



Exercise #1 - Study Plan Timeline

As mentioned in your welcome letter, this is a self-paced study program. The timeline for finishing each assignment, book or exercise will be your own. Before completing your Timeline Intentions it is important to look over the list of books in the curriculum and choose the books you intend to read for Level One. List these below and the date you have set for completing each book and submitting the assessment. Please indicate a specific date and not simply a month or a certain number of weeks. You may find in the course of your studies that you will want to substitute another title for one or more of your selections or change your target date. That's OK, but to begin with it is important to set some study goals and specific deadlines to get you started.

Books To Read *Target Date to Complete*

Introductory Books

- 1. Jonathan Livingston Seagull _____
- 2. As A Man Thinketh _____

Attitudes & Beliefs

- 1. Psycho-Cybernetics _____
- 2. Success Through PMA _____
- 3. Keys To Success _____
- 4. _____
- 5. _____

The Law Of Attraction

- 1. _____
- 2. _____
- 3. _____

Setting Intentions

- 1. _____
- 2. _____

Gratitude

1. _____

Treasurer Mapping

1. _____

2. _____

Journaling

1. _____

2. _____

Exercises

Target Date to Complete

#2 Life Assessment _____

#3 Goals _____

#4 Intentions _____

#5 Back From The Future _____

#6 Vision Board _____

#7 Releasing the Past _____

Exercise #2 - Life Assessment

This exercise, adapted from the "Sedona Method" is designed to help you assess your level of satisfaction with the different areas of your life. This brief exercise serves two purposes. First it will help you decide on your current priorities in life. Secondly, it will give you 'picture' or record of where you are at this moment in time. You will be able to refer back to this in the future in order to measure your progress.

Part 1: Assessing Your Satisfaction

Number each area of your life according to your level of satisfaction. Then rearrange the list with the most dissatisfied and the top and the most satisfied at the bottom. This will give you an idea of the life areas you may want to work on. However, you are free to work on any area you wish.

1.	2.	3.	4.	5.	6.	7.
Completely		A Little		A Little		Completely
<u>Dissatisfied</u>	<u>Dissatisfied</u>	<u>Dissatisfied</u>	<u>Neutral</u>	<u>Satisfied</u>	<u>Satisfied</u>	<u>Satisfied</u>

Health & Fitness

Financial

Relationships
Career or Job
Spiritual
Recreational / Leisure
Habits or behavior
Service & Charitable
Other _____

Part 2: What's Working, What's Not

Take each of these areas and write a paragraph on what's working and what's not working – or what you are happy and unhappy with in that area of your life.

- * Health & Fitness
- * Financial
- * Relationships
- * Career or Job
- * Spiritual
- * Recreational / Leisure
- * Habits or behavior
- * Service & Charitable
- * Other _____

Part 3: Reflections & Opportunities For Change

Do you see any opportunities for change in any of these areas or do you have other comments or reflections. You may comment on all, some or none.

- * Health & Fitness
- * Financial Well-Being
- * Relationships
- * Career or Job
- * Spiritual
- * Recreational / Leisure
- * Habits or behavior
- * Fun & Recreation
- * Service & Charitable
- * Other _____

Exercise #3- Setting Goals

Now that you have identified some of the areas of your life that you want to improve, you are ready to begin setting goals as the first step for creating the kind of future you want. This exercise forms the foundation for all of the rest of your work.

Life is a journey and the goals you set are an act of consciously determining the destination that you wish to go on this journey. Without goals, your life's journey is little more than wandering in the wilderness of experiences that simply happen to you. You become the victim of the situations and circumstances of life. This is the way that most people live their lives. You have decided to be different and to live consciously.

Will you reach all of your goals? That depends on many factors; things you will learn about in this exercise. But one thing is certain; you will not reach them if you don't have them.

Having said this, two things should be noted. As important as goals are, the real value isn't so much in the product as the process. That is to say, the real value in the goal setting process is that it helps you to clarify exactly what you want in life and in those areas which are most important to you. Over the course of time you will find that your goals or priorities will evolve and change. This is natural. But what you create in this exercise will give you a clear destination as a starting point, so it is important to honor the process.

I recently told someone that I have no goals at this point in my life. I simply operate on inner Guidance and move forward in harmony with a larger plan that I do not see. While this is true, I do admit that I still have personal desires or preferences and can easily translate these into goals. You may be at a similar place in your life and that's OK. However this is a valuable exercise in clarifying and prioritizing your desires, preferences or goals, so you are encouraged to give it your best.

Why Are Goals Important?

Mark McCormack in his book *What They Don't Teach You at Harvard Business School* tells us of a Harvard study conducted between 1979 and 1989. In 1979 the graduates of the MBA program at Harvard were asked, "Have you set clear, written goals for your future and made plans to accomplish them?" It turned out that only 3% of the graduates had written goals and plans. Thirteen percent had goals, but they were not in writing. Fully 84% had no specific goals at all, aside from getting out of school and enjoying the summer.

Ten years later, in 1989, the researchers interviewed the members of that class again. They found that the 13% who had goals that were not in writing were earning, on average, twice as much as the 84% of students who had no goals at all. But most surprisingly, they found that the 3% of graduates who had clear, written goals when they left Harvard were earning, on average, ten times as much as the other 97% of graduates all together! The only difference between the groups was the clarity of the goals they set for themselves when they graduated.

A person without goals is a boat without a rudder or sail. It has no direction. A person who has goals but hasn't written them down is like a boat with a rudder and a sail that has not been unfurled. A person with written goals is like a sail boat with the sail open and the boat moving forward.

Goals Are Important Because:

- * They give us direction
- * They serve as a yardstick of progress
- * They crystallize thought and clear thought motivates action
- * They serve as a reminder; as a "kick in the pants."
- * They help us to know where we are, where we are going, and what to do next.
- * They give us clear pictures in our mind and help us to stimulate visualization
- * They focus our attention on what we want, and what we focus on we tend to draw to ourselves.

According to Anthony Robbins - author *Giant Steps, Unlimited Power* and a score of other excellent books on developing your full potential - the quality of our lives is defined by the questions we ask. He states that the primary difference between people who are successful and those who aren't is simply that successful people are those who have asked better questions.

The following questions will help you to delve deep into your own life to discover and clarify what you really value and what you want to accomplish in life. Take the time you need to answer each of these questions fully. At the end of the exercise you will have a clear map of where you really want to go and life. It is recommended that you read over all of the questions and sit with them for a while before answering. You might want to answer one set of questions each day until you have completed the exercise.

What Brings You The Greatest Joy?

- * What do you really love to do; What activity really makes your heart sing?
- * What activities give you the greatest sense of meaning and purpose in life?
- * What gives you the greatest feeling of value, importance and satisfaction?

What Are Your Greatest Concerns?

- * What are your three most pressing problems or worries right now?
- * What is the ideal solution to each of these challenges?
- * How could you eliminate these problems or worries immediately?
- * What is the fastest and most direct way to solve each of these problems?

What Do You Really Value?

- * If you were granted three wishes, what would they be?
- * If you won a million dollars cash, what changes would you make in your life?
- * What would you do and how would you spend your time if you had only six months to live?

Clarify Your Values

- * Describe the ideal you, the person you would most want to be if you had no limitations.
- * Write your own obituary to be read to your friends and family at your funeral, exactly as you would like to be remembered.

Prioritize

* Make a list of the seven most important things that you would like to be, do or have in the next five years. Now analyze your list and list in order of priority those items that would have the greatest possible consequences on your life.

Back From The Future Thinking

The most successful people are able to see the future as if it had already happened. We call this "back from the future thinking." This exercise helps you to get specific and begin to create a mental picture of your goals as if they were already accomplished. The following includes four primary areas of life that most people want to change. If any area is not a priority for you, feel free to skip it. Likewise feel free to add an area that is important and ask the same questions.

Project forward several years and imagine that your life is perfect in every respect? Now look back to where you are today and ask yourself this question: What would have to have happened for me to have created my perfect future?

Business or Career

Imagine yourself five years from now. Your business or career life is perfect.

- * What does it look like?
- * What are you doing on an average day?
- * Where is it taking place?
- * Who are the kind of people you are working with?
- * What level of responsibility do you have?
- * What kinds of skills and abilities have you acquired in the past five years?
- * How do you feel about your work? How would you describe your level of satisfaction?
- * What will have to happen for this to become a reality?

Back To The Present

- * What are the three most important goals in your business and career today?
- * Why haven't you accomplish them already? What is holding you back?
- * Make a list of what you will have to do to achieve these goals.
- * Now organize this list by priority; what is the most important task or activity, the second most important, and so on.

Financial

Now idealize your perfect financial life five years in the future

- * How much are you earning?
- * What kind of lifestyle do you have?
- * Describe the house you are living in?
- * What kind of car are you driving?
- * What kind of material luxuries have you provided for yourself and your family?
- * How much money do you have in the bank?
- * How much are you saving and/or investing each month or year?
- * What will have to happen for this to become a reality?

Back To The Present

- * What are your three most important financial goals right now?
- * What steps can you take, starting today, to make these goals a reality?
- * Why aren't you there already? What is holding you back?
- * Make a list of what you will have to do to achieve these goals.
- * Now organize your list by priority; what is the most important task or activity, the second most important, and so on.

Relationships

Idealize your perfect relationships five years from now. These might include any or all of the following: family, a significant other, business partner, coworkers, friends, etc. What would these relationships look like if they were perfect in every respect.

- * What does your perfect relationship with your significant other look like?
- * What does your perfect relationship with your children look like?
- * What does your perfect relationship with your parents look like?
- * What does your perfect relationship with your siblings look like?
- * What does your perfect relationship with former friends or lovers look like?
- * What does your perfect relationship look like with other important people in your life?
- * What will have to happen for this to become a reality?

Back To The Present

- * What are your three most important family or relationship goals right now?
- * Why aren't you there already? What is holding you back?
- * What should you start doing more of, or less of to make this come true?
- * Make a list of what you will have to do to achieve these goals.
- * Now organize your list by priority; what is the most important task or activity, the second most important, and so on.

Health and Fitness

Idealize your perfect health and level of fitness. What does it look like five years from now?

- * You are in perfect physical health. Describe how you look and feel.
- * How are you different now compared to five years ago when you set your goal?
- * What is your weight now that you have achieved your ideal?
- * How much do you exercise each week in and what form does it take?
- * What will have to happen for this to become a reality?

Back To The Present

- * What are your three most important health and fitness goals right now?
- * Why haven't you already reached them? What is holding you back?
- * What changes will you have to make in your diet, exercise routines and health habits to enjoy this ideal physical health & fitness five years from now?
- * Make a list of what you will have to do to achieve these goals.

* Now organize your list by priority; what is the most important task or activity, the second most important, and so on.

Other Important Areas Of Life?

Here are some other important areas of life. Feel free to apply this exercise to any of these areas that are equally important to you.

- * Habits or behavior
- * Spiritual / Ethical
- * Educational / Mental
- * Social / Cultural
- * Travel
- * Service & Charitable
- * Recreational / Leisure
- * Personal growth
- * Material (houses, cars, etc.)

Fast Track Ideas

Repetition

If you want to seriously empower or fast-track your manifestation, try this. Choose your ten most important goals from the list above and write them down every day for one month. You can use either a notebook or your computer. It's best to choose the same time every day; either the first thing in the morning or the last thing at night are best. You will notice several things when you do this. First, the list will initially change from day to day. What you considered a top priority on Monday, may be lower on the list or drop off altogether by Friday. But over the course of the month, you will find that certain goals stay on your list and maintain their priority. This helps you sort out what is really most important to you long-term. Secondly, by writing them down daily you are engraving them into your subconscious mind and reaffirming them to the Universe, which works in mysterious way to bring about manifestation.

The Three P's

In writing your goals, it is important to remember the '3P's. These are positive, present and personal:

Positive

It is very important to state your goal in a positive manner. For example, you would say, "I am weighing 140 lbs by April 1st" rather than "I want to lose 20 lbs." In other words, focus on what you want and not on what you don't want.

Present

State your goal in the present tense, as if it is already accomplished. For example, you would say, "I am totally free of tobacco by April 1st" rather than "I want to stop smoking."

Personal

Your goal must be your own and not something that someone else wants you to be, do or have. Personalize your goal by always starting it with “I” followed by a verb. For example “I lose weight at the rate of 3 lbs per week toward my goal of 140lbs on April 1st.”

Target Dates

Setting target dates is very important as well. A target date gives you a time destination in the same way that a goal gives you a tangible destination. They go hand in hand. Having a specific target date activates both your subconscious mind and Universal forces to fulfill your goal in a specific time period.

Confronting Your Fears

The biggest roadblock you are likely to face in reaching your goals is your fear, and the three greatest fears are the fear of failure, the fear of rejection and the fear of the unknown.

There are two ways to deal with your fears; you can either avoid them or you can confront them. If you chose to avoid them, they will slip below your conscious mind and not only will they grow, but they will sabotage your self-esteem, self-confidence, self-respect and your progress toward manifestation.

If you want to move forward on the fast track of manifestation, you will want to confront your fears. How do you do this? First and foremost, you need to acknowledge them. Shining the light of logic on them is often enough to disperse them.

Exercise

Take a clean sheet of paper or several index cards and at the top write “What am I afraid of?” Now make a list of everything, major or minor, that you have any anxiety about. Consider the many areas of your life. Once done, prioritize your list with the biggest fear first. Now answer these three questions about your first fear:

- 1) How does this fear hold me back in life?
- 2) How does this fear help me or how has it helped me in the past?
- 3) What would be my payoff for eliminating this fear?
- 4) What action can I take today or this week, to confront or undermine this fear?

If you will do this with each of your major fears, you are on the way to eliminating them. It's especially valuable to review these weekly and at least once a week, answer question #4. What can I do this week to confront or undermine this fear?

Resistance

Perhaps you have heard the saying: “whatever you resist, persists.” Jesus was well aware of this universal law when he said “resist not evil” (Matt 5:39). This is based on the idea that what we resist, we actually empower or give energy to because we are focusing on what we don't want rather than what we do want. This is why the ‘war on drugs’ or the ‘war on terror’ or the war on anything else are ultimately doomed to failure. We are devoting all of our energy to

what we don't want instead of what we do want. What we focus on, we attract. When you stop fighting against what you don't want and use that resistance energy to focus on what you do want, you will be putting your manifestation efforts on fast track.

(Note: Most of the questions in this exercise were taken from Brian Tracy's excellent book "*Goals! How To Get Everything You Want* –

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Exercise #4 - Setting Intentions

From Goals To Intentions

Having goals is an important part of our life. Goals however, are based on some future outcome and require planning and discipline to achieve them. When you begin setting goals you start out on a journey of prioritizing and organizing the direction of your life so as to create a road map for your life. This is an important step in becoming a master of the situations and circumstances of life. However, too often your goals become contaminated with doubts and fears as to whether they can be achieved or really lead to happiness.

Intentions, on the other hand, are not so much focused on the future but more connected to the present and how we are 'being' in any given moment. Goals are a vehicle and intentions are like the fuel. They create the momentum to move us forward toward our goals. They are based on what matters most to us; bringing our actions in line with our values. Intentions flow from the heart and create your vision, while goals are created in the mind.

Goals help you with direction and taking action. Intentions are supported by your integrity and provide cohesiveness in your life. By mindfully creating your intention, you discover how to use goals that move you into action without becoming attached to the outcome. So, if you do not attain the goal that you set out to do, you can re-connect with your intentions which have no bearing on the attainment of your goals, but exist rather as the main fuel to living your life. By practicing this you become more effective in reaching your goals

Setting Intentions

The very first step in the manifestation process is being very clear as to what you want and then setting your intention. An intention is different than a wish, dream, desire or even a goal. None of these indicate the depth of commitment that an intention does, and it is our personal clarity and commitment that activates universal energies on our behalf. So first and foremost you must be clear about what you want and turn that into an intention.

As you prepare to set your intentions, remember that these can fall into three different categories: To Be, Do or Have. There are personal qualities that you may wish to develop such as generosity, gratitude, etc. These are 'being' intentions. Then there are things you may wish to do such as travel, obtain a degree, lose weight, etc. And last of all there are those material things you may want to have such as a house, car, money, etc. Of course some of our intentions

may fall under two or more categories. But at least this give you a framework to consider as you set you intentions.

Some people are already clear about what they want. However, if you are one of those who really isn't clear about what you want, then the best way to find out is to be clear about what you don't want and then pivot this to it's opposite.

For example, if you wish to manifest a relationship but are unclear about what you want, then look at all of the things you didn't like in past relationships; whether they be about the individual or the kind of relationship you had with the individual. If you take these and pivot them to their opposite, you will begin to see what you really do want.

Once you know what you want. Then you will want to state it in a way that is clear and concise. Here is an example related to finances:

Abundance

I intend to reach a place very quickly where there is incredible financial abundance flowing freely into my life from many sources; so much so that I am quickly free of all debt and empowered to manifest many projects and plans.

Your dreams and desires may fall into many different categories in your life. Here are some examples:

- * Physical appearance
- * Health / fitness
- * Personality traits
- * Habits or behavior
- * Spiritual / Ethical
- * Educational / Mental
- * Financial
- * Career
- * Family
- * Social / Cultural
- * Relationships & Romance
- * Travel
- * Service & Charitable
- * Recreational / Leisure
- * Personal growth
- * Material possession (houses, cars, etc.)

Take this list and rearrange it according to your own priorities, listing the most important first and then on down the line. Now divide the list in two sections. The first section will include those items which are top priorities in your life; things you can really get excited about. These are the ones you will be working with during your course of study.

Now take this list and set an intention for each item that is a priority. Here is an example related to Health:

Radiant Health (Intention)

I intend to take especially good care of my physical body without being obsessed with it. Through a good program of physical exercise, good nutrition, low stress levels, new technologies & youthful attitude - and yes, some pampering - I will maintain radiant health, a high degree of energy, a sense of well being and continual rejuvenation.

Once you have set your intentions, you are ready to take the next step; expressing Gratitude to Source or Divine Presence for it having already been accomplished. Here is an example, also related to health:

Radiant Health (Gratitude)

I am so incredibly grateful for the vibrant health and sense of well being that I enjoy. Each day I am grateful for waking up to a new day of life and opportunity; Each day I am grateful for my body; the ability to see, hear, walk, feel, think clearly and to be free of any pain whatsoever – all the wondrous physical gifts that so many do not enjoy. I am so grateful for this physical vehicle and how it serves me day in and day out in so many different ways.

When you finish you will have two separate lists; one for your intentions and one for your expression of gratitude for your intention as if it had already been fulfilled.

With the first list you have created your ‘manifestation-mobile.’ The second list begins the process of empowering your intentions or providing the ‘gas’ to get you going. That gas is your emotions. As you wrote your gratitude statement for your intention having manifested you should have experienced a feeling of happiness, excitement and joy, in addition to the gratitude. These are very high frequency energies that will empower your dreams. This act of gratitude and the high frequency feelings that go with it are like stepping on the gas pedal of your manifestation mobile. It will cause you to zoom forward!

On the other hand, if fear, doubt, worry, jealousy, anger or any other negative emotion creeps in, it’s like taking your foot off the gas and slamming on the brakes. It stops the process. The same is true if you become unclear about what you want, feel you don’t deserve it, feel that you are asking for too much or have conflicting desires such as a relationship verses freedom, for example. If and when these arise, simply say to yourself “CANCEL” and immediately shift your attention back to the gratitude for the intention already having been fulfilled. If you do this, you will eventually manifest your heart’s desire.

When you have completed this assignment, send it in and we will review and discuss it together before we go on to the next one. Also, if you would like to do this with just one intention first and send to me for review, I will be happy to comment as needed. You can also go ahead and order the first book or books for Level One studies.

Fast Track Ideas

Want to really put the manifestation of your intentions on the fast track? Then try this. Write your gratitude statements on index cards and for one month at least, dedicate one day to each gratitude statement. Read it when you wake up in the morning, experience the pure joy of fulfillment of this intention throughout the day, and either in meditation time, driving in the car or for a few minutes before you fall asleep, visualize it's fulfillment as clearly as possible and 'bathe' in the feeling of pure joy and excitement that this brings. Do this and the Universe will conspire with your own higher self to bring your dreams and intentions into reality.

Exercise #5 - Back From The Future

The most effective way to manifest anything is to act as if your desire has already been fulfilled or accomplished. And the best way to do this is to be in a state of profound gratitude. This is much more powerful than asking for or saying that you need or want something, Since those words indicate you lack it and you are only reinforcing the fact that you don't have it.

You have already begun this process in exercise #4 with your gratitude statements. There are many other ways to 'act as if.' One of the most powerful ways is to write a 'back from the future' letter. Here's how it works:

Letter To An Old Friend

There is an old and dear friend living very far away whom you have not seen for many, many years. You decide to write this friend a long letter to bring him/her up to date on your life, how you have changed and what you have accomplished in certain important areas of your life such as your finances, relationships, health, possessions, personal growth, etc., - whatever you are working to manifest.

Begin the letter sometime in the past, perhaps when you last saw or communicated with him/her. Continue on up to the present and at least two years or more into the future – as if it had already occurred.

You will want to share your feelings about your new life. Describe what you are doing these days; something about your work, business, or retirement as the case may be; something perhaps about your family or your love life; don't forget to describe yourself physically, how you look, your health, etc. You may particularly want to describe some of the materials benefits which have resulted from your new financial situation' things such as your home, automobiles, leisure time activities, travel; anything that is important to you.

You may also find it desirable to share with this trusted friend some of the internal growth which you have experienced both mentally, emotionally and spiritually as you have gained greater self-understanding through your personal journey to success. In other words you will want to write this letter in such a way as to give your friend a completed well-rounded and in-depth picture of yourself now that you have fulfilled most cherished dreams.

After providing this overview, then choose only one primary intention and go into some detail in describing how things look now that this has been manifested.

Be sure to write as if it is already accomplished. Be as specific as possible.

For example, if it is a material object such as a home or car, describe it in enough detail that your friend can get a clear mental picture of it. If it is a relationship; not only describe the person you have manifested into your life but the kind of relationship you have created with the person and especially those things about the relationship that bring you the greatest happiness. As you write, pay close attention to the feelings you are experiencing now that you have manifested your intention; the joy, the satisfaction and the gratitude.

You are doing several things with this exercise. First, and most importantly, you are clarifying on paper exactly what you want by describing it in detail as already accomplished. Secondly you are actually creating it at the higher frequencies where all creation begins. Thirdly, you are empowering it with the emotions of joy and gratitude which fuel manifestation. Now set aside any doubts, resistance or blocks that may prevent it's delivery. And remember, if you send mixed signals to the Universe, you will get mixed results. Writing a letter such as this helps clarify and remove such blocks.

A final reminder: Be sure to date your letter with a specific date in the future and be specific in the letter as to the date that you are starting with in the past.

This letter should really help you clarify exactly what you intend to create in your life. The following “Gratitude Letter To Source” is a powerful confirmation. With this you are acknowledging your profound gratitude for all that has happened. Not only does it confirm you success, but it creates a profound sense of joy and satisfaction and this frequency, in itself, will attract more of what you want into your life.

Letter to Source

You are writing a letter of Gratitude addressed to The Universe / God / Divine Presence; however you wish to imagine the Source of your being.

You begin your letter of Gratitude two years in the past, expressing your deep gratitude for all the good things that have taken place in your life and describing them individually. You can review the life areas list in exercise #2 for some ideas. Yes, you have had problems and challenges in many of those areas, but you also have so many things to be grateful for; many of which you have taken for granted.

Describe all of the things which have happened that you are grateful for – even the unpleasant things from which you have learned so much. Continue from two years until the present and continue expressing your gratitude for specific things which have taken place over the next two to five years in the future – as if they have already happened. By the time you have finished you should notice a shift in your feelings and frequency. You should really be feeling good. This is

important because it is this higher frequency of gratitude which will attract greater things into your life. This is the key: writing about the positive things which have happened over the next two to five years as if they have already happened and the frequency shift which this will create.

Reminder

Emotion is the gas that runs the manifestation-mobile – for better or worse. So it is important to act as if your goal has already been accomplished and to empower this with a sense of profound joy and gratitude. Strong emotions such as fear and anger will attract the very thing you don't want, based on the law of attraction.

Fast Track Ideas

Gratitude Journal

Dedicate a journal to Gratitude and record at least three blessings in it each day of what you are thankful for and why

Abundance basket:

Create a basket specifically dedicated to Gratitude. Write little 'gratitude notes' each day and drop in your basket. This will become a visual reminder of how truly blessed you are.

Exercise #6 – The Vision Board

As you will learn in almost all of the books related to manifestation, the single most powerful technique you can use for empowering your dreams is visualization.

Our lives are largely ruled by our imaginations. The pictures we hold in our minds create physiological reactions in our bodies and often determine our actions in the world. Worry is a good example. Holding negative pictures in our mind and thoughts about 'what could happen' is a form of negative visualization. With enough intensity, the stress from worry can destroy both our physical and mental health; and all of this simply from our imagination!

That's the bad news. The good news is that we can use that same power of imagination and visualization to consciously focus on what we want (a product of our desires) rather than unconsciously focusing on what we don't want (a product of our fears). But it's important to remember, either way, the Universe and your own subconscious mind will conspire to bring your visual images into reality if you hold them long enough and with enough intensity.

This process is based on the Law of Resonance: The Law of Resonance is that part of the Law of Attraction which states that our frequency - as projected through our thoughts, beliefs, words, emotions and the pictures we hold in our mind - will attract the very thing we focus on, whether positive or negative. This is to say that the energy or frequency we project can only harmonize with energies that vibrate or resonate at a similar vibratory frequency, and it is this which determines and creates our physical experience..

The visual images we hold in our mind and the emotions around those images, along with our 'self-talk' are the most powerful tools we have for conscious creation.

After you have determined what it is that you really, really, really want in the various areas of your life, the next step is to collect visuals that represent those desires and post them when you will see them many times a day. These must be visuals that stimulate your emotions; visuals that bring you joy at just the idea of manifesting what you see.

There are many ways to do this. The best known is the Vision Board or Treasure Map.

What is a Vision Board?

A vision board (also known as a treasure map) is simply a visual representation or collage of the things that you want to have, be, or do in your life. It consists of a poster or foam board with cut-out pictures, drawings and/or writing on it of the things that you want in your life or the things that you want to become. The purpose of a vision board is to activate the law of attraction to begin to pull things from your external environment that will enable you to realize your dream. By selecting pictures and writing that charges your emotions with feelings of passion you will begin to manifest those things into your life.

An Alternative

If you don't have a lot of magazines that you can harvest photos from or if you are like me and spend several hours a day on your computer, you may find it much easier to create your vision board online and use it as a screensaver. This is what I did and have found it much better than creating a 'hard copy' vision board. It was simple and fun. I went to google images and keyed in various words related to my goals and intentions and then chose those images that I had the most positive emotional reaction to. I collected these, uploaded them and created a slide show screen saver that comes up on my screen a few moments after it is idle. This provides me with constant visuals of my major goals. I also uploaded them on yahoo flickr and then created a collage which I ordered on line. I now have a large poster of my intentions taped to my office wall.

You can also blend the two ideas, especially if you don't have access to magazines. You can find & download the images on google, then upload them on flickr and order individual printed copies which you can then paste on a poster board.

However you do it, the important thing is that the visuals should reflect what you really, really, really want and looking at them should make you feel good – ideally filled with joy just thinking about their fulfillment.

When I first learned about this idea of visualization, it was suggested that I take two or three of my top intentions and post visuals of them everywhere: on the ceiling above my bed so they would be the first thing I saw when I woke up and the last thing I saw before I went to bed; on the bathroom mirror; on the dash board of my car, etc. I never went that far. They actually ended up on the side of my refrigerator which was next to the door that went out to the

driveway where the car was parked. So I saw them every time I left or entered the house.

Space doesn't allow the details here but I can say that it was nothing short of miraculous how this one technique served to manifest each of those visuals over a period of month or years, and often in the strangest and most unpredictable way. This does work!!!

You can learn a lot more about vision boards from the books listed in our curriculum and from these websites:

<http://www.google.com/search?client=safari&rls=en&q=vision+board&ie=UTF-8&oe=UTF-8>

Some Important Things To Remember

As you sharpen your skills of visualization, it's important to remember these four steps:

- 1) Review your conscious intention.
- 2) Visualize it in detail as an accomplished fact.
- 3) Think, speak and act as if you already have it.
- 4) Express gratitude for it's fulfillment as if it was already done.
- 5) Take action on the ways and means to make it "physical" as they show up.

And finally

If you meditate daily, take some of that time to visualize yourself clearly and in detail as already having manifested your goal or dream. If you don't meditate, then take a few moments before you go to sleep or when you first wake up, to do the same thing. Be sure to bath in the positive emotions you experience with this. You might find it helpful to choose no more than seven goals and do one each day for a week and then repeat.

Exercise #7 Releasing The Past

This is a biggie. It's also an optional exercise, depending on whether or not you are ready for it. As you have learned, the Law of Attraction simply means 'like attracts like.' It's a matter of vibration or frequency. Focusing on what you want - and the positive feeling/frequency that goes with that - will attract that in to your life. Focusing on what you don't want - and the negative feelings of fear, resentment, anger, etc. - will attract those things in to your life.

The low frequency feelings that we hold from the past create serious blocks to the conscious manifestation process. It's a frequency thing.

You may be well justified in your anger or resentment with a parent, past lover, ex-spouse, family member, friend or business partner who betrayed or in some way abused you. However justified you may feel or be, the emotions from that experience is like a ton of baggage that you are dragging through life. The only person it is hurting is yourself. As one author said, "it is like drinking rat poison yourself and expecting the rat to die!"

That's why forgiveness is a primary teaching in all of the spiritual and wisdom traditions. They understood that forgiveness frees up and puts to better use the energy that is often consumed by holding grudges, harboring resentments & nursing unhealed wounds. Contrary to popular belief, forgiveness isn't about the other person. It's about freeing yourself - freeing up your own energy to move forward.

So you are at a choice point. You can choose to hang on to any resentment or anger you may have with anyone or any situation in the past, but will make your manifestation work that much more challenging; or you can choose to release them for the purpose of freeing up yourself. If you are ready to consciously forgive those in your past, here are some exercises that may help.

There is a system of belief that says that we are responsible for everything we experience in life; both pleasant and unpleasant. That doesn't necessarily mean that we consciously created the situation or circumstance but that the meaning we give to it causes us to be happy, unhappy or neutral. In other words, we have free will. We have the freedom to assign whatever meaning we wish to any event in our life. As I used to tell recent divorcees in my counseling practice. There are two ways you can look at this "Oh my God, what am I going to do now that he is gone?" or.... As Martin Luther King said "Free at last, Free at last. Thank God Almighty, I'm free at last."

Ok, I know it's not always that clear or simple but it makes the point that you do have a choice as to how you view each situation in your life and that the meaning you give to it is what causes you to be happy or unhappy.

An Exercise in Reframing or Shifting Perspective

Chose a negative event in your past; a betrayal, abuse, rejection; anything that carries a strong emotional charge.

* Describe just the facts of what happened. No interpretation, no comment, no judgment. Simply the facts.

* Now write your interpretation of the situation, including all of the hurt and anger you may have felt.

* Now, in retrospect, look for the hidden blessings in the situation or event. Has anything positive resulted from it? Have you learned anything from this experience or situation or has it caused you to grow in ways that you can truly be grateful for?

* Now write a positive interpretation of the experience so as to change the energy of it.

* Can you honestly now be in a place of gratitude for the event, while still recognizing that it was very painful? If so, then write a brief letter to the to the person or persons involve and thank them for that experience and what you gained from it; what you have learned and how you have grown. When you have complete this - if you can honestly feel it - state plainly "I

forgive you and I forgive myself for what happened." Make this a letter of release; releasing you first from the chains of the past, but also releasing the other person. If you are successful, you should feel complete with that person and any feelings of resentment, anger or hatred will be replaced with simply a neutral feeling. The experience(s) of the past simply lose their emotional charge. You can choose to either send the letter to the other person(s) or simply burn it as an act of release.

* If you aren't able to do the release as describe above, then here is a prior step that might help. Sometimes a situation or event was so very painful that we simply can't release it before we 'exorcise' it from our being. The best way to do this is to write a long and detailed letter to the object of your anger. Explain exactly how you feel about what happened and why. Pour out your anger and your pain in an effort to cause the other person to understand what you are feeling and how it hurt. It doesn't matter if they are already dead. This isn't about them. It's about exorcising your own demons. Once you have done this (take several days if you need to). Then create a small ceremony in which you burn it - releasing it into the ethers - with a small prayer for your own release. Then give yourself a few days or weeks to heal. By then you should be ready to reframe those past experiences and find such blessings as there may be.