

# T R A N S C R I P T

## **Dancing with Bob Part 1**

**This is Dan. I may be joined by Patti Sommier my Associate Director during this lecture.**

**Now, you're probably wondering ... who is BigBadBob and what does B.o.b stand for.**

**In this lecture you will discover who Bob really is and how to avoid getting whacked by him and lose your time and energy.**

**B.o.b stands for BOSS of Bosses – or Ultimate Reality – which is, what is! Bob is not what you would like it to be. Not what you would hope it to be. Or what you think it should be, but what is – the manifestation of a reality before your eyes right now!**

**Here are some examples: Bob can be simple things or more complex issues. A banana skin lying on the pavement is Bob. So is a car crashing into another car. Or a mosquito buzzing above your head that prevents you from sleeping. They are realities manifesting themselves before you.**

**Your client not turning up for the meeting is also Bob. The stocks taking a sudden plunge, or you spilling coffee on your white shirt before leaving for work.**

**Receiving negative news or an accident. It is what is. And since most people are unaware, they fall victim by reacting to these realities.**

**Every object or thing that is happening around you are real. It's not imagined. If a man is standing before you this man is a reality and hence he is Bob.**

**A snail on the ground is Bob. If a woman accidentally steps on the snail and falls, this incident or accident is Bob because what she is experiencing is a reality.**

**To the woman the snail is Bob. To the snail the woman is Bob. She is a reality with feet that crush.**

**Bob is simply what is – an involuntary or voluntary act, or material objects before us.**

**A wall is Bob. If you try walking through it you will meet with resistance. Yet many of us knock our heads against the wall when we are unable to get what we want.**

**If you wanted someone to answer your email but the person is not doing so, that's a reality, like the wall is a reality. And if you feel disappointed, angry or frustrated then you've been beaten by BigBadBob. You get the picture?**

**Here's a breaking news regarding Baby Bob!**

**Before we talk about how to handle Bob can you take a few minutes and recall how you reacted to Bob the last 24 hours – or last week? Talk to you again in the next lecture ...**