



JIM HARSHAW JR

Revealing Failure as the Path to Success

Wrestling with Success Podcast

Action Plan Episode #37

Satyen Raja

Today I bring you Satyen Raja. Satyen is a Kung-Fu Master and Founder of The Warrior Sage Group of Companies, which is a series of personal and professional development organizations including Accelerated Evolution Academy. He has invested over three decades into hands-on research and teaching about what makes great people tick. He's has led workshops for tens of thousands of individuals internationally in the art of 'true power'. He leads professional trainings, hosts exotic retreats and does private 1-1 mentoring with leading CEO's and high profile individuals.

On mastering your mind, body and spirit through combat sports:

"The outside world is really a reflection of the inside world. My capacity to stay forward thinking. My capacity to stay light on my feet . My ability to get grounded when there's adversity or a challenge. These are a direct reflection of mastering your body as well as your mind and spirit."

On intentional learning from sport:

Journaling for Satyen, like many of the guests on Wrestling with Success, is important. Before practice, he will write down what one thing that he wants to let go of, for example a tension or an argument or anger or blame. After class he'll open his journal and write about one lesson that he learned in class that he can bring into real life.

There are so many metaphors for life in all sports- especially combat sports- but we rarely pause long enough to consider them. We can be our own coach or, as Satyen defines it, we can find the sage within us.

Warrior: Is a person of action, commitment, character and quality that stands for something that is going for a higher ideal. They're trying to evolve themselves.

Sage: The one within ourselves that is already happy, transcendent.

On meditation:

"Meditation is taking the time to pause the busyness of our mind and to reflect all allow our inner intuition, our awareness, our good sense to come up and listen to it and to follow it. The best guidance that we can find is the guidance that I have for myself that comes up from within myself."

On what makes great people tick:

Faith, Family, Finance, Fitness and Fun. Satyen has found that those who are successful *and* balanced tend to have these five areas mastered. They have all of these not just one or two.

One action item for today:

"Take the three things that you're fretting about the most and write them down. 'I'm worried about this, I'm angry at this person. I'm scared I'm not going to be able to make this happen.' Look at them and ask why you have made this important to you. what are you not getting if this is not happening? Then you want to look at these from the viewpoint of having given too much importance to something here and you'll find out why you're upset. what have I given too much importance to? What have I put too much emphasis on?"

Recommended book:

The Way of the Superior Man by David Deida

Websites:

<http://acceleratedevolutionacademy.com/>

<http://satyenraja.com/>