



Richard Alexander transforms people's lives through online coaching for adults in the online program '[Get a Life You Love](#)', through offline coaching at Sobha Hillview in the program '[Total Transformation](#)', through training sessions for young people between 10 and 25 years old in the [Young World Leader Program](#) or through becoming a member of our [THRIVE Empowerment Center](#) in Bangalore, India. You can pick the program that works best for you. The value and results will all be the same. The contact hours and location vary. More contact hours obviously give faster transformation.

MAKING PEACE WITH MY PAST – by Bashpika Todakati – Resident of Sobha Hillview

I am deeply grateful for my mentor [Richard Alexander](#); for his support in my journey. He supported me in finding out 'HOW' to change my life. My entire life has been transformed since I started taking his online program. I have worked with counselors, therapists but I found this program very powerful and unique. Richard doesn't come from a place that "I know the right solution for you. Apply this." he always says "You are good enough. I do not know what is right for you. I can only listen to you with out judgement, share my experience and give suggestions only if you want."

I recommend the programs for anyone who wants to transform their life. Make peace with your past, overcome feeling lost and regain a sense of total well being. Thanks Richard. Your gentle guidance, non-judgmental listening has helped me so much to transform myself very quickly. Like any other human being, you have also suffered so much, still facing the ups and downs of life with grace, but still you chose to stand up for others. I owe you so much. I am feeling lucky to have you in our lives. Thanks for standing up for this world. You are a blessing for the humanity.





YOUNG WORLD LEADER TRAINING WEEKEND – Testimony by Kartik Aradhya
Training weekend Dec 10th to Dec 12th 2016

I would like to summarize 4 important skills the Young World Leader Training Weekend has brought me.

1) COMMUNICATION SKILLS

It is one thing to speak intellectually of presence of mind and the other to practice it in our daily life. In the training weekend I experientially realized that our mind has great momentum which seems to always take us away from the NOW into the past or the future. I could see how sometimes I become anxious and react when certain questions are asked by my fellow brethren. This anxiety reduces when the other is listening and communicating without judgment. This is something I want to learn as it will change ALL my relationships.

2) CREATING SPACE

This was the most important concept I learnt over the weekend. I realized that by creating space, by slowing down, by waiting instead of reacting, by listening instead of talking, I get access to the NOW. Conversations and therefore relationships then become much more profound. As my fast mind slows down I also get access to the intelligence of the universe. New insights are coming and I get access to an inner knowing. I believe this can support me to achieve my full life potential so I can help others to reach their full potential. I am extremely grateful to understand space and will start practicing creating space in my everyday life.

3) HAVING COMPASSION AND EMPATHY

Whenever a variable would occur in my routine, it was very easy to lose my peace, thus resulting in a reaction. When I react compassion and empathy are gone. In this weekend I started to learn to BE with the flow of life, rather than to resist or oppose it. If through being self aware I let go of my judgment then compassion and empathy arises. This is something I want in all my relationships.

4) REFLECTION SKILLS

Life takes us through different experiences to make us more self aware. As I am becoming more self aware I can 'see' the mindset I am having in the present moment. By taking time to reflect on my life and my mindset I can learn and grow with more ease and less suffering. Reflecting helps me to better understand myself and that is enriching my life and the lives of the people around me. I truly believe if people become more self aware, the world can become a better place.

This is why I will continue my training and recommend you to join too. You can start for a weekend or a week so you get a taste of the value. This program is not one you can understand by reading about it. It is an experiential program. It can change your entire life and if enough of us join our entire world!

It is clear that most suffering among people is occurring due to a lack of awareness of the importance of communication and space. Thank you Richard for making a difference to change the world. Even if it is one person at a time. I am now continuing with a next 5 days of training.





THE BEST YEAR OF MY LIFE

Testimony Saba Nurye, Primary Continent Leader for Africa, 25 years old, Addis Ababa, Ethiopia.

Before I joined the young world leader program I had no clear vision for my life. I didn't understand how life works. I did not know what was important and rarely reflected on what was happening in my life. I mostly went on autopilot. I studied to become a nurse. It was interesting but definitely not my ultimate dream. I worked for some time. It was 'okay'. But do I really want to settle for 'okay'?

In the program I realized I have difficulties saying 'NO' and drawing boundaries. In the program I am slowly learning to stand up for myself. I realize that healthy boundaries are very important! If I want quality in my relationships then saying no is a very powerful thing to learn.

In the program I am learning observation skills. I learn to observe my thoughts. When I see my thoughts I can make a conscious choice to use a thought or to ignore it. Earlier I would rarely compliment someone as I was too worried what 'they' would think of me. Now when we had our 1st session at the Treamis Worldscool I complimented a girl for her beautiful smile. In return I felt so happy I expressed myself. I became more confident.

In the TID Pogram (Transformational Interative Dialogue) I am learning reflection skills and critical thinking skills. In this program we read real life stories. Reflecting on my early childhood when my parents divorced I realized I had made two big decisions which were still influencing my life. One was that I am unlucky and two is that nobody cares for me. When I did some critical thinking about this I realized that these disempowering beliefsystems were not true and were not serving me. By seeing this previously unconscious beliefsystem I now have the choice to let it go and create something more empowering. By transforming my disempowering beliefsystems I am now having the clarity to create a new and bigger vision for my life.

I'm learning non judgemental listening skill. I realized that I was very judgmental towards myself and others. Now I start to see the beauty in everyone and everything. I am learning to love myself, to accept and respect the way I am. It leads me towards happiness and having more self expression.

I am slowly becoming someone who is couregeous to do the things I have never done before. The best thing of this program is the unconditional love and acceptance amongst the entire team. I am grateful for my mentor Richard. For giving me the platform to see the world in a different way. By creating a more comfortable environment for the people in Ethiopia and Africa I am living the life of my dreams!





HOW TO OVERCOME A PAINFUL PAST – Testimony Smitha Shelke

In 2011 my husband passed away, for four years I was completely lost and suffered a chronic depression. With the loss of his father, my son went into shock, never interacted with people and his only answer was either 'Yes' or 'No'.

I knew my son needed much attention. I knew he needed help to recover. I knew I had to heal myself first for that. That's when I approached Sunitha Sridhar who introduced me to Richard Alexander. I met Richard on the 28th of Feb 2015. He introduced me to his online 'Get a Life You Love' Program. To be honest, I was not sure how it could help, but this was the only available option. I committed to this program and hence I had weekly online Skype calls. This one hour per week with Richard started a life transforming process.

During this process I experienced a non judgemental listening and this provided the safety needed to start expressing myself. Finally I felt heard. Finally I felt understood. I started sharing again, again and again until all hurt was gone. In the program I learned to accept my past. I learned how to create the peace of mind needed to help my son. The energy of this program has given me the highest motivation ever and has taught me how to overcome a painful past. I learnt how to value myself and take committed action. I now look ahead positively in life. After just a few months in the program as I was overcoming my past the sessions became more and more fun. Weekly I would look forward to that hour that was changing my life. After a year the experience of my life had fully turned around.

. . . and now? Now I am pursuing my lifelong dream. Since Jan 2016 I am here in Melbourne, Australia living a peaceful life. I am so happy that I could create a better environment for my son. He is flourishing right now as you can see on the photo. I truly understood that if a parent is not empowered, how can we make a difference for our children?

Photo: Left side you see me on February 2015 when I met Richard and Sunitha for the first healing session right at the start of the online program. You can actually observe the depression on my face. Right side is me and my son at the Gold Coast in Australia on June 2016.





FREE AT LAST – A Testimony of Mubarak Ansari

For a long time the human race is fighting for their freedom and so am I. In most of the cases freedom is not defined to us. Freedom means free to live, free to learn, free from all the bondages, free to think, free to create something and free to choose.

In my life I saw a lot of dependency around everywhere. I sensed a lot of fear because of it. What if I lost the job? What if I grew old and my children will not support. What if my property is being looted by my relatives? I hated these dogmas and instead I had a different thought in my head. What if everybody will have abundance? What if everybody will share and support each other? What if everybody will trust each other? What if everybody gets space to grow and do their things at their own velocity? That's what freedom means to me.

So I was considered to be a fool, inefficient, slow, crazy, and selfish. I was threatened, suppressed and bullied by many. At the same time I myself was not clear about my ideas. My own self was trapped in such a vicious circle of old habits, that it made me to feel guilty, worthless, confused and doubtful. In this state of mind I could not take any stand for myself confidently and that was sucking my energy. A world of incoherence was mounting on me.

On Sep 12th, 2016 I met Richard Alexander. He is running the Thrive Empowerment Center in Bangalore. His dream is to create a sustainable world that works for all people by the year 2050. He is an outstanding personality in an outstanding place and has created a wonderful environment where everyone can be helped to get precious value, or as he says 'to be empowered'.

I started visiting the place 4 times a week at my own comfortable timing. The silence and serenity gave me already so much space that I could finally focus on myself and figure out what makes me valuable; what gives me happiness. The guidance of Richard, the dialogue with our team members Sunitha, Bashpika, Saba and Shobha and witnessing the power of our young people Nithik and Smrthi gave me the clarity to break old patterns of thinking and living. It helped me to get clarity, become more courageous and make new decisions to sort out the many confusions of my life.

Now, after joining for merely one month I am learning to stand up for myself, to know my value and to give priority to do what is right versus what is easy or what people expect me to do. I stopped chasing people and I have become less judgmental to myself as well as others. I stopped applying for jobs I did not want. I stopped pleasing my family. I am now pursuing my dream to start my own coaching center. I am sensing the real freedom I was longing for many-many years and I love it! I am free from the clutches of the old and the ordinary. Instead I am breathing newness, freshness, creativity, excitement and happiness. I am free at last.





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