

Day 5 Transcript Lucky Coin Part 2

Hello everybody, so this is Lucky Coin Part 2. Hopefully you've had the opportunity to send some good vibes to your coin and think about the things that it's bought, the joy that it's brought, the pleasure, the food it's bought and you've sent loads of good vibes to this coin. Now here is the little magical twist.

Okay now some of you might get a little bit of ego resistance about this and that's normal and I did the first time that I did it too but it's an absolutely amazing thing to do.

Now you might be thinking but I can't do that it's my lucky coin but think about the flow. Think about being able to leave it somewhere with the trust that you are going to get back what you've given many times over and think about the joy and the happiness that someone's gonna get when they find that coin and they're gonna be carrying all of that good intention with them.

It's a real pay it forward moment, it's a true act of kindness. So take a photograph of where you leave your coin if you want to share. If it's a pound coin, you could leave it in a shopping trolley or you could leave it on a wall. Put it somewhere where someone's going to pick it up hopefully. I might leave mine by the sweet shop down the road. Well it's not a sweet shop, it's fruit and veg but they do milkshakes and stuff for kids as well.

So I might leave it down there for someone to pick up or I might take it into the shop and put it on a shelf or something like that. I'll tell the shopkeeper what I'm doing though. Yeah, so do that and take a picture of your lucky coin, knowing that we've passed on the goodness, we've paid it forward, it's an act of kindness as well which gives us a lot of happy hormone buzz and it's going to help someone else.

Let me know how you feel when you've done it as well. Lucky coin part two.

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