

19:08:50 Okay guys. That's why today I ask and Daria to be here with me.
19:09:05 I'm Daria. Thank you so much for being here today.
19:09:08 I I'm so excited that finally have someone to talk about this is it's
19:09:13 like a dream come true because we always talking about how to change
19:09:16 ourselves, how to.
19:09:17 Make are.
19:09:18 We'll change,
19:09:20 but there are some parts of our body that we can order our mind that
19:09:23 we can not change.
19:09:24 It's the part of the notice.
19:09:26 Neuroscience of it.
19:09:28 You can tell us a lot more about that.
19:09:31 So, how did you find out and to get to today where you are and start
19:09:35 talking about our brain on how our brain can.
19:09:37 Stimulators are the way we act.
19:09:40 This is such a great question. I.
19:09:41 I mean, my story starts.
19:09:55 Back when I was, you know,
19:09:57 living in Russia because I'm originally from Russia and I was always
19:10:00 this person, like, I was very curious about how this life works.
19:10:04 I have super big ambitions and you know, I was go withdraw.
19:10:07 My life very confidently.
19:10:09 But at some point in my life,
19:10:14 Different circumstances happened. And, uh,
19:10:17 I was immigrating in and I was facing different challenges in life.
19:10:21 And basically I figured out that all challenges and really negative
19:10:25 circumstances.
19:10:26 They affect our mindset a lot.
19:10:28 And.
19:10:32 Uh, for me,
19:10:33 I was pretty lucky because my childhood went smoothly and I was
19:10:36 feeling super confident at the beginning. But then, you know,
19:10:39 when life happened, I was like, Oh my God, there is just too much,
19:10:42 too much of things happening.
19:10:43 And at some point I found myself really,
19:10:45 really in a negative state of mind and really depressed.
19:10:48 And from that point of not being able to, uh,
19:10:52 achieve what I want.
19:10:53 Not being able to recognize what I want.
19:10:57 Being able to make my dreams come true.
19:10:59 I started to ask myself questions like why some people,
19:11:02 they do achieve a lot of things and they do.

19:11:05 Enjoy doing that yet, because so.
19:11:07 That's what we usually call it.
19:11:08 A dark place.
19:11:09 Like really dark place.
19:11:11 And how from a dark place,
19:11:13 you start questioning yourself because that's.
19:11:15 What.
19:11:20 It tells me a lot about you first that you have all the strength to
19:11:24 start from that dark spot in your life.
19:11:27 I start questioning yourself, but also,
19:11:29 how did you get from there from asking questions of where you are
19:11:32 today?
19:11:33 Yeah.
19:11:34 Well sure.
19:11:35 So first, the first step, I recognize that where I am.
19:11:51 This does not satisfy me. I do not want to leave this life for many,
19:11:55 many years. And this realization that, Oh my God,
19:11:58 I created what I have right now.
19:12:00 I manifested my negative reality because we can manifest negative
19:12:04 things.
19:12:05 Positive things.
19:12:06 And from this place of taking responsibility.
19:12:09 For what I have in life.
19:12:10 The dark place at that time.
19:12:12 I started to search for the right reason.
19:12:14 Why this was happening to me and why this was happening actually for
19:12:18 me. Yeah.
19:12:19 In my life.
19:12:27 This extremely hard point when it was immigrating to the
19:12:31 United States. And when I was literally,
19:12:33 I had no idea what I would do. I had no idea what my worth is.
19:12:37 My English was not good.
19:12:38 And I used to have so many things that were just scaring me.
19:12:41 And this is how I get interested in how the brain works.
19:12:45 Because essentially all our emotions and thoughts they are being
19:12:49 preached use by our minds.
19:12:51 Yeah, because, um,
19:12:52 They are in there on a physical level. Every time we have a thought.
19:12:56 Neurons nerve cells in our mind,
19:12:58 they start communicating with one another. Yeah.
19:13:00 So it's always like a question.
19:13:02 We'll do come first. Do we actually think these stores.
19:13:05 All these stores.

19:13:06 Being taught to us.
19:13:07 Yeah.
19:13:13 Just come and we think that our thoughts,
19:13:16 but at the same time, this thoughts,
19:13:18 this is the natural protection mechanism.
19:13:20 Or follow our minds to keep us safe because when we are encountering
19:13:25 your environment,
19:13:26 New circumstances in life.
19:13:27 Our mind tells us no, no, no.
19:13:29 We don't want to go there where you've been, it was safe.
19:13:39 So, uh, let's ask, let's just bombard you with negative thoughts.
19:13:43 So it keeps you where you are and you do no more new actions. Yeah.
19:13:47 Yeah.
19:13:48 Oh, that's why when we are starting something you,
19:13:50 when we are going for this big tree.
19:13:53 Um, encounter this resistance, which happens within us.
19:13:56 Yeah.
19:14:11 And I started to learn, like,
19:14:13 why do we develop this resistance?
19:14:16 And what does essentially can we do to overcome it? So,
19:14:19 as I mentioned,
19:14:20 my first step was to take responsibility for where I am now and
19:14:23 recognize that this is not the place I want to be,
19:14:25 and I want to change things. And then I started to learn that.
19:14:29 Our mind has actually been developing for thousands of years.
19:14:33 Yeah.
19:14:34 We've been evolutionized into thousands of years and the main goal of
19:14:39 our mind, which honestly surprised me a lot.
19:14:41 To keep us safe and not to keep us happy.
19:14:44 So our mind doesn't care for happiness or for.
19:14:47 We're good emotions at all.
19:14:48 This is not it's purpose.
19:14:50 It's purposed to keep us physically L life.
19:14:53 And that's why it's actually really fruitful for our mind to make us
19:14:57 feel miserable.
19:14:58 Make us feel fearful and threatened. This is so easy.
19:15:02 It requires no.
19:15:03 I have a question for you.
19:15:04 So, what do we.
19:15:05 You all know you.
19:15:06 For sure. You know, these people, I know these people,
19:15:08 those people that they're always negative.
19:15:10 Those people that their glass is always half empty.

19:15:16 I am one of those persons that my glass is always half full.
19:15:19 So I really don't understand the process of those people,
19:15:22 that they are always negative.
19:15:24 But you are talking about us, protecting us from new situations.
19:15:28 What about someone who is constantly negative and think the worst of
19:15:30 every situation.
19:15:32 Yeah. Great question.
19:15:48 When you are constantly feeling negative and when you are actually
19:15:51 verbalizing it every time you feel that something doesn't go wrong,
19:15:54 you have to say,
19:15:55 or this goes wrong because I knew it because this is how it,
19:15:59 every time happens because bad situations are happening for me.
19:16:02 This is just the signs of people who are not aware that they can
19:16:06 create the area.
19:16:11 And whatever they are processing in their minds,
19:16:14 this is what they're creating. And what's really important.
19:16:17 Every time we are complaining,
19:16:19 every time we are discussing other people in a negative way.
19:16:22 This is how we basically put the responsibility off.
19:16:26 So we like.
19:16:27 Take notice there is some kind of alignment.
19:16:30 Between negativity and complaining.
19:16:32 Oh, yeah, of course. I mean,
19:16:34 Uh, when, when you notice people and when you notice yourself,
19:16:38 start to complain about something.
19:16:39 Yeah.
19:16:40 What the complaint says is that.
19:16:44 I'm not satisfied with what is happening now.
19:16:47 And I do not want to take any responsibility for it.
19:16:50 So can we call it that your mind is being lazy and not,
19:16:53 and not trying to, or your brain.
19:16:55 Trying to not make new decisions or to take risks.
19:17:07 It's not about your mind being lazy. It's about your mind.
19:17:10 Just go wing through the automatic set of reactions with the goal to
19:17:15 keeping you safe.
19:17:16 Yeah.
19:17:22 So, this is constantly,
19:17:23 this is kind of like a constant fight between you as an aware person
19:17:28 who wants to achieve dreams and your mind,
19:17:30 which is designed not to help you to achieve dreams.
19:17:33 It is designed to keep you safe.
19:17:35 So once you're not aware when you are not aware that your mind
19:17:39 basically it's not helping you all the time. Yeah.

19:17:41 It's actually, doesn't help you in many cases.
19:17:44 And when you are not aware that how your thoughts shape your reality.
19:17:47 How you believe, shape your reality?
19:18:02 This is where you get into this victim mode and you just start
19:18:05 amplifying all the negative things in your life,
19:18:07 and they just keep coming and coming and circumstances,
19:18:10 just start to hit you really hard,
19:18:12 because this is essentially what you are attracting more and more by
19:18:15 verbalizing it by taking no responsibility.
19:18:18 So.
19:18:19 What he's saying, and this is, has nothing to do with your genetic.
19:18:22 Genetic marker. Right.
19:18:29 Um,
19:18:30 there is some research that shows that some people genetically
19:18:34 predisposed to be more negative than others. It's normal,
19:18:37 that we are all very different,
19:18:39 but the thing is we all can change. Yeah.
19:18:42 Every single person.
19:18:44 Doesn't matter what genetic says about like how you predispose,
19:18:47 you are able to change your thinking.
19:18:49 You're able to change your life because you change your thinking.
19:18:57 You change, how you feel, you change how you think,
19:19:00 and this is how you change,
19:19:01 how you react and after that your life starts to change. So yes,
19:19:05 you can be like, you can have any genetic predisposition,
19:19:08 but at the same time, you must send a stand that.
19:19:11 Once you are aware about what do you want to change?
19:19:14 You can change it 100%.
19:19:16 Okay. So we understand now,
19:19:18 or that negativity comes from, so how do you get out there?
19:19:22 What tools you can get.
19:19:24 Just to get out of that,
19:19:25 the prophet spot and move on into a better place in life and to
19:19:28 achieve your goals.
19:19:29 Yeah.
19:19:30 We get out of negativity.
19:19:32 First by recognizing tall ourselves that we have one.
19:19:38 And that it doesn't bring any good towel life because some people they
19:19:41 love being negative.
19:19:43 I know those people. I know.
19:19:44 They love it.
19:19:47 I was talking with their friend the other day that, um,
19:19:49 there are some.

19:20:03 People that always can all only can get close to you when you are in a
19:20:07 rough spot in your life,
19:20:08 on a dark place or something bad things are happening to you.
19:20:11 There are some people that they can not stay next to you when things
19:20:14 are good for you.
19:20:15 Oh, yeah, of course.
19:20:16 This is actually a big topic because there is this quote that says
19:20:20 that, Oh, check your friends. When you have rough times,
19:20:23 like who will be near you?
19:20:24 But actually.
19:20:25 My checking my friends, when I have success,
19:20:28 when I have things happening, I'm thinking,
19:20:30 can I share this with this person?
19:20:32 They will feel jealous or something.
19:20:33 This is not people you want to have in your lab.
19:20:35 There are some people that are.
19:20:40 Take, uh, take distance from you because they just cannot handle it.
19:20:43 They can not handle it and why they can't handle it.
19:20:46 Like, I love the topic of jealousy and envy.
19:20:48 I think these two emotions, they have such a big resource for us.
19:20:52 Yeah.
19:20:55 And it's very unfortunate in our society. This emotion seem negative,
19:20:59 seem shameful. We feel guilt.
19:21:01 When we feel them, but actually there's this emotion.
19:21:03 They have a lot of resource. So let me tell you once. Yeah.
19:21:05 Which can help you to switch.
19:21:11 From envy to actually having your envy as a form of energy,
19:21:16 to inspire you, to become a better person.
19:21:18 Every time when you see somebody having things that you want to have,
19:21:21 and you think.
19:21:29 Oh, my God, like why this person has this, like, this is not fair.
19:21:32 And then you spot yourself. You tell us, okay, this was envy.
19:21:36 So I'm envious of the desk.
19:21:37 What do you do next?
19:21:38 You recognize that this is just what you want because envy shows you
19:21:43 what you want.
19:21:44 Sire. It shows you the desire.
19:21:52 But at the same time,
19:21:53 it shows you that you do not allow yourself to have this desire in
19:21:58 your life you wanted,
19:21:59 but at the same time you think that it's not possible.
19:22:02 So, is it a negative desire?
19:22:04 Maybe this desire can be really positive. Yeah. Because you wanted,

19:22:08 but if you don't recognize that you want it.
19:22:29 This is where it becomes negative. That's why you should recognize it.
19:22:33 You should understand that for some reason,
19:22:35 your mind right now stinks that it's not possible for you.
19:22:38 And this is where the self discovery journey starts from that point.
19:22:41 For example, with my one-on-one clients, when we spot envy,
19:22:44 we become really excited because like, okay,
19:22:46 let's figure out what's lying underneath where this,
19:22:48 this growth point.
19:22:50 Because when you're able to understand why you do not allow yourself
19:22:53 to have this, and this may be because of the childhood,
19:22:56 because of different,
19:22:57 stressful situations that were happening in your life.
19:22:59 And this is when, and from this point,
19:23:01 we understand how to raise yourself worse.
19:23:04 Yeah, because if you feel completely Worsey, if you sell for his,
19:23:07 if your self worth is healthy,
19:23:09 Is healthy. You won't be feeling any envy instead.
19:23:12 You would feel inspiration. Yeah. Yes.
19:23:14 So you are now.
19:23:15 Create this program called the dream spirit.
19:23:17 What is a dream spirit about.
19:23:19 Yeah.
19:23:20 Um, the dream sprint.
19:23:22 Oh, sorry.
19:23:23 Yes.
19:23:24 Let me record that. Sorry.
19:23:26 You created that.
19:23:27 A new program called the dream sprint.
19:23:29 So it's very interesting concept.
19:23:31 And I wanted to tell us a little more about that.
19:23:33 So,
19:23:35 because I see all these numbers that they are like impressive numbers
19:23:38 that I just mean getting.
19:23:40 Living those negative energies.
19:23:43 He could achieve so much.
19:23:44 So I would love for you to tell us some case studies and some
19:23:47 information of how.
19:23:48 Get over the negativity.
19:23:50 Yeah, for sure.
19:23:51 Uh, the.
19:23:52 Sprint is a self-development program.
19:23:58 Which helps people to discover what prevents them from having what

19:24:02 they want.
19:24:28 And we are doing this by following a sequence,
19:24:31 which I developed, and we go through things like fears,
19:24:35 negative beliefs, self Wars,
19:24:37 and be jealous is so basically matching that. Uh,
19:24:40 you want to have like a perfect meal and another to have a perfect
19:24:44 meal, you have to have a really beautiful place, really clean one.
19:24:47 But if your plate is really stinking dirty,
19:24:50 you can't have a beautiful.
19:24:51 Beautiful Milena. Yeah.
19:24:52 So this, this is the same without.
19:24:55 Mind, we can't be having all this limiting models,
19:24:58 all this fears, all this feelings of being scared.
19:25:01 And at the same time,
19:25:02 have the beautiful meal in a form of our desires.
19:25:05 So through this program,
19:25:06 I help people to discover this dirt and to clean it out.
19:25:11 So life literally pushes them towards their dreams and not from
19:25:15 bigotry.
19:25:16 Dreams.
19:25:17 That's awesome.
19:25:18 But ER, I I'm looking at their website. It says like, for example,
19:25:22 that.
19:25:23 The 80%.
19:25:24 Of your alumni, that they did your course,
19:25:27 they called.
19:25:28 In your field and advance their career.
19:25:30 That's really, really impressive. I mean, how many sessions they need?
19:25:33 How is, how does it work to work with you?
19:25:36 Yeah.
19:25:43 Uh, so in this program, it's, it's a group setting.
19:25:46 It's not like the one-on-one approach, but I, Oh,
19:25:49 I always recommend, uh, people start actually with the trim sprint,
19:25:53 because it's just this basic knowledge that everybody we truly should
19:25:57 not.
19:25:58 Because.
19:25:59 Yeah.
19:26:00 In the modern world.
19:26:01 The capitalistic society.
19:26:03 Korea is really important.
19:26:04 Yeah.
19:26:05 Career is something that we give a lot of energy towards.
19:26:08 And this is essentially our legacy in a sense. Yeah.

19:26:11 So our career now projects.
19:26:15 That's why each is really,
19:26:18 you can see a direct impact on your career when you are clear in your
19:26:22 mind from concepts,
19:26:23 which prevent you from achieving your dreams. Yeah.
19:26:27 Your career.
19:26:29 Is your tree.
19:26:30 And many people actually come with dreams around career and money.
19:26:33 And those two things that are,
19:26:34 we truly like top of the list for the majority of participants and.
19:26:38 Like when people ask me, I'm done.
19:26:39 Tell me what exactly we've been.
19:26:40 The trim sprint.
19:26:42 You know,
19:26:49 All the information out there. You can read a lot of books.
19:26:51 You can watch YouTube videos and maybe some of the things that I teach
19:26:55 in the dream spread,
19:26:56 you may hurt somewhere already because we live in this world.
19:26:59 She's full of information.
19:27:01 But what,
19:27:02 why dreams brewed actually works because I make you do stuff.
19:27:05 How long is that dream sprint?
19:27:06 It lasts 35 days.
19:27:08 Wow.
19:27:09 It pushes you to do stuff.
19:27:11 If you're not completing the work,
19:27:13 if you're not submitting your assignments,
19:27:15 you're doing this from the program and you can't restore your access.
19:27:17 Oh, wow.
19:27:20 Yes. And this is really important because if you,
19:27:23 you can't be just consuming information all the time. Yeah.
19:27:26 You have to apply it.
19:27:27 But do we always, like we read a book.
19:27:29 And we think, Oh, I will apply it some next time.
19:27:37 Oh, I will do this next time or maybe good seat.
19:27:40 Batalla applied some other time,
19:27:41 but I actually encourage you to apply now.
19:27:43 And that's why I have this rough thing.
19:27:48 Uh, with DVT people from the program, because this is what actually,
19:27:52 this is how we are conditioned.
19:27:53 We learned in school that there will be consequences for not doing
19:27:56 work.
19:27:57 Yeah.

19:27:58 You're for 10 days for free of the program so people can get yes.
19:28:02 Yes.
19:28:04 Yes, the first 10 days are, um, uh,
19:28:06 free and they're free because first of all,
19:28:09 you should understand if you can keep up with the program.
19:28:11 Yeah. If you can keep up with the format.
19:28:15 And if you can't, you better do it next time. Yeah.
19:28:17 Because I don't want you to just buy the content and then do it in,
19:28:20 never do it. You know what I mean?
19:28:22 For me, I prioritize.
19:28:24 Uh, results.
19:28:27 More than like immediate profit that I could make,
19:28:29 because if you're not doing it, I'm not interested in you taking it.
19:28:32 Absolutely.
19:28:33 Absolutely. I so agree with you.
19:28:35 Never work with a client who doesn't want to work with me.
19:28:38 It's like.
19:28:39 It has to be a choice.
19:28:50 To work with you, but at the same time, if they have no,
19:28:52 if they can't commit time, if they can't, uh, put in the work,
19:28:56 like maybe they even want.
19:28:58 But at the same time, if they keep resisting this work,
19:29:06 It's means that they're not ready.
19:29:07 It means that they will be raising later and when they are ready,
19:29:10 they'll find time. They'll find resources.
19:29:13 They'll find everything to actually commit to execution.
19:29:25 Yeah. Like my dad always says that we measure, uh,
19:29:29 I R interest by our actions.
19:29:31 Like if we're interested in something we're going to find the time to
19:29:34 do it. Yes, absolutely. Absolutely.
19:29:37 And I love the school that you can measure your interests with your
19:29:40 actions.
19:29:41 And actually many people come to me and they're saying like, diarrhea.
19:29:43 I really want to do this, but for some reason I keep procrastinating.
19:29:46 I keep a spoon in it.
19:29:48 And sometimes what I notice is that this resistance towards our
19:29:52 dreams, it happens.
19:29:53 When we have this internal barriers, which we have not discovered yet.
19:29:57 So, this is awkward. This is also big topics.
19:30:00 Sometimes people can be super interested,
19:30:01 but then they have a really hard time to actually make an action.
19:30:05 Well, thank you so much.
19:30:12 I think you gave us such an important information for everyone,

19:30:16 including myself to be a little more self-aware of when we're being
19:30:20 negative and why we might be blocked.
19:30:22 And I want to keep talking about this forever because it's
19:30:25 fascinating.