

The Art of Power POV Text

Hello, this is AJ. Welcome to the POV stories for “The Art of Power.” Let’s start.

Since 2002 Sally has craved chocolate. She has wanted it every day, every hour of her life since 2002. She has become, unfortunately, super fat because she has craved chocolate so much. So Sally, since 2002, has become super fat because she has craved chocolate every day and every hour.

Now, of course, during this time she has wanted to lose weight. She has wanted to lose weight all this time. Every day she has thought about it. Every day she has thought, oh, I want to lose weight. In fact, every day she has tried to suppress her craving for chocolate. She has tried to push down the craving. She has tried to pretend that she didn’t crave chocolate.

But, of course, this suppression has failed. It has always failed. In fact, one day it failed in a huge way, it was a super big failure one day. Because one day she saw a candy bar in the store and the candy bar triggered her craving and she bought 4,000 chocolate candy bars. She ate all of them in one day.

So on that day she stopped trying to suppress her craving. Instead she decided to study yoga. And she went to a yoga studio and she studied yoga. By studying yoga she learned discipline and diligence. And because she learned diligence her chocolate cravings lessened. They got weaker and weaker, until one day they became totally dormant, totally asleep, totally quiet. Her chocolate cravings became dormant.

And after that she ate only wholesome, healthy food. And because she ate only wholesome food she became thinner and thinner. In fact, she became a thin, gorgeous and sexy cow. And so all the male cows wanted her, they loved her because she was thin, gorgeous and sexy.

Okay, that’s the end of our first POV story. Next we go into the future. You already know this, so let’s do it! Let’s start.

In the future there will be a cow and her name will be Sarah. Sarah is going to crave chocolate. She’s going to crave chocolate every minute, every hour of every day. Of course, she’ll become super fat. Sarah the cow will be a super fat cow because she’s going to crave chocolate.

Now she'll want to lose weight, yes, definitely. And she'll try to suppress her craving for chocolate, but she will fail. She won't be able to suppress it totally. In fact, one day she's going to see a chocolate bar in the store. That chocolate bar will trigger her craving for chocolate and she'll buy 4,000 chocolate bars and eat all of them in one day.

She'll become even fatter and she'll stop trying to suppress her craving. Instead she'll decide to study yoga. She'll go to a yoga studio every day and she'll study and practice yoga every day. By studying yoga she'll learn diligence and discipline. As a result, her chocolate cravings will lessen. They'll get weaker and weaker and, finally, they'll become totally dormant.

After that she's going to eat only wholesome, healthy food. And she'll become thinner and thinner and thinner until one day she'll be a thin, gorgeous, sexy cow and all the male cows are going to want her. They're going to want her because she's so damn sexy!

Okay, that is the end of the POV stories for "The Art of Power." Listen to them every day for at least one week.

See you next time. Bye-bye.