

# Raves about her 3 days at workshop by Tony Robbins

**Editor's note:** Rachel Sloan operates Sloan Advisory Group, a financial firm on East Washington Street in Glens Falls. She has written several previous articles for *The Chronicle*, including about learning to ride a motorcycle and her subsequent cross-country trip.

**By Rachel Sloan**  
Special to *The Chronicle*

There I was with no shoes or socks on and my pant legs rolled above my knees.

It was darkish, there was some amber light, it was around midnight and I had been preparing for this moment for the last several hours. In fact, it took me an hour waiting in line just to get to this moment, but that didn't matter. I was being filtered through doors to get outside all the while chanting "YES" and clapping with 9,000 other people at Tony Robbins's conference called "Unleash the Power Within."

**Walked on hot coals, learned to 'unleash the power within.' Cost: \$795**

I didn't know any of them except for Dylan, 24, and his Dad, Daren, whom I met just a few hours prior. Dylan and I randomly selected each other and unbeknownst at the time, we would be buddies for the momentous firewalk.

All I could focus on was clapping and chanting YES. I was about to do a 10-foot walk on hot coals that were 1,200 to 2,000 degrees Fahrenheit.

Just as I was about to enter the last stage prior to the firewalk, a woman on the sideline told me to look up. It seems I was staring at the hot coals. I was mesmerized by them. Then on my last stop, a fire guide grabbed me by the shoulders (like a coach grabbing one of his star football players by the shoulders) and firmly said in my eyes "YOU ARE READY."

And there I was — a firewalker. And incredibly I was now standing on the other side. Dylan and I high-fived and I made my way back to my shoes and my car and drove "home" for the evening.

That was the end of the first day of my three-day conference. I certainly found my power that evening and was amazed at what is possible. I always wanted to attend a conference like this but never took the steps to make it happen.

**Business coach recommended it**

It was at the encouragement of my business coach to simply book the trip and go. He raved about his own experience when he attended the same conference a few months prior in Chicago. My ticket cost \$795 to attend. You can pay less and you can certainly pay more. Those who paid more got to see Tony up close. For me, I was in the



executive seating section and could see him clearly, especially with the video monitors set up around the room.

I learned from my firewalk that with the right focus, confidence and unwavering belief you can do it, you can do anything.

I have known of Tony for many years but I really didn't know him. Most people think of Tony as a personal motivator. He's not. He's about performance improvement and identifying what beliefs you hold on to that may hold you back. This is why I attended. I wanted to see if this man could help me identify some of my deeply held limiting beliefs, the ones I couldn't verbalize nor was I aware of, that in some way are holding me back from achieving my greatness.

Before you reach greatness, you must believe in your heart and soul (in-your-bones belief) that you are worthy of greatness. And that you can achieve it. That is why the firewalk is done on the first night. It is a metaphor for living life. The power of focus and the conditioning of your mind and body makes anything possible. Tony taught us the techniques and strategies to reach your greatness.

**Robbins: 'I'm not here to fix you'**

He began his talk with this: "I'm not here

to fix you. You are not broken. I am not your guru. What you need is already inside of you." He was right.

He was only a guide on my personal journey to uncover the beautiful treasures that exist deep within me. Together, we found them, cleaned them up, polished them to their glorious beauty and placed them on display. Not in an egocentric way, but in a way that shines brightly from within me.

The real key and takeaway for me, is that I must keep nourishing and polishing my treasures every day. Conditioning with daily practice is essential for top performers and it must be for me too. And I'm not just referring to top performers in a business sense.

It can also be embraced in a personal sense, like being a loving and generous person who is always there for others. I immediately think of moms and the daily pressures they face. Each person and therefore their polish and upkeep are different. You must find what works for you. Because once you stop the polishing, in comes the dirt and dust and they get buried away again.

Tony's workshop for me was about breaking through plateaus, a big theme in my life, especially for 2016. He teaches



**Tony Robbins**

us, the words we use in our daily lives can strengthen the beliefs that we hold on to (in a positive and negative way).

He then talks about the "shoulds."

I should exercise. I should diet. I should stop smoking. I should save more money. I should start my own business.

We all know what to do to eat a healthy diet but why doesn't that translate into action? And specifically action that is long lasting.

**'How are you improving the world?'**

Your greatness is not just about you. It's about you and the world you live in. How are you a part of making this a better place? His talks were geared to ensure we all recognize that we are leaders. We may not be the CEO of a corporation but in our daily lives people look to you to how to act, react, or interact with others.

There is a place in this world for kindness and compassion. Tony gives back a lot. And if you have never heard his story of the gift of food to his starving family during a bleak Thanksgiving, you must. The compassion of one individual who ensured his family had food drives him today to provide over 1 million dinners to hungry families during Thanksgiving. He is filled with passion and making a difference in this world.

His words are worldwide. Seventy-one countries were represented at my conference. There was a live simultaneous translation of the workshop into four different languages. This is his 38th year giving these talks and sharing his message of how to radically improve yourself and the world around you.

I recommend that if you are thinking about attending one his workshops, do it now. We all don't live forever. And if you are a bit crowd shy, you can engage Tony in a one-on-one session. Sign up now, because there is a two-year waiting list even at a \$1 million price tag. He is a wanted man. Why? His message is right-on and he produces results.

When I returned home, I said out loud, "that was one of the best gifts I could have given myself." This trip, this experience was different from anything else. At the end of it, I was beaming. No, I was radiant. I was filled with such love, appreciation, gratitude, creativity, smiles, and ready for all the possibilities that are ahead.

And yes, I want to live each day with my greatness shining strong from within. I love what I do and who I am.



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