



Darius Barazandeh presents,

You Wealth Revolution Shift 2012



Interview with Vishen Lakhiani

Date: June 4, 2012

**Topic: Omharmonics – Creating an
Unbreakable Abundance Mindset**

Darius: Hello and welcome. This is Darius Barazandeh. You're listening to the *You Wealth Revolution Shift 2012*. I am incredibly excited today because I have somebody that has been shifting and shaping the world, their world and then ultimately the world of learning, of education, of possibility for hundreds of thousands of people all over the planet in over 130 countries, if not more.

This person is now here at the *You Wealth Revolution* to share with you not only the techniques that have shifted their life, but a new technology that promises to awaken to true power that you really are. I've got to be honest that we all have this amazing gift and for whatever reason...maybe our education system isn't right.

I mean we know that our gifts are not brought out into the world in the way that they truly should. Maybe you've been sitting and knowing in your life that there is something more, that there is a power, a dormant power in you that is bigger than anything else around you. If you're one of those people who say *I want to be all that I can*. I want the experiences of life that really move and I finally get to that. I can tell you you're in the right place at the right time.

Here's what I'm going to do. I'm going to give a brief introduction, but first what I want to do because this is such a historic call for me especially because this is somebody that I've admired for years; I've known for about three years now. I've seen their work. Chances are you've been influenced by it whether you realize it or not.

This call and the person that we have here, Vishen Lakhiani, who is the founder of Mindvalley and the mastermind behind so many of the most brilliant transformational teachers, speakers and programs that you've probably used is here with us to bring us an incredible shift and some information that's allowed him to go from being challenged to creating an incredible global company that has shifted people all over the planet.

Now really quick please go to www.youwealthrevolution.com/now and share this with your friends and family. Let people know what we're doing here because we're actually going to do a live demonstration of a new technology that brings you into a retuned brain frequency of seven to fourteen cycles per second, connects you through Vishen's incredible meditation that he used to grow his life from literally being frustrated and, in essence – you're going to learn – broke less than ten years ago.

Actually, right at ten years ago to building a \$30 million conscious company that is expanding the planet. I mean that not just profit wise, but in a huge way of awakening our gifts and our contribution and shifting the way that the world sees business, the world sees transformation and much, much more. Please share this with the world. I'm going to read a quick bio about Vishen.

Vishen is the cofounder of Mindvalley. He works with authors, speakers and leaders and has pioneered new ways of doing traditional things and the results have been incredible. His companies, his vision are basically the – I would say – new standard of how the world will interact. His company, Mindvalley, made it into the list of the most democratic work places four consecutive years in a row.

He attracts people from more than 30 countries to his movement that I call Mindvalley. You are going to learn exactly what steps he used to not only grow his life and be living his dream life and creating this amazing company that shifts lives and earns more than \$30 million a year, but you're going to learn exactly how he did it, the technology behind it, the way he shifted his thoughts and how he bends reality. Can you imagine what that would be like if you could bend reality?

Well, if for some of you that seems impossible, I'm going to tell you its quite possible and that's what we are going to be learning.

We're going to learn how this new technology literally shifts your brain waves and gets you into a state that is incredibly deep and powerful within minutes.

You're going to learn the science behind this, why his engineers unleashed their creative knowledge onto this cause and how you can experience it today on this session. I'm so excited. Welcome Vishen Lakhiani to the *You Wealth Revolution*. It's a dream of mine to get to interview him and be a part of what he's doing. Let's all send him a huge amount of love and admiration and total presence. Vishen, welcome to the *You Wealth Revolution Shift 2012*.

Vishen: Darius, thanks for having me.

Darius: I am excited and I kind of feel that there's something bigger going on here and so I'd love to start with the big vision and then bring it back into the reality of what you're doing with omharmonics. If you could paint an image of what your dream would be for the planet and for the people of the planet and their happiness and their joy and their contentment and possibility, what would that look like?

Vishen: Well, Darius, let me try to share the idea with this quote by an Indian mystic by the name of Shareem Mastadah Marrackech and what he said goes something like this:

"The here is everywhere and the now follows clear beyond the eye and the body idea and you'll find that place and time are in you and not ruled in space and time."

Once you have understood this the main obstacle to realization is removed, really, the idea here is that we are more than a figment of body. Another extension of this idea of that is the world is pretty much an illusion or as the Indians, the ancient Hindu's called it, Maya – an illusion. The idea is also that we are co-creators of this illusion.

In other words, we all exist in our own parallel reality and we are not molded from particles of God in a physical body and as a sub-particle of God, we are not experiencing a creation. We are creating the creation and thus we have total control to some degree on how to shift to sway to move this creation to pick up our lives and, ultimately, there are only three things we are here for and those three things are to really relish in the idea of the human experience – love, sex, happiness, joy everything it is to be human.

The second is to grow as the soul to learn everything we can learn, to learn new languages, experience new places, aid in new forms of **[inaudible 0:07:35]**. And the third is to contribute because none of us hide the facts of being able to see the world as an illusion because we also see that separation between human beings is also an illusion and, ultimately, we are all one in our own independent experiences.

Ultimately, we're all one, all particles of that one source. Some people call it source, some people call it the universe and when you realize that we're all one, it opens up the third reason that we are here and that is to contribute to one another and contribute to everyone on the planet – experience, growth, contribution. The idea that we are simply souls in happiness and in body here to really soak in those three things – have fun, play the game and understand that it is all nothing more than a dream.

That's basically the world and what I do, I guess, which is different from most entrepreneurs is I apply the philosophy in my business and my business itself, Mindvalley, is designed to wake up as many people as possible to this realization. We are seeking to help create a new kind of world where people realize their own inner power and people are able to soak in that illusion and truly live happy joyful lives.

We are looking to create a world where the idea of separation in nations and people is nonexistent, the idea of religion is redundant because most dogma is pretty much bullshit. What we really want to do is get this truth out to as many people as possible. Anyway, that's what we're looking to do.

Now that's the practical thing, so Mindvalley is we started out as a company selling meditation products. I found that I really understand this idea – that I call it – the idea of living the illusion. We were able to just accelerate our business. The right opportunities, the right coincidences, the right business partners just sort of materialized for us and the company grew and grew and grew.

Soon we become the number one seller of meditation products online, but we went beyond that. We went beyond meditation. Right now Mindvalley, we are now based in Kuala Lumpur, Malaysia which is my country of birth. We have become the most business in Kuala Lumpur.

Last year we started seven different companies and 100% of them, all of them, have been successful in ten months of [inaudible 0:10:09]. Currently we are launching ten companies and next year there will be a Mindvalley Company launching somewhere on the planet every two weeks.

The reason for this enormous level of success is because every entrepreneur who comes into the Mindvalley ecosystem, every company we start, the first thing we do is drill down into the soul of that entrepreneur and I teach them the principle, like Neo in *The Matrix* to go beyond the rules that you learned in your MBA classes in business schools to really see the world as this illusion. This for whatever reason magnifies the effect of that business.

I guess what I try to do in developing all these tools, developing all these tools to get entrepreneurs and change makers to feed their

lives and thus tend the world in a different way. That's really what Mindvalley is about. We have a lot of our own tools and pretty much a lot of these tools, we give away to the world for free.

We've become so successful we've chosen to not even think of the idea of competition. Even though we are a publishing company and there are other publishing companies that, in a sense, you could say compete with us, we were going to go completely open and just give away our best stuff, our marketing to other companies. You can get on www.mindvalleyinfo.com and take a peek and see our business model, we don't care. As long as the world benefits, we're good with that and we opened our company to the rest of the world.

So you can go to www.mindvalley.com/goal-seven-redefine and go through exercises that we take entrepreneurs through. It's really about openness, about sharing, about realizing that even if you are a company the idea of competition, of working on something just for money is nonsensical to us. We're just the greatest shift in humanity.

Our goal right now is to touch the lives of one billion people in the next ten years. We've given ourselves until 2022. Basically, that's the Mindvalley story. I was hoping to deliver to your audience, which would be of value, is just a few minutes of exercises that they can take and incorporate into their life to help them really gain sway over this illusion that we all live in.

Darius: I love that and people are very excited about that because, frankly, I cannot over emphasize the incredible things that Mindvalley has done. For those of you that may not realize what Vishen is talking about, it's phenomenal what he has done with Mindvalley and the people that he has reached and how he has eliminated this model of competition from his company. I believe eventually he will move that into a bigger and bigger sphere and it will change the way that this world operates.

Part of that, part of that vision is what you said earlier. You said you got past the matrix. You got past the illusions. You began to see things as Neo did in the movie *The Matrix* when he was awakened. Yet, so many people are right now living in fear. They're living in pain. They're living in worry. They're living in the vibration of scarcity and impossibility. Why is omharmonics something that they need to pay very close attention to?

Vishen: Omharmonics is nothing more than one of the many products that Mindvalley publishes. It's the product that I'm most attached to because omharmonics – at least the product that we have right now – is based a lot on my personal philosophy. It was created with a friend of mine, Paul, an audio engineer and as a meditation instructor...I need to stop and just share my story is that okay?

Darius: Absolutely, yeah.

Vishen: Let me step back a bit. I'm going to answer your question, but the answer is going to come a little bit later. First, I want to share really a personal story because I think it's going to be of profound value to the audience. Today, as we're recording this, it is 2012. Ten years ago, 2002 specifically, let's say ten years two to three months ago – March, 2002 – I was working for a company in Silicon Valley in San Francisco. It wasn't a great job.

I had basically lost all my savings, tried to start a company. I had moved from New York to San Francisco, tried to start a company. I was a computer engineer. I had no business field. I had no idea about the marketing and my company failed and I lost \$30,000. I was broke. I could not even afford an apartment, so I was renting a sofa from a friend in Mountain View who was polite enough to allow me a sofa for \$200 a month. It wasn't even one of those three-seated sofa. It was a two-seated sofa and my legs would kind of like weep in the night, but that was how I lived.

My life was so miserable that I didn't even have car insurance. I drove a beat up old Honda Accord that was 11 years old and the brakes didn't work. One morning I was driving for a job interview because I was trying to apply for every job I could. I stopped at a stop sign, the car went piggy point forward, crashed into a minivan and with no insurance, I had to pay for the minivan and for my car. It was just a miserable part of my life. Not only was I broke, but I now owed the insurance company close to \$6,000.

As it so happened, I did happen to get a job. It was the only company that would hire me. This company, the bubble had burst and 13,000 people were laid off in April 2001. Companies were not hiring. The only job I could get was a commission only job selling technology to lawyers.

I mean the job market was so over saturated with applicants, much like it is right now that the company really didn't pay me a base salary [**inaudible 0:16:31**]. So I was working my butt off working long hours making maybe \$2,000 to \$3,000 a month, which was nothing if you were living in the bay area, but that was my life.

Now one day – and I was in this job for about four months – it was now March 2002 and I could get online and get Google and I started Googling different things about personal growth and that's really how my journey started. One of the things I tumbled upon was a program called [PH] *The Philbin Method*. I flew to LA so I could attend that and *The Philbin Method* is really for meditation products and it teaches you meditation for the mind, but *The Philbin Method* also teaches you intuition to contact your intuition.

Now when I went back to work I decided to apply some of these practices into my job at this company. We were going to the San Francisco Library to follow the yellow pages and then we would pull stuff from the yellow pages. We were all given a territory like San Antonio, Texas. I had to go to the yellow pages and one-by-

one call every lawyer in San Antonio, Texas and ask them if they wanted to see a demo of our technology and you know how people are when they get a call from a telemarketer because that is essentially what I was – I was a telemarketer. They are rude. They are tough. They yell at you. So this was a miserable job. The process I was taught was just going in and finding a name in the yellow pages.

Now *The Philbin Method* and this new form of meditation I found was opening up the idea of human intuition. So I said, “Screw that. I’m not going to go name by name.” I would take my finger, I would run it down the yellow pages and I would feel an impulse from a specific name. I would tell myself mentally *let me know*, so I’m talking to my mind to let me know this person is someone I should get on the phone with because it’s going to be mutually beneficial to us both. I drew my finger down the yellow pages and I’d feel an impulse on certain names and those are the names I would call.

A crazy thing happened. Within one week I had my best ever sales week and I’m thinking maybe it’s just a coincidence, but I stayed with it and a month later I had my best ever sales month and a month later I had broken that record again. I broke that record four times in five months. September 11, 2002 the company had made me Director of Sales and had even taken me to New York for the anniversary of September 11th at the company’s New York office.

I was now 26 years old and here I was running the entire New York office for this technology company. My career had just shut up in five months because of this process of using intuition on the phone. The program, that the lawyers I talked to, I would tell my mind that every sale would go well, that I would only speak to lawyers who would really benefit from our technology, that there would be compatibility, that I would reach my contacts without

stress and that's what happened and in a way, shifted my reality in embracing the idea of me being more than just my physical body.

The idea of intuition, the idea of being able to bend reality as I chose to call it later to make these things happen, that was one of my first experiences with this whole idea. I worked for that company for two years and then I grew inside the company so **[inaudible 0:19:57]** I was continuing. I also was continuing with my meditation practice.

I remember, in particular, one night that I came home and nothing had really benefited me, so I thought, *okay, why don't I try to perfect The Philbin Method and see if I can become a teacher or an instructor*, so I did. I became a meditation instructor in New York. I had to call **[inaudible 0:20:17]** for getting people into my classes. So I built my website and it got so successful that I'd sold out my very first class.

Then I started selling meditation CDs and that was really successful and before I knew it, people were approaching me to help them become global – websites, transformational CDs online – and that's how Mindvalley started. Mindvalley right now is the most innovative company in that entire personal growth space.

We're the most emulated company, the most copied company and right now we're probably the most **[inaudible 0:20:53]** company. That really is the story, but I wanted to share the idea of how I got there so people understand where I came from.

Ten years ago, it was miserable. I was broke. I was \$30,000 in debt. I did not have an apartment. I was renting a fricking sofa. I had owed money to the insurance company. Everything shifted. No one told me. Everything shifted in five months. I chose to go within and chose to see the world from this whole new capacity.

Now over the years I've been refining this process and here's what happened next. I took \$500. It cost me \$500 to start Mindvalley. This year, we'll do close to \$30,000,000. The company keeps growing and growing and growing. We just hit 100 employees. Now the beauty of it is we've grown every year without ever having to borrow money or seek new investors, so to this day, my wife and I own 100% of the company.

As we got so successful, we decided to move out, move away from just selling personal growth to do other things so now we are investing in iPhone apps. We have a gorgeous meditation app. It's going to be the most sophisticated meditation app on the iPhone. We're investing in technologies. We're investing in Facebook. We're investing in Red Hat and we've got to maintain our reputation here in Mindvalley and not be a reasonable facsimile of being the most innovative innovator.

As we did this, we decided that with this success we could do more for the world. We wanted to form a relationship with the company. One of the issues here is the idea...sorry. One of the big issues here is brain drain. Are you aware that 1% of the population leaves the country? So every year 1% or more leave to migrate to Canada or the US or Australia or Hong Kong, Singapore and it's really not good for the country.

Our big cross right now is to end this brain drain over the next ten years and to create the world's greatest workplace right here in Malaysia. Our goal is that by 2020, the world's greatest workplace will not be Facebook or Google. It won't be in Silicon Valley or London. It's going to be in Malaysia. It's going to be in the country and we do it not to win any awards or anything like that, but because we know that if we can do this, we shift the mindset of young Malaysians. We shift the idea in their mind that they have to leave the country to get good jobs. We've got to inspire other

companies in Malaysia to do the same. This has now started taking off and this is how it's working.

When you take a company to win an award called The World's Most Democratic Workplace and then the funny thing is after we won – we are the company in Malaysia that won that award – it's become viral so we've created this movement that's just growing and growing and growing. We want to be more than just a meditation company. We want to include rebuild the gilded education system and change the way entrepreneurship is looked at.

Right now we're working on a project called Project Life. I have 100 people on my team right now coming from 32 different countries. Consequently, it's about injecting personal growth practices into the art of **[inaudible 0:24:10]** so that we can create a renaissance first taking different things **[inaudible 0:24:16]** we have reversed engineering from what happened in Italy in the 14th century. We're looking to stop that influx and then hope that we can extend this movement out around the world particularly developing countries.

This is my second big mission right now. The renaissance movement in the 14th century that flowed over Italy was what they call a habit of how to merge heart and mind. The heart message and the results were amazing in the end such as Leonard DaVinci, who were phenomenal scientists, phenomenal artists and these guys shaped the world as we know it today.

I believe there's a need for renewed global renaissance, that it's no longer about just art **[inaudible 0:25:06]**, but spirituality. That's Project Hope and that's what we're working on right now. We're working to inject spirituality into the global entrepreneur and we're working to do so by proving it in Malaysia.

Within two years, I intend to change the course of Malaysian history and put Malaysia on the map as one of the world's foremost places. We want to go from a country that's tired because of growth rate to a country that's one of the world's foremost places to start a business. We're going to do this in two years and, again, it sounds like a really big goal, but when you understand that the world is nothing more than an illusion and that you are literally a God shaping your own reality and stop feeling the impossibility in anything like that, as for my team and I really genuinely believe we are going to pull this off. In summary, that is what we're moving into right now.

Darius: I am just speechless and astounded. To go ten years ago from being in debt, being in a bad financial place, not enjoying life, not living your fullest potential, being worried, being concerned. Having those brakes on the car that didn't work and then having that accident and being under so much pressure and stress that so many people here can identify with, then literally having this part of you, this truth of you come out and do what you've done in shaping your country, in shaping the place where Mindvalley is located, shaping people all over the world and having people work for Mindvalley all over the planet tap into their brilliance through the practices and techniques and technologies that all of you are creating and unleashing on the world. To me, this really is what we're talking about here is the epicenter of a new universe, of a new possibility for so many people. It is just astounding.

That story of how ten years ago almost to the day here you were a guy who was working in a company you didn't like, what was going on? You didn't like all of the financial challenges. You were in debt. You were struggling. You were unhappy and you were dealing with things that quite honestly. So many other people on this call may be dealing with right now. You were wondering how in the world you could change your life, shift your life.

Something in you shifted and for a lot of people you feel like it takes some magical event or some action or some transformational moment, but what you did was actually a process, which I love, that connected you to a higher part that really was the thing that you should have been doing. Really was that guidance and you began to see the world as a matrix and we're going to talk about that. This is why I'm so excited. This is what I'm excited to hear more about, so keep going, Vishen, please.

Vishen: Thank you. We went beyond just testing it out and seeing success in our own life. I turned into an investor, someone who invests in different businesses. One of the things I sought to do is to maximize the success rate of not just the people who work for me, but other entrepreneurs I invest in. That's something that we've been crazy successful at as well. There's a process that we use.

Now the side benefit is that this process is also something that we now share with our customers, with members of our tribe and people love it. I'd love to take the people who are listening in right now through this process.

Darius: I would love to, absolutely.

Vishen: If everyone is ready, this is what you need to do. I want you to take out a piece of paper, just take out a single piece of paper and a pen. Here's the first step, right. The first step goes back to the quote I shared at the beginning of this call, the idea that as souls we are only here for three things – to experience to grow and to contribute.

One of the first things I do with everyone whom I hire, every entrepreneur I invest in is to get them to understand the difference between a means goal and an end goal. Now here's the difference and it's a crucial difference. When you get this, your life shifts instantaneously. Most of us are trained by society to be

obsessed by means goals. We forget what an end goal is. End goals are the end result of being human. End goals are about joy. It's about happiness. It's about falling in love.

Means goals are goals that society says we have to attain to really get to our end; the end, of course, being some arbitrary idea of happiness. Means goals are things such as getting into a college, getting a good GPA, law school, getting a decent job, getting a promotion at work, getting that next salary raise, the size of your bank account. Those are all means goals.

If you think about why, really, would you want to get a law degree, why would you want money in your bank account, why do you want to graduate from college, in fairness, it's because there's a greater end that we are pursuing. Now the idea here is that you can get the means, you aim straight for the end.

Now here's a story that illustrates how this thinking works. Do you remember my meditation classes? This was about maybe seven years ago. A lady came up to me at the end of the class and said, "Vishen, can you teach me how to be a faster typist?" I said, "Faster typist, I just opened up your eyes to the entire possibilities of what meditation can do for you and you want to be a faster typist? Why do you want to be a faster typist?"

She goes, "If I can type faster, I can process more data entry cards," and I go, "Okay, well, that's cool, but why would you want to process more data entry cards?" She goes, "If I can process more data entry cards I get a raise at work because they pay me based on the number of cards I can process."

I go, "Alright, that's good, but why do you want a raise at work?" She goes, "I want a raise at work because I want to buy this house." I go, "Why do you want that house?" She goes, "Because my Mom lives in Detroit and I want my Mom to leave Detroit and come and live with me here in Brooklyn." I go, "Why do you want

your Mom to leave Detroit and come live with you here in Brooklyn?”

She goes, “Well, you see, we have a home in Detroit. We’re the only two surviving members of our family right now. I don’t have any kids. It’s just me and Mother. We have this rich family history and our house in Detroit is filled with all these beautiful antiques and heirlooms going back generations. Detroit isn’t safe and we want to start new, build a beautiful home here in Brooklyn, move all these heirlooms over, so we can create a family museum so that when I have kids, the legacy of our family stays with them. My Mom and I can be together.” I go, “There you have it. There’s your end goal. Now why the hell were you planning on being a faster typist?”

You see how people think? What I trained her to do was during her meditation to simply focus on that end goal. Now the result when you stop thinking this way is amazing things happen. You are basically bringing in higher powers to help you. What you’ll often find is that a quicker path to get to your end goal suddenly materializes and I guarantee you it probably had nothing to do with being a faster typist.

New opportunities open up, new paths become evident you, new insights hit you and the end result is you end up hitting this end goal much faster. The idea here is that when you’re able to identify your end goal and separate it from your means goals, you accelerate the process of manifesting. That’s really the first exercise I take people through.

I asked everyone to have a piece of paper ready. Here’s what I want you to do. I want you to put that piece of paper in front of you vertical so the longest side of the paper is facing the left and the right and the top of the paper is the shorter end. The paper is vertical. I want you just to draw three columns on that paper. One,

two, so you have three columns. The paper is divided into three different pieces.

Now in the first column I'm going to ask you to make a list of experiences that you seek to have in the world. In the second column, you're to make a list of growth opportunities and in the third column you're going to make a list of contribution.

A lot of people overcomplicate this exercise, but what I'm going to show you is really what I believe to be the most efficient goal setting exercise I've ever come across. It basically works like this. Now here's why it's efficient. We're going to use a timer to basically shut down your left brain so that your left brain doesn't interrupt and everything is simply going to flow from your right brain.

When you're ready, I want you to listen to the words I'm saying and start writing down, making a list of experiences that you want to have in life. Let me first define what I mean by an experience. An experience is something that we typically need time or money or people around us to have.

Experience could be traveling to a new country. It could be having an amazing car, having an amazing apartment, being in love, having the best sex of your life, all of these are experiences. This is really one of the reasons I believe we are here to truly experience the magic in this illusion that we call planet earth.

I'm going to start the timer. Now we have 90 seconds and I'm going to ask that people listening start writing down and don't try to analyze it. Let's start the timer and, as we do this, I'm going to be guiding you by saying things that might spark ideas. Go ahead start writing down experiences that you've always wanted to have in your life.

A good way of generating these ideas is to think this way. What would you do if you had all the money and all the time in the

world? What would you do this year, five years from now, ten years from now, this month, this week today? Stop writing.

When it comes to experiences, they fall into different categories. You have experiences with your loved ones, your friends, family. The experiences that come from having unlimited money. What car would you like to own? What type of apartment would you like to live in? Don't force it. If owning a fancy car doesn't mean anything to you, you don't have to write it down. Experiences also come from having time. If you had unlimited time, what would you do? Where would you travel to? How would you live?

Money is a means goal. The only reason we have money, which is nothing more than paper, is to buy the opportunity to have experiences. Alright, stop.

You can repeat this exercise at any point. There is no harm in doing that. I want to share with you why this is so important. About three years ago I was making a vision board. I was doing it with my business partner. I know it sounds kind of cheesy – two guys sitting around with beers making a vision board. That's literally what we did. It was just for fun.

We had a bunch of magazines in front of us. We were cutting out pictures and sticking them on this vision board – pictures of how we wanted our lives to be. One of the magazines we picked up, I believe, it was *Fortune* or *Business Week* and it had on its cover a picture of Richard Branson. Inside the magazine was an interview with Richard Branson.

We both stuck that picture of Richard Branson on our vision board. My business partner – his name is Mike – both of us have always dreamed about someday spending time with Branson on his paradise island, Necker Island, and just being able to talk to the guy and learn from him.

In our minds it was an experience we always wanted to have, but if we had to place a price tag on that, we thought, *my God, we'd have to start a billion dollar company to ever get invited to Necker Island.* We had just read an article about a gathering Richard had had on Necker Island that involved Tony Blair and Jenny Wales who came up with Wikipedia and we thought, *oh, we'd have to be a head of state or start something revolutionary like Wikipedia.* That was the experience. Anyway, we just couldn't conceive of how it would come to us.

A funny thing happened, but seven weeks later. I was in LA at a dinner and I bumped into a guy who was organizing a trip to Necker Island. He was literally organizing a group of entrepreneurs to go to Necker Island, spend time with Bronson. He had done this thing with Branson. Branson loves meeting young entrepreneurs, so Branson said if you guys could come up with enough to cover the cost of hosting you on the island...

Necker is fairly expensive. It's one of the world's most expensive resorts. Plus you should have a little bit of extra money to donate to my charity Virgin Unite, I'd be happy to help you guys. This dude, Joe, his name is Joe Polish, sort of formed this mastermind group to go to Necker. I'd never met Joe Polish before, just at this dinner in LA we ended up sitting next to each other and he mentioned this to me.

I'm like, *holy cow, this is that opportunity that I stuck on my vision board.* I said yes and I emailed my business partner, Mike, and Mike said, "Screw it, man. Let's do it." We managed to raise...there was a price tag to it, but it wasn't something unprohibitively expensive. It was something we could afford. As luck would have it, Joe's group did not even manage to raise the requisite amount – the one million – but Richard was so gracious. He allowed us to come and have the experience any way.

Three months after I stuck this on my vision board I was recruited there on Necker Island with Richard Branson and got to spend at least an hour of one to one time with him. I got to ask him about his beliefs on things such as the law of attraction, on religion, on how he starts his businesses, on his philosophy in life. It was mind blowing. It was revolutionary. It was exactly what I had envisioned on my vision board.

Note what happened. It was an experience I saw, right. I did not try to get obsessed with how it was going to happen. I didn't have to be a billionaire, didn't have to start something like Wikipedia. I didn't have to be a head of state. The experience fell in my lap and that's literally what happens when you chose to ignore the means goals and you go straight for the end goal. You open yourself up to short cuts that the universe will throw in your place. It's amazing.

Now we're going to go on to the second idea. The second idea is growth. Here's another way to accelerate those experiences. If you can come up with a list of cars you want to drive, the home you want to live, the person you want to be with, the places you want to go, the next step is to ask yourself who would I be if I had all these things.

Who would I be and now you're going to come up with a list of how you want to grow. Once again we're going to start the timer. What you're going to write down are different ways in which you want to grow yourself as a human being, as a soul. I'm going to push start on the timer and we're going to begin.

What you want to write down here are ideas and growth ideas and the languages you want to learn, the skills you want to pick up, courses you want to take, expand beyond just your intellect. How many pushups do you want to be able to do when you're 50? Think you'd like to run a marathon or an ironman? What type of health and fitness would you like to have? How would you grow your emotional intelligence? Your ability to relate with people,

your social skills? What are your growth goals for your character, your values? How would you grow as a friend, as an entrepreneur, as a parent, as an artist, as a writer? Who would you be if you already could achieve, attain all the experiences you listed in the first column? Put your pens down.

That was just 90 seconds and, again, you can repeat this any time, but what I want you to do has already started with that initial list. That was the growth process. Notice how it all connects? The first thing is experiences and then you ask yourself, *well, if I already had all these experiences, who would I be* and now you come up with a list of how you want to grow. There's a third column and that third column is contribution.

While experiences can get you happy, there are two things according to Tony Robbins that bring fulfillment and there's a big difference. According to Tony, our soul has two deep spiritual needs – growth and contribution. That's where these last two columns come from. From experiences and growth, we now go to contribution.

Now I want you to ask yourself *if I had all these experiences and I really had the luxury car, the beautiful apartment, had visited those 50 countries on my to list and I had grown into the type of person whom I wanted to be, how would I now give back to humanity? How would I help others grow? How would I help others have experiences? How would I make the world a better place?*

Begin, you now have 90 seconds start writing down how you want to contribute to the planet. Think about things such as philanthropy, donating money, helping out friends or family, volunteering. You can contribute even by writing a book that changes people's lives. Creating an art work that inspires people. Giving whole heartedly to a company you work for as long as that company is doing good for the planet. You can donate your time. You can donate your money.

You can also donate your mentorship, your guidance to people, kids who need it or your skills. If you're a web designer, donating for example your skills to help a young business build its website. If you're a mom or a dad, just time with your kids is also a form of contribution. You're giving to someone else. Put the pens down.

There you have it. What I just took you through is what I believe to be the world's most efficient goal setting process because you cut through the crap. You cut through what society says needs to happen. Don't listen to society. Get out of the status quo. There's a reason why.

Right now America, for example, has 5% of the world's population, but 70% of the world's lawyers. Why? Because so many people believed that to earn money and get a good job they've got to go to law school. I actually used to work in the legal industry. I mentioned earlier I sold technology to lawyers. One of the things I realized is that half the lawyers I spoke to were miserable.

In fact, there's a statistic that says that 50% of female lawyers are clinically depressed. Why did we create a world like that? It's because so many people choose to pick a career before they could legally buy a beer. You wake up one morning at the age of 40 realizing that you dread going to work because you made the wrong decisions.

Don't fall into that trap. Teach this to your kids it's not about careers. It's not about GPA. It's not about any of the means goals crap. It's about driving straight to the heart of what it means to be a soul having the human experience.

What experiences do you want in your life? Who do you have to be or how do you have to grow to be the man or woman to have these experiences. If you have those experiences and you've

grown into this ideal man or woman, how do you give back to the planet?

Here's the secret. You stop waiting. You don't wait for the experiences to come to you before you start being that man or woman. You start being that man or woman instantly. You don't wait to have the experiences and money and be that man or woman to contribute. You start contributing immediately, you act as if, and this is the surest part to accelerating the impact you have in your world.

This is how I was able to start so many companies and go from being completely broke and in the hole to being a millionaire many times over in such a short period of time. It's through the acceleration of the way you play your role in the matrix.

Darius: It's just incredible. I'm going through this and what I'm hearing and what I know people are hearing is a shift. Like I said earlier, it's like just this piece just got plugged in and, like you said, it's cutting through all of the crap quite literally. There's so many people writing us in every day and they're trying so hard and they're trying to figure out they're going to have more money or how they can have more of this.

In the end, it's not about the end. It's about...because of all of that and it's about the contribution, the growth and that magical thing you had us do about writing out the experience. That's what I love to see is what we're doing. This is just an astounding, astounding exercise, Vishen.

Vishen: Right and here's the grand secret of being a successful entrepreneur, right, this is something I wish every entrepreneur knew. If you look at my goal list, I have so many companies I've lost track right now; so many of my companies make money. I think I'm close to 12 companies right now with a new one starting every six weeks.

The crazy thing is if you look at my goal list, none of my companies are mentioned anywhere. There's nothing about my companies on my goal list. You've heard of the Buddhist Zen face, detach – do not be attached to outcomes. That is the philosophy I have towards business. I am not attached to any of my companies. My companies just are. The only thing I'm attached to is the idea of growing myself as much as possible, contributing to the planet and really living life in a happy way.

My goal list has no mention of the amount of money I want to amass or the companies I want. It just isn't there. As a result, I'm more successful than 99% of the entrepreneurs out there. When you get attached, you fall into what is called the colored reality trap. You are no longer focused on the beauty of the human experience.

You are focused on making that next paycheck or getting your inventory on time or upgrading the office, from getting that bank loan. What you focus on, you magnify and you fall into what I call the colored reality trap. While you're so obsessed in the colored reality that you lose sight of the fact that the colored reality is nothing more than an illusion.

The last exercise I'd like to do is I'm going to play the omharmonics music, omharmonics the meditation is one of my favorite meditation programs. I start every day with a particular meditation and it takes me seven to fifteen minutes per day – shortest is seven. It mostly takes fifteen minutes. This is how I start every day and this is how I've been able to shift myself.

It literally shifts your soul. This process awakens you. All my friends do it. All my friends who believe in this stuff do it and they love it and they incorporate it in their lifestyle. What I'm going to teach you is an amalgamation of many different meditation styles that I've put together.

One of the benefits of being in the personal growth movement and being a publisher is that I get to meet amazing people from the founders of the Silva Method to Tony Robbins to Richard Branson to all these guys who have books out and programs out, but I also get to digest them, interview them and put these ideas together to form my own practices. One I'm going to share with you now is called the sixth phase meditation.

Now the background noise you're going to hear, Darius, it's going to add it to this audio is the omharmonics sound. I need you at this time to find a comfortable position. Take your shoes off if you're wearing them, just be comfortable. Don't lie on your back because you will fall asleep.

Now the omharmonics sound is going to keep you in a deep meditative state of mind the alpha or beta level. We wanted to go beyond just the normal sound with omharmonics. You'll notice a couple of unique things about this particular audio. Not only is it a sound that actually lowers your brain wave frequency, but there's also other tones that come in – it's musical – other tones that come in that give you a really deep relaxation.

The omharmonics product, which is a product that we have for sale – and those of you who complete this interview have the opportunity to buy the product for 30% off – is a series of different meditation audios that allow you to expand your creativity, expand your intuition, as such, relax, focus, depending on what you're looking to do.

This is what I've used in my life. What I'm going to do now is take you through a special experience. It's a guided meditation to the omharmonics audio. We'll get started and, like I said, it's a six phase meditation so I'm going to take you through six different rapid exercises as we meditate.

Some of you are used to a more eastern style of meditation where you try to clear your mind. The style of meditation I use is designed more for the western lifestyle. It's not about clearing your mind, it's about playing the game, playing the reality game, the career game, the parent game, the 'I have a job in the real life' game more effectively by transcending reality.

It's not about clearing your mind, rather, it's about facing the issues or the visions that you want put on and making them happen. The sound is now going to start playing. Find a comfortable position and almost all of you who are listening to this audio have meditated before so use your own style or whatever process you want to just get in the zone, but omharmonics audio will be playing as an anchor to guide you down to the deep beta level of mind.

The first thing I want to do this is phase one is to connect with the planet. I want you to imagine yourself, imagine yourself surrounded by a ball of energy, just a ball of white light. Imagine that surrounding you. I want you to see that energy surrounding you as being part of you. It's coming from you.

Imagine it, for example, coming from your heart space, emanating from your heart space and surrounding you. Think of it as the energy of love or joy or happiness or all those good emotions just rolled into one. Expand that to incorporate your entire home or office. Expand further, try to incorporate your entire neighborhood.

Imagine that you're able to emanate this energy to the point where it's radiating across your entire neighborhood and you are sending these good vibrations, love or joy or connection to every life form in this neighborhood.

Now expand further you're now emanating to the entire city. Expand further you're now emanating across the entire country.

Now the continent. Imagine, imagine that your energy is expanding and emanating to every corner of the planet, literally the entire planet. As you do this, just try to feel a connection embrace the idea that the entire planet is connected all of us are one. That's phase one. That's called connection.

We're going on to phase two and as we go deeper my tone of voice is going to change to allow you to go deeper as well. My voice is going to get more resonate, more dreamy to allow you to sink into deeper levels of meditation. We are in phase two. Phase two is about gratitude.

Gratitude is one of the surest ways to bring out the emotion of happiness and if you're happy, you magnify your ability to bend reality. There's a study done by a university in California that showed that anyone could increase their happiness levels by 25% within 30 days just by expressing gratitude every morning for five things that happened in their life.

I want you now to think of five things that happened in your life in the last 24 hours that you're grateful for – a kiss from a loved one, a great day at work or a gorgeous lunch or breakfast or a moment with your son or daughter. Think of these five things relive them and just express gratitude for them.

We now go to phase three. As we live our lives, it's only normal that every now and then we have a not so pleasant encounter with someone in our lives. Maybe it was a critical word that your spouse said or something your child did that annoyed you or it could have been a coworker or a guy in front of you at a red light.

The idea here is to embrace the fact that we are all one and so what we do in phase three is simply it's a simple exercise in forgiveness. Bring up anyone whom you feel has wronged you in the last few days. Imagine them sitting in front of you and now imagine yourself apologizing to them for any negative charge or

negative emotion you might have created in them. Then imagine them apologizing to you for any negative charge or negative emotion they may have created in you.

To truly function in the matrix, it's important to rid yourself of all charges that you have against any other human being. I know this can be difficult especially for situations that may go back many, many years. The more you do this the easier and easier it gets. You've now completed phase one, phase two and phase three.

We'll now go on to phase four. In phase four I want you to reflect upon the experiences, the growth and the contribution you made on your list just moments ago. Pick one or two or three items. It's doesn't matter what category you chose and for the next two minutes you're simply going to imagine yourself having attained those items, imagine those experiences that you've been dying to have in your life, imagine how you've grown, see yourself contributing. I will go silent now and when you next hear my voice, two minutes will have elapsed.

As you're visualizing this, feel the emotion, feel the joy, the happiness, the pleasure at having attained these experiences, this growth or this contribution. You can further magnify the impact by bringing in as many of your five senses as possible. Hear the wind blowing through your hair or the smells that you might have encountered during this experience touch, sounds, taste. Make it as real as three dimensional as possible.

Another way to accelerate the rate at which these experiences do indeed become real is to see other people benefit. See how others around you friends, family, coworkers benefit from you having had experienced these items. The goals on your list. You have five seconds left. You have just completed phase four, which is a playful visualization of your goals, your experiences, your contributions and your ideas of growth.

Now we go on to phase five. In phase five we bring ourselves to the present day. Visualize what you have to do or what you'd like to do in the next 24 hours to make the previous experiences a reality. You had in your mind an idea of what you want – the experiences, the growth, the contribution. Now visualize you're perfect day unfolding.

What do you have to do in the next 24 hours? How will your next 24 hours unfold perfectly so that you know you're on track toward your greater goals? I'll give you one minute. See yourself waking up, having breakfast, commuting to work. See your morning at work. Visualize as much as possible every moment, significant moment of your upcoming day and see each unfolding perfectly taking you a step closer to your grand ideas, your grand experiences, your grand visions and stop.

Now we come to the final phase. That's phase six. This final phase, you're simply going to ask the universe for a blessing. Imagine that the universe, God or whatever you chose to call it was on your side was your friend. Ask the universe for a blessing to fill you with energy, with power, with the ability to shift reality so that all of your wildest ideas of happiness, of contribution, of growth come to you effortlessly.

How I like to do this is to feel myself connected to the world and feel the rush of energy coming to me jumping into my body from every corner of the planet. You can deliver them any way you want. Feel energy flowing into you, energy that's coming in the form of a blessing from whatever higher power you believe in. Feel the energy going through every corner of your body all the way down to your fingers and toes.

At the count of five you will come out back into the wake state. I'm slowly going to count from one to five and as I reach the count of five, you will be wide awake feeling better than before ready to make all your wildest dreams come true. One, two, three, get

ready to open your eyes, four, five. Eyes open, wide awake feeling absolutely amazing, ready to completely rock the planet. You're now up. How did that go Darius?

Darius: What's amazing to me, it's like I've never really experienced at so many different levels the connection of all these processes. What I felt was...it was amazing, Vishen. It was like all the pieces finally began to align. When you were doing it I wasn't really sure where we were going to go, but after each piece was done it's like something just kind of clicked, like a piece just fit in and I started to feel a shift.

I want to hear what other people felt on this piece. It's just incredible. I love this and what I love, too, is you connected the gratitude and the forgiveness and the connection to the earth and destiny and started bring it all together. It was really unlike anything else I ever experienced and then the music was incredible, the sound.

We've got people writing in from what I can see here someone said, "Yes, this is incredible and incredibly different." Oh my goodness what I would say is...I guess what I wanted to ask is what would you say is the reason why this is so different than what so many people have been exposed? Why is it that this really shifted your life?

There are so many people here that have been trying for years to go deep and create a bigger shift in their life and get to that place inside of them that they know things are possible they really want to come out. Why is this different and how do you think this really served you?

Vishen: Why I think this is different is because it's not about going within to separate yourself from reality. It's about going within to allow yourself to influence reality to shape reality. That's why this whole process is designed to be a meditation for the western

mind. It's not about being a hermit in a cave. It's not about quitting your job and being a monk.

It's really about magnifying your power as a human being in the industrialized world. That's how I devised this because that's how I feel I can contribute best. The whole process here is designed to magnify your impact without forgetting who you really are and that is primarily a soul having a physical experience.

All of the six phases were specifically designed, specifically designed because each of them is really powerful and each of them makes a profound impact on my life. When you do this every single day, every single day, you will be shocked at how your life transforms. Try it for one week. In one week your life will transform. To me, this is the single most important ten minutes someone can do in their lives | on a daily basis.

Darius: That whole process took like ten minutes, eleven minutes. What's amazing to me as well is it feels like it was just a whole different state. To me, it felt like it was like a 30 minute process. I think that's astounding. It also really didn't seem like I wanted it to end. It was almost as if I just wanted to stay there the whole time.

Vishen: I wasn't timing it maybe it was about 11 or 12 minutes, but again there was a lot of explanation in there. When I really do this I can do the entire thing in seven minutes. I'm a parent. I'm a CEO. I wake up in the morning, I go to the gym. I've got to take care of my kids – drop my son off in kindergarten – head off to work often have early morning meetings.

I don't have time to sit 30 minutes and meditate. I want to get maximum impact in ten minutes and this is how I do it. This is what omharmonics is about and this exercise is also included as part of omharmonics, so you can share it with friends and you can replay my voice guiding you through it any time.

Darius: Now what I want to do is really talk about some of the things that you have. People really do want to go deeper into this. I want to talk about how they can get to go deeper in this because what we really did and we talked about before the call, Vishen, was this is like a little sample. Sort of like the little tip of the needle and there's so many more levels to this and what I'm seeing is many different levels in the program.

Also, including things that people can do at the start of the day, that they can do for more focus, for more creativity, for more clarity, for more balance, for more gratitude to feel more blessed. Even more so and get even more training and more breakthroughs from these audios.

The one thing I want to do before we go deep into that – I know I'm speaking really fast – is I want to tell people where it is because I know we're getting ready to finish. It's a special site actually that Vishen put together. We're one of the first semi-mainstream groups that's ever gotten to be exposed to this.

There were a few groups that did already and we are one of the first. I really, really am excited about this. You're actually going to get a chance to experience this and for a very, very low investment in yourself. What Vishen wanted to do because he knew that the You Wealth community was all about ascension and all about breakthroughs and transformations, he brought this to our community as one of the first. I'm just honored by it.

I want to give everybody the address where it is and then I want get into this. It's at www.youwealthrevolution.com/omharmonics. Just like doing your oms in yoga O-M-H-A-R-M-O-N-I-C-S. That's www.youwealthrevolution.com/omharmonics, www.youwealthrevolution.com/omharmonics and it really is incredible. Tell me, Vishen, about what's in the special offer that you've put together.

Vishen: Basically, when you go there you can read about omharmonics and you can see the type of product that it is. It really is the kind of, it really is phenomenal. In fact, it was just featured...we just had a billboard in Times Square because we're trying to make meditation hip, cool. We want to bring meditation to the masses. Omharmonics is really the most having been the biggest mover of meditation products in the world online for the last decade Omharmonics is the most sophisticated meditation audio in our entire catalog.

The cool thing is this – of course, it's 30% off. I know how this works when you give an interview like that you always have to give a certain percentage off. It's not expensive at all. It's about \$99 and Mindvalley has the best customer service in the industry. If you don't like it, return it. You get all your money back and it's \$99.

Here's what I wanted to do to really make this of value. I have a product out, which basically it's not even really for sale, but it's a recording from a mastermind group talk I gave on the subject of bending reality. It's about two hours long and if you buy Omharmonics as part of this – I don't know what to call it – a webinar and interview, as part of this program we will toss in *Bending Reality* for free.

Bending Reality – if you enjoyed the two tools that I just took you through and if you thought those were powerful and mind blowing, wait till you see *Bending Reality* because what I do in *Bending Reality* is I go deeper down the rabbit hole. I give you even more tools to completely reshape the way you view the world.

Bending Reality is literally about walking the illusion, shifting that illusion and making your wildest ideas, your wildest dreams come true. Check out Omharmonics and buy them. There's a timeframe over there. Of course, this isn't a permanent thing, but go ahead

and if you invest in it, you're investing in yourself. We'll toss in *Bending Reality* for free.

Darius: What I want to do is also just let people know kind of what's going there because we've got quite a different timeframe. If you're hearing this by the end of the week, I want people to know this is going to expire. Vishen is including his *Bending Reality* bonus and I absolutely have to have this. This was discussed in a high level mastermind. I know the groups that Vishen works with and bends reality with because that is literally what he does.

What Vishen has said is by June 10th at midnight that bonus is essentially going to expire. I am actually going to be ordering this right now and I've never really done that on a call. I actually paused a minute. I am actually filling out my name right now on the site because I actually do want to have this.

What you took me through and the story about you and I know it got a little choppy there in the story because you are in Singapore. What was amazing to me is how your life shifted and what you did and really it reminded me of Neo in the matrix.

I know that for years we've known each other through Greg Habstret and every year you've grown so much. I know the high level people you circulate with. If this is the best of the best, if this is how you bend reality, I absolutely don't even want to think about it. I personally want to have this in my life.

For those of you that might or if this feels like a fit in your heart or you're curious you want to be a part of it. Go to www.youwealthrevolution.com/omharmonics. I'm actually literally going to finish this order when I'm done. I've got my name on the page right now.

Vishen: Darius, the other thing I wanted to say is I like to be very authentic, very connected to my audience. If you get Omharmonics and *Bending Reality*, I also hope you will connect

with me on Facebook. My classes are completely full, but just subscribe to my updates. I love sharing wisdom because, like I said, my goal here is to touch one billion people in the next ten years and help awaken humanity to this idea that we are all one, that there's a surer path to happiness, joy and contribution in the world and that the traditional industrial age models of living should no longer apply.

Go ahead, invest in Omharmonics, you'll get *Bending Reality* for free, subscribe to my updates on Facebook and hope you will be in touch.

Darius: Vishen, I want to thank you. I've actually put my order through while you were talking. I am very excited. I want to thank you for being here and sharing this. I want to thank you for opening up your team because you are just a master at putting together the most incredible talented people to make shifts in the world.

When I knew that you had unleashed your team to create this meditation and use these frequencies, I knew that this was going to be a magical, magical interview. I want to thank you so much and, really quick, I know you've got to run – any final words for the group or any words like pertinent for people right now that may be going through a difficult time and maybe the best way to say it is experiencing a difficult reality and a way out? You definitely have a story and a way out for people.

Vishen: Thank you, Darius, and just a final thing I wanted to say is try it for seven days. Just try Omharmonics and try doing the meditation that I just outlined for you. Do it for seven days, remember the six phases. It's really easy – connection, gratitude, forgiveness, realizing your big vision, visualizing your big vision, visualizing what you have to do in the next 24 hours and then asking for a blessing. Six simple steps, but try it for seven days and night time.

Let me know how it goes I mean you can easily connect with me by Facebook. Try it for seven days and see the shift that happens and I know some people will get skeptical because it sounds so easy, but look, you've tried everything else. All of us have paid, gone into debt for college degrees and taken jobs we don't like and maybe started a business or two and failed.

There's no harm in trying something this simple for seven days, ten minutes a day, seven days, seventy minutes. That's a simple experiment. If it works, it changes your entire life. If it doesn't work, it doesn't work, but either way it's some of the most beautiful, elegant solutions I've found really helping me shift were the simplest ones. Thank you. That's all I wanted to share. Thanks, Darius. Take care, everyone. Bye.

Darius: Thank you so much, Vishen, and...

End of Transcript