

T R A N S C R I P T

Dancing with Bob Part 2

Hi again, we hope you've had a chance to reflect on Bob.

Here are some of the questions we get asked: Is Bob just a Big Bad Bully?

No, he's not. He's a Skidzophrenic and can be the most loving and supportive «being» ever to walk this Earth. That's the good side of Bob that we will be covering soon: BigGoodBob!

Someone asked: How can I escape BigBadBob? Well, no one can. It's something that's happening that is independant from us.

Nobody is safe as BigBadBob can surprise you at any moment! He follows you 24 hours a day, 7 days a week. And for the rest of your life here on Earth! That's what reality is about.

You are not even safe in your own home because Bob is not alone, his Gang of Bullies have already infiltrated your mind or psychological territory. These Bullies are deadly thoughts hidden in the darken alleys of your brain.

Have you ever worried about *What are they going to think? Or You're going to lose!* Well, they are two of BBB's Bullies occupying your subconscious mind.

How can I stop Bob from whacking me?

SCRAM! Get out of your subconscious into the conscious

here and now – just snap your fingers and TURN YOUR HEAD to the right!

Then focus on an object, or wall, and look at it intently like you're seeing it for the very first time in your life! Keep focusing on the chosen object, a chair, mug, book or pen lying around for 30 seconds.

When you do this you instantly stop Bob's Bullies from whacking you in the head. In martial arts this conscious state is called «empty-mind». When two adversaries are facing each other they have to be in this state to eliminate all fear.

When in this state Bob's Bullies get thrown out too and you stop yourself from getting innerly whacked.

As long as you stay in this state you will experience total calm and no negative feelings or emotions.

Now, trillions of dollars are lost each year by companies worldwide because BBB keeps harassing and robbing their employees' time and energy.

A multinational did a financial audit and was horrified to discover that 90% of their employees got whacked by BBB, thus losing invaluable time and energy that affected their productivity as well as their well-being – and the bottom line!

Check this out yourself and start sharing the concept with others.

You can teach your kids too. Get them to bip-bop with Bob or turn their heads to the right to meet BigGoodBob whenever they are angry, frustrated, depressed or upset with something.

By turning the head it immediately triggers a

psychological change of state as witness many of our students.

On the other end, who is BigGoodBob?

Well, BigGoodBob is the other side of reality ... Look at what U have. Just look at what you have and what U can do with what U have right now!

You realize you still have time and energy! You can transform these assets into opportunities and new experiences. When you have time and energy you are rich!

Good Bob is a reality we often fail to see when we get whacked by Bad Bob.

How and where do we meet GB?

GB is right here next to U!! We meet him every single moment of the day if we take our dark glasses off! We won't see clearly if we are blinded or in the dark.

Now, your friends and loved ones are GB. Your computer is GB. So is the food you eat. They are part of YOUR reality when you experience them!

You have the ability to hear and learn. That's GB. Some people don't have this ability. You are sitting in front of a screen millions of others don't have.

If you have work, that's also GB. The list can be a mile long! But if you are stuck with BB you won't see a thing, or realize all the things you have. Just take out a sheet of paper and note all the things you have access to – and you'll feel good immediately!

Wanna bet a million bucks? If you have 2 legs – what if

you lost a leg? See what I mean?

We feel bad because we look at what we don't have or missed, instead of focusing on what we have – which is also a reality.

When we focus on what we have – and what we can do with what we have, it instantly puts us back on the right track, filling us up with energy and motivation again – even when things did not go the way we wanted.

Hence the importance of TURNING OUR HEADS TO THE RIGHT and emptying our mind, then looking at GB - before taking action if need be.

Of course, we need to practice to build our reflex. To do so, schedule your smart phone to ring 3 times a day. When it rings, turn your head to the right and focus on the here and now – intently – for 30 seconds, just like you landed on Earth for the first time!

Then think of what you have and what you can do with what you have. That is shining the torch on BigGoodBob.

This exercise will help you get out of your subconscious fast when BBB strikes.

The faster you get out the more time and energy you will gain. Time and energy will permit you to be productive and make more money.

We made a Quiz for you, with some Questions and Answers. You can download it now.

Take care!