

“Create What You Want”

Meditation Guide and Workbook



*Why your worrying creates
what you don't want so effectively,
and with such consistency*

SAMPLE GUIDE

We will happily email the full PDF version of our FREE Meditation Guide and Workbook. Simply call or email your request, leave your email address and it's on the way!

Call (415) 643-8800 or email
psychic@psychichorizons.com.

MEDITATIONS that AFFECT your daily life IMMEDIATELY



Find Out If You Have What It Takes To Meditate - A 10 Second Test

If you hear the word “*River*”, can you picture it in your mind?

- If yes, you pass!
- If no, it’s just going to take you a little longer.

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The purpose of this Meditation Guide and Workbook

The purpose of this Meditation Guide and Workbook is to give you access to the tools you need to create what you want in your life. Throughout this guide we will be explaining what gives your thoughts, whether they are constructive or worrisome, the power to become reality. During this process you will understand why worries seem to become reality more often than dreams.

This guide and workbook offers you the tools you need to:

- Make an inventory of your thoughts
- Find out which ones of your thoughts will become reality and why
- Consciously choose the thoughts you want to see become reality
- Increase the manifestation power of what you want to create in your life
- Change the things that you don't want in your life
- Choose which approach to personal development will help you create what you want in your life, and will, at this point in time, be the most suitable for you

People in all walks of life use these powerful tools every day

- Healthcare Providers and teachers **stop taking work home** by learning to set boundaries.
- Business Professionals **reduce overwhelm and relieve stress** by learning how to make separations and staying in present time.
- Athletes **boost performance** by learning centering and focusing skills.
- Parents **open new channels of communication** through use of neutrality and certainty.
- Yoga practitioners **find a deepened practice** through centering and grounding.
- Those suffering from depression **gain more control** and joy through running energy and de-energizing pictures.

Share a copy of this guide with a friend
They need it if you hear them say things such as:

I can never get ahead with my financial situation
I'm always worried or "stressed out" about ...
I always find myself in relationships that ...
I really want to make this happen ...
I'm so scattered and I can't focus
I never have enough time to ...
I always feel ...

Table of Contents

We Think in Pictures	1
Elements of Making Pictures Materialize	2
Definition of each Element	2
“First Things First” Meditation	3
Example of Creating What You Want	4
Example of a Worry Thought	5
Making Pictures Materialize	6
Your Worrying Always Totals 5 ...	6
You Are Constantly Creating	7
Get Started!	8
“Decide Where to Invest Your Energy” Meditation	9
How To Increase The Power of Each Element	10
Traditional self-development methods ...	12
How to Choose ...	13
The Map	13
When a Personal Development Approach Doesn't Work	14
You Are Continually Doing Energy Work	16
We Are Living in a Hurricane of Energy	17
4 Facts That Explain Why ...	18
To Get Immediate Results ...	19
Learning These Tools and Concepts	20
“Making Choices” Meditation	21
Psychic Horizons makes these tools easy ...	22
You Can Get Started Right Now	23
Psychic Horizons Brings Synergy ...	24
The Premises of This Work	25
About Psychic Horizons	26