



Chat with a GENIUS

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$E=mc^2$



Hello and thanks for unlocking this *Chat with a Genius* guide, our gift to you from the Raikov Effect website, to accompany the *Chat with a Genius* audio.

This guide provides a simple visualization exercise you can use to gain insight, wisdom and inspiration from a genius, or anyone you desire.

It opens up your mind to new possibilities and unlocks areas of thinking you might not normally tap into.

Want life coaching from Anthony Robbins? Business advice from Branson? Relationship wisdom from your favorite agony aunt?

Just use this technique!

It's amazingly powerful and with regular use will become one of your go-to self improvement techniques.

So What's It All About?

The Chat with a Genius technique lets you consult with a genius, someone who's brilliant at what they do. It allows you to sit back and chat with them, to ask them anything about any subject - and gain genuine insights as a result.

Think of the impact such wisdom could have on your life.



'Hilary Clinton admitted to using this method to "chat" with Eleanor Roosevelt to gain inspiration, guidance and motivation...'

Like when you hit an unforeseen obstacle. Or when it feels like your life has hit a plateau.

Maybe you need a bit of inspiration, or just want someone to talk things over with. Someone who can give you relationship advice or insights into what to do next in your business.

We've all been there. Those occasions when you wish there was someone you could turn to. Someone whose experience and expertise could help you make the progress you need.

That's what the *Chat with a Genius* exercise will enable you to do. It's a fast and easy visualization exercise that will let you connect with the genius of your choice in just minutes, by having an imaginary conversation with them in your mind.



Thousands of successful people use this simple technique each and every day. In fact, Hilary Clinton recently admitted to using this method to “chat” with the late Eleanor Roosevelt to gain inspiration, guidance and motivation.

It doesn't actually have to be a literal genius. It can be any person, living or dead, with the skills and know-how you need to solve a problem or get answers to your questions. Someone whose brain you want to pick, such as a teacher, a historical figure, a politician, a TV personality, or anyone else whose advice and input you think will help you.

So, how does this technique work? And why is it effective?



‘It can be any person, living or dead, with the skills and know-how you need to solve a problem or get answers to your questions.’

The technique itself is pretty simple. You just get relaxed, and imagine having a conversation with the genius of your choice. Within minutes, you'll start gaining crucial insights you wouldn't otherwise have been tap into.

Your brain has a built-in servo-mechanism which enables you to find solutions to problems. By having an imaginary conversation with a genius, this part of your brain automatically unlocks your own latent intelligence, bypassing your regular logical and constrictive thinking patterns.



This helps you gain genuine insight, wisdom and guidance, as well as access to those “Eureka!” moments, all simply by having a conversation with someone else... in your imagination.

It basically short-circuits your way to genius insights, and quickly. And like most “brain hacks”, you really have to try it for yourself to believe it.

The *Chat with a Genius* technique is a fast and effective method for gaining wisdom, motivation and reassurance that you otherwise wouldn't be able to tap into – all just by sitting down and imagining a conversation. It just doesn't get easier than this.



The ‘Chat with a Genius’ Exercise

Getting started is easy. You'll find the full steps bellows. There are also a couple of things you'll need to do first to prepare yourself.

First, find a quiet room where you can practice your visualization. It should be a place that's comfortable and free from distraction, including any internal or external noise. Somewhere you know you won't be interrupted for at least 15 minutes, although your visualization can last as long as you need it to. With practice you'll be able to achieve positive results a lot more quickly.

Second, you need to have a genius or expert in mind. **Who will you choose? Mozart? Steve Jobs? Michael Jackson?**

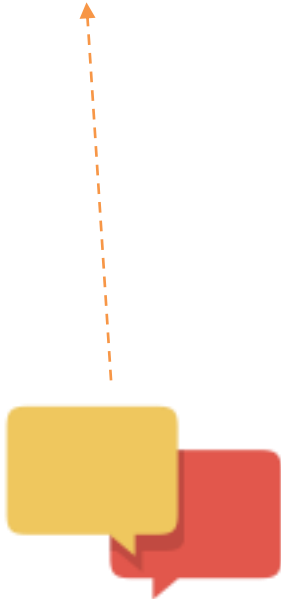


Whoever you want to chat to, get a big, bold picture of them in your mind. If necessary, write down any questions you want to ask them. The more prepared you are, the easier it will be for you to focus on those areas you need help with.

‘Whoever you want to chat to, get a big, bold picture of them in your mind...’

You can listen to the audio version of the *Chat with a Genius* technique to follow the process from start to finish. Alternatively, here’s the text version of the method for you to read and digest:

- **Close your eyes and get as relaxed as possible.** Breathe in and out slowly and steadily until you can feel all the tension leaving your body.
- **Once you’re relaxed, imagine yourself in your favorite place or room.** There could be two cozy chairs around a table that’s at just the right height. Or it might be a room with a couple of comfy sofas in front of a log fire.
- **Your genius is sat there waiting for you,** ready to give you their advice and support.
- **They ask you what’s on your mind** and how they might be able to help you.



- **Because it's all in your imagination** you know you don't have to hold back. You can be completely open and honest because you know the other person is there specifically to help you.
- **You ask the other person for their advice** on whichever issue is bothering you. What would they do in your shoes? How would they approach things? Are there any aspects that you might be overlooking? What steps do they think you should take next? How can they motivate you further?
- **Don't worry about forcing an answer from them.** Your brain's built-in servo-mechanism will provide the answer easily and automatically. With practice, it'll seem as though this really is a natural, two-way conversation.
- **You continue to chat, back and forth,** always feeling comfortable and at ease, just enjoying this relaxing conversation in your favorite place.
- **You listen carefully to the advice and guidance** the other person gives you. If anything they say is unclear, you can simply ask them to add more detail or to put it another way.
- **When your conversation is over, you thank the other person** for their help and ask them if they would be willing to help you again in the future.
- **Now you can let the person and the room slowly fade away.**

- **Finally, open your eyes and take a few moments to compose yourself.**
- **At this point, you may wish to make notes on the wisdom received** from your mentor or genius. Consider how you can use this information to approach your situation in a new and more enlightened way.
- **You might even consider consulting with that person again in future**, or meeting another genius who may be able to offer an interesting new perspective.
- **Remember that this visualization is completely under your control** and at your convenience. You can choose to converse with anyone you like, at any time, and about any subject, until you get the answers or solutions you need.

What Can You Use This For?

Whatever issues you may be facing, there's guaranteed to be an expert who can help you out.

At first it may seem strange, because you're aware that it's all happening inside your own mind. However by using this technique, you're actually unlocking styles of thinking that wouldn't otherwise be available to you, giving you insights into essentially any area of life.

The more you use it, the most natural the conversations will become, until it starts to feel as though you're genuinely speaking with that genius.

So, what can you use this technique for?

Maybe you want to start your own business. Or develop a new product. Or create a compelling marketing campaign. Perhaps you want to find a new way to make some extra money. Or improve your sporting ability. Or master a new language.



‘Your genius or expert is there at your request, ready and willing to answer all of your questions...’

You might be eager to overcome a phobia, want more confidence, or wish you were more charismatic. Or possibly you’re in need of relationship advice or reassurance.

It doesn’t matter what the issue is, or how long you’ve been struggling with it. Your genius or expert is there at your request, ready and willing to answer all of your questions.

You’ll get a fresh perspective on the problem. You’ll open yourself to a whole new set of possibilities. And all of that should give you the encouragement you need to get moving again. To tackle the problem with a fresh pair of eyes and attack it from a different angle.

To make sure you get the most out of your chat, take action. Use the information your genius has provided to inspire you to move forward.

If you need more assistance, simply chat to them again, or to another expert in the field. Write down new questions that arise, ask for further help and advice, and keep "chatting" until you get all the answers you need.

That's all for this guide.

We hope you enjoyed learning about this incredibly simple method of accessing your latent brain power to get powerful insights for improving your life. Many successful people use it, and now you can tap into it yourself, at any time.

And of course the REAL discovery here is that the true genius... is actually *you*.

Find more techniques for unlocking your genius in the full Raikov Effect course, at www.raikov.com.