

## Lesson four

We talked last time about the power of beliefs and what to do to change them so that there is nothing that can hold you back in your game.

Today we're going to change one of your beliefs, maybe a little, maybe a lot, but this one has the potential to change your whole outlook on not only TT but also your whole life.

---

"Five Words That Can Change Your Life"

There are five words that I would like to share with you that should be written down, memorised, in fact etched onto your brain, as the best, most rewarding way of achieving anything.

Anything?

Yes, anything.

These five words have formed the basis for the wealth of the richest men in the world, from John D. Rockefeller to Bill Gates.

They have provided people with more love than they could possibly have imagined more success and more happiness.

These five words have been handed down from generation to generation and not only make a significant difference to whoever heeds them, but affect the rest of the world too.

The words are as follows:

"Give and ye shall receive".

It is one of the mysteries of the world.

The more you give, the more you will receive.

But (and there's always a 'but!'), you must give in the correct way.

It's no good giving some money to charity and then expecting to win the lottery next week.

The important thing is that you must give **WITHOUT ANY THOUGHT OF GETTING ANYTHING IN RETURN.**

So am I saying to get something, you have to give it, but without expecting to get it back in any way?

Yes, I suppose I am really!

It isn't so much a TT secret, as a life secret (hmm, there's an idea for a website...) although we will be looking at how to apply it to TT in just a second.

It could almost be described as a universal truth, which you give with a grateful heart, will come back to you tenfold.

Not always immediately, and not usually even from the place that you originally gave, but the way that the world works means that you will always end up with more than you give.

It changes your thinking from things coming into you, to things going out from you. This then makes you ready to receive what it is that you desire! Simple really...

I tell you this not because I'm a particularly spiritual or religious person, but because as your new TT life coach, I want to tell you what works and can make your life and game a whole lot better!!

Speaking of which, how CAN this help your TT game?

How indeed!

Now's the time to switch the thinking from 'how can I play better YY' to 'how can I give to other people in TT'.

Obviously you know your own situation better than I do, so here are a few examples to be going on with.

- Someone gives their time by staying behind and coaching some juniors free of charge. The juniors tell their regular coach, and he invites that person to a session where they pick up a whole host of tips and techniques.

- Someone does a sponsored event to fund their TT, and manage to get twice as much as they had planned and decide to give half to charity. One of the charity's biggest donors hears of this, and donates twice as much to the player's fund than they originally made.

- One too many people have been booked to play in a match. The player who offers to stand down is then included in the next match, against the league leaders that helps take that person's game to a new level.

Now these are all totally made up scenarios, written not to show you how you can benefit from giving, but hopefully to give you different ideas of the ways that you can give in TT.

Not only, according to this universal law, will you get more back than you ever give, but other people will immeasurably benefit from your kindness!

Think of the possibilities!

So never (not that I'm sure you do) give bad touch calls on purpose.

Encourage other players, even if they might be your nearest rivals.

When you notice your rival has a tell-tale sign that they are going to play a certain shot, TELL THEM!

What is this crazy man telling me to do, I hear you ask!

Tell my rival where their faults are?

YES! Because, the universal truth will reward you with more than you ever give.

You have to trust it, if you want to allow for everything that you wish to achieve.

Now I'll leave you to go out and test this new principle, and have fun doing it!

Remember, giving with no thought for getting anything back is the quickest way to receiving more than you can ever dream of.

Until next time, I hope you have enjoyed this week's gift from me!

Play good TT,

Javad

