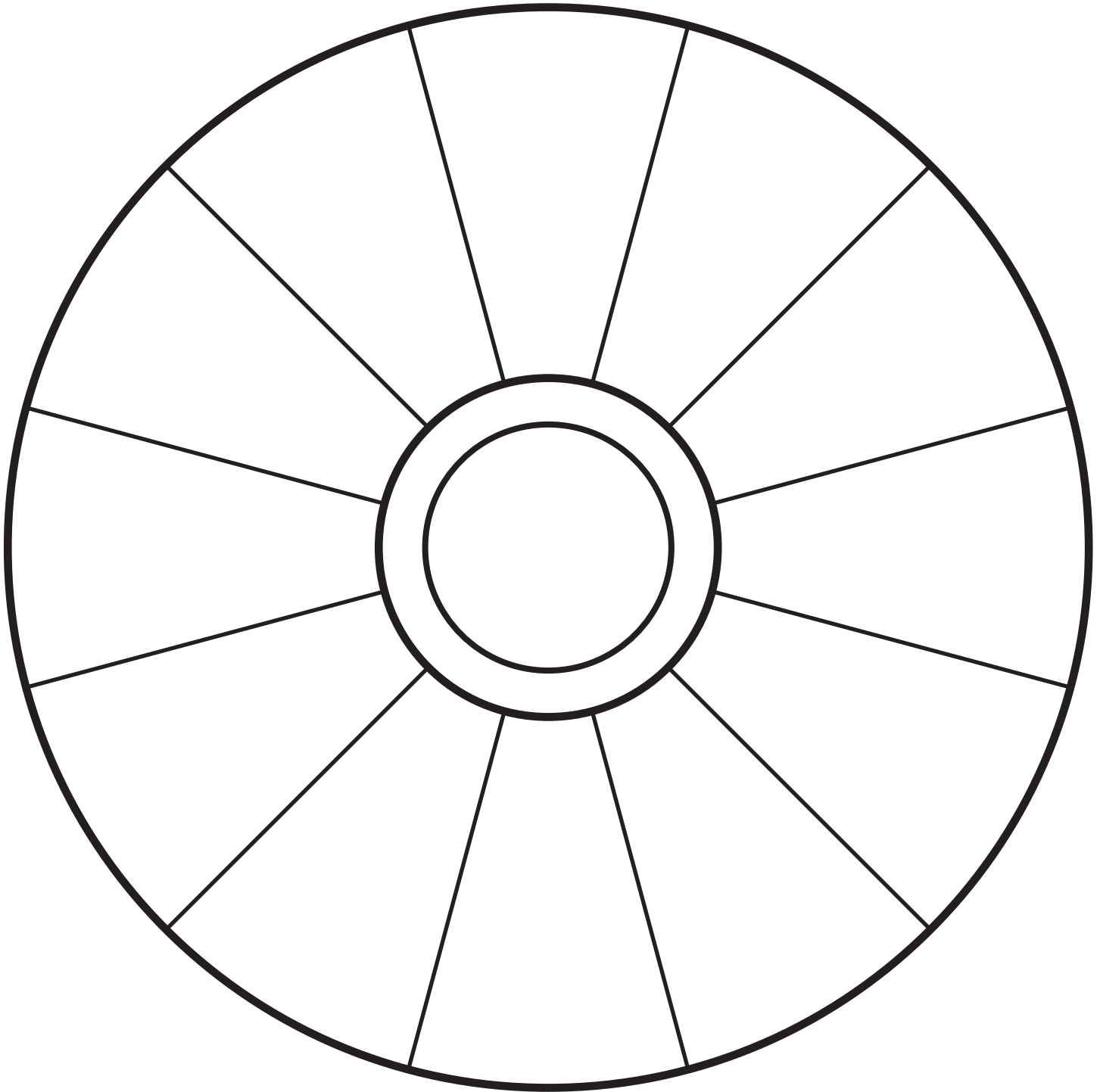


THE FOCUS WHEEL PROCESS™

as given by Abraham-Hicks



INSTRUCTIONS

1. DETERMINE WHAT YOU DON'T WANT.
2. BASED ON WHAT YOU DON'T WANT, DETERMINE WHAT YOU DO WANT.
3. WRITE IT IN THE CENTER OF THE WHEEL.
4. IMAGINE THE WHEEL AS IF IT IS SPINNING AT THE VIBRATION OF YOUR DESIRE.
5. THINK OF A STATEMENTS ABOUT THE DESIRE.
6. FIND STATEMENTS THAT FEEL LESS RESISTANT UNTIL ONE RESONATES WITH YOUR DESIRE.
7. WRITE THAT STATEMENT AT THE 12 O'CLOCK POSITION.
8. RIDE THAT WAVE AND CONTINUE WRITING STATEMENTS IN THE 11 REMAINING SECTIONS.
9. WRITE A STATEMENT FROM WHERE YOU ARE NOW VIBRATIONALLY IN THE OUTER-MIDDLE CIRCLE.

EXAMPLE

"I DON'T WANT TO BE A FAT COW"
"A VIBRANT, SEXY, HEALTHY BODY"

"I WANT TO LOSE 80 POUNDS IN A WEEK" (too much resistance)
"COWS ARE WAY FATTER THAN ME" (keep going)
"I REMEMBER FEELING SO SEXY THAT NIGHT IN MAUI" (sweet)
"I LOOK REALLY HOT IN THOSE JEANS", "I AM GETTING SEXIER AS I WRITE", ETC.
"I FEEL AMAZING AND AM GETTING HEALTHIER EVERY MOMENT"