

Fraturdays with Doria & Friends - Denis Waitley Notes

Connect with Denis

Facebook: <https://www.facebook.com/OfficialDenisWaitley>

Instagram: @thedeniswaitley

Denis' Free Gift:

<https://win.successgiveaway.com/lp/115106/winsuccess?track=88888888>

What is winning?

- Winning is serving others with value
- Seeking to give before you get
- Seeking for what you can teach rather than what you can obtain
- A winner has a high self-esteem
- Be an inner winner, not an outer shouter
- Project yourself to always give more value than you receive in payment
- Being resilient, inner value instead of superficial

Money & Contribution

- Money is fuel and it is very important because it gives you freedom and independence
- Financial freedom gives you dignity so you can live your live your way, and have your health
- One of the great things about having money is that you can employ it to the highest good
- One of the greatest feelings Denis has is to give away what he has while he is alive
- The values that you leave in your children are more important than the valuables you leave in your estate
- Your children will always talk about the time you spend with them, not the money you spend on them
- About selfies - turn the cell phone around to not make it about you but make it about others
- Denis has a lot of children, grandchildren, and teen great-grandchildren
- His great-grandchildren never talk about money, they talk about time
- the time that you spend is prime time
- When you are his age every moment is like a double rainbow
- It's important to live in the moment, not for the moment

Denis' Story

- He remembers all the wars
- He remembers when as a child he couldn't go to a movie theater or swimming pool or they would get Polio
- It is so important to always look for a solution within the problem
- Don't let someone stop you from speaking out, you need to stay active and engaged

- "If it weren't for time, money or circumstances, what would we be?"

Resiliency

- He was in 50 Chinese cities when he was 85 years old speaking to a million people in each city and everyone was saying "you're so wise, how do you do it?"
- He went ill and needed a new heart valve, then it got infected and he almost died
- Then he had throat cancer and was in a hospital room for nine months, no one could visit him and he almost died several times
- Then he had an inspiration - he thought:
 - Why me, try me
 - It's time for resilience, you have been talking about POWs but you have never faced your own mortality and now you do
- He wrote his new book The New Psychology of Winning, he exercised, made his bed
- He couldn't go outside - he couldn't even leave his room
- He was surrounded by people with Dementia - he was trying to help other people
- Unless you are willing to taste bitter, you will never understand sweet
- You have to taste bitter to taste sweet
- Due to his health condition, he does not have salivary glands, he can't taste food or smell but he remembers the exquisite smells
- He learned how to swallow again and walk without a walker
- He would like to be able to taste, smell, eat solid food and have saliva so he can have taste buds again
- When he wakes up he says "safe again, let's help someone"
- He treats people like they are all incredible - a taxi driver is a transportation executive, his gardener is a horticulturist who allows him to be in this garden
- He has learned how to be in the moment

Reflection of what is important

- The older you become the less significant you become, you are only significant to your creator and your family and friends
- It's not that important to be somebody, it's important to do what you absolutely love and do something that is significant to you and benefits other people - that is real winning
- Time is the only equal opportunity employer
- He has more money than time - he relishes being alive - he only thinks about what he can be doing with his life for other people
- Getting rich or famous is like drinking salt water - the more you drink the thirstier you are
- As you age, you no longer play the leading part - take age like a vintage wine
- One way he can help everyone is to have you take your calendar and put down red letters called IRS (Intimate Relations Schedule) - make sure you have as many IRS meetings as business appointments - the reason you can't be at the event, at the meeting is because of this
- We give more importance to the urgent than the important
- You have to do the important things on your own - he has a paper calendar with his intimate relations schedule

- He used to go to the final events of his kid's teams but not the practices - he was too busy and they grew up
- If he could live his life again, he would go to the practices
- He puts personal intimate relations on his calendar with as much weight as his business and his earnings
- If he could do it again he would fill it with IRS
- The greatest gift you can give another person is to be in person - your own presence fully involved
- He would do more being involved with the life he was living instead of achieving
- He would take those rich moments - he hasn't been thanked for the things he has bought but for being there

Technology

- Nothing will ever compare in the meta world as being there in person

What do POW (Prisoners of War), astronauts, and Olympians have in common?

- Discipline is not punishment
- The POW projected themselves back home
- Olympians need to train for 1200 days for 1 moment of a race
- Learned how to visualize in his own body
- He would put cameras so they could see themselves on their skis, and practice in their room
- In astronauts they would pretend simulation being on the moon - the practice, the imagination - practice the right stuff when they are in a very dangerous situation
- Courage comes from the well prepared
- People who are extremely practiced, who are mentored, don't have to learn from trial and error
- Learn from coaches and role models who know the right stuff and can teach you
- Do within while you are doing without
- The mind cannot tell the difference between a simulated rehearsal and the main event
- If you are emotionally engaged - you are in the process or rewiring your brain
- When you are projecting all of you into where you are going - you are projecting into the world what you are becoming
- When people say I want to do this - he asks what are you doing now? You must be doing now what you want to be doing
- Instead of watching other people have fun on TV - live in prime time
- Live in prime time, don't watch prime time
- Networking and interacting with people with the same goals and optimism that he has
- When he was watching TV, he was tension relieving instead of goal achieving
- Whatever you want to do, be doing it now
- You only make decisions in the present tense
- Your future is being rewired by every moment and every action

Neuroscience and Success

- Behave how you want to behave
 - As he ages, he walks shoulders back, looks straight ahead, picks his feet up as he walks so he can walk younger
 - He is able to add neurons not lose them, increase neuropathways
 - We have the ability to think thoughts in visual, emotional and chemical terms and can create a new video of our lives by new things we are learning
 - You can learn new things if you rehearse and practice
 - Thinking out loud, speaking out loud, writing in long hand
 - For people who have had a stroke, it's very important to rewire your brain
 - It's much better to think of goals and things you want to become rather than things you don't want to happen
 - Reframe it into what you want to happen - you don't want to not be angry, you want to be someone who is calm and in control
 - As we think thoughts - thoughts become things
 - Create new pathways to live, remain young, make sure what he is doing is to benefit the world
 - It feels better to help others than to just do things for me
 - The brain is so plastic - the people who have had strokes are able to regain what is lost by practicing
 - Your universe is between your ears - that's your virtual reality
-
- He never follows one party over another - he always follows his heart and votes on the issues and what you really believe in

Laser Focus

- If you want something laser in on something - bring that one idea or project into fruition
- Preparation, energy, and fruition
- Be magnificently obsessed with what they are doing
- They will work for food while they are building it - keep the big picture in mind and that's why they focus on it
- Money is fuel for the tank
- Chase your passion, not your pension
- If your passion is what's driving you, usually your pension will occur
- We can't always earn the most money with your passion
- Money is only part of it - it is the fuel part of it
- If what you're doing gives a benefit for people - prefer to be a teacher rather than a sales person
- The ability to choose what you do with your days without worrying where the money will come from

The Science of getting Rich

- Love this book because it was the centerpiece for the Secret

- It is a tremendous book and if I do certain things in certain it is inevitable
- He recommends reading this book

- He spends 10 minutes thinking about what can I do to make this day better for someone
- Always goes to bed with gratitude on a good thought - engineer his dreams as much as he can to be happy thoughts instead of nightmares

His grandmother

- In the seed is the seed of its own
- You need to plant seeds of greatness for future generations
- Weeds don't need water - you want seeds of greatness not weeds of despair
- Don't be a status seeker, be a servant leader
- Most of the old famous people he knows, many of them are very sad and they wonder what happened to them
- We are not here to build monuments to our own progress
- You don't have to sell that hard but if you keep yourself authentic and real - you will get a following that will last more than a lifetime

Chat Notes

00:26:13 Susan Meredith: Gamifying financial education.
www.mentamorph.com Video on the home page shows the game that is also played within workshops. If you would like to be part of the Beta test, email me at susan@mentamorph.com

00:27:43 Moe Rock: "The father of personal development" -Brian Tracy

00:31:04 Ava Manuel: Wow! You're so generous and gracious Denis! 1,000 dollars 25 yrs ago is probably like \$10,000 in value.

00:33:08 Fabulous Camille Robb 407-473-1832: Wow !! love the story

00:33:22 Dr. Wright: Traits of a Winner- They set an example for everyone around them

00:33:27 Dr. Wright: They set an example by doing.

00:33:59 Dr. Wright: They don't have much of an ego, they usually very humble ,they are not focused on self involvement

00:34:04 Dr. Wright: They are busy giving value

00:34:31 Dr. Wright: Winners serve others with value, give before they get, teach before they try to attain.

00:34:45 Dr. Wright: For Denis is has always been about the audience before himself

00:35:36 Dr. Wright: Tell Denis what a winner TO YOU??

00:36:12 WT Kam: A winner - walk their talks !

00:36:15 Whisperer Robren 6013 7659 228: A winner is one who lives in Higher Consciousness

00:36:15 Craig Doyle: A winner is someone who adds value and their greatest thoughts are of others not of themselves

00:36:51 Diana Jaimes: A winner is someone who does what is right no matter the cost.

00:37:14 Dorina Lanza: A winner always lives at peak in all areas of life.

00:37:20 Nora: A winner is someone who walks the talk and take action no matter what

00:37:25 Patrice Porter: a winner to me is someone who has bought forth their greatest potential of the moment and has excelled

00:37:27 Chris Mentzel: A winner helps to make a better world by supporting others to do what they are born to do.

00:37:28 Pat Burns: When I think of a winner, it means a person on a learning path always.

00:38:16 Albert Robb: Winner is someone who have the ability to work well with others.

00:41:02 Fabulous Camille Robb 407-473-1832: Winners!!! is a giver that always put others ahead and push others to win !!

00:41:55 WT Kam: Winner is busy giving value !

00:42:04 Ava Manuel: A winner is someone who sees the world with eyes of curiosity and an attitude of celebration - always looking for opportunities for discoveries and growth from every situation.

00:42:42 Sekke SESSE: A winner is the most loving...who never fails to love.

00:43:27 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: Thanks for that questions - A Winner knows he is winning every second of life, filled with gratitude and love for self and others.. 💜

00:46:09 Dr. Wright:having inner value and not just superficial value

00:46:24 Dr. Wright:money gives you freedom in your elder years

00:46:39 Dr. Wright:You want to have the dignity to live your life with your choices

00:46:56 Dr. Wright:Be significant enough to be able to give to those who need it

00:47:05 Dr. Wright:You can create a scholarship here and there

00:47:32 Dr. Wright:He feels its a great feeling to give away what he has while he is still alive.

00:47:45 Dr. Wright:The values you leave in your children are better than the value in your estate

00:48:03 Dr. Wright:Your family talk about the time you spend with them instead of the amount we spend on them

00:48:47 Dr. Wright:Our 5 G is terrible here

00:49:04 Pat Burns: Denis words about leaving family members memories is so valuable

00:53:05 Ava Manuel:Alexa!

00:53:54 Dr. Wright:Every moment is like sipping rare wine and a double rainbow

00:54:02 Dr. Wright:He lives in the moment but not for the moment

00:55:41 Fabulous Camille Robb 407-473-1832: My heart is so full and Mr Denis is sharing some powerful story that I am so blessed to be apart of this !!

01:01:19 Ernie Brogdon: "If it weren't for time, money or circumstances, what would we be?"

01:02:10 Joseph Ng | Malaysia: I'm getting goose bumps absorbing the wisdom of what Dr Dennis Whitley is sharing

01:03:07 Fabulous Camille Robb 407-473-1832: I am sooooo loving this 💜

01:03:38 Chris Mentzel: Everyone who has this kind of Internet problem, look into Speedify.com - this app combines your internet from cable and phone and other sources. If one connection goes down, the other connections take up the slack.

01:04:05 Peter Meisen: Be Resiliant -- Always looking for the solution within the problem.. You have to stay active, involved and engaged. Key Q" If it weren't for time, money or circumstance - what would we do?" DW

01:04:45 Dr. R.Vijaya Saraswathy: Love you Wise Wendy

01:04:57 Paul Valach - pmvproductions.com: Thanks Chris.. will look into this.. COX and others are just not as stable anymore.

01:05:16 michael toh: Wonderful sharing Wendy.Hope TO catch up with you soon. Thanks

01:05:40 Chris Mentzel: Figure out what you would do if you had the money, then find out how to do it without.

01:09:31 Dr. R.Vijaya Saraswathy: Instead of Why me? TRYME

01:09:46 Michele Wilson: Instead of saying why me. Try me.

01:11:21 Michele Wilson: Get off me and into them. When you never taste bitter to eat the weed. Inspiring..

01:11:48 Dr. R.Vijaya Saraswathy: Very inspiring

01:12:35 Michele Wilson: What am I going to do today to help someone, to improve.

01:12:49 Ava Manuel: You got to taste bitter to taste sweet. Every moment of everyday, I relish - Denis Waitley

01:13:33 Diana Jaimes: Wow Denis that is so impressive especially as I'm in training for being a sensory taste panelist for National Food Labs. I have to rely on my ability to taste and smell in order to do my work.

01:15:01 Michael Post - <https://www.samadhiseaofwisdom.com>: Love what You do Naturally that You do it without thinking about it! <3

01:17:05 Ava Manuel: IRS = Intimate Relations Schedule

01:17:29 Michael Post - <https://www.samadhiseaofwisdom.com>: Wisdom. <3

01:17:46 Diana Jaimes: Cat's in the Cradle

01:18:26 Ava Manuel: Put as much IRS (Intimate Relations Schedule) on your calendar as much as business appointments - Denis Waitley

01:18:27 Michael Post - <https://www.samadhiseaofwisdom.com>: <3 <3 <3

01:18:38 Tom Chesser: IRS

01:19:18 Michele Wilson: IRS Meeting - Intimate Relationship Schedule

01:19:22 Tom Chesser: So valuable - Intimate Relations Schedule

01:19:26 Ava Manuel: The greatest gift you can give another person is to be there in person - your own presence, fully involved - Denis Waitley

01:19:51 Rochelle Arjmand: amen

01:20:11 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: I feel that so much.. thank you for this experience.. to be in your presence.

01:20:44 Michael Post - <https://www.samadhiseaofwisdom.com>: Love Y(Our) Heart's Wisdom Denis dear Mirror.
Thank You for the confirmation! <3

01:20:46 Fabulous Camille Robb 407-473-1832:  

01:23:03 Joseph Ng | Malaysia:  

01:23:05 Michele Wilson: Thanked for being there. Being their in the flesh is the best gift ever.

01:23:23 Michele Wilson: Discipline is not punishment.

01:23:23 Diana Jaimes: So true- I treasure the time I've had being a stay at home mom. I'm very aware of making sure to be present with them while they are still at home.

01:24:22 Dorina Lanza: Active visualization is o key!!!

01:24:28 Fabulous Camille Robb 407-473-1832: THAN YOU FOR YOUR SERVICE MR. DENIS   

01:24:42 Dorina Lanza: so, not o

01:25:07 Michele Wilson: Courage comes the well prepared.

01:25:36 Fabulous Camille Robb 407-473-1832: Than you sooo much for sharing 🥰💛💖

01:27:55 Michael Post - <https://www.samadhiseaofwisdom.com>: This is why I Love Being Here Now with All of You!

Building To-Gather! <3

01:29:33 WT Kam: Wow Dennis, you're amazing !

01:29:35 Connie Benjamin: Connect with Denis

Facebook: <https://www.facebook.com/OfficialDenisWaitley>

Instagram: @thedeniswaitley

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<https://win.successgiveaway.com/lp/115106/winsuccess?track=88888888>

01:29:41 Patrice Porter: Beautiful! Thanks so sharing your wisdom!

01:29:58 Connie Benjamin: Connect with Doria

Clubhouse @DoriaCordova

Also, Follow in Clubhouse the Money & You Club - and get an invitation into Clubhouse's Fridays With Doria event!

<https://www.facebook.com/DCCordova>

<https://www.linkedin.com/in/dccordova/>

<https://www.instagram.com/damedccordova/>

<https://twitter.com/dccordova>

<https://www.facebook.com/moneyandyou>

<https://www.youtube.com/user/MoneyAndYouEducation>

01:31:36 Dr. Wright: \

01:32:54 Nora: Sooo inspiring💖👍You are amazing Dennis👍💖

01:34:07 Michael Post - <https://www.samadhiseaofwisdom.com>: Master of Self's.

Love this Reflection. <3

01:35:59 Ava Manuel: Your universe is between your right ear and your left ear

01:36:37 Patrice Porter: Wow! Thank you so muchfor this!

01:37:12 Dr. R.Vijaya Saraswathy: Profound, I am always willing to learn and know more!

01:37:59 Connie Benjamin: Doria highly recommends the Nanotechnology - Stem Cells - Light-based Patches for Health, Vitality and Youthfulness - she has been using since the beginning of the Covid Pandemic to keep her immune system strong

Do you love PROSPERITY? Business Opportunity for powerful, influential networkers who are looking for ULTIMATE LEVERAGE while bringing Light

Wealth Health to the world... If you are not interested, who do you know?
You can benefit tremendously from the introduction..

This 4-minute video shows the success of relieving pain on horses and animals <https://www.youtube.com/watch?v=BJ8EA0fANl0> If you know horse owners, pass the word!

01:38:07 Connie Benjamin: <https://LifeWave.com/ChrisMentzel>

01:39:50 Chris Mentzel: [Speedify.com](https://www.speedify.com) can help with connection issues.

01:39:56 Connie Benjamin: Connect with Denis

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Instagram: @thedeniswaitley

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<https://win.successgiveaway.com/lp/115106/winsuccess?track=88888888>

01:40:06 Michael Post - <https://www.samadhiseaofwisdom.com>: Helping Humanity Love Living Freely from the Inside Out!

Samadhi Sea of Wisdom Meditation School

<http://www.facebook.com/samadhischool>

Connect here:

928-446-5887

<https://www.samadhiseaofwisdom.com>

Thank You every One who participated Consciously and Unconsciously in today's monthly Samadhi Silent Global Meditation.

Join Us again every Wednesday at 10am mst every week in 2022!

01:40:15 Chris Mentzel: The Science of Getting Rich?

01:40:19 michael toh: Thanks so mudah fo 😊

01:41:21 ChoonYen Kong: Thank you Denis for sharing your wisdom.

01:41:41 michael toh: Thanks so much Dr Dennis Waitley. I have read your Books and Now Will LOOK TO read your New Books. God bless you and your family.

01:42:41 Connie Benjamin: SUPPORT INDIA'S FAMILIES

[PayPal.Me/stmothertheresaunive](https://www.paypal.com/US/m0/venmo/STMOTHERTHERESAUNIVE)

01:43:03 Patrice Porter: Good Day to you Dr. Saraswathy - lovely to see you here!

01:43:45 Sekke SESSE: I'am deeply grateful to be part of this. Special thanks to you, Dame DC, for taking me under yours wings.

01:44:37 Al Chan: www.linkedin.com/in/al-chan-talent-scout-23ba891b1 or FB: AL.Chan.39 or AL Chan talent scout

01:46:12 Whisperer Robren 6013 7659 228: The 7 Principles of Higher Consciousness

A Course in Spirituality

By Whisperer Robren

Join us for 7 free one-hour lessons.

Read more:

<https://www.changeu.co/7-principles-of-higher-consciousness.html>

WhatsApp: +6013 7659 228

Robren@ChangeU.co

01:47:04 Connie Benjamin: Access To Cash: The New Definition of Wealth... And It's Not What You Think It Is - is now available for only \$1.97 USD for a limited time!

Go to www.AccessToCashBook.com for the Amazon link and to read about the Bonus Gift:

Chapter 2 of the Money-Making Systems Manual -
20-Page Personal Productivity System

01:49:42 Michael Post - <https://www.samadhiseaofwisdom.com>: Chase
Y(Our) Passion not pension! <3

01:50:15 Fabulous Camille Robb 407-473-1832: WOW !! so Bless wow !!

01:52:01 Fabulous Camille Robb 407-473-1832: 🥰🥰🥰🙏🙏🙏

01:54:29 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: Knowing what we are good at is so important.. so we can stay focus and let others do what is needed.

01:55:12 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: Thank you for all the insights Denis.. 🥰

01:55:36 Connie Benjamin: Gifts to keep YOU going through the Global Paradigm Shift!

A gift to support you in building your Economic Engine at <https://moneyandyou.com> - Excelerated Business Success Model - how to create, build and grow a socially-responsible organization.

Experiential Exercise -

<https://fridayswithdoria.com/recovery-magical-exercises/>

Do the Recovery Magical Exercises to support you in clearing multi-generational financial decisions that have been activated during the pandemic or in life... These exercises have been done by some of the financial masters / experts / best selling authors that you see everywhere...

01:55:46 Connie Benjamin: <https://www.leverageto.cash> - only \$67.

In this easy-to-follow Online Course, you will learn distinctions for leveraging your time, money, resources, networks... your energy!

Doria shares distinctions to be more productive which will support you in staying focused on more income-generating activities. You will learn how to separate out the activities you are doing that generate CASH and focus on them. Finally, you will learn the ultimate lesson in LEVERAGE which is to move your business past yourself.

01:55:56 Connie Benjamin: <https://MoneyandYou.com> will be back live in San Diego again: April 6 - 9 -

Doria has an awesome Affiliate program - another Income Generating Activity or to create being in the event, please contact her: info@moneyandyou.com or text her office: 1 619 224 8880 - thank YOU. Would love you there!

Always looking for JV partners to collaborate -- to support us all in expanding our global markets.

01:57:35 Dr. Wright: We are still supporting homelessness in the season!
<https://www.adoptahomelessperson.com>

01:57:39 Connie Benjamin: DISC Profile system. Our Business School Instructor, Carol Dysart, has this wonderful gift for you:
<https://globalsparks.com/moneyandyou/freedisc>

Legal Shield is a great service to have to ask for quick legal support and forms as part of the low price membership fee:
global888enterprises.wearelegalshield.com - this doesn't replace the need for great legal support.

<https://TopTalentJV.com/> Three 1/2 days of Masterminding with experts / masters / professionals / entrepreneurs -- YOU! Awesome environment to create business relationships - Joint Ventures - March 7 - 9 (8 am - 2 pm PST).

01:57:49 Dr. Wright: Please the page to know

02:01:11 Joseph Ng | Malaysia: Be a servant leader rather than be a status seeker

02:01:19 Ava Manuel: Camille you are so beautiful

02:01:45 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: We are in a mission to uplift and connect through collaborative marketing to impact more lives together as ONE world. For Trainers, coaches and Mentors can register for free on our platform. Gratefu to Dr. Serge in this partnership.

www.globalsparks.com/consicousleaders

02:01:58 Rex Sikes rexsikes.com: Great to be here! Thanks Doria and thanks Denis

02:02:33 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: Just as Doria..

02:02:43 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: Built this community of a life-time

02:02:49 Rex Sikes rexsikes.com: awesome Adora

02:03:09 Michele Wilson: Thank you so much Denis, for all the words of wisdom.

02:04:47 Dr.h.c. Azeeza Jalaludeen - GoGLOBAL: Congratulations Dr. Vijaya for all your commitment and focus to walk your dreams. God Bless.



02:05:17 Rex Sikes rexsikes.com: hey Ava!!!!

02:06:03 Lanai Cecile: Abundant love, joy, health & blessings to ALL OF YOU now, during the holiday season and throughout 2022 as well 🤗🐱❤️

02:06:40 Ava Manuel: You can watch more of Denis from the recordings of The New Psychology of Winning in the Los Angeles Tribune Facebook and YouTube page.

02:06:48 Ava Manuel: <https://fb.watch/9POKLIctoz/>

02:07:18 Connie Benjamin: <https://MoneyandYou.com> will be back live in San Diego again: April 6 - 9 -

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02:14:00 Ava Manuel - Recharging Your Superwoman: Life on Your Terms

02:14:02 Ava Manuel - Recharging Your Superwoman: <https://www.rexsikes.com/LOYT>

02:14:41 Michael Post - <https://www.samadhiseaofwisdom.com>: I do got to go and Honor My Wife!

Thank You Dame Doria!

Love You All! <3

02:15:25 Dr. R.Vijaya Saraswathy: Thank You Everyone, I am truly touched, moved and inspired. My sincere apologies for keeping my question long! I was truly overwhelmed. Thank You Doria for creating this space where we come and learn so much. Today I dedicate my hi fi statement to you!

Sorry

Please forgive me

I love you

Thank You

and God Bless You!

Thank You Denis (DW)

Wendy

connie

Azeeza

Chirs & All the dignitaries here today for helping me come back to life

Thank You!

Thank You!

Thank You!

Dr.R.Vijaya Saraswathy

rvijayasaraswathy@gmail.com

02:16:17 Maria A. Navedo: Mil gracias, Doria. ;Feliz Navidad! 🙏

02:16:23 Connie Benjamin: I love Doria's mentor Marcia Martin and her trainers from the last four decades <https://www.marciamartinclub.com/>

02:16:49 Ava Manuel - Recharging Your Superwoman: Dr R. Vijaya, you're beautifully authentic

02:17:26 Ava Manuel - Recharging Your Superwoman: Thank you Connie for keeping us on track and for all the links!

02:17:42 Connie Benjamin: You are such a bright light Dr. Vijaya!

02:17:57 Dr. R.Vijaya Saraswathy: THANK You Awesome Ava

02:18:08 Dr. R.Vijaya Saraswathy: Thank You Committed Connie

02:18:12 Connie Benjamin: You can get access to Marcia's trainings for only \$10 a month and it is life changing!
<https://www.marciamartinclub.com/>

02:18:49 Fabulous Camille Robb 407-473-1832: Connie !! Thank you for all you do ❤️🙏

02:19:11 Connie Benjamin: Camille you are just wonderful! I love what you shared :)

02:20:24 Ava Manuel - Recharging Your Superwoman: It's soooo cool to hear this history!

02:20:35 Fabulous Camille Robb 407-473-1832: Thank you ❤️ Connie 😊

02:23:30 Rex Sikes rexsikes.com: www.rexsikes.com/book is easy access to info on book and free training

02:23:59 Rex Sikes rexsikes.com: <https://www.rexsikes.com/book>

02:24:07 Connie Benjamin: www.IgniteTheHungerInYou.com/summit

02:24:14 Ava Manuel - Recharging Your Superwoman: Thank you Dame Doria!

02:24:25 michael toh: Thanks Doria for all the sharing and love.

02:24:32 Patrice Porter: Thank-you so much for this Doria I enjoyed it so much!

02:24:44 Fabulous Camille Robb 407-473-1832: THANK YOU

02:25:05 Wong Liang Fong: Thank you n God Bless From Singapore💕💕