can learn its value. You need to go through this darkness so that you can restand and reconnect your membranes, remember who you are. Find your strength, find your energy, and a promise you our Mrs. Wright will come. You would just involved with Mrs. right now. Okay. Two kids, happily married, life will be brilliant, but I promise you, but when the time's right. First, you need to know who you are. How can you commit into a relationship with somebody else if you can't even commit to yourself yet? No, 100%. I don't want to be in relationship. Of course, not yet., I don't. I'm just trying to. Bold your brain, but. You see, you've got to start first figuring out, what is your brand identity? I'm not talking about stunt counts. I'm talking about, what is your brand identity as in? Who are you? What is your brand? If we take waste on consss, what's left? I need you to be the brand behind the brand. Remember, sunk is the mask that you wear. We need to build your brand that uses Thun Kunts as a flag.. KDM is an engine company. KTM builds high performance engines that created motorcycles from it, that ended up being a brand. The initial focus was engineering Company. What did your initial focus, your identity, the who you are? Hey, Chef. I mean, doing a big jump, a jumper 40 metres in the air. That's cool. You're not a fucking bird. Jumping is simply an achievement we want to do. We don't want to become a bird and fly. We know that what we need is speed, velocity, and lightness. To achieve that, we need to build the right tool. create the right tools that will create the right eventuality, that will allow you to overcome the stunt. So you need to develop the tool of whom model is so that the stunts of achieving money, success, relationship power can all fit into place so that the flag, the brands, can all flourish. I mean, dude, you've both stun guns at such a great precision with not a lot of effort to be honest with you. I mean, not a lot of graphic efforts, not a lot of video editing efforts, and you've built something fucking great. Imagine if you actually tried. I

get that. It's, I think I understand. I think I know where to go and I know where to hit, and what to do. Limitlessness, that's your motto, my brother. For the next two months, your motto is being limitless. Living a limitless life. Build yourself a brand, start with a business plan, start with the basic program, and build your way up. Number two, practice, smiling. Practice with smile. You've forgotten how to smile. You're becoming a bitter ball. You got to learn how to smile again. Your passion has always been the reason why you got sponsorships. Your passion is why you got \$26,000 followers on Instagram. Your passion is what makes people want to follow you. Not your badass vibe. Fuck that, dude. Nobody worries about that shit. Fuck. They care about your passion, your energy, your essence. Inured. I don't know, it just feels like when I'm happy all the time, like I'm doing, like I don't push for more, I don't know how to explain that. Because you're not disciplined, but. You don't have a problem with being happy. You've got a problem with discipline. And you don't have a problem with discipline because you're lazy. You're not lazy. You're scared. You've got this fear of being unseen, this fear of failure. So it's discipline. You don't get up and show up. You don't do what you need to do to get things done. You only show up and get shit done when it's minute 99, when it's crunch time.. You only brush your teeth when you press things. You only go to the dentist after you get a hole in your teeth. You get what I'm saying? Yeah, no, but I don't know. I kind of feel like I've Okay, yes, I like I've been getting better at discipline. Okay, I'm really focussing on my discipline. Overcome your fear of failure. Because the fear of failure is creating excuses that's going to keep on giving the lack of discipline power. Discipline is not your problem, Balu. Discipline is the consequence. What do you mean by that? So let's say, for example, every excuse in life has an excuse or a reason for it. So you're discipline foc in the last, let's call it, three weeks, okay? The focus on getting up, going to the gym, doing your exercises, eating right, focussing on yourself, et cetera, et cetera, et cetera. Does it come from a place of, I deserve it, I have a right to exist, I have a right to be a great person, smile, passion, love, confidence. What does it come because of an excuse for, I'm not going to let people hurt me again. I'm not going to be victimised again. I'm not going to be in a place of shit again, feeling sorry for myself, so now I'm creating this point of focus in order to get out of a state of mind. Discipline is a responsibility. Responsibility is the ability to respond to what needs to be done. It is a focus point towards that that I want to achieve, a who that I want to be, not a what that I want to get away from. Those disciplines of a what that we want to get away from. They only last for two months. Okay. And, um, what what can you tell me about black? I don't know, the people I surround myself, my friends, like. Again, you're a chameleon. Your mindset is that of a chameleon. You can adapt into any circumstance in any environment. When you overcome your fear and your fear of being judged by people, because you get judged by people quite often and intimidated by people quite often, because, I mean, you are really a nice guy, then you tend to put up this wall. You put up this fuck you wall and you push people away a lot sometimes. But if I take you to a very corporate environment and I tell you to play the role, you know how to play the role. It'll be fake, it'll be sugar and shed. Yeah, I get that, but you'll be able to fit in quite easily. When it comes to you, yourself as well, being overcaring about what people think, overcaring about honesty, overcaring about discipline from your friends, who's really got your back, who doesn't have your back? Dude, I don't give a fuck if my friends have got my back or not because I know who I am. And if I know who I am, the people that are attracted to my reality is not going to be there because I want to leech off of me. They're going to be there because of the energy that I've got, of the person that I am. Do you understand? But because of that fear of being unseen and that lack of self-confidence, I tend to worry too much about other people's opinions, other people's point of views. Everybody else's role within my

environment. And when I focus all the time on other people's roles within my environment, I tend to always mistrust, miss J Ch I put up these walls. But in truth, you're a chameleon. Chameleon is an adaptor. Somebody who can adapt into any circumstance, any environment, they know how to talk the language to everybody else. He just needs to get out of his head, learn to smile and just say, fuck it. Who's your friends? I like your friends, dude. There's no problems with your friends. There's no problems with who you can and can or trust. People are going to burn you in life. Half the friends, you know, right now is not going to be your friends in 10 years from now. It's part of growing up, dude. It's part of evolution. Time comes up, time goes down. You know what I'm saying? I can't expect this apple seed that I've got, that I'm planting to the ground to always be this little tree, you know? Eventually at one or another time, it's going to grow up into its own tree and going to start making its own apples and it not going to need me as the seed keeper anymore. You know what I'm saying? It's going to happen in life. Everybody evolves. The question is, where are you evolving to? Not to use your friends, but not to let your friends use you, but rather, let's create a synergy among one another where we can all grow towards wherever we need to be destined towards growing towards. Friends are supposed to be a support structure, not an identity crutch., I'm careful. You don't trust fucking nobody, dude, because you don't trust yourself. Because you always feel that you're not good enough, you're gonna get used, you're gonna be unseen, you're not going to be strong enough. You're always going to think everybody's out there to get you. That's your mind. That is that fear of being unseen, that I'm talking about. So it's easier for you to self isolate and just, you know what? I'll do it myself. I'll just go to it myself. I know how to overcome it myself. It's okay. I mean, look at your video editing, for example. You didn't do it out of your passion. You did it out of pure, I'm not going to ask for help because I need it, fuck it, I'll just figured it out myself, and you managed to. You get what I'm saying? You are a autact, which means somebody who's self taught and self mastered. And an autodact sounds amazing because you're this guy that learns himself, that teaches himself, wow. But it's actually because you're fucking weak. It's because you're insecure and neurotic and emotional and you believe everybody's out there to get to you, so you'd rather do it yourself. You don't expand yourself to be able to build networks and to build circumstances so that we can all build together. I'd rather just figure it out by myself because that way I will not be unseen one day. Do you understand the fear of unseenness? Yeah, I think I do, yeah. I there's another thing. I'm thinking of in August to go Jamaica, not refugee, like to go there for like a big bike event thing. Love it. For two weeks, what do you think? I fucking love it, dude. I think it's amazing. It gives you two months or one and a half months for you to prep yourself psychologically nicely, get yourself focussed nicely, let's get a bit of a program, and let's literally take it as the official launch of the Bunch of cunts. Let's launch your cunt, bud. Sorry, it's just. No, it's cool. I saw, like, the next two weeks, what what do you think I should focus on? Business plan. create a proper business plan, make a plan. Your YouTube channel that you've got beautiful YouTube channel. I love it, but it looks like a personal guy that's just causing shit somewhere. There's no business structure behind it. Get your business plane structured nicely. use YouTube as your content vault, all right? Get yourself CARRD or a website registered. I mean, it's not going to cost you a leg. Get a nice website that you can centralise everything else with a small little shop where you can start, even if you use Etsy or one of those guys where they print on demand, start creating merchandise, start creating funky outfits, funky clothing wear, caps, all that kind of a shirt that people can buy from you put it out there, okay? I think build a proper business plan, page, websites, what are you going to offer? What are you going to do? What are you about? Create yourself a schedule of your own stunts. You need to create how many stunts

for the next six weeks in order to be able to keep on boosting your page. I mean, your goal is to get to 100,000 followers, isn't it? That is your main goal. Once you get your YouTube to 100,000 followers, you monetise yourself through YouTube properly, okay? So let's get to 100,000 followers. What do we need to do to get to that point? Give me a three step program on a whiteboard, on the wall. Write that out. X, Y, and Z. These are the steps, these are the stunts. These are the missions I'm gonna take. Put them on paper, put them on ground, and let's get them started. Let's get that ball on the roll. Second issue, I need money. Good. which companies can I send proposals to get Chach EVP, get crew, put them together, let them fight against each other, Build the best fucking business proposal you can get into KTM because speak to KTM They've got big budgets for marketing. We need somebody to sponsor our orchestra in America, which it's not enough time. They need a year to allow, but you'll be able to show them so long what you do, etc, et cetera. Let's get proper sponsorships soon. I'm talking about some that can pay you 50, \$60,000 a month for various shows, various moves, this, that, and the other, let them become the rebel behind the mosque of Stand K, right? Take Stan's big, Make it go. Second point, collab. Collaborate with other people, put the right contracts in place, so the people can't screw you, put the right contents in place, put the right systems in place so that you can build yourself a mini empire. Basic first step, build a business plan. Go read books, audiobooks, go learn about, creating business plans, creating business pictures, creating business structures, take somebody like famous guys that's done it before, take their business plans, reook at the way they get things done, fitted to what you do so that you can build your own blueprint. Okay. I already have all my contents that I make. I have it on a big whiteboard, everything planned out. I've checked my subscribers there, like daily when I wake up, write it down and then see how much it went up on there, but when I wrote my goals down. Nice. On there as well., unfortunately, I didn't have it here now, but. And then like, I don't know, mentally, like, what should I focus on in the next two weeks? For me, the most important step for you every morning when you wake up, take five minutes. Take five minutes, do a candleburn, Rachel, all right? So what I do, I love waking up in the mornings, quiet my mind, I light the little tea light candle. Just visualise who I am, what I am, identity. Couple of somatic breaths deep breathing, put that light around, you, put that energy around you, visualise this is who I am. This is the future self. Talk to that future self, okay? Get into the shower. When you get into the shower, the minute you get out of that shower, you're look in the minute and you give yourself a wink. You wink at the you that you're going to be today. You're creating that future state, that future mind in yourself twice a week very important for you. Tuesdays and Fridays every Tuesday morning, I want you to wake up half an hour before you're supposed to wake up, right? So whether you wake up at 5 AM or 5:30 AM, never later than 530, okay? I want you to get up at 5 or 5:30 AM, go for a walk outside. Fucking cold, I get it. Go for a walk outside. You gonna run one kilometre, you go walk one kilometre, okay? You run a bit and you walk. When you walk, go through your list of intentions. Who are you? Who are youoming? What is it that you're working on? What is your goals? Tuesdays is about goal setting, focussing, visualising the man you want to become. The person you want to become. The energy you want to create, refocus on that create that in your mind. Come back, take ice cold shower or a cold plunge, do something just to shock the system up. Sit down, create your routine. Your office work in the morning, obsessing about your use account. I love that because it's about creating, it's about visualising, connecting the energy. Awesome. But when it gets to 8 o'clock or 830, you're done with it, okay? Then you need to focus on taking content and making it viral. Reposting, rescheduling, work out your scheduling during the day. Creat yourself the day, Tuesdays is your creation day. Fridays is your reflection days, your PPR,

personal performance review. Fridays as you look back, Where did I fuck up this week? Where was I lazy? Where was I focussed? Where did I let my emotions get back to me? P paper? It's gonna be your best fucking friend. Me, I hate writing, but I make notes. I like the journal. Start journalling. If journalling is a problem for you, get a boxing bag and start beating the shit out of it with thoughts, emotions, fuck you, letters, write down all this stuff that messed you up, all the stuff that put you down, times that you lost sleep with, emotions, you couldn't deal with. Fight them out. Box them out, okay? Or write them out and burn them. Get your PPR once a week on a Friday. 5 burn ceremony, refocus yourself, reconnected energies again, okay? Two hours a week? Me time, meditation time. cup of coffee, switching off, detaching, listen to some spiritual music, getting involved in some internalisation with you learn to do meditation. If that's not your thing, then go get the gym. Go get the gym hard where it's you, earphones on, no distractions, just you feeling, forcing yourself to feel and to connect you in yourself. in the day. I'm not talking about exercise, but I'm talking about refocusing energy. I want you to once a week for two hours, reconnect energy. Like I said, if you go to a gym and you go sit there in a trade mall or you go sit in the steam room and you just focus, contemplate, become present for yourself, otherwise do a yoga session, go do sorry. Go do a writing session or even if you just do normal meditation for an hour, you know? What I like to do a lot of times if R feel all ham cheese and tomato, I take my cup of coffee, I get my car, I go sit at the top of the mountain or you're on the golf course and I'll just go sit there with a cup of coffee and I'll just listen. I listen to the birds, I listen to the wind, I listen to the everything and I just slow my roll. I slow down and I connect to nothing. No one thing, everything. I connect and I slow myself down. Make that me type. One or two hours a week of just nothingness. That's very, very important for you. But from where I'm sitting at as an observer looking at you, I think you're on the right track, bud. You just need that little bit of mentoring, that little bit of motivation. You need to know that there's somebody that you can call to trust if you need to talk. You need to know that, I've got a business plan, I've got a focus plan. Let's get things going. You just need to get that momentum to believe in yourself and overcome that fear of being unseen. Thank you. 100%. Can you, is there any chance you can just

. I got it because people die. my mouth.. Let me, you know, took that in here and. I realised it's growing to a point where.. It's max that's capitalisation, yeah. Not really. It's just that. I'm 56 now and I'm burnt out and I'm exhausted and I. I want to live at some point, you know, I don't want to just. It's hard to reclaim the forest, as I call it, you know? this emotional burnout that a person goes through, especially being not calling you all do anything, but especially being at your age, it's hard because, I mean, you have worked hard, you have worked your ass off, you know, first step of realisation is that you need to understand that your parents leaving you that inheritance, it's not a gift that you've gotten. It's a legacy that you've gotten, and you deserve that legacy, and it's a legacy that you definitely deserve to take forward to the next level, and we should never feel guilty about that. We should never feel negative about that, you know? The fact that you've worked yourself to a bone, that you've worked yourself into burnout constantly, you know, it's a chip on your shoulder, not of negative of, oh, my God, what should I have done differently, but it shows testament to your ability, to your grit, to your balls, to your ability to create, to move, to shake, to be who you are, if anything, you overworking yourself and pushing yourself the way you did over the last decade was the most amazing thing that you've ever done? Because it pushed you into a point where you

realised for the first time how much grit you have, how much power you have, that determination that you've got, and what can be achieved when you apply your focus to something? What you can be and who you can become, instead of what you need to achieve, but the balance of self and the realisation of, okay, listen, I fucked up a bit, I forgot about me, I forgot about my value, I forgot about the value of life, you know? Step number one is don't have regrets, okay? You would not have been any different if you had not worked harder. Yes, I understand. You missed out on a lot of events and that reality something that we cannot take away from, you know, whether those events is involved with your mom and then, whether those involved, your weddings, that you couldn't go to, functions, you couldn't attend because you were busy working. Yes, granted. But my point is that you're 57, you only 57, you still have another two and a half decades of life ahead of you. You still have so much time ahead of you where you get to have those experiences, where you get to include yourself and allow yourself to be the great person that you are, because for me, your biggest problem in life is not living up to your own standards, not living up to the standards that your mind has created or the rules that you have created for yourself, you've taught yourself to stop feeling or the disappointments that you've gone through, all the rejections that you've gone through, I'm talking about love life, I'm talking about financially, I'm talking about losing a fortune with an investment that you had a couple of decades ago. I'm talking about the pre let's call it pre-inheritance, you know, Working your ass off to pay the bills just to buy a pair of jeans. I get that, you know? But the law of allowance is the biggest thing that you've got to learn now. I've got to learn to allow myself to be proud of me, to love me, because you truly are a stunning woman, you are strong, you are focussed. You remind me of a honey badger. You're not a honey badgers, you know, Strong, tenacity, focussed, never say die attitude. They're always got that focus on moving forward, on being the greatest of who they can be in life. And it's about that self acceptance that we need to get there. I need you, no matter what decision we make about your investments and where you're going to invest your money. However, I need you to overcome this fear of not being seen. Because the biggest problem that you've got is this fear of unseeing this. You see, for me, you're burned out that you've gone through, like I said, I call it the forest reclamation. It's like a wildfire that came in and burned through every single aspect of this forest. Every tree, every brush, every bush, everything's been burned to ashes. That is how we feel. We feel completely fucked. That smile that I have is such a forced smile that I'm scared not to smile because, fuck, if I don't smile, I'm going to cry. And if I cry, I'm going to break down and I can't allow myself to break down, so, you know what? I'm just going to fake it. I'm just going to put that smile, I'm my face. I'm going to say, fuck them all. And I'm just going to keep on pushing through with it. You know what I'm saying? I'm just going to keep on fighting it. I'm going to keep on moving through with it. But at the end of the day, I'm not allowing me anymore. I'm allowing my stress. I'm allowing my rules. I'm allowing my visions of who I'm supposed to be. And yes, I'm the first one to teach people, visualise your future self. Who you're going to be next week, who you're going to be in a year from now? But sometimes when that future self becomes a burden, becomes this mountain that we need to climb because I'm so struggling to just breathe right now, people don't understand that unless they've gone through what you've gone through. That self expectation that we've set for ourselves, that inability to breathe, we know that our smile is our greatest value, we know that our smile is our connection point to learning to feel again. But the only way that we're going to feel again is if we get to stop thinking. We've got these two characters, Tiko and Deko, you know? These two little chipbunks in our head that keeps on telling us, Teko being the, come on, you can do this, come on, fire through, push through,

you know, and then youot Teko sitting there with a whiskey in his hand saying, "Yo, what the fuck, dude? Who are you trying to fool? You know what I'm saying? That keeps on having this dialogue within us and we're so busy fighting this dialogue that we forgetting about who we are sometimes. And I understand that point. The problem is that you've been there for such a long time. It's become normal. It's become normal to be stressed. It's become normal to exist in the state of burnout. It's become normal to not taste my coffee, do not allow myself the joys of life. Now I'm not saying we need to stop being performing and we need to stop pushing ourselves and just chill on the beach every day. That's not what we're saying. But what I'm saying is that the time has come where I think we need to identify who we are again because we've lost who we are by focussing on what we need. We're so busy focussing on what money we need to save, what job we need to get down, what relationships we need to mend, what processes we need to overcome, that we become so insecure with everything, we do, we can't even make decisions anymore, clearly what ourselves. You know your trust, your gut will give you guidance, you know how to trust that guide. You know how to push yourself forward, your first thought is your God's thought. It's always the right thought. But there's constant bananas in our head keeps on coming back all the time. Those old bastards, the neuroplasticity, those old beliefs of the losses I had,' worry if I'm not good enough, what if I lose again, you know? That it keeps on playing this game and we end up feeling like a Mambara. We feel like a stupid, you know? We feel incapable of making decisions. We push our anxiety up so high because of that fear of tomorrow. Remember, I was our people, anxiety is the fear of what's going to come, and depression is the fear of what's been there, you know? And living in a burnout state the way you are, you kind of like teeter tottering between the two, you know what I'm saying? And the only way to overcome, again, find who you are. Why is your identity, who are you? I've mentioned the honey badger for a specific reason. Yes, your spiritual totem is an eagle, your spiritual totem is about detachment, overcoming physical, becoming the observer, seeing things from an outside source, taking action on that, what you observe. That is your spiritual totem, I get that. But your emotional totem and your emotional mindset is that of a honey badger? You see, honey badger just doesn't stop. It just doesn't know when to quit. It's the only animal that is immune to snake bites and to bees things. They call it the honey badger because once he goes for the honey, you will keep on eating and digging at honey. Eventually he'll pass out from an ehlectic shock with all the poison inside him. He'll pass out for a couple of minutes, get back up and carry on again. Nothing will stop him. And you've learned that tenacity. You've learned that balls, that power, that energy, which is a great thing. The problem is, is that it's focussed on survival, it's focussed on that fear of unseeingness. It's focussed on overcoming the ability of me not living up to what I think I'm supposed to be, the rules that I've made for myself. But if I can take that same level of tenacity that I've learned, and I can incorporate it into my identity of who I am, into that smile that you've got, and I'm not talking about that fake smile, I'm talking about that real ability to feel again. The ability to allow myself to be kind to me, to love me again, I can look at myself and I can take the tenacity and I can live as me. I can take the next two decades and really build my legacy, my essence of who I'm supposed to be, trusting my instincts, trusting my God, finding that primal self again, so that I can reconnect to becoming the observer again, if that makes sense. But how do we do that? Well, step one. Are it yours?, observer of my life. You see the observer stake is one of the most amazing state in the world that a person can get into. You see, your problem is not observing your life, your problem is over observing your life, over analysing completely analysing, seeing, analysing, thinking, analysing, feeling. There's no feeling associated to it. It is simply thought, thinking, every single time you overthink everything. You see, the

observer's state is the same as I call it the I am, the God state. You believe in God, Senora? Yeah. What is God? What is God? Uh, I see, like, as a divine, lie, as a universal energy of existence, that which created us, like the whole universe, that it was quite a big, I don't see it as like a guy. I see it as a God's definitely not a man up there with a beard writing down every naughty thing we do. That was for when we were in school, so that we can do our homework. You know what I mean? The word God comes from Hebrew, which meanshoda. There's a whole big translation of the word God that I will send it to you if you're interested in it. But basically it comes down to the word that says I am. You know, in the Bible when Moses walked up to the burning bush and he asked the burning bush, who far art thou the burning bush answered, I am that I am as we know it, you know? The word hai means I am, which simply means I am no one thing, I am everything, I simply am. I'm omnipresent, omni momentum, I am the movement, the energy, the frequency that exists within each and every one of us. It's that quantum consciousness, but yet that physical feeling. It is that smile of nothingness. When somebody walked up to Buddha and I asked Buddha, who are you, Buddha answered, Om, simply means I am. I am. That's all he said. People immediately assumed He said He was God, but there was the misinterpretation. He simply made that I am. That is what God is. I am no one thing. I am the observer. In quantum physics, that I am state means the observer state where you don't get involved, you don't incorporate, you don't take a shape, you don't take a form, you don't take a side. You simply observe and feel. It is the ultimate ability to simply feel. If you take that same word, word, gone and you break around into the old ancient text, it comes to a word that says no one thing. So something is no one thing, then what is it? It's everything, because it can't be one thing, it can't be specified. And if something is no one thing and everything that means in quantum physics, or let's go back into school time, science, in school time, when the teacher told you about, what is the definition of everything around us, you know? The answer was matter. Matter is everything around us. Matter consists of three things. Protons, electrons, neutrons, positive, negative neutral, a padre filio spiriticanti, the trilogy of life. If we take the trilogy of life and we break it down into scientific terms, which, again, we're not going to get into now, it comes back down to the atom. Protons, electrons, neutrons spillinning together with all kinds of subatomic particles, vibrating at specific feed creates the atom, the essence of life that exists within every single thing. The I am st. That's the observer. a human being versus a human at night, is it okay for me to just. completely slow down, do some more being, like, observed, what's going on to react you say, take sides, get involved, just witness it, just see it, and do more beings versus being active. 100%. It's exactly what it is. It's the observer stake. You must remember, in life, there's a big difference between responding and reacting. The more we react to things, it is our insecurities, our mindsets, our bananas, our Tico and To, and are our minds, that keep on running amok. But the minute we become the who we are, we take control of the carriage with the horses in our minds, and we start being the observer, we get to respond to who we are, and to what it is that we desire, the word desire comes from French, which means of the Father, God consciousness, that consciousness within ourselves of what it is that we truly want, we can start responding to that, because what do you really want? Do you want peace of mind, you want focus, you want to be happy, and you want to feel proud of yourself. But there's all these old memories that stops you from being proud of yourself. And the only way to overcome that is by learning to go back, back reference in our past. Why don't you start by getting to know that little girl again? That little girl that was inside you that we kind of like abandoned, we kind of left her behind for a while, you know? That little girl within us that we don't give attention to. You see, you've become a consequence of your past, a consequence of the abandonment that you went through, the

emotions that you went through, the sphere of unseenness that you had to deal with over the last three decades, this hell trying to prove yourself to the world, etc., etc, etc. And even all this emotions has still made you a fighter, but it took away your ability to feel. So instead of being who you are because of your past, I need you to start facing that past. Now, the question is, why are you such a strong woman? Why have you become such a powerful person? Why have you become this honey badger? Don't you think it's because of the past? Don't you think it's because of all the times you've got abandoned all the times that you were not good enough, all the times that you had to start over again? The problem is you're so busy defining yourself by what you've been through. You haven't realised that the consequence of what you've been through defined who you are. But we haven't made peace with it. You're not happy for it yet. You haven't turned around to Absabank, wrote them later to say thank you for losing my 15 million. Thank you for putting me into ship, because you know what? Then putting you into ship, they're making you lose all that money was the greatest gift you could ever had. Because of that now, instead of losing money, you have learned how to believe in yourself, how to push yourself, how to work yourself. You have shown to yourself that you're not just a theory of creation. You are a legacy of creation. by understanding the abandonment that you had to go through with your mom and your sister and all the emotions with the family dramas, that you had to deal with, it taught you how to be strong, it taught you how to be self- sufficient. They taught you how to focus. Yes, there's a lot of negative associations do fear of being unseen, not feeling good enough, always feeling like you're not part of something. I understand that. But those are consequences. Those are not realities. The reality is that you are fucking strong, you smart, you wise, you're kind, you've got that spirituality, you've got that knowledge, you've got that life. You just got your head up, yours. And that's what needs to change. I need to take my past, Abigos. How do I do that? Let's say I acknow. Simple. Let's start with a very simple test. You take a piece of paper and you go right to fuck you letter. Do you know what a fuck you letter is? You write there, right the letter, big, wow. Fuck you. And you start with, let's say the biggest event in your life is Aabang, because it's a cause of a lot of your guilt, it's a cause of a lot of your internal anger and your inability to allow yourself to switch off, right? So let's start with a facul letter to Abab Bank and write you know what? Fuck you, you bastards. That was not just my money that I inherited. It was my legacy that you threw away, it was my desire of comfort, that you got rid of. You violated me, you didn't compensate me, you didn't fix the problems, et cet, et cet, et cetera, et cetera, et cetera. And you go all in every single thought, every single emotion, every single deed that that caused you to do, write it, voice it, put it on paper. If you need to have a glass of red wine before the time, red wine allows you neurons to fire easier. I'm joking, it just makes you not think too much. Write it down, Sister. Put everything down on paper. But then on the back side of the paper, on the back side of the paper, you write the thinking letter. What about losing my own You see, that's your problem, right there. Stop. You're jumping. We haven't even finished the Abso Bank and already you want to go to your childhood again. Fuck the childhood. Do we need to deal with a childhood right now? No. Is the childhood an issue for you right now? No. The childhood is a cause of why you've lost the money in the first place? Yes. So there's definitely work to be done there. However, 100%. 30 with my parents died. Exactly. You're older already, man. So that's what I'm saying is for me, let's fix the problems that's relevant right now. Remember, your healing is never going to be linear. You will never have ABCD linearus, never. Because of your ADHD and because of your mind running so much from one place to another place I'm always jumping, never never completing things. I mean, you can be literally busy for six hours doing something that's supposed to take you two hours because you're overthinking and jumping

all the time. You know what I'm saying? It's like me writing books. I mean, I write three books at a time. I cannot write one. If I write one at a time, I'll fuck it up. So if I write three, I know I'll get it done. It's how I utilise my ADHD to give me points of focus, right? So with you, it's the same thing. Start with EPSA. finish EPSA. Write the fuck your letter at the back of the page. I want you to write a thank you letter. Instead of the pain that you had to go through of losing that money, one have you gained? What is a torture, what has it given to you? What aspects of gratitude can you associate to Absab bank, to say, wow, I learned tenacity focus, I learned that money doesn't define me. I'm not defined by the money or the comfort that I've got, I'm defined by how I show up in life, right? You've. You've given me the opportunity, Absa, to realise that I don't love me. You have given me the opportunity to realise that I have this immense fear of being unseen, that I need to work myself to a bone because it's my belief system that states if I don't work myself to a bone, I will never achieve anything. You've made me realise the lacks within myself that I need to master in order to become truly happy. You write them a thank you letter. Out of all the pain, and instead of the pain, this is worth. I've become stronger, I've become focussed. I've done that sometimes, you know, like I would think of the who stole all the money and some people died and all that and I would say I would say that you, initially I wanted to kill her, the lady who, you know, that'd stole the money from all these coupon. But there's been many times where I thought, wow, without that having happened, I wouldn't be so strong and everything. So I've had gratitude thoughts and moments over decades already, because But those thoughts last for a couple of seconds. You don't own it. You use it as a manipulation tool to make yourself feel better. You see, when you're going through your burner the way you've been going through for the last two decades, you use these thoughts to kind of sugarcoat your shit. You use these thoughts to, okay, but I feel okay now, you know what? Fuck them, I'm going to show them, fuck that. You use it as an outside source of motivation, which is fine, but that's cutting sugar on shit. You've never dealt with a shit. You've never faced that shit. You are not like, I can put you in you with the same. We're not writers, okay? So it's difficult to journal. I'm not saying it was become one of those fuddy daddies that's going to sit there with a journal and write letters every day. No, fuck that, I can't do that either. Me, I could b myself a bonfire, I take a piece of paper and I write. Once I'm finished writing the thank you, the fuck you letter, I take it, and I burned it. You are a ritual based person. That's why you love your routine so much. So create a ritual. Write the thank you letter, write the fuck letter, get it out of your mind, and onto a piece of paper. You are physically expressing it. You take your three deep breaths and create a physical totem. You see this little bluestone of mine? This was because of I lost my first business. I lost 200 million at the age of 22. And when that happened, I broke my stone and I refocused myself. Now, every time I dealt with the emotion, I've dealt with the loss, I've dealt with everything else, I've re embraced my identity of who I am, what I am, and I've rebuilt this, and I keep this as a point of focus, not on what I've lost, but on who I've become instead of the pain, who I've become instead of the punishment. And the minute I realised that self love and focus, I have my stone in front of me. You see, this little shell I've got here, I've got this little shell that represents the water, the ability to learn to trust the flow. I made a conscious decision at the age of 24 to walk away from all business and corporate ventures, to focus purely on my spiritual abilities, to teach people to motivate people. And remember, I come from a line where I walked out of school at the age of 15, not because I'm a drop out, but because I couldn't learn anything there. I studied quantum physics, I studied metaphysics, I studied psychology, you know we own hospice for how many years, dealing with death, dying, counselling, we've done all of those things. The stone represents trust, this shell represents trusting the flow of nature. I was sitting at a beach once and I had this

vision, beautiful, sitting there at 5 o'clock in the morning, meditating on the rocks, and I saw this little guppy, you know those little fish? In the coversns, here by the rocks, swimming and having a pool of a time. And I thought to myself, that's fucked up, man. Me big, six foot four, 120 kilos, man, I'll go into the water, the waves are gonna smack me to pieces and the rocks are gonna cut me to shreds. Why can I not focus and survive? But yet that little guppy came. And immediately the inspiration was really simple, trusting the flow of nature. You see, when I go into the water, I try and prove myself, I show the ocean, I'm stronger than you, fuck you. I mustn't against it. And it just simply replies by knocking me against the rocks. Where the little guppy doesn't fight it. He doesn't resist the flow. He allows the flow. He trusts the process of the water, the process of the currents, and he reads them, being the observer. So he reads the currents of the water and therefore trusting himself to go with the flow. And by trusting himself to go with the flow, he gets to survive in these harsh conditions. So I've got all these physical reminders of when I wait to remember, our minds work very, very much the same. So take this time, deal the emotional saint, set it out there, and create yourself a point of focus, not on what you've been through, but on who you've become instead of what you've been through. The minute you learn that, you learn gratitude. When we learn gratitude, we learn to feel, we learn to empower ourselves to move forward instead of living in the past. And then you do the same with your mum, go right to a fuck you letter, and then a thank you letter. Go do the same with dad, go do the same with your sister, go do the same with your childhood, with your businesses, with your car, start at a point and start redefining that what you've been through in order to know who you are. A couple of years ago, I went on a quest. I was called to some farmers outing in the Northwest and to go and do some, you know, I had to go and do a couple of sessions for the guys during the days and at nighttime do a motivational course and a spiritual course and some, you know, a meditation workshop and stuff. And the one guy that was that when V, he knows me from the business days when I still used to have one of the businesses was a mine that I had. And when Vie found, please, Clint, you want to come talk to my boys? And I'm sure, go through track all the way out that side. Fantastic vibe, good energy, and three days, I must have seen about 19, 92 people in those three days, you know, one on once. It was long days, you know. The last evening we was sitting at his farm, beautiful bonfire, long story, I'm cutting short. We're sitting there and we're talking about the power of manifestation. I wanted to know about, but how do I get to create positivity? How do I get to create wealth and substance, you know? And I teach them about the power of focus of visualisation, how to feel, et cetera, et cetera, et cetera. And the one guy gets up with Yoppy and he says, you know what, with all your respect, but fuck you. I'm like, "W do you mean, Yoppy?" And he's like, "Well.. show me the difference. A video over there has just bought to himself a brand new Balf helicopter, which is about 28 million rand. And he bought this thing cash. He's got exactly the same size farm with exactly the same operations, but yet he couldn't even pay attention. He couldn't even afford his new tactor that he's bought. Why does it work for him and not for me? And I told her well, first of all, the biggest problem is you keep on comparing other people's lives to your own, which means you're always living outside of your own means. You're always living to judge you. You always living, to criticise you. I'm not like what you are doing sometimes, you know? And I told, because you live in your life focussed on somebody else's middle, you'll never have your beginning. We all work at different rates and flow at different rates. It is simply the way of life. But you see, the problem is, you don't think you deserve it. Oh, bullshit hes me. I deserve everything that's there, clear. Prove it. And he just got quiet, and he sat down. And I'm like, "Y have you ever asked Uncle Villi over here to give you advice on the farm and taking his advice? "No, fuck, I don't want to owe anybody

anything. I'll do it myself. I'm okay. So you don't allow health. You don't allow people to see. I'm not saying you must be a victim here, but I'm simply making a point here. And he looks at me and he shakes his head, he understands. So I looked at him Villian V. What is your secret? And Ville stands up and he says, "I get the bestance, you choose me." In English, it means, I have a right to exist. My great grandfather, my grandfather taught me two things, he said. He said, "I have a right to exist, I have a right to my farm, a right to be my money, I have a right to my spirituality, I have a right to be the man that I am. Number two, my grandfather taught me how to drink coffee. Every morning when I wake up, I got standing in front of my farm with I had a good day or a bad day, a good season or bad season. I will stand there and I will look at my farm and I will say, I've got this. I believe in myself. I will say, thank you for what I've got. I pray to God and I say, thank you every single day. Even if it's shit, I will say thank you. Because if I say thank you, I will learn and I will grow. Gratitude and allowance, he said. And that actually stuck with me quite a bit. And it's exactly the process that I want you to go through. Find your gratitude and realise that you are allowed to smile. You're a need to always sacrifice, you don't need to always punish yourself. Find systems that can work for your way forward. Find alternatives, but don't sacrifice.s what I think that's the transition I'm going through now, because I've realised the value of the property, if you recognise, we can put me in a situation where I do not ask for work. It's almost like I don't have to punish myself anymore, don't has to do that I. I can sometimes I feel like I'm the top of the mountain and I can I look at I and say, what. To be the observer, yeah. Focus on who you are instead of what you need to do, yes. Yes, I in terms of what I could do with it. And I'm at that brink that point and I'm hoping in the next year to sell the property and Where is the property that you want to sell? It's in Munich. Oh, the one in Munich. Yeah. I think it's the best thing for you to be able to do that. You keep that property, it's a great investment, but it's not going to give you the longevity that you need in order for you to move forward. And for me, you selling that property is the best advice at this time. The market is at a very, very good place right now. It is at a very higher place right now and to reinvest that money into cut it into two different pieces, one is where your properties, for your rental incomes, and the other part is just your solid cash investments. It will give you that comfort to live. You've got 25 years ahead of you. When you die tomorrow, who's going to take that money? Who's going to spend that money? Somebody else that's not going to appreciate it and you take away the opportunity to learn lessons in life that they had to learn the same way you had to learn it, or spend the next two and a half decades to get closer to your God, closer to your spirit, to reconnect to the value of who you are, selling or not selling the property is not the question. The question is simply, why haven't you sold it yet? You know what I mean? Why haven't you trusted yourself yet with this decision? I mean, look how stupid you are, with all due respect. You don't ask one advisor, you ask three advisers. Yes, you got burned, you want to make sure of your facts, 100% go for it. But you're so busy questioning your value and your right to exist all the time, that it is taking away your ability to finally make the decision of, you know what? I'm going to sell the property and we're not going to move on with it. Make the call, sell the property, move on with it. It's the right decision. Speak to your investors, invest the money, keep most of it overseas, don't bring all of it into your reinvest it, repush it into a place where you know you can grow the property that you've got right now in Munich, it has reached a lot of high ceiling already. It will still grow, but it's going to take a longer time for it to grow to an extensential point. I would rather cash out now when it's high, investing to other properties that can still grow, that can still make money, and from they take it forward. Yeah, I'erties. I've just been speaking to like financial people to spread it across a wide, different stock markets, you know, whatever. So

that instead of having the risk of it all in wine profits, you could be over many different. Straight out, yes. is called. I understand. in different baskets, yeah. an astrolog I don't know much about investment. I didn't really I think that I'd have money to invest now that I know it's grown nicely and I do, I kind of meet with different people just get a feel. What's out there, what is available, I've got a situation where I've got a completely straight conservative person where I'm going to be planning quite a lot of capital gains tax, but then maybe I'm legally okay in South Africa. Then I've got somebody else who invests in gos, which is all tax free, so then you don't have to pay, like, whatever capital gains tax. And then I've got another person who may also say, I'm going to meet with it, she may doesn't think it's necessary to declare that inheritance here and maybe also get away with the cical gains tax. So I'm like, there goes quicky clean and straight. But you've got your citizenship, right? Yeah. And what is the taxation law with your dual citizenship? You don't have to declare both incomes on both nations, do you? No, you just got to do the capital gains tax, I for \$560,000 and I' selling it for \$860,000 euro and I've made 300,000 euro They're going to double check with their lawyers, but the straight, squeaky, clean wealth management dude was saying that. Over about 900K. It's about a bar in tax, I would capital gains tax on the gth of that property that led. That's it. You know, one he says he wouldn't even worry because he would make that money back again in a year or two. You were definitely to go that route or do I go when you don't have to pay any taxes and I get 900K more? The problem with going with Guernsey, I mean, Guernsey is great, and Guerns is a fantastic investment opportunity. It's a great place there, but how are you going to get dividends or returns on that capital if registering Goernzi? Your interest rates at the banks there are so low. Your funds of interest, your reoccurring interest rates are very, very low in currency, isn't it? It's comes in as a pension, So in other words, they're there as a company, but they also invest in stocks worldwide and it grows and then it comes back as a pension. So once it comes back into South Africa, I don't have to pay tax. You don't like to pay tax on the. Yeah, so it's lower taxes if I went that route, but it's obviously more dodgy because it'sernsey, not mainstream kind of stuff. And then the third person I'm still meeting with and then equally, I've met with two people who've done evaluations on the property today. Actually, a third person is going. So in terms of knee making those decisions, you know, do I sit quietly just, do a whole bunch of breathing and have that first intuition comes through? Okay, this is the first you're going to pick. I always there's something as a spy people that box up for you when you like. Well, for me, the thing is it's not about it's not about trusting spirituality with this kind of a decision. Yes, I understand it's a very important decision and it's one to make, but I think to be honest with you, weighing up your pros and cons is the best way for you to go. If you die tomorrow, what happens to the money in Guernsey? How does it then pay out? It pays out in a certain trust form as well, which is fine.. I must be honest with you. I mean, I've got two other clients that's also taken their wealth through Goce specifically. And they're very, very happy. There's a few that goes through the Isle of Man, which is also very, very simple. The third option is going through Mauritius. Mauritius is a little bit more hard work, you know, you need to, you need to trust in more people to do that. Whereas in Guernsey, it's still your money, it's still your asset base. You're just investing that, you know? Yeah. To be certain of your fact, I would split it in half. That is what my gut tells me, you know? My gut tells me, split it in half. Take half the money into Guernsey, let Guernsey run half of the money with a pension funds with exactly that what you need to survive comfortably in South Africa so that you know you've got a good quality of life, the rest of the money can get redispersed and pushed through into growing your capital itself, you know, into making it grow bigger and the rest of it's going to stay in Europe. You, my accounts at the bottom line is that there will be enough

that I can live until I'm 85, you know, will be a little for every month. I've moved to this point where, and it's being pract to say goodbye, I've resigned as a director at one company, can for the retreat was not any consulting, I basically had a major burnout in the journal because they were two people that died and I think a lot of trauma around, you know parents dying, just a lot of warning and I went into freeze mode. I couldn't function. So, like, everything sort of shut down.. Everything sort of shut down. And at the same time, I realised, because I couldn't sell the pocket seat before years because of tax rid. So from, like, October, November, onwards last, I realised, I could tell the property now, and then I. Yeah, we' in the tax and look at the financial's like, you' gonna be very comfortable. If you sell this property, and we invest it, you don't have to work a single day. I agree 100%. You know, it's suddenly like coming from this grinding, grinding kind of keeps going to suddenly you realise the I don't have to do that anymore. I'll be fine, but being afraid that I'm gonna lose it again, you know, and I then having to be the grinding c again it's like, so I'll do those exercise and bet you menc I'm slowly edging my way into actually accepting this reality that it's actually possible and that it's it's almost like a dream coming through. You know somebody suddenly says, oh, wow, you've got enough money to retire, just like that. It's taking me time to take it on board and every other day I feel like, okay seeking and more like But the most important thing is well, now with the shift that you've been taking place and with a shift that's going through, don't just stop your routine, okay? Because with a mind like yours that's been used to overworking overp pushing itself and you're resigning from all this big responsibilities, now it's fun. It's going to be so much fun for the next three months to just chill and to be, and then you're going to get bored as shit. And when that board doesn't comes, that's when there's bananas in your head starts overacting again. You know what I mean? So make sure that you keep yourself focussed on it. The best investment advice I can give you from an outside source, Again, I'm not a financial advisor, but the best advice I can give you is split the money into two. Take half to Guernsey, let Guernsey invest the rest, let it come in as you investment plan so that you can start carrying your pension funds, you know. The other half, keep on reinvesting into it. You've loved property. Property doesn't just give you that conference of, oh, I own a piece of ground. No, it keeps that entrepreneurial spirit alive. It keeps that spirit of creation, that spirit, of moving forward, of building something outside of yourself. It keeps that alive again, you know what I mean? So really look at always refinancing some new opportunity as well. Even if it's at a smaller scale, at a limited scale, that's fine. But keep the other monies inside there and keep running with it. So if I'm buying stocks that are in property, because I'm quite happy not up to own property because between the maintenance and the geezer's, I'm finally thinking, wow, I don't actually have to physically own properties anymore, I'll just give it to wealth managers, let them manage it. I'm getting my 100, 150 a month and I'm not working for it. Weed. Of course I can actually spend more time cooking, eating home, spending time with the I feel like I never had time when I was so busy with it Build the quality of life again, yeah. I' conversations I had would be with clients with staff or business related, but to literally call my aunt saying, "Hey, how are you?" and have a conversation with her. That's common he's like. Building your quality of life, yeah, I like that.. No, go for it. I like that idea. Definitely. I mean, property, property, property. So investing into stocks, property portfolios, go for it. Yes, instead of actually buying another property and I I could live anywhere in the world, like money that would come in would be enough step is not pregnant. his wife and I'm thinking, "Hey, if I've got to hang out there for a month and look after the grandchild, I that's my new job, my new career name. My business is be Granny. I'm like, Why not? child, that is It's not just that, but it's about looking at yourself and being yourself again, being proud of yourself again, feeling again. I

think it's the most important steps that you can take right now is to start feeling again. Feeling for sure, yeah, I was with a psychologist Focussing on that value of your smile. And she was saying, just body scan three times a day, just feel my body and feel what it's speedy so that I can connect with myself again, because I did totally, yeah, cut off and disconnect. The thing I want needed because it was shut up. You've got work to do today. Like, who do you think you are to actually even have an opinion? You know, you've got to knuckle down at work order today. So I've done a lot of that pushing myself away. So just to allow me to feel again and to.. Really embrace life.. To reembrace life. Basically, just showing up again, yeah. Yeah, yeah, yeah. It's thing about not feeling and seeing and feeling like I don't put in. Where does that come from? The problem is when a person goes through a big loss like you financial loss, also the loss of your parents, also the whole grinding your way through life. It's that feeling of I'm trying so hard and I'm pushing so hard, because remember, in truth, you've got to duality inside you. I mean, yes, you've got this strong, tough businesswoman focussed, German vibe, you know, but in real time, you are really, really soft, really kind, really gentle, very spiritual. And these two personas are always conflicting with one another all the time, you know what I mean? And the mindset that runs these two so I can put it to you've got these two identities that's writing and running your life, you know, and you sitting on top, holding the reins on both of these, trying to hold them and control them all the time, it creates this feeling of I'm pushing myself so hard. What if I don't get seen or acknowledged for that, what I've gotten? It's where you introduce yourself to somebody, right? And after a second, a meeting, you walk up to them and you greet them and they look at you and who are you again? That feeling of whoho the fuck are you? I can shove your head up your ass, you asshole, you know? That feeling of not being seen, you have that with yourself. You have that with you constantly of feeling guilty that you haven't achieved anything yet. I'm not good enough yet. I'm not that's why you overdrive yourself. That fear of being unseen, that fear of, okay, I'm wrong, I' good at it, and I now I've got the personalities and the masks that I need to be able to overcome these things, but then all of a sudden, do I, do I really? I think I can. Maybe, maybe it's all these self questioning, this self doubt. And it all down to not knowing yourself, not believing in yourself, not acknowledging the real you anymore because of all these old makeups and beliefs and all these old plasticities of the bananas in our head, that holds us back from it, you. And that's what I'm saying is go back, deal with the past. Deal with those old emotions, to reiterate the self of now so that I can learn to become sin for who I am. I can learn to be seen and be proud of who I am, to find that courage and that strength to be the person I am. If I am all my myself and soft, I've about. I've been through anything so painful. And it's really put the brakes on all my busyness, you know, being busy. You're body forcing you to slow down.. Your body forcing you to slow down and take a look at everything. I kind to myself, having to put cream on the lesions, making sure what I'm eating, making sure I'm resting, making it through the strip levels go down, saying no for this, no to down. You know, no, I'm not driving. it's too small to go anywhere. People got a t shirt over the ment or whatever. So I' literally peles back and peiggles back and pickiggles back and I' finding myself lying down for our afternoon naps and sleeping, which is something.. Allowing yourself again, here. So I'm actually being like, super, I'm so much I was as a kid when my parents were and they ran everything. They managed the house. They stucked the house, they managed the staff, they did the groceries, the laundry, the shopping, and I could just be a little kid sitting my bed knitting away and look the Allowing yourself to be, you to be looked after the. Yeah, noting back into that take into the shingles because I didn't know I could break and stop and become so slow. And I'm finally like the slower I get, the more I like this pace and the more I kind of want to be her again. So in terms of, you know, moving

forward, is a good moon sink it to that, just slowing down, being dentful, being kind to myself, eating nice food. Create a protocol for yourself We' in the mornings, start a protocol for yourself in the morning. First of all, dealing with that past, call it the fire, burn ceremony, you know, create a fire ceremony for yourself, where you do the fuck you letters, the thank you letters, the acknowledgement letter. Get yourself a vision board that you can put on the wall for you to keep on updating about who you are. Mine, for example, I've got this giant elephant in the middle. That's my identity, that is who I am, for you, put a badger in the middle, you know, with an eagle flying over the top, kind of a created mindset, that image of your identity, and then put there who I am, what is my values, the who, the mindset, the power, the smile, the energy, the love, the spirituality, the what you are, the different personalities, the masks, the focus points, you know. Underneath that, you write there, what is your goals, your future self? I'm not talking about the future self of a decade from now, or five years from now. I'm talking about who you're going to be this week. Who are you going to be next week? The future self of the now, the placement, the taking control of things, and then start a little ritual for yourself. So every morning, what will work for you is you wake up to go have a Pe in any case, right? So get yourself a little T light candle, and when you go to the toilet, go sit on the toilet, like a little tea light candle and do a visualisation. Quick five minute thing. reflecting. Okay, this is what I'm going to be today. This is my future self, this is what I'm going to feel. Let's focus, slow down the mind before my thoughts start, let's create my day. Create my focus. This is who I am. Put a lighted love around you, put a prayer around you, go through your list of gratitude, your list of focussing, put an energy around you and get into the shower. Always start fresh, start fast, okay? Don't wait you, three, four hours before you take a shower, do it immediately, okay? With you, it's important, because the minute you only go and shower after nine after 8, your whole day is fucked. You're going to lose a day. Because when the minute you start proactively, even though it is allowing and it is slowing down, I'm proactively allowing myself, I'm proactively slowing down, I will feel more. The minute you just rhythm, you're going to feel more guilty than anything else. It's like when you've got a sweet tooth craving. You feel you need a sweet thing. Great, go to the shop, buy a chocolate. What do you do? You eat the whole fucking slab. That's just your way. You're an extremist. Whereas if you could train yourself to only eat one or two little blocks of that slab, you get the sugar rush, you feel good about yourself, and then you don't feel guilty for three days afterwards because you ate an entire chocolate. You get what I'm saying? So take anything in small bite sized chunks. So you sit down, you go for your shower. When you get out of the shower, very important. When you get out of the shower, look yourself in the mirror, smile at yourself, and wink at yourself. Give yourself that wink. Just a wink of acknowledgement. I'm acknowledging who I am, I'm acknowledging who I'm going to be, and I'm acknowledging the me, that I'm going to be next week. And that's it. Every Friday is your fireburn day, okay? Friday mornings or Friday evenings, you take a piece of paper for me, I'll get this whole thing here. You see these little yellow pages, right? And I call it my firebag, okay? My fire is very simple. Somebody that pressed me off me that made a fuck up bad investment bag, call, bad session, whatever it is, I write it out. I write down what grieved me, what made me feel shitty, what am I going to do about it? What have I learned from it? I process. Because the problem is for the last three decades, you've been so used to just shoving shit under the rug that you've never dealt with your shit. You're always put sugar on shit to make it look better. You never deal with your shirt, okay? So now we're taking our shit and we're dealing with it. I'm taking the piece of paper, I'm writing it down, I'm taking the piece of paper, and I'm burning it. Whether it's in a nice little fire safe bowl that you can put a little tea like candle that you burn it or you make a fire and you burn

it. Get rid of it, burn it, okay? Every Friday, what I do is I do a PPR, personal performance review, okay? Now, very important thing in my business is I realise that if I can analyse something and understand something, I can control something in order for me to analyse and understand something, I need reports on things. I used to get financial reports, business reports, reports, production reports. I love reports. Even date me with reports, I'm happy with it. The more reports I get, the more I know what to do with it. It gives me the sense of control. So when I'm running my businesses, I use reports, but me running myself, why don't we do reports? Are we that fucking stupid? I need reports. I never them. I don't I can't. words and the numbers, it's too much for me. I like more like a gutb. Good. 100%. So am I. So what do we do? So create yourself a wheelchair. I've got this thing, four elements, fire, water, wind, and earth, okay, which represent spiritual, emotional material and physical. Now, everything I do, I do with spirituality. Obviously, you know me, you know my history for how many years of spirituality. So everything I do has to have a mythical side to it, if I come for it you, a woooo side, okay? So I take my wheel and I've got a firewheel, waterwheel, earth' wheel, and I've got a windwheel. The wind represents my spotity, and I literally grab myself that I do my meditations, that I do my focussing, that I lose my shit, my spirituality, was I balanced and I just make a dot on it. Physical, emotional material, all four quadrants, every week, I look at the wheelect me two minutes, five minutes, man. I look at my wheel, where did I fuck up? Where did I go, where and I Google? It gives me an idea of where to focus, where I can focus next, and what is the next steps for myself. I work on an action step and that's it. It literally takes me five to ten minutes to know where I'm standing. I'.. Material.. Yeah, so once a week you go have a look at your portfolio, you can have a look at your financial investments. This is when my investments is, this is how much is growing, this is what's happening with it, so that I don't over obsess about it, but I keep a control of things. I need to email this one, this one, this one, whether it's your bookkeeper, accountant, whatever it is, created to do list. Even if you use technology, find yourself an app, something like Notion or one of those things where you can literally control them that way, then we take it forward from there. Yeah, that's what I'm thinking, because I'm going from a gardener and an aster things that I want to, you know You're. It's exactly the same as gardening. You must remember that it's exactly the same as gardening. Gardening, it's very simple. When you take a seed and you plant the seed, you don't know what's happening to it. But your faith has to be stronger than your hope. You can't sit there hope that a seed's going to grow. No, you've got faith it's going to grow. Before, you don't just walk into a garden and start planting random shit, you're going to take a step back, be the observer. You're going to analyse the swale, see what type of swell we've got, how many rocks, how many clay, how many situations there' is. And then I'm going to say, you know what, I want a tree there, I want a bush there, I want a trampoline there and a swim pool in the middle. You get know what I'm saying? And once I've got my basic lay, all I've got to do is maintain it. Now you've got to go up, have faith to plant the seeds that is going to grow. You can't force it, so what you do is you tend to it. Exactly the same process as gardening. Turn your finances, your spirituality in order to have a beautiful garden, I need to water it, I need to cut the laws, I need to trim the edges. What is your cutting watering and trimming? Meditation focussing yoga, reading a book once every now and then, doing your PPR once a week, going for a walk twice a week, early in the morning. It's just going for that walk to breathe, to clear the energyies, etc, et cet, et cetera. There is no difference. I mean, I ran corporate companies, I've helped in Japanese build massive empires, I've helped spiritual people find the inner woooo, I do spiritual workshops, you name it, I do it. I mean, I've got programs, I've got sessions, you know everything that I've got. It all works on the same principle, just show up, finding balance,

observing, feeling, taking action. That's it.. All, so session is in the app and I don't know if there's anything else you feel like you need a tell me. The only important thing that is left smile, you deserve it. Know what you deserve and live for it.

Here are some ideas for a new product, based on the provided documents:

- **"No More Nice Guys" Self-Trust and Boundary Setting Program:** An online course or interactive platform based on the "NO MORE NICE GUYS: Your Blueprint to Unbreakable Self-Trust" book. It would include guided exercises, rituals (like the "Chest Strike Anchor"), and community support to help users identify and break free from exploitative patterns and rewire their brains for self-trust and assertive boundary setting.
- **AI-Powered Personal Development Agent (Manus Integration):** A personalized AI assistant that helps users implement self-improvement strategies, similar to the Manus AI described. It could analyze user input (like daily reflections or challenges), suggest relevant exercises from self-help content (e.g., "Mirror Work" or "Split Paper Exercise" from Ricardo's guide), and track progress to help users "show, don't tell".
- **"Soul Reconnection" Adventure & Wellness Retreats:** Curated travel experiences focused on physical activity (like boxing or kayaking), spiritual practices (meditation, yoga), and family adventures (bungee jumping, swimming with sharks). The retreats would aim to help participants "reconnect their spirit, reconnect their soul again, and to start feeling again".
- **"Ferrari Mindset" Entrepreneurial Coaching & Community:** A premium coaching service and exclusive community for entrepreneurs with "great visions" and "entrepreneurial mind of note". It would focus on balancing ambition with emotional well-being, setting boundaries, and overcoming "identity crisis" and "overthinking". The product would emphasize "being a Ferrari" and not worrying about "Volkswagens".
- **Intuition and Instinct Development App:** An application designed to help users "slow down" and "trust your instincts". It would incorporate mindfulness exercises (like "Mindful Observation"), breathing techniques, and prompts to encourage users to act on their gut feelings rather than overthinking.
- **Personalized "Gratitude for the Past" Journaling System:** A guided journaling product (physical or digital) that helps users process past hurts and find gratitude for their experiences, transforming "shit in life" into something that "makes the grass green". It would include prompts and exercises for forgiveness and recognizing how challenges led to strength and success.
- **"Warrior Spirit" Empowerment Workshops:** In-person or virtual workshops focused on helping individuals cultivate a "warrior vibe" while maintaining a "humble guy with this smile". The workshops would draw on concepts of self-worth, setting boundaries, and embracing personal power, akin to the advice given to Ricardo about owning his value and identity.
- **"Candle in the Darkness" Self-Appreciation Tool:** A daily reminder system or app that helps users acknowledge their inner light and strength, especially when feeling "stuck in this darkness". It would encourage users to write down affirmations like "I

am strong, I'm confident, I'm successful, I'm beautiful, I am passionate, and I have a right to exist".

- **"Honey Badger Tenacity" Resilience Training:** A program or series of challenges designed to build extreme resilience, perseverance, and a "don't say die attitude". It would draw inspiration from the honey badger's ability to overcome adversity, focusing on mental fortitude and pushing through discomfort.
- **"Serenity Prayer" Family Harmony Program:** A family-focused program based on the Serenity Prayer, teaching acceptance, courage, and discernment in relationships. It would include exercises for improving communication, reconnecting with loved ones, and setting healthy boundaries with family members who may be "gossiping" or "talking shit".

The recommended approach for dealing with past negative experiences and finding gratitude, as outlined in the document, involves several steps and concepts:

1. **Acknowledge the "Shit" and Find Gratitude:**

- Recognize that difficult past experiences ("shit") can be the very things that lead to growth and positive outcomes ("make the grass green").
- Without gratitude for these experiences, they will "just stink."
- Draw a parallel to a candle needing darkness to show its value; past darkness has given the user the opportunity to be who they are today (strong, successful, confident, beautiful, passionate, with a right to exist).

2. **Forgiveness:**

- The only way to truly feel self-worth and power is to forgive.
- This includes forgiving those who abandoned, abused, or took advantage of them.
- Instead of blaming the past, view it as an opportunity to become something great.

3. **"Fuck You" and "Thank You" Letters (Ritual-Based Approach):**

- **"Fuck You" Letter:** Write a letter to the source of the negative experience (e.g., Absa Bank for the financial loss, or family members for past dramas). Express every single negative thought, emotion, and deed caused by the event. This is a physical expression of anger and frustration.
- **"Thank You" Letter:** On the back of the "fuck you" letter, write a "thank you" letter to the same source. Focus on what was gained *instead of* the pain. This includes tenacity, focus, realizing money doesn't define them, identifying internal weaknesses, and becoming stronger and more self-sufficient.
- **Ritual of Release:** After writing both letters, burn them. This acts as a ritual to get the emotions out of the mind and onto paper, then release them.

4. **Create Physical Totems/Reminders:**

- Establish physical objects that represent resilience, self-love, and overcoming past challenges. These act as points of focus, reminding the user of who they have become *instead of* the pain they endured. (Examples given are a bluestone for overcoming business loss and a shell for trusting the flow).

5. **Reconnecting with the "Little Girl" and Inner Self:**

- Acknowledge that past abandonment and emotional struggles may have led to a disconnect from the inner child or core self.
- Understand that defining oneself by what one has been through prevents

peace with the past. Instead, recognize that the *consequence* of those experiences has defined who they *are* now (strong, smart, wise, kind).

6. Trusting Instincts and the "Observer State":

- The user's first thought, or "gut feeling," is often the right one.
- Practice the "observer state" or "I am" state – where one doesn't get involved, incorporate, take a shape, form, or side, but simply observes and feels. This helps in responding to situations rather than reacting from insecurity or past patterns.
- Slow down, breathe, and connect to "nothingness" to allow for this observation and feeling.

7. Overcome Fear of Being Unseen:

- Recognize that the fear of not being good enough, not living up to expectations, or being forgotten contributes to overworking and an inability to truly be happy.
- This fear often drives a need to constantly prove oneself. Overcoming it allows for genuine self-acceptance and connection.

8. Gratitude and Allowance:

- Practice daily gratitude, even for the "shit" or bad days.
- Allow oneself to smile, to be proud, and to receive good things without always needing to sacrifice or punish oneself.

Here are 10 common issues, their underlying mindsets, causes, and recommended healing approaches, as derived from the entire document:

1. Issue: Overthinking and Over-analyzing Life

- **Mindset:** Living too much "inside the mindset" instead of the "creation side."
- **Cause:** A disconnect from instinct and passion, leading to a focus on mental constructs rather than lived experience.
- **Healing:** Slow down, practice smiling to stop thinking, trust your instincts and gut feelings, and move from analysis to action.

2. Issue: Identity Crisis / Lack of Clear Self-Identity

- **Mindset:** Conflicting internal personas (e.g., "warrior vibe" vs. "humble guy"), not knowing "who I am."
- **Cause:** Wearing too many "masks" or "facets" to cope with different life circumstances, leading to horses (mindsets/personas) controlling the carriage (true self).
- **Healing:** Reconnect to the "who you are" underneath the layers. Identify your core self (e.g., "that smile"). Learn to take back the reins and control your "horses" (mindsets/roles).

3. Issue: Fear of Being Unseen / Not Being Good Enough

- **Mindset:** Internalized need to always prove oneself, fear of not living up to expectations or being forgotten.
- **Cause:** Past hurts, abandonment, and the belief that self-worth is tied to external validation or constant achievement.
- **Healing:** Acknowledge this fear directly. Put yourself out there, embrace your value, and understand that being "autodidact" (self-taught) often stems from this insecurity, rather than a place of strength. Build self-belief.

4. Issue: Burnout and Exhaustion / Inability to Feel

- **Mindset:** Forced smiles to avoid deeper emotions, living in a constant state of stress and performance.
 - **Cause:** Overworking, setting unrealistic self-expectations, and suppressing pain/disappointment from the past.
 - **Healing:** Allow yourself to feel again. Practice "nothingness" or "observer state" through meditation or quiet time. Prioritize self-care and "me time" to reconnect to your soul and internal energy.
5. **Issue: Difficulty Setting Boundaries and Prioritizing**
- **Mindset:** Allowing others to take advantage, procrastinating on important personal matters due to focusing on external demands.
 - **Cause:** Lack of assertiveness, a fear of upsetting others, and often linked to the fear of being unseen or not good enough.
 - **Healing:** Learn to say "no." Draw clear lines with colleagues, family, and in your life. Prioritize your own value and fight for what is important to you.
6. **Issue: Inability to Trust Others (and Self-Isolation)**
- **Mindset:** Everyone is "out to get you," leading to a preference for doing things alone.
 - **Cause:** Deep-seated insecurity, neuroticism, and the belief that you're not strong enough or will be unseen/used by others.
 - **Healing:** Recognize that this distrust stems from a lack of self-trust. Understand that friends are support structures, not identity crutches. Embrace your "chameleon" nature to adapt, but do so authentically, not out of fear of judgment.
7. **Issue: Past Negative Experiences Leading to Resentment/Stagnation**
- **Mindset:** Defining oneself by what one has been through, holding onto past hurts.
 - **Cause:** Unprocessed trauma, financial losses, family dramas, and a failure to find gratitude for these experiences.
 - **Healing:** Engage in "Fuck You" and "Thank You" letters/rituals to emotionally process and release the past. Create physical totems or reminders of resilience. Reframe past "shit" as lessons that contributed to current strength and wisdom.
8. **Issue: Lack of Discipline (as a Consequence)**
- **Mindset:** Only showing up at the last minute ("crunch time"), making excuses for inaction.
 - **Cause:** Often a consequence of deeper fears like the "fear of failure" or "fear of being unseen," which create excuses that undermine consistent action.
 - **Healing:** Address the underlying fears that cause procrastination and lack of discipline. Focus on discipline as a *responsibility* towards the "who you want to be" (future self) rather than an escape from "what you want to get away from."
9. **Issue: Over-Comparison and External Validation**
- **Mindset:** Constantly comparing oneself to others' achievements or lifestyles.
 - **Cause:** Living "outside of your own means" by focusing on external metrics of success, leading to self-judgment and criticism.
 - **Healing:** Focus on your own journey and unique flow. Cultivate the belief that "I have a right to exist" and deserve what you achieve, rather than needing to prove it through comparison.

10. **Issue: Disconnection from Passion and Instinct (Over-Intellectualization)**

- **Mindset:** Too much focus on "goal setting" and "what I need to be" in the mind, rather than authentic feeling and innate drive.
- **Cause:** Losing touch with the intuitive, emotional self in the pursuit of external goals and survival.
- **Healing:** Reconnect with your passion ("that's your motto"), allow yourself downtime and adventurous experiences to break old energy patterns, and cultivate a "fuck it" attitude to stop overthinking and just "show up" authentically.