

MANIFEST

*We
develop a passion
for Teaching!*



INFINITY PODCASTS 1275

If you can see it here and you have the courage enough to speak it it will happen so a lot of times people believe in certain things but they keep to themselves they don't put it out there if you truly believe in it if you become vocal with it you are creating that law of attraction and it will become reality make this note don't become a victim of yourself forget the thief and the alley that's after your purse what about the thief in your mind that's after your promise there's this thing about people and they talk about

manifesting it'sing real man
manifesting is real when you
figure out who you are and
what you want to do and you
devote your life to it like a
maniac like you're all in on
this thing and you manifest
most of these people end up
you know doing what they
say they're going to do and
being who they say they're
going to become it's real it's
and there's no excuses there's
noing days off there's no
everybody's against me and
this didn't happen for me
because of this and that and
all this whining it's these

people who dive in and
they're hardcore and they're
focused and they know what
they want they know who
they are and they lay out these
short-term goals and this road
map on how to get there most
of those people make it he's
the biggest man i've ever seen
I wouldn't want to fight him
that's that's why no one will
remember your name there's
people like us we we're crazy
in the sense that we believe to
be it's almost delusional
sometimes you like what's the
one i've heard this quote on
the JRE before it's like

greatness and Madness and
next door neighbors and they
just borrow each other sugar
once in a while I can manifest
like a mother everything
comes from the imagination
everything comes from the
imagination so the power of
the Mind people don't
understand we still don't
understand I still don't
understand how powerful it is
I'm still learning but I know
one thing is I can make things
happen I can go to levels I
just can't tell the world but
like these levels that like i've
manifested things that I'm just

like I still shock myself like
how the did I make that
happen and this is not even to
do with fighting this is to do
with my personal life and I'm
like I made that happen and
this is through this like
manifesting subconsciously as
well just years of something
just manifesting manifesting
and boom it's right there I'm
just like sh I really made that
happen it's scary man two
years in the gym true true
wins true losses true life I just
realized that if you say it to
yourself and you look
yourself in the eye and look

yourself in the mirror and truly truly believe that not a man alive can beat you then that that is the way it is and and just through hours in the gym and preparation I feel that I am untouchable right now I want to reassure you that no matter what the night no matter what the storm no matter what the difficulty there isn't anybody here that can't figure it out find some things to do step at a time yes minute at a time yes day at a time yes week at a time yes but there isn't anything you can't walk away from there

isn't any challenge you can't overcome I want you to have that kind of belief in yourself maybe it was your time to lose you didn't think so lose I don't lose I win I win that's my job that's what I do if a person would sit down and let their body relax totally relax okay and then start to visualize in their mind see themselves the way they want to see themselves see how you'd like to live your life see yourself living it that way now understand that that's a picture in your mind take that picture and describe it write it

out in the present tense I am
so happy now that I see
myself and write it out start to
read it and read it and read it
and read it every day carry it
around and keep reading it the
one point that all the great
teachers all down through
history have all agreed on
they've been in complete
unanimous agreement on it
we become what we think
about now it may be fantasy
at first it might even appear to
us as being a lie but if you
read it often enough you'll
start to believe it I watch
people in the personality

change right in front of my
eyes and all they're doing is
starting to see them different
they're starting to think
different CL N I feel
confident cuz I'm the best
player in the world that's
simple you can have anything
you want if you want it badly
enough you can be anything
you want to be do anything
you set out to accomplish if
you hold to that desire with
singleness of purpose if you
want revenge for the bad
things that have happened in
your life start with the version
of you that hasn't lived up to

your potential Connor in
February of 20 13 we spoke
for the first time you didn't
have a car you didn't have a
pot to piss in all you had were
blueberries now here you are
with the Undisputed gold
enjoy it my friend you
deserve it you called it yeah
from nothing to something to
everything you know two two
years ago in um you know I
had the goal in my head that
I'm going I'm going to be the
best player in the league uh
you know I Believe In The
Law of Attraction it's
something that it's like an

internal belief I just feel it in my whole being that I'm the best fighter on the planet I honestly have convince myself that I'm not designed to lose power of the mind and I believe that um that you can speak things into existence and I believe that um on you when you know where you're going and you know what you want uh the universe has a way of stepping aside for you the first step before anybody else in the world believes it is you have to believe it and i've always had visions of better i've always visualized better

and in times of struggle I
driving around driving down
in a banger of a car that I had
to push start I'd be still
driving a soft top an around
beautiful California in my
head and lo and behold now I
am driving a beautiful softtop
B me around California so I
always visualized good things
I always visualized Victory
success abundance I
visualized it all and it's all
happening around 2010 2011
um I went through this huge
spiritual thing where I um I
became obsessed with um the
power of the Mind meditation

visualization and just realizing how powerful our minds actually are like how we really do paint our world with our thoughts and and our level of self- belief so I took myself from being very average minded to actually believe in that I was the sh and beli in that I could be the and that I could be the goat and be the greatest and never lose and to like I took myself to a different place mentally and a lot of it came from um mental practice and and meditation and visualization and just seeking Knowledge

from people who are strong Believers I knew I was going to be the person to bring martial arts to the public eye and now it's happening you know what I mean there's two things i've learned from all from these past seven months number one is the hard work pays off and number two is that dreams come true and that's what's happening everyone is jealous of what you've got no one is jealous of how you got it people see the trophies but not the training ground everybody wants the view but no one wants the

climb a negative mind will
find any way to make the
world fit his priors right so if
you go into a situation mhm
adamant that this is that you
are unlovable unwanted
broken flawed insufficient
MH you will manage to warp
reality to be able to fit what
you already believe that you
used to go up on malland
drive and Park every night
and visualize seeing yourself
as yeah I would visualize uh
yeah I would visualize broken
poor right having directors
interested in me and people
that I respected uh um saying

you know I like your work or whatever that is and and uh I would visualize things coming to me that I wanted or whatever this was in like 1987 85 yeah and I had nothing at that time so it was like it but it just made me feel better it made me at that time all it really was for me was kind of making me feel better I would drive home and think well I do have these things and they're out there I just don't have a hold of them yet but they're out there it's a beautiful feeling when when preparation meets opportunity

you know nothing nothing is
impossible you know what I
mean you can you can
achieve anything that's how
your mind works 24/7 it never
turns off you have got to
change the way you think it is
the whole determining factor
of where you go in life we are
all where we are today
because we thought ourself to
this position yes if you don't
like the position think
yourself out of it all the
matters as hell you see
yourself if you see yourself as
the king you know you see
yourself with all the belts and

all all everything and no
matter what no one else says
as long as you see that and
really believe in it then that's
what's going to happen being
realistic is the most common
traveled road to mediocrity
why would you be realistic
what's the point of being
realistic just put up a bar yeah
I'm going to do it it's done it's
already done the second I
decide it's done it's already
done now we just got to wait
for y'all to see is there any
limit to your ambition no or
any limit to what you think
you can achieve well no cuz I

think right now if I was to
quit rapping and I say I want
to go to the NBA I would be
in the NBA no you wouldn't
yes no you wouldn't yes I
would no you wouldn't yes I
would why would you think
you could make it to the NBA
cuz I think I can do anything
you need to tell yourself if
you're going to win or L there
is no opponent there's no no
one you're against yourself I
believe in myself so much
that nothing is going to stop
me the sky is a limit and as a
kid growing up I believe that I
believe that whatever I put my

mind to and if I was willing to make sacrifices and I was dedic at that I could achieve absolutely anything because despite of my situation at the time I always believed that I don't know uh why but it seems like I had some voice in my mind who told me that it's going to happen how I don't know but it's going to happen then I'm like yes I'm going to do it and that was just like 6 to 7 years ago you um your words were your destiny you spoke out your reality when you said i'mma do that Conor you've been

dreaming about this moment
you've been talking about this
moment Honestly though
does it feel the way you
thought it would yeah it does
it feels beautiful I dream this
so much so clearly so
precisely and so frequently
that it has manifested itself
into reality and that's what we
are that's what I am feeling
right now it's it's a dream
come true I have been feeling
like the UFC world champion
since the day I arrived here
did you have faith maybe
back then that your time
would come and that you

would be able to explode onto the scene as you had if I didn't it wouldn't have happened say

I had to believe in it I had to feel it I had to have faith in it for it to happen I fail to be at the Pinnacle of any game and any whatever you do you've got to be a little bit gone to it you're not all there you've got to be almost insane to your craft not a lot of people can understand that that's why I don't know about nothing else

I do not pay attention to nothing else but there's 24 hours in the day where you're alone in this brain and your

brain is talking to you in all kind of ways and it wants to control you and pull you in these different Pockets if you can't control your own brain and your brain controls you you're you got to tell your brain where you want to go and how you want to go and how you want to get there you got to control it if not it's over when I was a kid I used always visualized Stadium something and like even when I was playing football I'd kick the ball against the wall and I and pretend I scored a goal and I'd run off and I'd be

raising my hand and
visualizing a Arena full of
fans and that that was
something I done as a kid out
out on my own I like just run
around kicking the ball so I
always had these visions of
something but I just didn't
know what it was there's
another thing what what do
you want to be you know I
don't I don't want to be
anything I I am I am
everything I want to be I'm
already there I don't I don't
want anything people say
people say like I want this I
want I wanna I want to do this

and I want to do that but the
vibe your cor now is want
you're always going to want I
always have the attitude that I
have I want to tell you
something that I learned that
changed my life I was reading
a book one time they had a
quote in there from Albert
Einstein and Albert Einstein
said imagination is everything
it's the preview to Life's
Coming Attractions if you
think about that that's a really
really true statement because
everything you see in this
world came from somebody's
imagination everything and he

said now don't you ever tell me it's something that you can't do you know I heard a quote one time from Vincent Van go that really rang true he said he has dedicated his life to his art and he has lost his mind in the process when I sat and I thought about that it sounded very familiar I have given every single thing every ounce of my life to this craft to perfecting my craft and I continue to do so and in the process I have lost my mind but in in in a good way to regular Society to people who wake up at 900 a.m.

Who clock out at 5:00 p.m.
They would look at me and
say i've lost my mind but me I
have found it almost me I
want what's coming to me oh
what's coming to you the
world CH and everything in it
um and you know what it is
no matter how many times
people put you down and
write you off in life never pay
attention to it because it
doesn't mean anything cuz I
prove as just a a normal
normal looking man Average
Joe that any anything is
possible no matter where you
are in your life how dark of a

place you're in it doesn't get any darker than committing suicide now is there um to come back to to lose all that weight to lose over 10 stone in weight and get back mentally well again and regain the crown jewels um in boxing it's been a fantastic career and you should never let anybody uh crush your dreams because anything is possible and I'm definitely Pro that that it's true thank you like if you have a clear picture in your head of something is going to happen then no nothing can stop it

you know mean it is destined to happen so I think a lot of us have the the battle of the other self that we're the the Lesser version of our s that we're trying to kill every single day and so a lot of times we have this desire to point the blame finger externally but wherever you point the finger of blame power follows and so whoever I blame for the life I have is the person who I give all the power over my existence over my circumstances and so it hurts but if you turn the finger inwards and you start saying

huh I don't like my life the person that I need to punish or get back at is the real person who got me here which is me make a choice like you just decide what it's going to be who you're going to be how you're going to do it just decide I done everything I said I was going to do I was allow laugh that I was literally laughed at to win that second world title to when I first came in to I was going to take these two world titles down laughed at that's never going to happen an Irish man even winning the UFC when I said

that I was laughed at so I said
I was going to win the two
World titles I won them I
done everything I said I was
going to do I every every
move is a calculated step
make no mistake about that
what do you think the Sport's
going to be you know when
UFC 200 rolls around and
where where do you think
you're going to be 9 years
from now 10 years from now
I'm hoping to be a champion
I'm hoping to be a champion
I'm believing that i'll Be A
Champion um you I would
love to grab the belt and hang

on to it and uh you know be the next ESP or be the next Sila and uh you know keep the fans excited the UFC is growing it's just a tremendous thing to be a part of it's changed my life and and I uh I embrace what it is this is the law of attraction I mean you have to in the struggle you know when when things are going good and you visualize these good things happen you visualize more good things happening that's easy what's not easy to do is when things are going bad and you're visualizing the good stuff and

that that was what I was able to do but for the most part I don't I don't live in a space of I can't I live in the space of I I feel confident that if I put in my 10,000 hours that I can I can achieve anything he who says he can and he who says he can't are both usually right and and I I genuinely believe that I can do anything and um

I went from a very average thinking person like just like just average 19-year-old yeah when I really dug into the power of the mind and how important it is to to uh look at yourself in a higher regard

and to believe that first you
can and uh yeah that's that's
when I started to fly greatness
is not this um wonderful
esoteric elusive uh Godlike
feature that only the special
Among Us are will ever taste
you know it's something that
truly exists in all of us it's
very simple this is what I
believe and I'm willing to die
for it some gains and some
moments you're getting a little
bit more upset for example
after the to eliminate penalties
against friends take two days
because it's a special moment
pressure but that's it listen

third day anything you want
you can get period and you
got to wake up and tell
yourself that every single day
look yourself in the mirror
and tell yourself what you
really want you're the one and
when you realize that but I'm
telling you going to be very
powerful cuz you can control
what you can control the
world is in your hands and we
just waiting to see what you're
going to do with it I want to
represent an idea I want to
represent possibilities I want
to represent the idea that you
really can make what you

want I I believe that I can
create whatever I want to
create you have to start with
action it needs to be okay
what would have had to have
happened in a week's time for
me to look back on that week
and find pride in myself okay
maybe stop breaking promises
to yourself when you say I'm
going to wake up tomorrow at
7:00 a.m. And when the
option comes to hit the snooze
button don't do it there's one
win that you've got for the
day that's action I think that
there's a certain delusional
quality that all successful

people have to have you have
to believe that something
different can happen I think of
one at a time a minute each I
see and feel something in my
life that I'm really grateful for
I do little things and big
things so you don't have to
have a giant thing to be
grateful and then I do three
minutes of what I call you
know three to thrive I think of
three things I want to make
happen outcomes results and I
don't sit there and beg for
them or pray for them I see
them as done I feel them I
celebrate them as done cuz

when your subconscious mind
believes it's done it makes it
happen so it's kind of
programming it the whole
thing only takes 10 minutes
tired 14 days 13 days
whatever the hell it is don't
mean nothing tired is only in
the mind you tell yourself
you're tired you're going to be
tired I don't get tired I can't
discipline is doing what you
hate to do but doing it like
you love it I love that quote
yeah and that's what you have
to do to be the best do or do
not there is no try everybody
asked me the question they

wanted to know what kind I
know he's going to R out I
know he's going to do
something crazy everybody
want to know what I would
do if I didn't [Music] win I
guess we'll never know how
do I gain more confidence it
starts with yourself man you
got to start diving into those
things that you are afraid of
you don't gain confidence by
going to the spot that makes
you feel good it's could be a
false reality what gives you
confidence not being afraid
it's overcoming the fear I to
stutter severely bad so right

now I don't know how many
people are going to watch this
you know what gives me
confidence is KN I no longer
care if I sin start stuttering to
you yeah that's what gives me
confidence is facing these
things overcoming them and
maybe not overcoming them
every day but facing them and
facing and facing them pretty
soon like this you know what
man this is where it's at it's
not in that comfort zone it's in
the discomfort Zone the only
thing that you can do is win
so big that all of them
constantly compare

themselves to you and then
you'll forget they exist
success is the only Revenge
he's like it's not the best
revenge he's like it's the only
one there's no other other
Revenge cuz everything else
is petty everything else does
show that you were thinking
about these people all day
long which means they win
by default few weeks ago I
was in the gym working out
but this NBA player walks in
with this trainer I can tell by
the exercise they were doing
he was used to doing just 12
reps cuz when the trainer said

let's do 15 today he got a little attitude it became very clear to me on why he was a bench warmer having that bare minimum attitude would keep me out on that bench it motivated me though it was locked in my brain still there now on how we sounded it kept me the gy two hours the thing about it is this it's not just the three reps that he failed to recognize it's what happens to those three reps that make you better never do the bare minimum stay hard cuz I want to be great and you're not I want to be one of

the crates people want to
know where I find my
strength at where I get my
strength I get it from a lot of
places but right now this
morning I'm getting it from
there's not a mother that's up
there's not a car there's not a
person everybody's in their
bed sleep dreading that it's a
Monday hate it's a Monday
and I'm loving it I'm loving
that where everybody is
getting weaker I'm getting
stronger it's not about the
running the swimming to
push-up the situps it's about
what those things do for your

mentality you don't get better
on the dag on couch you get
better by coming out here and
getting the after every dagone
day Connor in February of
2013 we spoke for the first
time you didn't have a car you
didn't have a pot to piss in all
you had were blueberries now
here you are with the
Undisputed gold enjoy it my
friend you deserve it you call
yeah from nothing to
something to everything man
bro when you really want
something you going to find a
way ultimately and it might
not be today or next year or 5

years or 10 years but this
thing takes priority and
precedent over all other things
and even then in this life it's
not necessarily guaranteed
that that that you'll get there
but I know what's not
guaranteed is you being
comfy and getting there that's
not greatness is not meant for
a few chosen people it's it's
meant for those who
persistently pursue their
dreams every day and make
that choice when they wake
up so um just a mentality
really aspirations uh come
from people that do amazing

things but they're really
Ordinary People just waking
up every day doing it um
doing the little things that
other people aren't doing so so
gu just passed me he said go
just be average today some of
you just don't understand
some of you been average for
so damn long you don't know
what it is to do hard work but
there's a lot of you out there
who want to be much more
than average but just don't
know how to do it every
single day the grind and you
find someone to oil those ears
up so check it out this is a

mindset maybe it's true maybe
it's not but this a mother out
there who wants what you
have who wants the physician
you are who wants to job you
have who wants the wife that
you have or the husband there
someone out there hungry and
wants everything you can
have maybe it's true maybe
it's not but if it is it's going to
be your so make that a
motivation for you stay hard
we're not on this stage just
because of Talent OR ability
we're up here because of 4:00
a.m. We're up here because of
two a days we're five a days

we're up here because we had a dream and let nothing stand in our way if anything tried to bring us down we used it to make us stronger we were never satisfied never finished we'll never be retired my high school English teacher Mr Fisk he had this beautiful quote and it read rest at the end not in the middle and I took that to heart I believe there's time for resting at the end but for me that time is not now my next dream is to be honored one day for inspiring the next generation of athletes to have a dream sacrifice for

it and never ever rest in the
middle why do we [Applause]
fck so that we can learn to
pick ourselves up we will win
sir cuz we will hit all game sir
we are motivated we are
dedicated we will win we are
the best on the field could you
do me a favor stop being
scared to be you stop being
you f with they say you keep
oh they going what they
going to say start being you
listen before you know life is
going to be over and you want
to say to yourself I didn't live
my life I'm seeing too many
people out here being clones

of people that they never met
just because they seen them
on social media and they put
this whole show on this whole
show this production of their
life is so great that you don't
even want to be you that you
abandoned yourself I ain't
going to never jump outside
of myself and be nobody else
I'm going to be me stop being
you and stop being a by him
stop being scared what's the
least amount of sleep you play
the game on story where it's
like you know no one knows
about what you went and
played a game and it was so

insane for whatever reasons
no sleep you played the game
with zero sleep zero sleep
zero sleep it's like you know
um kids you know Natalia
had a certain you know
Health situation what have
you and you stay up all night
and then uh you got to go out
and perform because fans
don't know no teammates
don't know nor do they care
nor should they that you've
been up all night you got to
perform right and so um you
just got just got to go to work
man I'm obsessed with
finding myself now after and

and not having to prove
anything to anybody other
than myself you see this guy
here is staring back at you
yeah at your toughest
opponent every time you get
into the ring that's who you're
going against I believe that in
b and I do believe that in life
my hero that's who I chase
now when I was 15 years old
I had a very important person
in my life come to me and say
who's your hero and I said I
don't know I got to think
about that give me a couple of
weeks I come back two weeks
later this person comes up and

says who's your hero I said I
thought about it you know
who it is I said it's me in 10
years so I turned 25 10 years
later that same person comes
to me and goes so are you a
hero and I was like not even
close no no no she said why I
said because my hero is me at
35 so you see every day every
week every month and every
year of my life my hero is
always 10 years away the way
I look at it within myself why
not why can't I be the MVP of
the league why can't I be the
best player in the league I
don't see why why why can't I

do that be the guy who
Embraces the ugly the
miserable um be the guy who
Embraces hard work work the
grind don't be afraid of being
hurt don't be afraid of a
sacrificing some blood and
there's only two types winners
and losers winners don't make
excuses when the other side
plays the game yeah I I he
you know I heard a quote one
time from Vincent Van go
that really rang true he said he
has dedicated his life to his art
and he has lost his mind in the
process when I sat and I
thought about that it sounded

very familiar I have given
every single thing every
ounce of my life to this craft
to perfecting my craft and I
continue to do so and in the
process I have lost my mind
but in in in a good way to
regular Society to people who
wake up at 900 a.m. Who
clock out at 5:00 p.m. They
would look at me and say i've
lost my mind but me I have
found it almost tired 14 days
13 days whatever the hell it is
don't mean nothing tired is
only in the mind you tell
yourself you tired you're
going to be tired I don't get

tired emotionless I am Zan at
peace Ready for War if you
want to be great want to be
bad mother ever at what you
do you going be
misunderstood by everybody
because you're going to be so
obsessed and so driven to get
there that's what it takes that's
the TR takes every second of
your life anybody says
balance yeah balance is
important for a lot of people it
is but if you want to go to that
edge where people do not like
you don't understand you
question everything you do
you you've arrived when you

are misunderstood to the point
where people think you're
psycho and you're nuts and
you're this and that why are
you in the gym at 1:00 in the
morning you got through
doing an OP for 13 14 hours
after the Ranger school man
at the gym what's wrong you
will never understand what is
wrong with me you're crazy
until you're successful then
you're a genius.

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