DESIGN YOUR PERFECT LIFE

Visualization Strategies To Instantly Align With Your Fantastic Future

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Path To Abundance, Inc.
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Design Your Perfect Life

Visualization Strategies To Instantly Align With Your Fantastic Future

7 Week Course
(49 Daily Exercises)

By Path To Abundance, Inc.
Design Your Perfect Life

7 Week Course

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Introduction

Congratulations and welcome to this 7 week course of powerful visualizations!

We acknowledge your courage to take action toward having the life of your dreams. We believe you'll be happily inspired to follow this easy yet profoundly rich process of visualizing each day.

Using these tools to create energetic alignment with your future as well as reprogram the existing beliefs in your subconscious mind will catapult you toward your dream life. Not only is this process potent but it's a lot of fun! Think about it, you get to actually go to your new life each day and feel happiness, joy and gratitude as you experience all the glorious details of your future!

On the next page we’ll take a look at how to approach the visualization process so you are sure to get the maximum possible benefit from these 7 weeks of intensive practice.

Live the life of your dreams! It’s not only possible and achievable - it’s your birthright!
How To Visualize For Maximum Effectiveness:

There are some important factors that need to be present each time you visualize in order to make sure your visualizations are powerfully effective. These factors are clarity, repetition and emotion. Equally important is the fact that you always want to visualize in the present tense and of course these visualizations need to be positive!

It is also vitally important that you suspend any doubt during these visualizations and do not worry about "how" these things will happen. Just have fun with the process as if you were simply daydreaming with no boundaries or limitations!

Finally, please make sure you are in the picture. I remember hearing about a person who was visualizing her perfect car over and over again - the color, the year, make and model, etc. but she never put herself in the visualization. What ended up happening was that several people in her life (her neighbor, a friend, a coworker) all got that car! She got what she visualized but in a different way than she intended.

So be sure you see yourself in the pictures.

By visualizing daily for these 7 solid weeks, you have the structure for repetition in place. Great! In fact, once the 7 weeks are complete, you can continue using these tools over and over again to keep the repetition going. The clarity and details are important because they help you define the aspects of your dream future that actually create your emotions.

You want to feel as many happy and positive emotions as you can during your visualizations. Imagine how you will feel when you truly do materialize your dreams! This is the fuel that shifts your energy to be in alignment with the things you want to create in your life.

Another powerful way to connect with your emotions is to engage your 5 senses while you are visualizing. What do you see, smell, hear, taste and feel while you are in this picture? Use all these tools to boost your emotions sky high as you enjoy these wonderful few minutes each day and trust that this process is dissolving your disbeliefs and reprogramming your subconscious mind to now believe that your dreams ARE possible for you!
Each day during this process, spend 3-5 minutes visualizing the different aspects of your dream home (one aspect per day, as broken down below). Be sure to visualize only once (or twice at most) each day.

Remember, you want to keep these visualizations fresh, interesting, exciting and different so your mind doesn't get bored and wander off. If we spend more than 3-5 minutes or do them more than once or twice a day, our excitement tends to wane and our visualizations become less potent.

Also, focusing on one aspect of your fantastic future each day allows you to really get into the details so your visualization isn't vague (we need clarity, right?) so you naturally feel all the exciting emotions that go along with your wonderful dream. This is why we will break down the aspects of your life into seven categories and focus on just one aspect of that category each day.

If you have other areas of your life that you’d like to focus on, you can certainly use these tools to do that!

For the first week, we will focus on your dream home – whatever that might look like for you. Today, focus on the first aspect of your home in Day 1 below. Then move on to Day 2 tomorrow Day 3 the next day and so on. We will focus on each category for seven consecutive days before moving on to the next category.

Enjoy the process - it's supposed to be fun and exciting - and trust that you're making huge strides in bringing this home into your physical life! Remember, you are going there in your mind now so you can go there in your body next!
~ Week 1 ~

Your Magnificent Dream Home

"You must see your goals clearly and specifically before you can set out for them. Hold them in your mind until they become second nature."
-Les Brown

Day 1: The Outside of Your Home.

What does the outside of your dream home look like? Is your home a modern mansion in an urban setting? Is it a rustic log cabin in the woods? Or perhaps it's a quaint farm house on sprawling acres of land that go on as far as the eye can see. Maybe your dream home is a 250 foot yacht on which you live full time as you sail around the world.

Better yet, maybe your dream home is a canvas tent that you pack up and take with you each day as you travel through the back country you've always wanted to explore. Or maybe your dream home is the penthouse suite of a posh hotel where you have your own personal butler and 24 hour room service.

Now take 3-5 minutes to close your eyes and imagine yourself looking at your perfect dream home. Perhaps you've just arrived to this home for the first time with a real estate agent and you are taking it all in, enjoying the feeling of being there with it and instinctively knowing it's perfect for you before you even walk inside.

Perhaps you've already bought it and are there to sign the papers and receive the keys for it. Or maybe you already live there and are just arriving back home after being gone for the day. You decide how you want this visualization to go. Just remember to keep it in the present tense, make sure you are in the picture with your home, be as clear as possible with all the little details you notice as you are there with your home (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

Enjoy these few minutes with your perfect dream home!
Day 2: Your Dream Kitchen.

What does your dream kitchen look like? Is it a vintage Italian kitchen with dark wood and rustic features? Maybe it's ultra modern with a Sub Zero fridge, chrome and black appliances and sparse furnishings. Is your perfect kitchen a warm camp fire surrounded by the most amazing views that stretch on for miles? Or maybe your kitchen is a warm and cozy environment painted with bright colors and the sounds of cheerful laughter from your wonderful family.

Now take 3-5 minutes to close your eyes and imagine yourself in your wonderful kitchen. Are you sipping a cup of coffee, tea or fresh juice as you marvel at how perfect your beautiful kitchen is? Are you sitting at the dining table for breakfast (which is being made by your wonderful spouse or your personal chef?)

Are you scooping coffee grounds into a metal pot that is strategically placed above the flames of your camp fire? Are you cooking breakfast with the most delicious smells wafting around the room?

Maybe you don't usually see the kitchen on your yacht or in your hotel because your food is always prepared for you by wonderful chefs! In that case, decide if you want to have some fun and tour this kitchen you never see or maybe you will just take this time to visualize yourself reading the menu du jour and picking out the wonderful foods that will be prepared for you.

Have a great time with these few moments in your wonderful new kitchen!
Day 3: Your Master Bedroom.

Aaaah what luxury! Your wonderful sleeping quarters! What does it look like? Is it a plush down sleeping bag under the expansive starry sky? Or is it a huge suite of rooms with overstuffed furniture and a huge antique bed? Maybe it's a hammock nestled between some tropical trees right next to a lazy river.

Better yet, perhaps it's an enormous room tastefully decorated with priceless artwork, a fireplace and the most luxurious 4 poster bed you've ever laid on.

Now take 3-5 minutes to close your eyes and imagine yourself experiencing this perfect bedroom - whatever that means to you. Where are you in this room or space? What are you doing? Are you sleeping soundly in your magnificent bed? Are you just waking up to the morning dawn?

Do you feel the cool slipperiness of your wonderful silk sheets? Do you have a fire going in the fireplace that is creating the most luxurious warmth in the entire room?

Is anyone in the room with you? Are there any sounds you hear? Perhaps you can hear a bubble bath running in the adjoining master bathroom. Or maybe you hear all the wildlife that surrounds your country cabin bedroom with its windows open.
Day 4: Your Master Bathroom.

How amazing is your master bathroom? Is it over the top incredible with separate his and her water closets and a HUGE Jacuzzi tub? Does it have a shower big enough to fit a car? Is there a top of the line espresso machine nestled into the wall ready to make your first cup of coffee for the day? Is there a telephone or television in this room?

Are there skylights that bring in the glorious morning sun? How is this room decorated? Maybe you have a makeshift outdoor shower next to your camp that cools you off in the hot summer months. Perhaps you have a wonderful bathroom on your yacht that converts the sea water into fresh water so you can bathe after spending the day fishing, swimming and enjoying the ocean.

Now take 3-5 minutes to close your eyes and imagine yourself enjoying this wonderful space. Perhaps you are taking a luxurious bubble bath or enjoying your beautiful shower with marble and glass blocks. Perhaps you are taking your outdoor shower with the sun warming your body as the cool breeze kisses your skin.

Imagine all the details of your experience in this space and feel the emotions wash over you as you declare out loud how lucky you are to have this amazing experience!
Day 5: Your Living Room.

What does your home’s main living room look like? Is this where you do all your entertaining? Is it a formal or casual room? Do you have masterpiece artwork on the walls? Or does the priceless art of your children adorn these walls? Can you see the exposed log structure of your cabin from the inside?

Are your living room and bedroom one in the same in your perfect canvas tent out in the middle of nowhere? Or does your living room consist of a single camping chair right outside your tent - with the most magnificent view you've ever seen? Or is this "room" really the open air deck of your amazing boat.

Take 3-5 minutes to close your eyes and imagine yourself enjoying this space. What are you doing? Who is with you? Are you enjoying a glass of wine and some appetizers as you visit with company? Are you playing board games with your children? Maybe you are enjoying an impromptu slow dance with your love.

Perhaps you are building your new camp fire pit, stone by stone. What do you see, smell, hear, taste or feel as you enjoy yourself in this wonderful space? Be in the picture, pay attention to the details, engage as many joyous emotions as you can while enjoying your time in this space.
Day 6: Your Home’s Recreation Area.

Where do you spend your recreation time in your wonderful home? Is it indoors or outdoors? Maybe it's both! Do you have a swimming pool and/or Jacuzzi? Tennis or basketball courts? Or a billiard room where you smoke cigars and bond with the guys.

Where do you see yourself spending time relaxing? Maybe there's a deck or patio where you lay in the sun, sipping fresh lemonade while reading a book. Or is your home next to a lake where you walk right outside to go fishing or swimming? If your home is a luxurious yacht, maybe you have a speed boat that you use to water ski for recreation.

Now take 3-5 minutes to close your eyes and imagine yourself enjoying the benefits of recreation. What kind of recreation "fills your tanks" and makes you feel restored, recharged and renewed? How is your beautiful home set up to support you in getting this needed tank filling time?


Isn't it wonderful to know that you have access to this space every day!? Feel yourself in the moment, doing the very things that fill you up and provide you with renewed energy, peace and balance.
Day 7: Generously Giving Things Away To Others.

In order to prepare for your move to your new, wonderful home, what things will you generously donate or give away to others thereby making room for your new fantastic furnishings and also contributing to the abundance of others in the process? Or if you plan to travel lightly in your new life, perhaps you are not replacing these things at all!

Regardless of how you approach it this is a perfect win-win! You are releasing the things you no longer need and someone else is gaining by receiving these wonderful gifts from you.

Think about what new things (or less things) you wish to have in your new home and then think about the items you will lovingly release to someone else. Perhaps go through each room in your current house (in your mind) and make note of the things you will give away to others. It's a wonderful feeling to generously contribute to others.

Embrace that feeling as you take 3-5 minutes to close your eyes and imagine yourself happily finding the perfect new home(s) for the things you no longer need. See yourself giving away the things you will be replacing with updated versions. Imagine the happiness and joy of the people who were in the right place at the right time to find that very perfect thing they were in need of.

Watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved. Allow the feeling of deep joy to wash over you as you listen to someone tell you how they were just looking for this very thing you offered them and how what you are giving them is even better than what they imagined they could have.
~ Week 2 ~

Your Fantastic Car/Transportation

"The first step toward creating an improved future is developing the ability to envision it."
- Anonymous

Day 1: Deciding Which Vehicle To Purchase.
(Your first of many if that's what you wish!)

How much fun is this!? Deciding which vehicle you will purchase. There are so many choices to pick from, how do you narrow it down? Do you have a dream car that you've wanted since you were a child? Or is having this wonderful vehicle a new idea for you to consider?

Will you jot down a list of your top 5 vehicles and decide which one you simply must have first? Or will you categorize your vehicles by car, boat, motorcycle, airplane, helicopter, etc. and decide from there? Which vehicle will be in the coveted "first purchased" slot? The sky really is the limit as you get to pick which dream vehicle you wish to have (first).

Now take 3-5 minutes to close your eyes and imagine yourself deciding. Are you at a dealership looking around at the different models and color choices? Or are you sitting comfortably in your home or elsewhere doing some online comparisons?

Or better yet, maybe you are flipping through wonderful brochures with rich, colorful pictures of all the accessories your new vehicle has to offer. Maybe you are 10,000 feet in the air getting a hands on test fly of an airplane you are considering purchasing.

You decide how you want this visualization to go. Just remember to keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

Enjoy these few minutes as you make a decision about which vehicle you will be receiving tomorrow!

How will you begin your experience? Will you imagine yourself waking up (in the wonderful home you visualized last week) giddy with excitement knowing you have an early morning appointment to pick up your brand new vehicle? Or maybe you will begin ready to walk through the front doors of the dealership to claim your new purchase!

Perhaps you are in the process of excitedly driving over to the dealership with your spouse or friend. Or better yet, maybe you are having your new vehicle delivered to you at home and you are standing in your driveway as you watch it being delivered on a truck! Get creative and have fun with this!

Whatever way you wish to approach purchasing your brand new vehicle is just perfect! You decide what would be the most exciting way to take ownership of your fantastic new vehicle!

Now take 3-5 minutes to close your eyes and imagine yourself in the process of taking ownership of your fantastic new vehicle! WOO HOO! What does the view look like as you drive this fantastic vehicle off the lot? How does your body feel in the seat? Do you have music playing as you glide down the street?

Let the emotions wash over and through you as you imagine the dealer handing you the keys or as you slide into the driver's seat and pull the door shut - smelling that intoxicating new car smell. Aaaaahhhh! Or are you on a motorcycle? If so, what time of year is it and how is the weather? Is it cool and brisk against your exposed skin? Or is it wonderfully warm in the bright sun?

If your first vehicle is a new airplane, imagine yourself on the tarmac taking it all in with unbelievable excitement right before you walk up the steps. Or maybe imagine yourself walking inside the cabin and being blown away by how luxurious it is! You saw the pictures but apparently they didn't do it justice! This is your first ride in your new plane. How wonderful!

Whichever vehicle is your first choice - enjoy this moment to its fullest! Feel how happy and excited you are! It's an incredible feeling to have one of your dreams come true! Enjoy this experience!
Day 3: Sharing Your Excitement!

Who is the first person you will excitedly show your fantastic new vehicle to? Will it be your spouse or your child? Will it be your best friend who has always shared the dream with you of owning that vehicle? Where will you show it to them? Will you drive your car or motorcycle to their home to show it to them? Will you pick them up at their office to take them for a lunchtime spin?

Will you invite your entire group of friends over to your house for a party and parade your new vehicle up and down the street while they cheer you on? Maybe you will tell someone to meet you at the local marina or small plane airport and surprise them with a ride in your new purchase! Who do you wish to share this wonderful experience with?

Take 3-5 minutes to close your eyes and imagine yourself experiencing this cherished time. This is a treasured moment you will relive over and over again in your memory after it really happens. Enjoy this wonderful time of showing off your wonderful new purchase.

You are not gloating or acting "holier than thou" toward anyone - you are simply immersed in the wonderful experience of great excitement and pleasure because you have manifested one of your life's dreams! This is a joyful experience to celebrate!
Day 4: Caring For Your Vehicle.

Who cleans and cares for your wonderful new vehicle? Do you lovingly wash and wax it yourself while you listen to your favorite music, enjoying this form of meditation? Do you take it to a full service car wash where you relax while you leave it to the experts?

Or perhaps in addition to your car, you have a wonderful full time driver who enjoys caring for your vehicle in his/her down time when you aren't being whisked around the city? Is your vehicle a boat or airplane that requires a special kind of care? Do you spend time at the marina or airfield watching or participating in its upkeep?

Take today's 3-5 minutes to close your eyes and imagine the details of how your vehicle is cared for. Enjoy this experience of doing it yourself, watching someone else do it or sending it away to be done for you. Maybe you will focus on the experience of watching it come back to you in pristine, perfect condition and how happy it makes you to see it so clean and lovely.

Where are you, what are you doing, what are your surroundings like? How do you feel? Who is with you (if anyone)? Engage your 5 senses as you enjoy this visualization that is taking you one step closer to your wonderful new vehicle.
Day 5: Do You Have More Than One Vehicle/Toy?

Do you have just one car or do you have a few? Maybe you have one but now you want a different type of toy, perhaps a motorcycle or boat or something even more exotic. Or maybe you are a collector of vintage vehicles and are ready to add to the collection.

Maybe you have a luxury car but you also want an SUV. Or maybe you have always wanted to fly your own plane and are finally ready to buy it.

Where are you and what are you doing as you consider purchasing your additional vehicle? Did you just get back from test driving an amazing speed boat at 100 mph on a lake as still and smooth as glass? Are you strolling through aisles and aisles of the most beautiful vintage vehicles - feeling butterflies in your stomach as you visually take them all in?

Are you on a test drive of the most perfect tricked-out motorcycle with the wind whipping through your clothes on a gorgeous spring day?

Now take 3-5 minutes to close your eyes and imagine yourself enjoying this invigorating experience. What are you doing? Who is with you? What do you see, smell, hear, taste or feel as you enjoy yourself so immensely? Be in the picture, pay attention to the details, engage as many joyous emotions as you can while enjoying your time doing what makes you so very happy.

Feel how great this experience of your dreams is!
Day 6: Deciding Which Vehicle To Use Today.

Since I assume you have more than just one vehicle, let’s have some fun playing with the idea that you need to pick which one of your fantastic vehicles you’ll use for the day. Maybe you will stand in front of your open garage with an ear-to-ear grin looking at all your prized vehicles and thinking about your day ahead.

Which one would best suit your plans? Which one would be the most fun to use today?

Are you going for practicality or va-va-voom today? Are you talking to someone such as your spouse over morning coffee about which vehicle you will take and which one they will take for the day? Perhaps you will laugh out loud as you flip a coin to decide.

Maybe you are joyfully and playfully describing to someone your wonderful "dilemma" about which vehicle you are deciding to use for the day. Make this a fun and playful experience and enjoy each moment of it.

Now take 3-5 minutes to close your eyes and imagine whichever experience above (or your own creative idea) you wish to experience today. Feel yourself in the moment, having those conversations or feeling those feelings that go along with your desired visualization.

Perhaps incorporate some of your senses into the visualization. For instance, if you were imagining picking between your 5 favorite cars, pull up some internet pictures of those cars. Or while you have your eyes closed, hold 2 sets of keys in both your hands and imagine that they represent 2 of these wonderful vehicles you are trying to choose between.

Engage any of your senses that will help you truly experience this moment from your future right now!
Day 7: Generously Giving A Vehicle To Someone Else!

As you know, it's a wonderful feeling to generously contribute to others. So, all you need to decide now is will you give your current vehicle away to someone and if so who? Or will you buy a brand new vehicle for someone? If so, what kind of vehicle will you buy for them? Both are great ideas because either way someone will benefit from your generosity.

Think about what will give you the most happiness and excitement in this experience - giving this gift to someone in your life or maybe even a perfect stranger!

Embrace those feelings of happiness and excitement as you take 3-5 minutes to close your eyes and imagine yourself happily finding the perfect person who will be the recipient of your generosity.

See yourself giving a vehicle to this person. Imagine the happiness and joy of the person who was in the right place at the right time to receive your wonderful kindness.

Watch in amazement as the Universe orchestrates the wonderful serendipity of this experience for all involved and the ripple effect as they share the story of their great fortune with their loved ones.

Allow the feeling of deep joy to wash over you as you listen to someone tell you how meaningful your generosity is and what a difference you are making for them.
"What you think today is what you live tomorrow."
- Remez Sasson

Day 1: Deciding Where You Will Go.

With the entire world in front of you, how will you narrow it down and decide where to go on this vacation? Of course this is just one of many vacations in your glorious future so it's really a matter of where you want to go first! How will you approach this decision? Will you close your eyes and stick a push pin on a map of the world that you have on a wall? Will you make a list of your top 5 or 10 vacation wishes and then narrow down from there?

Or is there a certain vacation spot that you have wanted to go on for years or even decades and you already know exactly where you are going? Maybe your amazing vacation includes several destinations such as with a cruise or a driving trip. What a glorious experience to enjoy your time deciding exactly how you want this vacation to look with all its incredible details. There are no limitations - the sky (and your imagination) is the limit!

Now take 3-5 minutes to close your eyes and imagine yourself making these wonderful decisions about your vacation. Where are you as you are deciding? Who are you with? Are you and your spouse (or best friend) enjoying a glass of wine as you read through travel brochures with vibrant colors and fantastic pictures? Or are you excitedly sitting in front of the internet pouring over several choices of tour companies or cruise ships or camping locations?

Maybe you've got a highlighting pen and are drawing on a map, planning out the route you will take as you drive across several states or countries. You decide how you want to approach this visualization. Just remember to keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

Enjoy these few minutes as you plan your wonderful trip!
Day 2: Packing For Your Trip.

So where did you decide to go on your fantastic trip? What kinds of things will you need? Are you going on a cruise or a hiking trip or are you traveling around in a motor home? Are you going to travel in 5 star opulent luxury or are you going to rough it with not much more than a back pack and sleeping bag?

Did this special trip require you to go shopping for some interesting specialty items? Perhaps some special sun protection and a mosquito net? Maybe you needed to purchase a new bathing suit or possibly a winter jacket and gloves that can handle temperatures below zero! It all depends on where you are planning on going, right?

If you are going to climb Mount Everest, those sub zero items and a bigger travel bag will be a necessity! But if your destination is sumptuous tropical beaches, then you can get away with a much smaller bag and your wonderful warm weather outfits. Or did you find that you already have all the items you need for your trip (maybe with the idea that you will purchase some new things while on vacation). That sounds like fun!

The possibilities are endless and since you get to decide what kind of trip you are taking you also get to decide what items you will be packing for the trip.

Now take 3-5 minutes to close your eyes and imagine yourself packing for this wonderful trip. If packing hasn't been something you've enjoyed doing in the past, maybe you are so excited about this wonderful trip that your old feelings of not enjoying packing are not even happening. Or perhaps you are sitting in a comfy chair telling your new personal assistant which things you think you want to bring while he/she is doing the actual packing.

Maybe your best friend is helping you pack as you try things on and he/she tells you what looks best while the two of you enjoy one another's company and the experience! Or perhaps you are packing right along side of the person/people you are taking this trip with and you are laughing and playing as you talk about when/where you will wear each outfit.

Enjoy these few minutes as you pack for your trip that's right around the corner!
Day 3: Traveling To Your Destination.

How thrilling! Your travel day has arrived! Are you excited? Are you ready to leave for your trip? So, based on where you are going (road trip, flying to another city or country, cruise, motorcycling across the country, etc.) what method(s) of travel will you be taking?

Will you have a friend, family member (or limousine!) take you from your home to the airport or train station or cruise ship? Are you going to pull out of your own driveway in your car or motor home or on your motorcycle or bicycle to begin the trip?

If your trip has multiple methods of travel, is there one method that you'd prefer to focus on today? Perhaps pick one that is the most exciting and enjoyable (as opposed to depleting and exhausting).

Remember, you have the resources now to make your travel enjoyable so be sure to include all the luxuries that will help you to feel refreshed and re-energized when you get to your destination. If you are flying internationally, be sure to fly in first class with the seats that turn into beds! You decide what would be the most exciting way to use today's visualization time.

Now take 3-5 minutes to close your eyes and imagine yourself en route to your fantastic destination! Where will your visualization begin? Perhaps you will imagine yourself already in your comfy first class seat on a plane or in your luxurious suite on the train or cruise ship during this visualization.

Or if your perfect vacation is exploring the Machu Picchu ruins in Peru perhaps you will begin your journey today from the airport in Peru to the actual site of the ruins.

Which aspect of your traveling will be the most emotionally fulfilling to focus on for today's visualization? Get creative and have fun with this! Whatever way you wish to approach traveling to your destination is just perfect!

Enjoy this moment to its fullest and feel how happy and exited you are as you imagine yourself traveling to your destination! It's an incredible feeling to finally be on your dream vacation!
**Day 4: Your Hotel/Lodging.**

Have you put any thought into what you would like your accommodations to be like on your dream vacation? Have you ever daydreamed about this idea? Well, now you are not simply daydreaming - you are actively visualizing to make this dream your reality! So take some time to think about your wonderful accommodations.

Do you prefer the 5 star luxury hotel penthouse suite with your own personal butler or would you rather set up your own tent in the wilderness?

Based on where you are going on this trip and how you are getting there, think of all the choices you have (there are NO limitations other than your own creativity about what kinds of accommodations you might encounter on this trip). If you are on safari in Africa, you probably don't expect a 20 story high rise hotel but you certainly can expect luxurious and comfortable accommodations with all the amenities you'd like.

Think about exactly how you would like your perfect hotel/lodging/accommodations for this trip to be.

Take today's 3-5 minutes to close your eyes and imagine yourself enjoying your wonderful accommodations! Where are you? What are you doing? What are your surroundings like? Are you taking a soothing bath in the sunken Jacuzzi tub in your luxury 3 room suite while soft music in the background increases your deep feeling of serenity?

Are you walking right out the door of your secluded ocean-front bungalow and into the warm crashing ocean waves for a refreshing swim? Are you lying in the most comfortable bed you've ever laid in at the end of a wonderful evening reminiscing about how perfectly your day went?

Or are you out in the middle of nowhere gazing at the magnificent starry sky with nothing but the wonderful sounds of small creatures rustling in the night? Where are you and how do you feel? Who is with you (if anyone)?

Engage your 5 senses as you enjoy this visualization that is taking you one step closer to your amazing vacation.
Day 5: Sightseeing/Touring/Being Out And About.

Do you already know some of the things you'd like to see and do on this trip or are you planning on learning more and figuring that out once you arrive? Have you done any research ahead of time about the main attractions of the area(s) you are visiting? Do you want to go-go-go and see as much as possible while on this trip?

Or perhaps you prefer to mix a bit of sightseeing with some relaxation? Or better yet, maybe your plan is to set up a camp and do nothing but fish (or lay by the pool or get spa treatments) day after day for the entire trip.

Whatever your idea for how to spend your time now that you have arrived and are fully engaged in the experience of your trip is just perfect. You decide what would be the most interesting and wonderful way to use today's visualization time. Whatever allows you to feel the feelings of abundant joy as you picture yourself doing the things that make you happiest on this vacation of your dreams!

Now take 3-5 minutes to close your eyes and imagine yourself enjoying one of the many fantastic experiences you will have on this trip. What are you doing? Who is with you? What do you see, smell, hear, taste or feel as you enjoy exactly where you imagine yourself to be right now? Are you at the top of the Empire State Building or Eiffel Tower with wonderful whipping wind?

Are you face to face (and nose to musty smell) with the most majestic animals in Africa? Are you hang gliding over a cliff with the biggest butterflies in your stomach as you visually take in how far above the ground you are soaring? Are you feeling the perfectly warming sun on your skin as you explore the outback in Australia?

Maybe your idea of sightseeing is peacefully watching the landscape change as you log mile after mile (kilometer after kilometer) on your trip across a new country. Be in the picture, pay attention to the details, engage as many joyous emotions as you can while enjoying your time doing the sightseeing that makes you so very happy.

Feel how great this experience of your dreams is!
Day 6: Delicious Dining.

You will no doubt have many interesting and wonderful meals on this trip. Perhaps today you can decide which one you'd like to envision that will, of course, make you very happy and satisfied. Will you dare to experience the area's variety of local delicacies from the routine to the extravagant?

Perhaps raw blowfish in Japan or deep fried chicken's feet in China? Handmade pasta that melts in your mouth in Italy or pizza in Sicily that proves to your taste buds that you have not truly experienced pizza until now? Escargot in France that tastes so mind-blowingly wonderful you can't believe you actually just ate snails?!

If you are a vegetarian or vegan perhaps you'd like to experience an array of vegetables that are so exclusive to the area you're visiting that you've never even heard of them! Or is your dream dining experience more along the lines of the best culinary versions of some of your well known favorites, artfully prepared and beautifully displayed on plates by one of our world's most renowned chefs?

Maybe your perfect dining experience involves cooking something you caught and/or picked or collected as you foraged around before retiring for the night at your camp. Whatever way you choose to approach this is perfect! Make this a delightful culinary experience and enjoy each delicious moment of it.

Now take 3-5 minutes to close your eyes and imagine whichever dining experience above (or your own creative idea) you wish to have today. Imagine yourself in the moment, feeling the feelings that go along with your visualization. Who are you with? What is the view like from your dining spot? Do you have an amazing view that goes on for miles? Is there a fireplace keeping you cozy and warm as you dine? Are you enjoying a 6 course meal? Are all the courses of your meal being paired with wine? Did the restaurant owner or chef just come over to your table to personally welcome you and bring you an unexpected special treat?

Are you eating adventurously (octopus or eel?) or are you going for pure luxury (filet mignon, melt in your mouth fish or if you are a vegetarian/vegan the most luxuriously prepared selection of mouth watering vegetables you have ever had in your entire life?) It will be very easy to incorporate your sense of smell and taste into this visualization!

Engage any and all of your senses that will help you truly experience this wonderful moment from your future right now!

As you know, it's a wonderful feeling to generously contribute to others. And it's fantastic to know you can take this practice with you on your vacation! Certainly there are several choices for how, when and where you can generously give to or do for others.

Perhaps you can give some money to people (perhaps you may encounter people who appear to be in need or even people who are providing services that make your trip more enjoyable or comfortable such as waiters or taxi drivers, etc.). Or maybe you can anonymously pay for the meal a stranger is having at the same restaurant where you are eating.

Perhaps you can pick up some litter or do something else that will improve the immediate environment where you are. Are there any other ideas you might have for ways you can make the place you're vacationing better than you found it?

Think about what will give you the most happiness as you leave your beautiful energetic imprint on this lovely space in our world that you're exploring. Let the wonderful essence of your generosity create a ripple effect far and wide.

Embrace the meaningful feelings of deep contentment and joy as you take 3-5 minutes to close your eyes and imagine yourself happily finding the perfect person/people who will be the recipient(s) of your generosity. See yourself giving whatever you are inspired to give to this person/these people. Imagine the delight of the people who were in the right place at the right time to receive your wonderful kindness.

Watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved and the ripple effects as the recipients of your kindness share the story of their great fortune with their loved ones.

Allow the feeling of gratitude to wash over you as you know deep in your heart how fortunate you are to be in this position of making a meaningful difference for others and our world.
~ Week 4 ~

Your Abundant Luxuries

"Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible."
- Cherie Carter-Scott

Day 1: Physical Luxury.

What does physical luxury mean for you? What physical things "fill up your tanks" so to speak? What physical/materials things make you feel filled up, peaceful, balanced, in harmony and all around happy? It is different for everyone.

Here's a definition of luxury for you to consider: *Indulgence in or enjoyment of material objects, services, comforts and pleasures etc., conducive to sumptuous living, usually a delicacy, elegance, or refinement of living rather than a necessity.*

Today we are focusing on physical luxuries so take a few moments to decide what physical luxuries you'd like to experience more of. Is your idea of this kind of luxury enjoying a spa facial and massage? Perhaps soaking in a piping hot Jacuzzi bath while reading your favorite book - aaaaahhh! Or perhaps enjoying a slice of your favorite fresh fruit tart is pure decadent luxury in your life.

Maybe a prized collection of stamps, baseball cards, art or other collectibles. Or perhaps your perfect physical luxury is having the time, money and resources to work with a personal trainer every single day - sculpting your body into muscular perfection.

Or maybe physical luxury for you is taking a year-long cruise around the world experiencing all the fabulous exposure to the foods, traditions and customs of other cultures. Wow!
Your idea of physical luxury can be as simple or extensive as you choose it to be. The sky is the limit with your fantastic future. All you need to do is decide which aspect of your amazing future life you'd like to experience right now in this little slice of its tremendousness!

Now take 3-5 minutes to close your eyes and imagine yourself enjoying the benefits of some over-the-top wonderful physical luxuries that are tailor made just for you. You decide how you want to approach this visualization.

Just remember to keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

What a wonderful thing it is to take time out to enjoy the benefits of tank filling luxuries. Enjoy these few luxurious minutes from your future!
Day 2: Mental Luxury.

Today we are focusing on mental luxuries. What does that mean to you? Mental luxury?

Here's our definition of luxury again: *Indulgence in or enjoyment of material objects, services, comforts and pleasures etc., conducive to sumptuous living, usually a delicacy, elegance, or refinement of living rather than a necessity.*

Take a few moments to decide what mental luxuries you'd like to experience more of. Does your idea of mental luxury involve any material objects to help you get to that mental place of luxury?

For example, maybe disconnecting from the world and tinkering with your vintage car's engine on a lazy afternoon while your favorite music is playing in the background is your idea of mental luxury. Or do you utilize services or other comforts to create mental luxury for yourself? Perhaps reading a book, napping, gardening or meditating are what creates mental luxury for you.

Or maybe having stimulating philosophical conversations with someone is what creates the feeling of mental luxury for you. It seems mental luxury could be engaging one's mind in something with a razor sharp focus or it could be freeing one's mind of any thoughts at all. It's completely up to you.

Now take 3-5 minutes to close your eyes and imagine yourself immersed in whatever you feel would provide you the experience of mental luxury. There is no right or wrong answer. Only you know what provides you mental enjoyment, comfort or pleasure, right?

Try an idea or two on for size and see if they are something you'd enjoy having a lot of access to in your magnificent future life. Enjoy this moment to its fullest and feel how happy and exited you are as you imagine yourself engaged in this wonderful luxurious experience!

It's an incredible feeling to have so many resources available so you can experience the life of your dreams!
Day 3: Emotional Luxury.

Aaaaahhh another day of luxury! Can you stand it? (He he). Today we are going to embrace the idea of emotional luxury. What does this mean for you? Which of your emotions do you wish to experience luxury with and what would create this feeling for you? Perhaps you might utilize material objects or services or other comforts to help ignite your feeling of emotional luxury.

What things or experiences would help you to feel moved, touched or excited (to name a few emotions). What could you utilize to help you create some luxurious feelings of happiness, joy, elation, delight, poignancy?

One way I love to experience emotional luxury is with laughter. It's such a wonderful feeling to laugh deeply and heartily. If this idea appeals to you, perhaps you could imagine yourself at a live comedy event watching your favorite comedian. Enjoy your time as you laugh uncontrollably until your stomach muscles hurt in the best of ways!

Trust your own internal voice about what is meaningful for you and how you wish to approach emotional luxury. Remember, this is your future life. You have the resources now to make your life enjoyable so be sure to include any and all things that will help you feel some emotional luxury today. You decide what would be the most exhilarating way to use this visualization time.

Now take 3-5 minutes to close your eyes and imagine yourself engrossed in the most fantastic emotional luxury! Where are you? What are you doing? Who is with you (if anyone)?

Which aspect of your future life will be the most emotionally fulfilling to focus on for today's visualization? It's possible that some of the things that provide you the experience of physical or mental luxury also provide you the feeling of emotional luxury.

Don't hesitate to use one of the experiences you may have already used in an earlier visualization if that's what you wish to do. That will only serve to solidify your practice with repetition! Whatever way you wish to approach today's visualization is just perfect!

Get creative and have fun!
Day 4: Luxuries For Your Senses.

Today, let's embrace some over-the-top luxuries to enjoy with your senses. Take a few moments to think about your own personal answers to these statements:

I love the sound of...
I love the smell of...
I love the sight of...
I love the taste of...
I love the feel of...

Now think about those answers in relation to feeling and experiencing luxury. Whatever it is that you experience as tank-filling, over-the-top luxurious (to your 5 senses), see how you can turn that into a potent, luxurious visualization.

For example, do you love the feel of getting an hour long full body massage?? You could imagine yourself getting a three hour full body massage (if that's not too long).

Do you love the sight or smell of flowers? Find out where the most spectacular and glorious garden is in our entire world and go there in the springtime! Enjoy miles and miles of breathtaking colors as you weep with pure joy over experiencing such deeply touching beauty.

Do you love the sound of Itzhak Perlman or Joshua Bell playing the violin? Pay them triple their normal performance fee to play for you in the magnificent comfort of your own home! What over the top luxuries can you experience for your senses?

Bring to mind, with as much detail as you can, any experience you wish that will provide the feeling of luxury for your senses and enjoy these fantastic moments! Again, if some of the things that provide you physical, mental and emotional luxury also provide you the feeling of sensory luxury, feel free to use them!

We are creating certain feelings/emotions during our visualizations. If there is a certain experience you enjoy so much that it immerses you in those wonderful feelings and you want to use that experience more than once, by all means, do it!

There is no right or wrong way to approach your magnificent visualizations from your future!
Take today's 3-5 minutes to close your eyes and imagine yourself enjoying some wonderful luxuries that stimulate and excite your senses! Where are you? What are you doing? What are your surroundings like? How do you feel? Fantastic, I imagine!

Who is with you (if anyone)? Engage some or all of your senses as you enjoy this visualization that's taking you one step closer to having luxuries such as these as a regular part of your life.

What a spectacular life you live!
Day 5: Luxury Of Time.

What would you do if you had nothing but time? If you had an enormous amount of free time to spend as you wish and all the resources (financial or otherwise) you would ever need, how would you spend your time? No demands on you other than the things you want to do.

Do you already know some/all of the things you'd do with your luxurious free time? Have you done any thinking or research ahead of time about ways you would spend it?

Perhaps you have daydreamed in the past about what you'd do if you won the lottery or were gifted a large sum of money and you already know exactly what you'd do with your free time. Maybe you'd start your own business and spend some/much of your time growing it.

Maybe you'd take up some hobbies such as photography, ceramics, piano, gardening, stamp collecting or ballroom dancing. Maybe you'd enjoy playing tennis, golf, racquetball or some other sports and exercise. Or how about fishing or some other outdoor activity. What different outdoor activities would you do in each of the four seasons?

Perhaps you'd donate some of your time to volunteer work. Perhaps you'd enjoy a combination of all these things. You decide what would be the most interesting and wonderful way to use your time. Whatever allows you to feel the feelings of abundant joy as you picture yourself doing the things that make you happiest in the life of your dreams is just perfect!

Now take 3-5 minutes to close your eyes and imagine yourself enjoying one or several of these many fantastic experiences. What are you doing? Who is with you (if anyone)? Are you sitting at your pottery wheel, your hands wet with squishy clay, forming it into something beautiful? Or are you on an African safari snapping away the most brilliant pictures of all the colorful and textured animals that are right before you?

Or maybe you are cruising around in your speedboat on a glassy lake. Or how about playing the best 18 holes of golf you've ever played on a course you've always wanted to experience (of course in picture perfect weather)!

Whatever feels like it's spending your time luxuriously, embrace it and enjoy it! Be in the picture, pay attention to the details, engage as many joyous emotions as you can while enjoying your time doing the things that make you so very happy. Feel how great it is to be living this life of your very dreams!
**Day 6: Your Favorite Tank-Filling Luxury.**

Do you have an absolute hands down favorite luxury of all the ones we've considered so far this week (or even an experience from previous weeks that qualifies as "luxurious" to you)? Is there one luxury that positively "takes the cake" for you? Today you get to experience your all time favorite tank-filling luxury! Why? Because it fills your tanks!

And having your tanks full helps you to feel all the wonderful emotions that put you squarely in alignment with your wonderful future - the one you are spending so much time visualizing! It's a wonderful recipe for success!

Of course you can pick whichever favorite luxury you've worked with so far or something completely different that you haven't had a chance to use yet. It's your choice. The feeling you are going for today is filling your tank to overflowing and spilling all that wonderful energy all over the place! What wonderful luxury will do that for you?

Now take 3-5 minutes to close your eyes and imagine whichever favorite tank filling experience you wish to have today. Imagine yourself in the moment, feeling the feelings that go along with your visualization.

Where are you? What are you doing or experiencing that is filling your tanks so magnificently? Is anyone with you? How are they participating in this experience?

Take great pleasure in these few minutes as you luxuriate in…luxury! However you'd like to experience over the top, tank filling luxury, do it in today's visualization and enjoy this time!

Engage any and all of your senses that will help you truly experience this wonderful moment from your future right now! Go there in your mind now so you can soon go there in your body next!

YESSIONS!!!
Day 7: Giving The Experience Of Luxury To Others.

By now you are probably noticing that on the seventh day of each week's theme, we visualize ourselves generously giving away to others some of what we wish to create for our own lives. As you may already know, one of the best ways to put ourselves "in the flow" of something we wish to have more of in our experience is to generously give that thing away to others.

This sends a very powerful message to our own subconscious as well as the Universe. That message is "we have enough of this thing that we can give some of it away to others," and in that giving we create more energetic space in our own lives to "fill up" with more of that thing. It's a brilliant spiritual paradox: give away what you want to have/receive more of.

What luxury would you like to give to others today? What would be most meaningful for you and also them? As you know, it's a wonderful feeling to generously contribute to others. And it's fantastic to know you have unlimited resources so you are in the magnificent position to give anything to anyone! How on earth will you narrow it down?

Certainly there are several choices for how, when and where you can generously give the experience of luxury to others. Would you be most inspired to provide physical, mental, emotional or sense-oriented luxury to others?

Perhaps you can think about what feels most luxurious to you and then decide how you want to go about providing that same experience for people who may not have access to those same things. Think about what will give you the most happiness as you leave your beautiful energetic imprint on others in this world we share.

Let the wonderful essence of your generosity create a ripple effect far and wide.

Embrace the meaningful feelings of deep contentment and joy as you take 3-5 minutes to close your eyes and imagine yourself happily finding the perfect person/people who will be the recipient(s) of your generous luxuries.
See yourself giving whatever luxuries you are inspired to give to this person/these people.

Imagine the delight of the people who were in the right place at the right time to receive your wonderful kindness and how happy they will be to bask in their own wonderful experience of luxury that you are so generously providing for them.

Watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved and the ripple effects as the recipients of your kindness share the story of their luxurious fortune with their loved ones.

Allow the feeling of gratitude to wash over you as you know deep in your heart how fortunate you are to be in this position of making a meaningful difference for others in our world.
~ Week 5 ~

Your Passionate Romance

"What we think, we become. All that we are arises with our thoughts.
With our thoughts, we make the world."
- Buddha

Day 1: Your Romantic Partner.

Who is your romantic partner? Is it someone you already know and are involved with or is it a person coming to you from your fantastic future? Perhaps you are not interested in having a relationship with another person and the one who deserves all your love energy is YOU!

Perhaps the people you want to spend your love energy on are your children or immediate family. Romance is defined in several ways. The most fitting definition of romance for our purposes in these daily visualizations is this: love idealized for its purity or beauty.

As you can see, this is a feeling we can have for anyone. Any and all of these possibilities for who you will share your love with in this week's visualizations are simply perfect! You get to decide and design each aspect of your life exactly as you want it - and that includes love and romance. Who will you shower with all the beautiful energy of love that you have inside you?

Take 3-5 minutes to close your eyes and imagine yourself enjoying spending time with this person of your dreams (who might simply and wonderfully be yourself). What are you doing together? Maybe you are spending some cozy romantic time by a warm roaring fire.

Perhaps you are lying lazily on lounge chairs with the cool water of a pool, lake or ocean lapping at your feet. Or maybe you are spending some quality time together in nature - napping, walking, hiking, climbing, camping, motorcycle riding with this wonderful person.
Whatever your personal idea of experiencing romance and passion is - decide how you want your visualization to look, decide who is in it with you (if anyone) and enjoy these wonderful few moments of heightened romance (remember the definition of romance above if you don't intend for this experience to be sexually oriented).

Just remember to keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

Enjoy these few minutes of passion and romance!
Day 2: Enjoying Passion.

So what did you end up doing yesterday with your special romantic partner (who may have been simply yourself)? Was it wonderful to feel all those delicious feelings of romance? Let's spend some time creating more passion today.

For our purposes, let's take a look at a few fitting definitions of passion so that no matter how you are approaching this week's visualizations, you are able to embrace the experiences that fit your life. Passion is defined as: *any powerful or compelling emotion or feeling, as love.* Another definition of passion is: *a strong or extravagant fondness, enthusiasm, or desire for anything (such as a passion for music, etc.)*

As you can see, passion can be very easy to feel no matter how you wish to set up your wonderful future. The possibilities are endless since you get to decide what passion means for you. Is it a luxurious bubble bath with your loved one? Is it sharing a decadent meal of all your favorite foods? Is it sharing in an experience you both love such as an opera or symphony or a motorcycle ride in the middle of nowhere? Maybe it's a passionate snowball fight that takes a romantic turn.

Now take 3-5 minutes to close your eyes and imagine yourself experiencing the tank filling benefits of passion. Enjoy these few minutes as you experience more passion than you can recall experiencing in a long time! Remember, the sky (and your own imagination) are the only limits. This experience can be as over-the-top wonderful as you wish it to be.

Perhaps you are nestled between fabulous, snowy winter mountains in a Chateau in France enjoying breathtaking views, fireplaces in every room and no one else around for miles. Maybe you are skiing as fast as you ever have down a double black diamond hill near that Chateau!

Perhaps you are passionately engaged in your favorite game such as chess or backgammon (maybe you are playing strip backgammon!). However you'd like to experience passion, do it in today's visualization and enjoy this time to its fullest!
Day 3: Creating Romance.

Earlier in this visualization process you spent some time defining your romantic partner and you spent a little romantic time with them. How was that? Wonderful, I hope! Then you spent some time defining and experiencing passion - whatever that means for you since it's such a uniquely individual choice.

Let's spend a little more time with romance today. What would you like to experience more of when you think about what romance means to you? Whatever you choose is just perfect. You know yourself better than anyone! And that's the beauty of these visualizations - you get to experience exactly what you want, with no limits.

There is nothing to stop you from having things happen precisely as you wish. What a wonderful way to spend your time (not to mention reprogram your subconscious beliefs AND place your order with the Universe). You are accomplishing so much by simply closing your eyes and enjoying these few wonderful moments!

Now take 3-5 minutes to close your eyes and imagine yourself experiencing more romance today. How will your visualization begin? Where are you, what are you doing and is anyone with you? What are your surroundings?

What would be the most emotionally fulfilling for you to focus on for today's visualization? Get creative and have fun with this! Whatever ways you wish to approach romance today are great! Enjoy this time to its fullest and feel how happy and excited you are as you imagine yourself engaged in beautiful romance!

It's an incredible feeling, isn't it!
Day 4: Experiencing Love With Your Senses.

Today, let's do a love creating, sense-engaging visualization! Just as we did earlier with regard to luxury, take a few moments to think about your own personal answers to these statements:

I love the sound of...
I love the smell of...
I love the sight of...
I love the taste of...
I love the feel of...

Now think about those answers in relation to feeling and experiencing love. Whatever it is that you love experiencing (with your 5 senses), see how you can turn that into a potent, love-filled visualization.

For example, do you love the smell of fresh, long stem, ruby red roses? You could imagine yourself receiving this wonderful bouquet and burying your nose in it as you take a deep long inhale through your nose.

Do you love the smell of your child (when he/she is clean!)? Close your eyes and embrace your beautiful child in your arms as you smell his/her uniquely wonderful scent! Do you love the sight of snow capped mountains? The sunrise or sunset against the ocean? Seeing your favorite sports team WIN!

Bring any of these to mind with as much detail as you can and enjoy these fantastic moments filled with love! Do you love the feel of buttery silk against your skin? Lie in your glorious bed and wrap your entire body in your luxuriously wonderful silk sheets (maybe with your partner!)

Do you love the sound of your romantic partner's laugh? Imagine telling him/her the best joke in the world and enjoy this music to your ears. Use any or all of your five senses to experience the feeling of wonderful, delicious, rich, meaningful love.
Take today's 3-5 minutes to close your eyes and imagine yourself enjoying all the wonderful expressions of love that you'd like whether they are with a romantic partner or by yourself.

Where are you, what are you doing, who is with you (if anyone) and how many of your senses are engaged in this overwhelming feeling of pure love? You could experience your favorite sense-engaging moments one at a time in succession (first something pertaining to sight, then sound then touch, etc.).

Or you could combine them into the same experience in your visualization (such as relaxing in a hot bubbly bath, eating your favorite luxurious chocolate while your partner massages your back as you listen to beautiful music).

Whatever you choose to experience is great - enjoy it as it deepens your experience of love.
Day 5: Showing Your Love: Physical Expressions.

How do you show/demonstrate your love to your romantic partner? Or, better yet - how do you want to show your love to them? This is all about your future, isn't it?

Your past doesn't need to have any bearing on what you are choosing to create for your future, unless you like how things went in the past and wish to create more of that! Today we are going to focus on physical expressions of love; how you show your love.

Do you show it by giving sweet and wonderful gifts to your partner? Do you show it by the things you do for them; acts of service? Do you show it with a certain look in your eyes or a certain way you touch them? How do you like for love to be shown to you? Sometimes how we give (show) love may be slightly different than we wish to receive love (it being shown to us).

For today's visualization, decide whether you wish to approach it from you giving it to your partner or you receiving it from your partner. If you are your own love, then how great for you! You get to give and receive at the same time!

Take 3-5 minutes to close your eyes and imagine yourself engaged in this beautiful physical expression of love. Are you giving or receiving love in this experience? What ways is this love being shown? Gifts? Acts? Looks? Physical touch?

Whatever allows you to feel the feelings of love as you picture yourself enjoying its physical demonstrations is just perfect. Be in the picture, pay attention to the details, engage as many deeply meaningful emotions as you can while experiencing this moment of pure love.

How incredibly fulfilling and how wonderfully fortunate you are to have so much love in your life!

Similarly to the physical demonstrations of love you visualized in the last exercise, now we are going to spend some time with verbal expressions of love. Do you enjoy telling those in your life about your love for them? Is it meaningful for you when your loved ones tell you about why or how (or how much!) they love you?

This brings to mind the famous poem, "How do I love thee, let me count the ways."

What do verbal expressions of romantic love sound like to you? How would you like to express them and/or have them expressed to you? Take some time to think about this so you are ready to immerse yourself in the most breathtaking experience of love during your visualization.

Now take 3-5 minutes to close your eyes and imagine this most perfect verbal experience of love. You get to decide who is giving and who is receiving these verbal expressions. What are the words or ideas that you've longed to hear or say most?

What is the most beautiful dialogue of someone professing their love to you (or yours to them) what is being said? How are you/they reacting to this beautiful gift? Are you/they crying tears of joy? Are you embracing one another during or after these beautiful words are being said?

Make this a memorable experience and enjoy each meaningful moment of it. You are actively bringing this beautiful love into your life with each moment of this powerful visualization.
Day 7: Generously Creating Passion For Others.

Today we are going to generously create some passion for others. Remember, the definitions we have been considering for passion are: *any powerful or compelling emotion or feeling, as love* and the other definition is: *a strong or extravagant fondness, enthusiasm, or desire for anything (such as a passion for music, etc.)*

It will probably be very easy to figure out what kinds of things you can do to help others experience more passion in their lives once you decide who you want to give this experience to (family, friends, neighbors, strangers, people less fortunate in your community or in other cities/states/countries).

Remember, these visualizations are from your future - when you have as much money as you desire and unlimited resources so you can be as generous as you want with whomever you want. It's a beautiful thing to know you can make such a meaningful difference by contributing so selflessly to the lives of others!

Certainly there are several choices for how, when and where you can generously give to or do for others. Perhaps you can give someone an entire day's shopping spree as a gift. Wouldn't they be passionately happy and excited to receive that! Or how about sending an entire classroom (or the whole school) of kids from a less fortunate area to a local amusement park or maybe a professional sporting event!

They would surely feel the depths of their own passion as they enjoy the roller coaster rides or cheer for their favorite sports team! Or maybe create scholarships to a music school for kids who are inspired to learn music. Whatever inspires you to let your beautiful generosity create a ripple effect as far and wide as your imagination can take it.

The possibilities really are endless. All you need to do is decide where you want to provide passion for others and then close your eyes, sit back and do it!

Embrace the feelings of contentment and joy as you take 3-5 minutes to close your eyes and imagine yourself happily finding the perfect person/people who will be the recipient(s) of your passion-inspired generosity. See yourself giving whatever you are inspired to give - whatever you feel will support others in experiencing their own passion.
Imagine the delight of the people who were in the right place at the right time to receive your wonderful kindness. And watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved and the ripple effects as the recipients of your kindness share the story of their great fortune with their loved ones.

Allow the feeling of gratitude to wash over you as you know deep in your heart how fortunate you are to be in this position of making a meaningful \textit{and passionate} difference for others and our world.
~ Week 6 ~

Your Beautiful Body

"Life can be pulled by goals just as surely as it can be pushed by drives."
- Viktor Frankl

Day 1: Your Nourishing Food.

In your perfect world of your perfect body, what kinds of things do you eat? Do you prefer organic foods packed full of nutrition? Do you eat according to vegetarian or vegan principles? Do you follow a macrobiotic eating plan? Or do you eat ice cream sundaes for dessert every day!

Do you eat absolutely anything and everything you want and still maintain your perfectly healthy and beautiful body? There is no right or wrong answer here. This is your wonderful visualization process and your past or current beliefs do not play a part in this. Let them go. There are no rules here. Whatever you choose is perfect.

You get to declare the content for this process! Nothing is impossible and the sky (along with your own creative imagination) is the limit. So take a few moments to decide how you want to approach this. What would make you happiest about how you eat?

If you would be happy eating healthily and in small portions, etc. then choose that! If you would be happy eating ice cream every single day then choose that! Leave all the "shoulds" behind, choose the way you think you will be happiest eating and simply have some fun with this.

Take 3-5 minutes to close your eyes and imagine yourself enjoying eating all the foods you'd like to eat in your perfect world. What are you choosing to eat? How does it taste? How does this food make your body feel? Energetic? Fulfilled? Comforted? Whatever your personal idea is of the perfect foods for you - pick those and have fun with it.

You get to design your visualization. Just remember to leave any and all doubt or negative thoughts out of this process. They do not belong here where you are creating your new and magnificent future.
Also, keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

When you put yourself in this picture, please please please imagine yourself already having your perfect body. Picture your perfect self from your future after you have achieved whatever goals you have for your body. Enjoy these few minutes of deliciously prepared, magnificent foods!
Day 2: Your Invigorating Exercise.

Today you get to spend time doing some fabulous, energy creating, body revitalizing exercise that you enjoy! Whatever forms of physical exercise that you used to do that you loved or have wanted to try but maybe felt that your body wasn't capable of or the right type for - you can pick today!

Do you want to try yoga? Maybe you'll do Bikram yoga with that intense heat as you feel your pouring sweat removing any impurities and stimulating your beautiful body! Maybe you've always wanted to know how it feels to run 5 miles or go on a long, refreshing bike ride.

Perhaps you've heard about spinning, Zumba, kick boxing or Tai Bo and have wanted to experience how your body would feel doing those things. Whatever form of exercise you wish to engage your gorgeous body in today is terrifically perfect!

Now take 3-5 minutes to close your eyes and imagine yourself fully engaged in this exercise. As you do this, remember to imagine your future body in the picture. Picture your perfect self from your future after you have achieved whatever goals you have for your body.

Take great pleasure in these few minutes as you move your body, oxygenate your cells and breathe more life into your body than you can recall doing in a long time. However you'd like to experience exercise for your body, do it in today's visualization and truly enjoy this time!
Day 3: Your Pampering Luxuries.

What would you like to experience more of when you think about physical luxury and pampering your body? Luxury can mean different things to different people. You know yourself better than anyone so what do those things mean to you?

What ways would you like to honor, cherish, respect and take care of your perfectly beautiful body - the body of your dreams? What would make your body feel titillating and refreshed, renewed, re-energized and respected (all those "re" words)? Whatever you choose is just perfect.

Perhaps you'd like to luxuriate in the powerful hands of an expert masseuse during a 2 hour full body massage! Maybe you prefer soaking in a hot, sudsy bath of fresh mineral water. Perhaps you are taking a peaceful nap or reading under the shade of a lovely tree while a soft wind kisses your skin.

Perhaps some ideas from your recent week of abundant luxury come to mind that you'd like to repeat. Whatever physical luxuries make you feel filled up, peaceful, balanced and in harmony are terrific choices!

Now take 3-5 minutes to close your eyes and imagine yourself experiencing this pampering luxury today. How will your visualization begin? Where are you and what luxurious thing are you doing? What would be the most satisfying and "tank filling" for your beautiful body during today's visualization?

Get creative - whatever ways you wish to approach luxuriously pampering your beautiful body today are great! Enjoy this time to its fullest and feel how happy and content your body feels as you imagine yourself in the throes of pure, luxurious pampering of your beautiful body!

It's an incredible feeling, isn't it! What a wonderful way to spend your time! You are accomplishing so much by simply closing your eyes and enjoying these few luxurious moments!
Day 4: Your Lively Energy.

For the last three days, you've been eating how you want, doing the fantastic activities that you enjoy and luxuriously pampering your body. What is all this doing for your body's energy levels? Do you find yourself buzzing with more energy than you can ever recall having? Do you notice a new sense of balance or subtle, calm, consistent energy in your body?

Do you leap out of bed happy, excited and ready to take on the next set of experiences your beautifully designed days have to offer you? Can you engage in activities all day long and never notice a drop in your energy levels? Can you accomplish more in a day than you ever have in the past?

In what healthy, positive and wonderful ways are your energy levels changing? This, of course, is happening because you say so! So take a little time to decide how you want your energy levels to be and then powerfully declare this to be true by way of intensive visualization. Go there in your mind now so you can soon go there in your body, right?

Take today's 3-5 minutes to close your eyes and imagine yourself enjoying all the benefits of your newfound flow of endless energy! What types of things are you doing with all this energy? Are you satisfyingly completing tasks you've been meaning to get around to? Are you enjoying all the fun activities that you weren't able to engage in as often (or at all) in the past?

The possibilities are endless for what you can do with all this time and energy, aren't they? Whatever you choose to experience is great - enjoy all this energy and the new opportunities it opens up for you in this delicious life with your beautiful, unstoppable body!
Day 5: Your Exciting Activities.

A few days ago you experienced some muscle-stretching, invigorating exercise. Today you get to spend time doing a different kind of physical activity that will be fun, exciting and deeply fulfilling for you. Have you dreamed of being a ballet or tap dancer? Or perhaps a hockey, basketball or baseball player?

Have you ever dreamed of running a marathon? Doing a century bike ride? Surfing tubular waves? Rock climbing the most challenging precipice? Conquering the pole vault? Doing gymnastics?

Whatever physical activities that you have always wished you could do or wanted to try but maybe felt that you didn't have the coordination for or your body wasn't capable of - you can pick today! You get to move your body in ways you maybe never have until now. Today, you'll experience things you've seen others do and are finally ready and able to do yourself.

Now that is truly exciting!

Now take 3-5 minutes to close your eyes and imagine yourself fully engaged in this exciting activity. As you do this, remember to imagine your future body in the picture. Take great pleasure in these few minutes as you finally get to experience some of the things you've wanted to do for a long time!

Remember, the sky (and your own imagination) are the only limits. This experience can be as perfectly amazing as you wish it to be. See yourself crossing that marathon finish line, hitting that perfect home run, mastering that flawless ballet spin, repelling down that vertical rock formation, sky diving from 10,000 feet (3,000 meters), hitting that 100 mile (160 kilometer) marker on your bike ride.

However you'd like to experience this invigorating activity for your body, do it in today's visualization and truly enjoy this time!
Day 6: Receiving Wonderful Compliments.

Similarly to the verbal expressions of love we worked with during earlier visualizations, today we are going to openly hear and receive all the compliments that our beautiful bodies deserve! In the past have you enjoyed receiving compliments? Or has receiving (which can feel very intimate) been a little uncomfortable?

Regardless of how easy or hard this may have felt for you in the past - today you get to design and declare how it goes!

Would it be meaningful for you to hear your loved ones (and/or perfect strangers!) tell you what they love about your appearance? What verbal acknowledgements about your physical appearance do you wish to hear today? How would you like to have this information expressed to you?

Would you prefer to hear quiet comments all day long from each new person you interact with? ("Your hair is pretty. That outfit looks good on you. I wish I had a body like yours. Your hands are very delicate. You sure have strong/shapely legs. Your body is so beautiful. I wish I had your biceps.") Or do you want people to happily exclaim their compliments in a very pronounced way? ("Oh my gosh! Look at you! You look incredible! Wow! I love what you are doing with your body! You must work out all the time to have a body like that! Whatever you've been doing - it shows!").

Take some time to think about this so you are ready to immerse yourself in the most glorious experience of receiving compliments about your body ever!

Now take 3-5 minutes to close your eyes and imagine being on the receiving end of the most perfect verbal acknowledgements of your beautiful body. You get to decide who is giving these compliments to you. What are the words or expressions that you've longed to hear about your body the most? What is the most wonderful expression of someone complimenting your beautiful body that you've ever heard? What are they saying? How are you reacting to this beautiful verbal gift you are being given? Are you crying tears of joy?

Make this a memorable experience and enjoy each meaningful moment of it. Your body is beautiful and perfect and you deserve to hear all of these compliments.
Day 7: Generously Appreciating The Beautiful Bodies Of Others.

Today we are going to generously compliment the perfectly beautiful bodies of others. Perhaps you are able to open-mindedly try on the idea that everyone's bodies actually are perfect no matter how they may currently look (tall, short, large, small, wide, narrow, scarred, gnarled, crooked, asymmetrical, etc.)

Beauty (and perfection) is in the eye of the beholder. Everyone deserves the generous gifts of acknowledgement of their being, don't they?

Think about your last visualization exercise. Perhaps before going to your future life during your visualization, you remembered some past (limiting) beliefs you may have had about your "imperfect" body. Think about how meaningful it was to hear all those compliments about your beautiful body and embrace the idea of making that same impactful difference for others today.

Remember, you can be as verbally generous as you want with people. It's a beautiful thing to know you can make such a meaningful difference by contributing so selflessly to the lives of others simply by acknowledging and complimenting them! All you need to do is decide who you'd like spend time making a meaningful difference for by acknowledging the perfect beauty of their bodies and then close your eyes, sit back and do it!

Embrace the feelings of contentment and joy as you take 3-5 minutes to close your eyes and imagine yourself happily finding the people who will be the recipient(s) of your verbal generosity. See yourself giving compliments that support others in experiencing their own beautiful bodies. Imagine the delight of the people who were in the right place at the right time to receive your verbal kindness.

And watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved (maybe that compliment was JUST what that person who was struggling with self esteem issues today needed!).

Trust and believe in the ripple effect that is taking place as the recipients of your kindness experience a deeper love for their own body because you took the time to show your appreciation for their beauty. Allow the feeling of gratitude to wash over you as you know deep in your heart how fortunate you are to be in this position of making a meaningful difference for others and our world.
~ Week 7 ~

Your Inspiring Generosity Toward Others

"For as he thinketh in his heart, so is he."
- Proverbs 23:7

Day 1: Generously Giving Food.

There are so many ways to be generous with others in our world. And it's an incredibly fulfilling feeling to give selflessly to others expecting nothing in return. This week we will spend seven amazing days immersing ourselves in giving!

What a beautiful expression of love sharing with others is. And the sweet feeling of expanding love in our hearts as we give to others not only feels great but also shifts our own energy to be in perfect alignment with our own goals. Even though we aren't giving for this reason, it's interesting to note that giving to others actually puts us directly in the flow of abundance to receive more ourselves. It's one of the many interesting spiritual paradoxes.

Talk about a win-win!

Today we will focus on generously giving food to others. How would you like to approach this? Would you like to take food to a local food bank? Would you like to spend time at a homeless shelter cooking meals for others? Would you like to stock your car up with food and water bottles and hand them out to homeless or others in need as you drive around. Maybe you'd like to deliver bags of groceries to the homes of unsuspecting people in low income areas.

Perhaps you'd like to anonymously pay for the meals of every single table at a restaurant where you are eating. Or maybe you'd like to donate time, money or food to a non-profit organization that focuses on ending hunger in our world.

Whatever approach you wish to take is just perfect. What you want to go for here is whatever way feels the best to you. Which approach to this beautiful act of kindness would make you feel the most happiness, joy and contentment? Go for that one!
Take 3-5 minutes to close your eyes and imagine yourself doing this lovely act of kindness. How does performing this act make you feel? Remember, you are doing this from your future life so you have unlimited resources. If you are taking food to a food bank, maybe you are taking truck loads! If you are delivering food to a local impoverished community - maybe you have enough food for every single household!

If you are giving money to a non-profit organization maybe you are giving them millions of dollars! You get to design your visualization exactly as you wish it to be. Remember to keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization.

Enjoy today’s act of kindness.
Day 2: Generously Giving Warmth And Comfort.

Today we will spend time doing another meaningful act of kindness. What do you think of when you consider warmth and comfort? What do warmth and comfort mean to you? What are some of the ways those feelings can be experienced? How would you like to provide warmth and comfort for others who may not have these things?

Would you clean out your local department store of all their jackets and blankets and then donate these items to those less fortunate? Would you provide hot meals in winter time to those in your area (or other areas) who may be cold?

Maybe you could pay a year's worth of heating bills for people who are unable to afford this utility. Perhaps you can provide warmth and comfort by providing loving emotional support to those who need someone to talk to. The possibilities are endless and your imagination is your only limit to deciding how you would like to enrich the lives of others with warmth and comfort.

Now take 3-5 minutes to close your eyes and imagine yourself fully engaged in this beautiful exchange of energy. However you'd like to experience providing warmth and comfort for others, do it in today's visualization and truly enjoy this meaningful time of expressing your generosity!

Each moment in your powerful visualizations is bringing you one step closer to your magnificent future - a future filled with opportunities to help others and make a meaningful difference in our world by using all the new abundant resources you have available to you.

What a gift to our world your successful future is!
Day 3: Generously Giving Money.

Today we get to give money to others! I find this to be a really fun act of kindness because it's always wonderful to see the excited reactions of people who find themselves in the position of having more money than they did before the act of kindness!

People instantly become happy and joyous. Think about a person who finds a $100 bill on the ground and how happy they are when it happens! It's a lot of fun to give money to others.

How would you like to approach giving away a bunch of money? Would you like to hand it out to strangers on a street corner? Would you like to fly over a city in a helicopter and dump bags and bags worth of crisp bills out like confetti? Would you like to walk into an establishment (grocery store, restaurant, sports stadium, church, school, etc.) and hand $100 bills to every person there?

Would you like to fund start up businesses for causes that you are inspired by? There are as many ways to give away money as there are people to give it! Whatever generous ways you'll enjoy giving money to others are all terrific choices!

Now take 3-5 minutes to close your eyes and imagine yourself generously giving away as much money as you wish in whatever ways you wish! Remember, your future self has as much money as you say!

How will your visualization begin? Where are you and how are you going about doing it? Get creative - whatever way you wish to approach this exciting act of kindness is great! Enjoy this time to its fullest and feel how happy it makes you feel when you are engaged in this lovely exchange of energy with those who are receiving your kindness.

It's an incredible feeling, isn't it! What a wonderful way to spend your time…and money!
Day 4: Generosity of Spirit.

For the last three days, you've been giving so generously to others! How does it feel? I find it almost intoxicating! In what ways are these acts of kindness influencing or changing your life? Perhaps during the last three days you've given all or mostly tangible things (food, money, clothes).

Today, think about what the phrase "generosity of spirit" means to you. Here are a few ideas that I find helpful: Generosity of spirit can transform situations, including those that seem unchangeable. Generosity of spirit encompasses more than just giving money - it includes giving time, thoughts, words and ideas. Generosity of spirit generates change because it causes action. Generosity of spirit is a tool to create a better world. True generosity of spirit begets further generosity. By truly giving of yourself, you generate more abundance in your own life.

How might you like to express your own idea of generosity of spirit? What ways can you imagine engaging in this act of kindness? Would you be providing something tangible that creates a certain feeling for another person or people? Or would you be providing something intangible - perhaps sharing a bit of your own spirit with someone else?

There are many ways we can experience generosity of spirit. Whatever it means to you and however you'd like to go about it, enjoy this exchange of spirit as you generously give of yourself today!

Take today's 3-5 minutes to close your eyes and imagine yourself expressing generosity of spirit in whatever ways speak to you. Are you doing something that will help transform a situation?

Maybe you are giving your time, thoughts words or ideas to a person or situation that needs some guidance or direction to help it/them change for the better. Perhaps deeply penetrating forgiveness is an act of generosity of spirit. Is there anyone in your life you'd like to offer powerful energy clearing and healing forgiveness to?

Whichever generosity of spirit idea is most inspiring to you, feel great as you embrace it today! Find true beauty in knowing you are making such a difference in the lives of others energetically and tangibly!

Thank you for being the gift to our world that you are!
Day 5: Generously Giving Happiness And Joy.

Happiness and Joy! What a fun way to go about expanding generosity in our world! What things make you feel happy and joyous? What makes you laugh or feel uplifted, light and all around great? Do you like listening to uplifting songs? Do you like to laugh uncontrollably from deep down within your being? Do you like witnessing beauty in all of its magnificent forms?

A good way to get in touch with your own happiness and joy is to consider what things you experience with your 5 senses that cause these feelings in you. Does frolicking in the ocean make you feel happy? Maybe seeing the breathtaking view of the Grand Canyon or the Swiss Alps or the Himalayas or any other natural beauty of our world gives you deep feelings of happiness and joy.

What things have you seen, heard, felt, tasted or touched that generated deep happiness and joy in you? What ways would you like to provide those wonderful energetic feelings for others? Could you arrange for an entire school of inner city children in a low income area to spend a day enjoying the beach and ocean?

Could you hire an uplifting musician band or comedian to put on a show for an entire neighborhood, community or city? Could you provide a 5 star restaurant dining experience for a group of people who would otherwise be unable to enjoy such wonderful culinary delights!

Now take 3-5 minutes to close your eyes and imagine yourself fully engaged in this exciting act of kindness. Take great pleasure in these few minutes as you give freely of your heart, spirit and resources!

Remember, the sky (and your own imagination) are the only limits. This experience can be as amazing as you wish it to be. Perhaps you will notice that providing such happiness and joy for others is creating deep happiness and joy in you!

Wow! Another win-win!
Day 6: Generously Giving Abundance.

What does abundance mean to you? One practical definition of abundance is: *an extremely plentiful or over sufficient quantity or supply.* Perhaps for this exercise, we need to decide what things we would enjoy having (and therefore giving to others) an extremely plentiful or over sufficient quantity or supply of.

Would your list include money, vacations, time, luxurious items and experiences? How about happiness, kindness, joy, peace, laughter and other non-tangibles? What else would you want to have an abundance of?

Take a few moments to mentally think of or perhaps jot down a short list of things you'd like to have an abundance of in your perfect future life. Excellent!

Now take 3-5 minutes to close your eyes and imagine yourself having so much of all those things that you are generously giving some of what you have away to others. Bask in the glorious experience you get to enjoy as you generously offer these tangible and energetic gifts to others.

Who are you giving these things to? Family members? Co-workers? Employees? Neighbors? Strangers? People in other parts of the world? Generously give to others all the things you have more of in this amazing future life of yours.

Design your visualization exactly as you'd like it to be and enjoy each meaningful moment of it.
Day 7: Generously Giving More.

Today is what I like to call a "free day." You get to think about and decide which ways you have spent making a difference for others that you'd like to experience again (because it was so great and fulfilling!) Or you can think about a new or different idea you had but haven't had a chance to visualize yet!

How awesome that you get to finally experience it today!

Take a little time to think about how you'd like to make an impactful difference for others today. Remember, you can be as generous as you want because your resources are unlimited! It's a beautiful thing to know you can make such a significant difference by contributing so selflessly to the lives of others!

All you need to do is decide who you'd like spend time making a meaningful difference for then close your eyes and enjoy the energetic exchange of your deeply powerful acts of kindness.

Embrace the feelings of contentment and joy as you take 3-5 minutes to close your eyes and imagine yourself happily finding the people who will be the recipient(s) of your generosity. See yourself giving unabashedly! Imagine the delight of the people who were in the right place at the right time to receive your kindness. And watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved.

Trust and believe in the ripple effect that is taking place as the recipients of your kindness experience an expansion of love energy in their lives. Allow the feeling of gratitude to wash over you as you know deep in your heart how fortunate you are to be in this position of making a meaningful difference for others and our world.
CONGRATULATIONS!

You did it! You've spent seven solid weeks powerfully creating, aligning with and moving closer to your fantastic future! Well done!

Thank you so very much for allowing us to support you on your fantastic journey. It is our honor and pleasure to contribute to your life in a way that we hope is meaningful for you. We offer you our deepest gratitude for allowing us to energetically connect with you. We also wish you a life of love, joy, passion and abundance! After all, it’s your birthright!

The lessons presented in this course are excerpts from a much larger body of work. If you feel inspired to continue moving toward your goals and dreams with our regular daily guidance, we would be honored to support you on your journey.

We’ve got several energy clearing, shifting and aligning courses available using powerful techniques such as conscious visualization, energetic affirmations, daily gratitude steps and more.

For more information, please visit us at: www.YourPersonalAgreement.com.

Live the life of your dreams! It’s not only possible - it’s your birthright!