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# Transcript of Webinar Between Rishan B. and Christian Pankhurst

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**We had a bunch of positive feedback from the folks who attended this webinar live so I decided to post it up for everyone to enjoy.**

*By Rishan B.*

### **Christian:**

Okay, welcome everybody and today I have a very very special guest. Rishan... ummm... How do you pronounce your surname Rishan? I don't wanna get this wrong. I don't even wanna pretend I know how that sounds. How do you pronounce your surname?

Bhagawat... laugh

Great... laugh

A man close to my own heart because we both deal in the same types of niches and we both have the passion to serve. And I just wanna share a little bit about Rishan before I kind of like ask my first question. Because as you know over the years I found it tough to find people that I really wanted to interview and to really pick that brains on certain topics that I think well, will interest me but also I think that it will be of great value for you. So I'm excited to have him on board because as you know he's a young guy like I am and we both have that same zest for life wanting to strive to be free. In all manners that that word conotates because Rishan has had a pretty interesting journey in fact, you know he's got a pretty crazy story, I'm sure he'll fill it in. And fill you in with exactly the specifics of that all. But he grew up in South Africa and in a pretty challenging environment and he was able to rise up through all of that. And this is the funny part; retire at the age of 23. Now, you might think well, that's kinda crazy, how could anybody retire at the age of 23? But, anyway, I'd like to pick your brains on that one actually. Cause that sounds amazing. And since then he has travelled and lived in a whole bunch of several countries, again, something similar to what I've done. At the age of 13, Rishan fell in love with the art personal development and he's basically experiment with a whole host of different modalities. Ranging from things like energy psychology, NLP, brainwave entrainment. You know too many to list here probably. Then he went on the study and graduate as an actuary Now Rishan, what the hell is an actuary I'm probably revealing my uneducated nature here, but could you quickly just tell me what is an actuary?

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**Rishan:**

Well, you're from the UK right?

**Christian:**

Yeah.

**Rishan:**

It's actually a profession that originated in the UK I believe, both professional boards are based in the UK. Basically, actuaries use some pretty complicated maths and statistics to solve long term business problems. And if you want to get even cooler, you know for the 18 months that I did work, I would design computer models to predict how long people live for insurance companies, so they can write their policies.

**Christian:**

Okay, so now I can tell why you're more the down to earth practical law of attraction expert rather than the theorical lofty woo woo type right?

Yeah, yeah. Laugh

**Christian:**

That's designing mathematical models. That's fantastic, that's great! So, that's Rishan. I'm sure he's gonna share lot more about that. So, I just wanna start by saying absolutely 100% huge big welcome. Thanks for being here Rishan.

**Rishan:**

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Thank you for inviting me Christian. It's my pleasure.

### **Christian:**

Yeah, and I'd like to start just by, you know, we just talk a little bit about, you know, you kinda like retiring and leaving that normal condition reality of having to work, get a job, do the stuff that probably many people your own age are doing. You know your own peers and colleagues. Can you tell us about that? I'm fascinated to know what was your journey and what didn't happened, what did you do, what didn't you do, what were the turning points, you know, those critical elements that lead you to do that. I mean to travel and have that kind of lifestyle cause we all seem to aspire to that.

### **Rishan:**

Sure, well, I stumbled across the whole personal development thing kind by accident when I was 13. My dad asked me to do really well in this psychometric test, you know, these tests for intelligence. If I did well I'd get a scholarship to go to high school because schooling on Africa, if you want to go to good schools, is really, really expensive. Unbelievably expensive. And, so I kinda went on, I think it was Yahoo at that time and I searched for some personal development stuff. Some forums came up and that kind of started me on the entire journey. And I got really into the whole idea of just becoming a better person you know just gaining more personal power do that I could get and do the things that I really wanted in life. And I think very lucky for me I kind of attached myself to some very good mentors. People who are really going places, you know, figuring out how to use this kind of stuff and it just went on and on from there. It became the kind of thing that I read you know when I got home from school or before I went to bed. And I would just practice and try to implement as much of the stuff I read. Try to figure it out for myself because I didn't have access to many of the books they learnt from to be honest. You just can't even get book delivered you know to South Africa and they are not available there so I have to put pieces of information together

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you know from these bits of pieces online and try to figure myself. And I think that it all really help you know just having to figure it all by myself and kind of getting to a university to a very good university studying to be an actuary. I applied a lot of that to help me get through and to study as little as possible while passing. That was the first big success there. Not, you know, managing to go to too many lectures and doing very well. And I used a lot of this stuff, you know, pretty funny story but when it would come close to exam time like a month or 2 before I would schedule in like 40 minutes a day to do some tapping, to do some EFT, to release some blocks around learning or by grasping this complicated material or by feeling guilty because I didn't go to lectures now I've got to study even harder you know that's how seriously I took it and it really worked for me.

### **Christian:**

Now, was there anybody in particular that kinda opened your mind and heart and soul to these new revelations? I mean, you said you opened to it when you were 13, I mean that's a pretty young age to, I know that there's a new consciousness that people are getting this far far early but 13 is pretty young for you know. So, was there anybody, was it your parents, and was it a friend or mentor or somebody that kinda opened your eyes?

### **Rishan:**

Well, the reason I remembered the age 13 so clearly is because that's the age you go to high school and I know that's the first time I searched for something.

### **Christian:**

Oh wow!

**Rishan:**

Is it because of my parents being fan of this stuff? Not at all. You know they support me.

Laugh

They support me but it's not something they do. I think growing up in their generation it wasn't just something they did or were interested in.

**Christian:**

Sure...

**Rishan:**

And what really helped at that young age was that I found this forum. I think it was a group on Yahoo Groups. It's pretty much dead now. I haven't been in for 5 years or something. I was called "Mind List" and it was a list kind of a forum but not even as good as today's forums. It was kind of a forum where people discuss these ideas on technology like EFT, NLP and all these things on self hypnosis and that's where I got most of my ideas from. And I found a couple of posters there who post really good stuff. And whenever they post something I print it out you know and make notes and figure out how to put it into things I already figured or already found out working for me. That's kind of like where I pieced it all together. I'd message these people in private you know and ask them for some clarification.

**Christian:**

Yeah, so it sounds like just through hard work and real passion. A real longing to get clear, it's almost like you were hungry for that information, like you know, that hunger inside of you just cause you to go out into the world wherever it was found even in small scraps on a forum or pieces of

information here and there. You just went out and collected and collated them as much as you could. Is that how it kind of happened?

### **Rishan:**

Completely, that is exactly how it worked you know I couldn't get all the books and then it was so slow to get hold of any audio or video that was for sure. We had I think 14K dial up modems so it was literally putting together pieces and communicating to people and asking them questions. One of the other reasons I got so excited about it you know to put it bluntly I kind of seen it as cheat codes of life for me. You know it was a way for making my self better and making it easier to get all the things that I really wanted and that drove the passion.

### **Christian:**

Yeah, that's quite inspiring you know because in a country, in a culture that didn't have many of us has access to in form of books, libraries, the internet. It just shows that with the right attitude, mind set, heart set, longing passion, will that we can just create such incredible changes in our live, it's quite a testament to the power of that I don't know, human zest for life and spirit. That's cool, thanks for sharing that I appreciate it.

Now let's get into some of the nuts and bolts of why we're here together, which is to talk about the law of attraction and some tools strategies and resources that people can use to help people manifest what it is they want in life. Now, I think it's good to start in a place where we totally connect and agree upon which is. Well I guess a lot of things but I guess there's one thing in particular neither of us are big fans of this thing that's thrown around all the time, this thing called law of attraction. Those words the "law of attraction" aren't probably the words I use to describe the manifestation process. But can you elaborate from your perspective why isn't that a good description of attraction.

**Rishan:**

Yeah, I'm totally with you on that one. I think the big issue is that a lot of people all of a sudden seem to be teaching law of attraction stuff and it seems to be some kind of an association with the law of attraction and magical thinking.

I think they are just selling the idea that you just kinda visualize it is you want and it magically appears. And, yes visualization is a very important step in the manifestation process but action is required too. And I think it is a very important part of the manifestation process, you know, eliciting correct action and taking correct action and I just feel that the way it is currently being taught is a bit too magical for me and I would challenge those people to show the real world results that came from the paradigm of their teaching.

**Christian:**

Very cool, very cool.

On that note then, tell us then how do you use or explain to use how that law of attraction from your perspective works in the real world to create those practical results. I presume that by practical you mean you know moving from a death position to a 6 figure or 7 figure income or being at the job you hate to retire at the age of 23 and never having to worry about work again and just doing and following your bliss. I presume going from place of loneliness and not having a relationship to having the most amazing relationship you've ever experience with your soul mate in a hot scented deep juicy sexually exquisite relationship. I presume those are real world results right?

**Rishan:**

Yeah exactly, you know I'm very hard on real world results. Given my background I studied mathematics and statistics and was living very

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comfortably and stuff like that. And so the results were very important for me if this was gonna be something so big in my life, if that makes sense.

The best way to put it is this, I think that the way the law of attraction works in real life is you kind of, you set up your intention, you communicate it to all parts of your being, your unconscious resources, you clear out all the intentions that kind of look away from your goal, you look for inspiration or inspired action and you take that action. That's kinda the basic form that I worked with. I tried to keep it really simple because I feel the easier the formula the easier it is for people to take action on it right?

### **Christian:**

Could you run through those 4 things again or the 5 things?

### **Rishan:**

Yeah it will be:

Clearing setting out your intention, figuring out exactly what it is you want and why you want it.

And then communicating that intention to our other than conscious resources which is usually done through a form of visualization and that can be made even more powerful by going down to the centered level of mind.

And then removing other intentions that are not pointing towards your goals. This could be parts within you that see some kind of security issue with reaching your desire or see some kind of negative to reaching your desire. You wanna remove those internal blocks. Those thoughts are sabotaging your end desire.

And then elicit real world actions that you can take to make your desires come true. And then go and take them.

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That's I believe is the basic process, the way it works on real life. The best way would be I guess to give you an example.

**Christian:**

Sure.

**Rishan:**

Oh one good example as discussed with friend a couple of days ago. When I was staying in Seoul. I needed a new laptop and the laptop I needed, needed to be extremely specific. You know to cut to the technical story kinda short, I needed the resolution of the laptop screen to be really high. It's not something they do because it doesn't really make sense because the resolution of the screen is so high the fonts and stuff appear to be very small. So they just don't do it. And there were literally 3 or 4 models of laptops in the worlds that I could buy for this purpose.

I remember setting this intention and getting on a bus and going to an electronics place and having a look around and everybody I spoke to said that it's just not in Korea, they do not have it. The one brand is an MSI, and they said that MSI is a Chinese company. By the way, the MSI is the laptop I'm using to communicate with you right now. And they said Korea isn't the biggest fan of Chinese electronics so I would find this laptop.

So, I went back home and you know I did my home manifestation thing, those 5 steps I just talked to you about. Now, the next day I really got some inspiration to kind of do some googling around. And I found a very small electronic market. In Asia they have these markets where a bunch of electronic stores around. I went on ahead, looked around and again the same story.

And I remember as I was leaving I noticed a light on in the far corner of this market. And I decided to go to check it out. I went to the store, and I went to

see this guy. First it was amazing that he spoke English because it's kinda hard to find people who speak English or speak English well and he said that he had just been to America and came back and he brought with him 3 laptops that he thought somebody in Korea might need. And these were 3 of the 5 or so models that I could possibly use for my purposes that has an extremely high resolution. I mean it was really freakishly weird. Going from having no choices to having 3 of the models in front of me. All at a much lower price that I anticipated cause I was kinda thinking South African prices. So that was an example of a mini miracle.

### **Christian:**

On that note, cause I get that you're creating real practical grounded results . Results in your own life and the lives of those people that you tutor. But at the same time, the miracles and daily miracles that you are able to demonstrate in your own life often appear to your self and to others as kind of magical and freakish. So, how do you explain, the actual, the actual you know from a math you know as you said you've got mathematics and statistics and scientific background. How do you describe the principle of magnetizing what it is that you want to you? Okay so this computer, in the corner of your eye just came from China 3 out of a 5 that could have been possibly useful to you. I mean how did that come in to your space? From your perspective how would you describe that thought of reality creation?

### **Rishan:**

Of course, that's a very good question. I mean, I wanna start by saying that I have studied, mostly because I have the time nowadays, you know my whole day is my day everyday for the last 6 years.

### **Christian:**

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You're just trying to make us jealous by saying something like that.

### **Rishan:**

No, no... I was just kinda give you some insight.

Yeah, while I'm hanging out at a beach, sipping my nice tropical cocktail...  
laugh

You know I do a lot of reading, around as to how we could possibly explain this. I even, there's a company called the Learning Channel and they record lectures by the very professors in the world. And I buy these lectures on topics like Quantum Physics and all kinds of interesting things because I hear other teachers you know talking about these ways to explain it. And you know given all these bodies of research that I have look into extensively. You know, to put it lightly, I can still say with a lot of confidence that we're not a 100% sure how it works, the exact mechanism behind it and in fact were not even close to sure as to how it works.

What I do know is that when you follow this process it seems like two things happen. The one is it seems as though you become primed to receive your desire whatever it is. Your unconscious resources which as we all know do a lot more parallel processing it's into a millions and millions of times more than your conscious mind. And I believe it gets involved in this entire process and it runs through all the things that you've seen that you may not consciously recognized, maybe the ad that you saw on the Korean television channel and you don't really know what they were saying but subconsciously maybe you figured it out because you put together some Korean words you know here and there. I don't know but I think that your subconscious mind get involved, it does things that you cannot consciously do and then brings that forward to your conscious mind as inspiration, for example, do a Google search on this or go check out this place. So I think that's the one mechanism behind what makes this work.

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The other and I always mention this one second because it's so much harder to explain. We don't even have a really working model for it but the truth of the matter is, it seems as though when you follow this process correctly external events that you logically you shouldn't have control over seem to fall in your favor. That's the best way to put it.

### **Christian:**

It's nicely put. Yeah, fall into your favor, great!

### **Rishan:**

Yeah, gently fall into your favor. And that is a very hard one to explain why. It's just in my personal experience that has happened way too much for me to say its coincidence.

### **Christian:**

Yeah, you know it's so interesting because just recently I've been reading about some research, astrophysics research about the nature of our universe. Now, many people are listening to this. You may have been familiar with my work in the past; you have probably not heard me talk about this. This is more of a hobby that it is something directly related to high intelligence but I have always have this passion for the work of Steven Hawkins and you know the astrophysical nature of life. My brother in fact got a degree on space science and astrophysics. And then turned out to be an investment banker, he just have this incredible mind and brain, left with first class honors in the university and didn't used it. While I have always wished that I have a brain like his. But anyway, what I was reading at a recent article that at the beginning of the universe after the big bang, there is this thing called normal matter and there's this thing called antimatter and normal energy and anti-energy. But the amounts are so almost equal that it was only a like you just

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said are falling towards the favor of one that lead to the creation of our current world over the others. Nobody understands why it just tip to that edge because if there is a just a change, if something just happened there, if something just wasn't quite in place it would have one the other way. These weird things were science is pointing out that everything on the edge, you're right it just falls on our favor. Therefore it's so delicate, and because of that delicacy so many people find it hard to utilize what many people called the law of attraction because it's so easily to offset that balance isn't it?

### **Rishan:**

Yeah, of course there could be a million things that could go wrong in the entire, not a million but a good number of things that you could do wrong and also when you look at it from the perspective of everything we have around us right now everything that I'm looking at or sitting I manifested one way of the other. If I take that view of it, that opens up a lot more possibilities, if that make sense. Everything from the clothes I'm wearing to the color of my bed, I in some way played a part in creating that. By the way, its very interesting that you mention the whole matter and anti matter battle because this is totally as an aside but in theory there shouldn't be an equal amount of matter and antimatter and now they theorized that some of the antimatter escaped to another dimension.

Laugh

Yeah, science is pretty funny you know. When they can't explain something you know they just kinda create a magical reason why and where the matter went.

Yeah, that's how theoretical physics works.

### **Christian:**

There's nothing to matter with that. Laugh, sorry I couldn't resist.

So, you're saying that sometimes events just fall in our favor. Is there anything people can do practically to have life fall on their favor more often? Because you know what, I hear a lot of time people say; I just seem to be unlucky. It's almost like they attract the opposite life force to the other persons favor not to their favor. It almost seems like why am I given the short straw all the time and picking the card with the joker out of the deck. So, is there something that people can do so bring the power back to themselves, the life force to their favor?

**Rishan:**

Completely! When you mention someone like that you know who consistently seeing their selves get unlucky, I think there could be two things at work there. The one is that the person has what we call in energy psychology circles, a psychological reversal. The metaphor they use for this is, they would say that your energy fields are running the wrong way around. I'm not sure if that's a metaphor or that's an actual physical description of what's happening but these psychological reversals are very real, I've seen this myself and I worked on them myself. And what is possible is that somebody who sees that kind of pattern in their life has that kind of psychological reversal running in a very generalized way. And in energy psychology fields there are a couple of protocols to take care of big psychological reversals like that. Which are quite technical but I've seen that they work and when it's something massive and very recurring patterns in one's life, it need some attention over an extended period of time.

**Christian:**

Uhuh, so there's no quick fixes then, you're saying?

**Rishan:**

No, no, there is no tap a certain point and it's gone.

Laugh

**Christian:**

I'm very happy you say that, You know I'm actually quite relieved when I ask you the question how does the nature of the universe work, the first words out of your mouth was "actually, honestly I'm not quite sure" actually that's a very good answer because if you did say "yes let me tell you because I happen to know everything about the universe", then I would have put the phone down and say our hour is over. We're done here.

Laugh

That's great and interesting thoughts I get that you have a very strong and powerful mind. In perspective of that, how much do you think emotions and feelings play, you know you talk about the 5 step or 4 steps process In the first step you said intention you know set a clear intention. And you said it involves visualization and I get it. But for me visualization isn't just I'm thinking of a thought, I'm embodying that thought through feeling, through a deeper connection to my energetic emotional resources. And when I'm disconnected from that visualization is kind of useless for me personally. That's because I know I'm an emotionally defined person. I seem to attract other emotionally defined people who wanna work with me because I realize the pure mental approach just doesn't work. What do you say about that?

**Rishan:**

I agree 100%. I think emotion is absolutely crucial when you're visualizing. In fact when I teach people, I tell them that the words that they write down when they're planning their visualization, their end point success image, those words need to be chosen so that they elicit the feeling of already having and

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already enjoying whatever it is you want. It is so much so to the extent that you feel the gratitude for already having it because in my personal experience when you feel that gratitude from the visualization. Your body kinds of sings in the way that you feel that gratitude.

Yeah

That's when it will come to you very quickly.

### **Christian:**

Then, you said that the second part of that was then to communicate that powerful intention to your unconscious resources. So then what mechanism does that, what from does that take from you know...

### **Rishan:**

Yeah, in its most basic form these come from the Science of Getting Rich by Wallace T. Wattles and Napoleon Hill's think and Grow Rich. Those are the books that I could get a hold off when I was very young online. I somehow found copies and manage to print them.

(Laugh)

The basic idea to impress something to your unconscious resources, it would need to be visualization and there would need to be emotion involved. What we kind of just talk about falls more under the step of communicating to your unconscious resources. The step before that is clarifying your objective right. Becoming very clear of what is exactly you want and what it is you don't want. And once you have that, you are forming the visualization with the emotion that's what's communicates with your unconscious resources. And I have found some ways to make that even more powerful. One is definitely self hypnosis coming down to a centered level of mind and performs in your visualization there. You know in my experience that works a lot better especially very early in the morning when you're still in alpha brain wave

state. Also learning to direct your intent while at a centered level of mind. While you're down you know once you've counted down and hypnotized your self so to speak. Learn to control your intent and learn to communicate with your other than conscious resources. Learning to elicit those hunches and listen to those feelings as to when you need to tweak your visualization here or there. Or listen to your inspirations at that level on what actions to take. Those are all kind of skills that come with practice of this process.

### **Christian:**

Very, very cool. Now how do you deal with somebody who is stuck because they can't get to a clear objective or clear desire or clear longing or wanting in particular are because they just don't know what they want. You know you ask them what they want and they say I don't know what I want.

Laugh.

That's the problem if I knew then I would just do it and get on with it.

### **Rishan:**

To me that is one of the easiest questions. Because then I go okay then what you don't want? Because the things that would immediately come to mind are probably the things that are hurting them in their life right now, if that makes sense. So if someone says I don't know what I want I would immediately ask them what don't you want, what's hurting you the most, what would you hate to happen, what's your biggest fear. These kinds of people, it's not a bad thing, it's not how their parents brought them up, it's just their kind of meta program and they're more focused on moving away from stuff. So if you ask them what they don't want they tend to be able to sprout out an unlimited amount of those. And when someone tells you what they don't want, they don't wanna be fat, you can ask them well instead of being fat what would you prefer to be, you know it's pretty logical.

### **Christian:**

Yeah, pretty logical. Laugh

Its interesting, in my work though I noticed that when people get clearer cause you're right, absolutely 100% I agree with you that people find it easy to access what they don't want. And often though when they reverse it, the reversal can happen in the mind. Sometimes its a difficult jump to really feel that because there's a part of them that kicks them whether though she deserve that. Do I really feel worthy really to receive and have that in my life because it also got that metaprogram of not being enough, never being successfully, fail failure, rejected, you know the story. So, how do you deal with those types of programs because you eluded to the 3rd or 4th step in which you talk about then removing those intentions that are no longer serving or are getting in the way or perhaps even sabotaging your progress towards bringing what you want to you?

### **Rishan:**

Completely, I think the whole idea of removing self sabotage, those alternative intentions, this is where most of the tools I have are focused because this, I find, is probably the most challenging part of creating your dream life. Because all of us, every single person on this planet that I know of has a lot of self sabotage going on. And it's just a process of using the best tool in the best situation.

The first tool that I pretty much always tell everybody to use is EFT, just because it works so quickly and on a such huge percentage of people to release negative emotion. That's the first one I suggest to people. So, to take your deserving example even further, someone doesn't deserve something, in order to remove this completely at its root, I would suggest that we need to ask that person about time when they may have form that belief, specific memories that lead to making that conclusion. And start to use EFT or some

other tools that release the trapped emotions from those earlier memories where they made that decision to believe they were un-deserving. And once those trapped emotions are released then they can make a better decision to believe that they do deserve things that they want and that they are willing to work for. And that would be my basic framework for working with blocks and self sabotage.

### **Christian:**

Hmmm... fascinating! Was there a part after that? I know you talked about finding inspired action and you talk about choosing the right choices and stuff, is that what comes next and through that process?

### **Rishan:**

Yeah, so what I find anyway is that in an ideal world we would just get clear on exactly what we want, we'd communicate to our unconscious, we'd remove all the blocks that could possibly get in the way, then we get perfectly clear and vivid inspiration, we act on them and "bam", we'll have what we want. But it just really doesn't happen that way.

Laugh

Maybe it will one day, hopefully before I pass on, but the way it works now is we get very clear on what we want, we communicate into our unconscious, some blocks come up we take care of those, we formulate a plan using the inspiration we receive or if we don't get inspiration we just formulate a plan using our conscious mind. You could ask: "If I knew how to get this, what do I do?" And we go about taking action and the next day comes along and we once again communicate our desire to unconscious mind, once again clear up any blocks that could have come up and if any inspiration comes up, we modify the action plan. So that's the path I find works the best in the real world because having a plan and taking action helps to elicit the blocks, the self sabotage that's going on inside your head.

**Christian:**

What if you don't feel like taking action, what if you just wake up in the morning and you can't be bothered?

Laugh

**Rishan:**

Well, that's a pretty serious self sabotage pattern we have right there. Hopefully in that case your desire to reach your objective is at least strong enough for you to attend to this.

**Christian:**

Would you then come to the conclusion that if you are operating from that sabotage or block that it obviously is not a strong enough desire? Would you receive that as an information well, you obviously haven't connected to a big enough, why? Because your why isn't big enough to get you out of bed.

**Rishan:**

That's interesting. I haven't approached it from that paradigm. Obviously, when you pose that question to me I can make out that its a paradigm you've investigated or thought about. When you mention it to me in that way, I can definitely see how that is a valid conclusion to come to. Me personally, because I'm so outcome oriented within my life. You know I always have things that are going on that I really want. If I wake up in the morning and I don't feel like taking action on various things that I really want, I immediately ask myself why don't I feel it, what's going on here and where did this come from? And kinda figure out where that self sabotage came from and deal with the emotion behind it. I could definitely see what you propose though as being

another solution. As in saying, why I don't feel like doing this, why is there something bigger that I should be doing or is there something more important?

### **Christian:**

Hmmm. Cause I think there's probably or I think they're probably both correct. That is, both options and both conclusions are equally valid. But then it brings out another question, doesn't it? How do we know which one it is? And then we have to learn this art of discernment and figure out, is it just me blocking me or is this guidance telling me that in fact there's something more bigger and important that I should be doing right now? And that goes into I guess my territory, because your area is so clearly and beautifully defined and you know I really feel quite inspired talking to you because you do a lot of things, you touch an area that I don't. Not because I don't see value in them but you know I'd realized that if I wanna develop an expertise in this certain area I have to draw deeper in an area that I wanted to specifically drill down into and serve people at a level that people are not being served at. You know what I mean? Because I don't wanna be a jack of all trade, I wanna be a server of something very specific. But I do love hearing about areas of personal development that I believe are really really important. You know if you listen to these guys you know you're more familiar with maybe the high intelligence work that I do. The mind technologies are so vital to be putting in sync and integration with this. That's why I'm saying to you Rishan, for me the way high intelligence works is to be able to learn that discernment, to figure out by tuning in to ourselves of what's really running and what are operating forces behind either the sabotage or the guidance, where does it coming from? Whether this means that, is it my stuff or yours or both, how do we you know and all of that. It's that discernment are to become more aware of who I am in this moment, what's driving me.

**Rishan:**

That sounds awesome! Yeah.

**Christian:**

Hmmm... So cool! Now I just wanna share with people who came in maybe a little bit late that you can ask questions and perhaps this maybe a good time if you have something to ask Rishan, now is a good time to do so. It doesn't mean to say that he's not gonna share other things it was just that we thought you know, lets, you know we've got 20 minutes left here.

If there's any questions, now what you can do is if you're on the line and you have a working microphone all you need to do is raise your hand, you press that little hand icon when you go to web on our control panel. When you press that we know that you have a question you wanna ask. I'll mute you and you can talk directly to Rishan, if not if you're a little bit timid and prefer to just chat your question, there's a little chat box basically underneath the little hand where you can just type in or chat your question right there. So do that now, if you have a question now is a good time to ask it and also either by raising your hand or by typing something in. Now, can they ask questions? What I'll probably do Rishan is I'll probably relay them unto you.

So when a question comes in in chat, I will then pass it on. Is there anything that they should not ask?

**Rishan:**

No, please feel free to ask anything. I will do my best to answer them, if I cannot I wont. Laugh

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**Christian:**

Okay guys so, it's no holds barred. Now, you can ask him anything. Grill him go on!

Okay, so we got a question here from Irene, she's gonna unmute there.

Irene, can you hear?

**Irene:**

Yes, can you hear me?

**Christian:**

I can, okay. Rishan is on the line, please ask your question.

**Irene:**

Hi!

Hello Rishan, I love listening to you and Christian as well. I have 2 questions. What is this EFT you talk about and what's your technique to get rid of blockages.

**Rishan:**

Sure, very good questions. EFT stands for Emotion Freedom Technology. If you do a quick Google search on EFT or energy psychology there will be a million results. If you do a search on YouTube there will literally be thousands of videos of people showing you how to do it. It's a quick 2 minute technique. It's kind of weird were you state your intention; you tap on different points in your body and the emotion just dissipates. Actually I found some research a

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month or so ago that showed in double blind randomized studies it was proved many more effective than traditional cognitive behavior therapy. We even have the science to back it up.

### **Christian:**

And Irene, EFT works basically through the meridian, traditionally EFT maybe in different ways and different models out there but the one I'm familiar with uses the meridian system, the energetic channels that were printed and portrayed by the ancient Chinese and therefore you're tapping on specific acupuncture points but with the intention of releasing withheld emotions.

That's fantastic!

### **Rishan:**

Yeah. It's always my first port of call for removing blocks. As for removing blocks I often start off with just simply asking myself questions, you know if for example I have a goal to get down 8% body fat or whatever it is. I would just ask myself what's stopping me from reaching this goal? What do I have to give up in order to reach this goal? If there was a way it wasn't safe, it wouldn't be safe for me to reach this goal what would it be?

Just start off by asking those kinds of questions, feeling where the strong emotion is and using EFT to release those emotions and if needed going back to earlier memories of my life where I may have made decisions that cause some of those blocks and using EFT on those memories.

### **Christian:**

Cool!

**Irene:**

Great! Thank you very much for that answer.

**Rishan:**

Yeah, have fun play with it I think the best way to learn this stuff always is just implementing it immediately as soon as you get off the web or whatever and see what works for you and what doesn't and tweak it and play with it that way.

**Christian:**

Cool! Thanks Rishan, Okay so next question we've got. Thank you Irene that's wonderful. Now, we've got Paul. Paul are you there?

**Paul:**

Yep, I'm here.

Great! He's all yours Rishan, fire away.

First off you were talking about visualization and such. Now I don't know if you've done hypnosis therapies or things like that, you'll know that apparently a third of people aren't visual and can't do that. So what to do with this people? I know I'm supposed to be non-visual.

Laugh

Also, is it a permanent thing or are there any intervention, I don't know, right now cause the situation and I'm giving up.

**Rishan:**

Sure, for what it's worth I've been tested as being visual first and kinesthetic second. What I do suggest to people who are not visual first is to simply start with your dominating modality.

So, if you're visual first start by describing out loud the visual aspects of the imaginary experience. If you're auditory start by describing the sound elements, maybe what someone's telling you or maybe what you hear in your environment. If you're kinesthetic start by describing out loud the touch of the scene. What I encourage people to do a lot and what I do a lot is to physically involve my body in these imaginary experiences. So, even though you're down at that centered level where your eyes are closed I completely encourage people to reach their hands out with their eyes closed, touch things, imagine touching things and describe out loud as you're touching things to really get their entire body involved in the imaginary experience and I feel that describing out loud and moving your body and describing images really works for getting all the modalities involved.

**Paul:**

So you hit something sooner or later related basically.

**Rishan:**

Yeah, yeah. And the way it works for me is when I start hit something in that end point success image then the description around that starts to flow more so if I'm working on a body fat percent goal I'll hit something about you know the top part of my abs you can see something very cool and that will give me something a bit of inspiration and a bit of excitement and I start to describe more around that and then those feelings of the contours, and all those lead to feelings of enjoying and having it. It all about eliciting the right feelings within you while imagining the imaginary experience. The right feelings being those of already having.

**Christian:**

Did you just say, looking down at your abs?

Laugh

**Rishan:**

Haha. I needed to come up with something on the spot. Although I do look at my abs quite a lot. Its definitely one of my favorite times of the day.

Laugh

**Paul:**

Well I wish I could do that.

**Christian:**

Yes, exactly 😊 That's great. Did that answer your question or do you have anything else you want to share?

**Paul:**

Okay, thank you very much. There's just another thing I will add to that. Have you ever found somebody who's didn't think they were visual or believe they weren't visual they tend on have a bit more aptitude in that area?

**Rishan:**

So, just to make sure I understand your question, you're asking if I ever found someone who thought they weren't visual but they actually were?

**Paul:**

Yeah, which ever.

**Rishan:**

No, you know not explicitly, this hasn't been an issue that a lot of people I've talked to have brought to me. I think maybe that's because one of the ways I go about helping people create their imaginary experience is that I gave them a worksheet and I ask them to describe the things they be seeing, the things they'll be hearing, the things they'll be feeling and I ask them to put as much detail unto those big 3 and put it together that way. So that way they got something down on paper for all 3 of it, the modalities.

**Paul:**

Okay, cool.

**Rishan:**

Cool! Thanks Paul.

**Paul:**

Thank you.

### **Christian:**

Yeah, my pleasure. Alright let's just mute Paul there, wonderful question. Now, I wanted to share before we run out of time and I wanted to make sure I get this question. One of my own. Where are you going with all of this? For you personally what are your dreams, what are your aspirations, what are your goals that you are moving towards in your life? You know what's up for you now?

### **Rishan:**

Sure, you know this is kind of a model for life in general. I feel that I have certain ideals which are not clearly defined objectives but they are ideals that I hold myself to. And one of them is freedom. I love freedom in every sense of the word. I love the financial freedom, I love the location freedom, and I really just love freedom.

And its one of the ideals that I hold myself to. It's a standard and when I'm looking to create a new objective, a new 5 year plan, a new 1 year plan, I look to these ideals.

So, in terms of where I'm going its always a process of getting closer to my ideals, of doing what I love and refining these processes to help me with new objectives to get me closer to my ideals and just kind of enjoying the time I have on the planet right? It all just comes down to me.

### **Christian:**

Absolutely, follow your bliss. Follow your joy, that's awesome. Now tell us a little bit about this astonishingly cheap program. I know I alluded to it in emails that I shared with people and it wasn't a typo and I'm kind of curious myself as to wanting to know how this whole works. I know its a bit, I'm gonna share the price right away cause I know that a lot of people know about it anyway in terms in their own mind. You know for 17 dollars you created a

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program to help people develop and teach these strategies, I mean could you tell us what's in that because that's kinda crazy.

### **Rishan:**

Completely! Yeah well you know its that cheap because I want a lot of people to try it, I'd like to help a lot of people because you know if someone buys it and they have a great experience with it they have much more likely to listen to anything I may have to say in the future.

### **Christian:**

Sure!

### **Rishan:**

So, I think it's a great way to kind of to get my stuff out there and then to have people experience what we're teaching in this \$17 program, I call it Manifest Absolutely Anything.

Laugh

I teach the basic steps that we talked today. The thing that I don't go through in a lot of detail in that program is removing blocks. And the reason I don't go into a lot of detail in that program is because I show a method of choosing objective that hopefully doesn't require you to deal with tough blocks. Because I feel that the best way to learn this process is to get a success under your belt. And then get bigger and bigger success and then maybe learn another tool and refine it for your self. You know, just kind of get some positive forward momentum going.

So this program teaches you the nuts and balls of the stuff we've been discussing today and how to get first 3, 4 or 5 successes under your belt so you could start building you know a positive upward spiral start adding to

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your box, adding to your positive experiences, adding to that general feeling of empowerment around your life.

### **Christian:**

Hmmm... Wonderful. And what do people need to do to take advantage of that.

Oh! So we organized a pretty easy link its  
<http://manifestalltoday.com/manifestanything>.

Yeah, for anyone who wants to check it out, please go to that link. That's the direct link that you can order for, for 17 bucks. Of course it's guaranteed. On the sales page we say that it's guaranteed for 6 months or so but to be honest if anyone asked for a refund after any period of time I'd be more than glad to give it to them.

### **Christian:**

Are you saying you offer return policy?

### **Rishan:**

Yeah, yeah.

Laugh

There's absolutely no risk. I just want you to try it out and get some of these positive experiences on your belt and hopefully you go from there.

**Christian:**

That's awesome, I can really tell that you want to help, you know this is great, I love dealing with people who really have an authentic desire to help and serve. You know, I know everybody on the call is looking at this like its \$17 and it's absolutely bargain. You know it's really refreshing to see a course like that. By the way, it's coming up on your screen right now so you'll be able to see that. That's just for you to look at; if you try to click on it nothing will happen. It's unfortunately not a clickable link. You just have to copy that link that link on your browser to get to it. You need a PayPal account or I think you don't need a PayPal account you just need a credit card. All runs through PayPal so it's really secure. Also be aware that after they purchase that there's also an opportunity to get something else. What's that about?

**Rishan:**

Yeah, we put together a bunch of audios which are basically me taking people down to level and helping them with various things.

**Christian:**

What do you mean take down to level, what does that mean?

**Rishan:**

Sure, for me that means a little induction, helping them relax, helping you relax. Relax physically, relax mentally and getting into a state of concentrated awareness were the mental work we do has more power to it, has more punch to it.

I have recorded 12 of these separate audios each of them has a different purpose so you got one to help you out with procrastination, one to help you out with removing some emotions from all the memories that could be

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causing some of these deserving issues some these safety issues. We've got another one to guide you to eliciting inspired action from your own intuition.

So I've kind of combined all the technology that I used which is specific induction that I used, some binaural beats on the background, some NLP, some timeline therapy while they are down they're level to reach these specific outcomes.

So it's a package of audios, at least half of them are there to automate some of the outcomes which I think people find really useful. Then the other half presents the theory on how you can use more easily those technologies to communicate with your unconscious resources and to get them working with you.

### **Christian:**

Wow! Cool, sounds great. Yeah they really is, I mean its fantastic I mean like, I guess its just great that you offer all the, you know you've gone out there and you have researched and done all the work to try out, look at, apply, test all these different models, integrate them and then share with people the best and the integrated collection of them then sell the theory and application of that for 17 bucks and offer some great induction audios to help people actually embody and get all to that into there conscious and subconscious for very very little amounts of money. I think it's great, you know that feels like you came from the place of service on that I recommend everybody listening to this to take advantage of that. That is awesome Rishan. I love it!

### **Rishan:**

When you say it like that, you know you kinda make me sound like a real saint. But the truth is this; I did all this research and all this shameless self experimentation because it was so important to me. So much for passion to me, I wanted this stuff more than anything.

**Christian:**

Yup.

**Rishan:**

Actually its a pretty funny story as to how I decided to record Manifest Absolutely Anything. I would be traveling and I tend to live in countries for 3 months to 6 months or whatever it is and I always meet people and as I get to know them they ask me about my story and I found a constant theme of people wanting to know what I believe it was that allowed me to create this lifestyle. That's when I figured out that hey there are a lot of people actually really are interested in this stuff.

**Christian:**

Absolutely, and you know what we just received a very quick question actually from Cathy; she's wanting to know if you could share your website so everybody can come in. Do you have a website? I'll be shocked if you will say no.

I have a couple. I have a blog at [alltoosimple.com](http://alltoosimple.com), to get our mailing list, you know a similar list that Christian has, that's how I communicate with most of my people to be honest. The blog I post some stuff that comes up but the main way we communicate is through our list. And the way to get on to that list is to go <http://manifestalltoday.com>

**Christian:**

Manifestalltoday.com, Great! Fantastic! Well were just wrapping up now Rishan, we got like a minute before we go. I just wanna use this time to express my gratitude for taking the time, you know giving your gifts and

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sharing heart with us and resources and your mind. It's very clear and I can see now why you're an actuary you've got that mind...

You know I can really see that you're able to bring such clarity to us on this call about some of the things we can do right away and how we can access some really great training for very little money. It's been awesome. Thanks very much for enlightening and inspiring us and I hope everybody who is listening has got something of value.

Please share a comment in the question box as well. Share with us what you've got from it and I'll be posting this replay so if you didn't watch it all of it you can listen to all of it. Its well worth it, it's got great valuable content so I'll be posting it up tonight. Anything you wanna end with Rishan? Anything you wanna say to complete?

### **Rishan:**

Oh well I'd like to thank you for inviting me, asking me very intelligent questions. Thank you very much Christian.

### **Christian:**

No, thank you!

I really did enjoyed my time and I really hope everybody learned something and more importantly I hope they just take something away and use it and you know put it to work.

I'm sure they will.

Wonderful, okay everybody, have a fantastic Tuesday evening or Wednesday morning if you're in Australia or wherever you are. I hope to speak to you all soon. Be gentle with yourselves and take care everybody.

Bye-bye

## Resources:

### My website

<http://manifestalltoday.com>

**How To Manifest Absolutely Anything And See Results in 2 Days Flat Without Silly Fluff, Jedi Mind Power Skills or Years of Practice...Guaranteed**

<http://manifestalltoday.com/manifestanything/>

**Watch The Step-By-Step Blueprint For Attracting Anything You Want Into Your Life**

<http://attractingabundancehq.com/video-reveals-step-by-step-blueprint-for-attracting-anything-you-want/>

**Effortless Abundance Blueprint: The Synergy of Internal Peace and External Success**

<http://effortlessabundancesite.com>