

# Vision boards

***Easy Fun Work***

***The Law of Attraction in Action  
Manifesting The Reality You Want!***

***Be prepare for a changed life which  
will bring order, discipline, health, fitness  
wisdom and prosperity!***

**Oswaldo Koch**



**Note: Vision Board is the latest  
version of Relax & Grow Smart**

## **Vision Boards**

**By Oswaldo Koch**

Published By  
OK Initiatives, Inc.  
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[www.mastermoves.com](http://www.mastermoves.com)

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First Printing 1999  
Second Printing 2000, revised.

Printed in Canada

## **You Were Born Rich!**

*A mind “saturated” with fear of failure or images of unwanted results, can no more accomplish, create or produce anything of value, than a stone can violate the law of gravity by flying upwards in the air.*

*You must realize the creator does not alter the law of gravity to accommodate a person who walks off the roof of a house.*

*Similarly, the creative principle of the law of achievement cannot be violated with impunity. Therefore you will achieve what you desire, be what you long to be, only when you become obedient to the inexorable law of life.*

**Bob Proctor**



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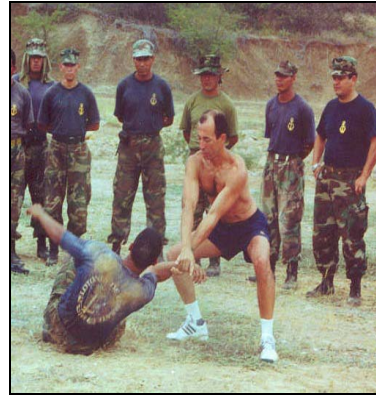
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“Habits are the result of our dominant thoughts; like seeds, habits are planted and gradually will develop deep roots to nourish and develop something good or bad. Like seeds, habits can serve us well, or they can kill us painfully”.

OSWALDO KOCH



Teaching Aikido techniques to Navy SEALs.

Energetic, creative, competitive, and confident - these are all words that describe Oswaldo Koch, MBA, Engineer, and Fitness Trainer. Oswaldo is the creator of the Mastermoves fitness system and IT expert with more than 20 years experience developing computer software for large international companies. During his studies in the naval academy of Peru, he learned a variety of fitness disciplines including boxing, gymnastics, self-defence, sailing, swimming, and diving. Later, Oswaldo trained in martial arts, free diving, dancing, yoga, tennis and marathon running.

At the age of 46, Oswaldo feels healthier and stronger than ever before. He became an expert in core muscle development while healing a painful back injury that put him at risk of becoming a paraplegic. The experience of the accident and painful recovery helped him to understand and incorporate two new and key elements in his daily training - relaxation and mind control. Since then, Mastermoves has evolved into one of the most complete and effective fitness systems in the world.



## Acknowledgment

I have not attempted to cite in the text all the authorities and sources consulted in the preparation of this book. To do so would require more space than is available. The list would include libraries, health organizations, institutions and many individuals and books such as Power vs. Force by Dr. David R. Hawkins, The Power of Intention by Dr. Wayne W. Dyer, The Meditative Mind by Daniel Goleman, Introducing NLP by Joseph O'Connor & John Seymour; Fit For Life by Harvey and Marilyn Diamond, Think & Grow Rich by Napoleon Hill.

Many of my clients contributed to the content and editing of this book; their feedback and success with Mastermoves inspired me to always set the best example of optimal fitness. Special thanks to my family, friends and teachers who planted the seeds for my success and happiness.



## Warning – Disclaimer

This book is designed to provide information on mental and physical relaxation techniques for achieving optimal fitness and the habits for success. It is sold and distributed with the understanding that the publisher or the author is not engaged in legal, medical, spiritual or other professional services. If legal or other expert assistance is required, the services of a competent professional should be sought.

It is not the purpose of this book to reprint all the information that is otherwise available to authors and/or publishers, but instead to complement, amplify and supplement other texts. You are urged to read all the available material, learn as much as possible about relaxation, meditation and fitness techniques, and tailor the information to your individual needs. For more information, see the many sources in Appendix 2.

*Vision Boards* is not a get-quick-success scheme. Anyone who decides to practice *Vision Boards* must expect to invest a lot of time and effort into it. Every effort has been made to make this book as complete and as accurate as possible. I encourage you to send me your feedback about ways to improve the presentation and editing of this book.

The purpose of this book is to educate and entertain. The author of OK Initiatives, Inc. shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to have been caused, directly or indirectly, by the information contained in this book.

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## Foreword

On 15 May 1990, *The Portrait of Doctor Gachet* was sold within three minutes for \$82.5 million (U.S.) to Ryoei Saito, Japan's second-largest paper manufacturer. The portrait is one of Van Gogh's most well known since it holds the distinction as the most expensive painting ever sold at an auction.

**Vincent Van Gogh** generally considered the greatest Dutch painter and draughtsman after Rembrandt. He powerfully influenced the current of Expressionism in modern art. His work, all of it produced during a period of only 10 years, hauntingly conveys, through its striking colour, coarse brushwork, and contoured forms, the anguish of a mental illness that eventually resulted in suicide. He sold only one painting during his lifetime (*Red Vineyard at Arles*; Pushkin Museum, Moscow); he lived most of his life in misery. Paradoxically, 100 years after his tragic death, one of his paintings was sold within three minutes for \$82.5 million (U.S.)

Contrary to Van Gogh, **Pablo Picasso** was a master in the art of prosperity. Considered the master of 20th century art, Pablo Picasso burst through conventional boundaries to discover new releases for his prolific talent. Picasso's finished artwork numbers in the thousands and includes paintings, drawings, ceramics, sculptures and murals. Picasso had an excellent business sense. He paid even small amounts by check: "I always pay by check because People rather keep the check for my famous signature than to cash it" he used to say. He enjoyed being famous and rich. He was charming and witty and he liked to confuse, to provoke and to have his fun with the public. Picasso changed his companions at least as often as his painting styles.





Picasso had created a total of more than 20,000 art objects during his lifetime - enough to keep the art market for his works in continuous movement. Picasso was not only a very prolific printmaker, but also a very diverse one in the use of a great variety of different techniques. Always on the search for something new, he was a renaissance man - he learned to think and move in favor of prosperity.

Pablo Picasso is a good example of a "Renaissance Person" , a person who lived his life in happiness, health and prosperity. Picasso was a master of *The Law of Attraction*. The opposite of a "Renaissance Person" is Vincent Van Gogh, a person who lived a limited life, surrounded by fear, sadness and misery. Van Gogh was a very unhappy person, he lived in misery and suffered recurrent nervous crises with hallucinations and depression. Van Gogh was unaware of *The Law of Attraction*, therefore, the law never worked in his favor.

He wrote, "As for me, I am rather often uneasy in my mind, because I think that my life has not been calm enough; all those bitter disappointments, adversities, changes keep me from developing fully and naturally in my artistic career."

Depending on your beliefs and habits, depending on how you use *The Law of Attraction*, your life can move in favor of prosperity like Picasso's, or you can move in favor of misery like Vincent Van Gogh's. This book is about the beliefs and habits to become a master of *The Law of Attraction*. **Chapter 1** will introduce important concept about Nature's principles, harmony, nutrition, the mind and body. Understanding this concept is crucial for developing the mental and physical habits for thinking and acting in favor of *The Law of Attraction*.



**Chapter 2** will explain that there is a fundamental law of attraction in the universe that guides people's lives and is the underlying power behind all things. This law was expressed by Napoleon Hill when he said, "We become what we think about." This profound truth has been stated in many different languages and cultures throughout history. The Roman emperor and philosopher Marcus Aurelius said "Our life is what our thoughts make it." This idea has been developed over time and has now become a central tenet in many spiritual traditions.

You will learn from Chapter 2 that depending on your habits, your life can go in one of the following directions: the Van Goth's direction or the Picasso's direction. It's how you use *The Law of Attraction* that determines the direction that you take in life - misery or prosperity.

# Chapter 1

## Reflections on Fitness and Prosperity





## *Introduction*

Success is a State of Mind - I ask every successful person I encounter, whether they are athletes, teachers, leaders or a coaches! How much of your success is attributed to physical and how much is mental? The answers range from 50 to 90% mental and 10% physical. During my seminars I ask my audience, as I now ask you, what are you doing to train your mind? 99% they are unable to answer me and they stare at me, searching for an answer. I have the answer! In this book, ***Vision Boards***, you'll discover the winning strategies of some of the world's greatest leaders, athletes and teachers and how they made the *The Law of Attraction* work for them.

In this chapter, I have compiled the most inspiring article that I have published at [www.mastermoves.com](http://www.mastermoves.com). My intention is to help you create the mindset for fitness and prosperity. In short, the person who does well has an inner set of beliefs, a mindset, if you will, that will help them attract the events and circumstances for achieving anything they want - no matter what tools they are handed. Successful people have: A success mindset, an inner blueprint that directs them subconsciously, almost automatically, to take action in favor of *The Law of Attraction*.

Great leaders, superior athletes and wealthy people are programmed for success because they move in favor of *The Law of Attraction*. And that's why, wise people tend to become wiser, healthy people tend to become healthier and wealthy people tend to become wealthier. Their inner blueprints (thoughts and believes) help them to manifest the feelings for attracting the reality they want. They have an inner magnet turned on for attracting the event and circumstances that will support their success.



You can learn to develop the inner blueprints for success by learning to relax and think like a person who has already achieved great success. You can learn to think like Michelangelo. His output in every field during his long life was prodigious; two of his best-known works, the [\*Pietà\*](#) and the [\*David\*](#), were sculpted before he turned thirty.

The articles in this chapter will introduce the conditions that you must know to become the Picasso or the Michelangelo of your mind. Some of the articles in this chapter are the contribution from my students and customers. These articles will enhance your perception to:

- appreciate nature by reflecting on its laws and principles,
- practice harmony by enjoying your current status,
- think like someone who has already achieved success,
- improve goal-setting and attainment,
- live happily by practicing generosity and abundance,
- harness the awesome mental power of your mind,
- transform your dreams into reality,
- create new positive habits
- gain confidence in everything you do,
- eliminate any fear that may be holding you back,
- set your mind to attract prosperity into your life,
- make wise and right decisions for you and others,
- improve stress control,
- increase self-esteem.

The following articles have served as a cornerstone to introduce [\*The Law of Attraction\*](#) to thousands of people. It contains success-making secrets that can change your life, therefore, I hope you'll read it, digest it, and let it work its magic on you!

## Vision Boards & The Law of Attraction

There's no such thing as something for nothing - You've got to put in the work.

By OSWALDO KOCH



*"All our dreams can come true, if we have the courage to pursue them."*

*-- Walt Disney*

Step One: You've written out your goals. You've created your mission statement of what service or product you will give to the world in order to get what you want.

Step Two: You lean back in your bed or office chair and close your eyes. You start your visualizing. In your mental world you are seeing yourself in your brand new car, arriving at your three million dollar mansion, ready to party with friends and family.

You followed this same procedure for a couple of weeks. But somehow nothing is happening. You're still in your one-bedroom apartment. You're still doing the same low paying job. What's happening with the Law of Attraction? Why isn't this "visualize stuff" working?!!!

Well, the basic problem is you're not doing the "work". Mental visualization is not enough. You must take action. You must create your Vision Boards and make sure everyday you feel good about tracking your results from the goals reflected on your boards. Feel grateful for the daily actions you take that are in alignment with your Vision



Boards. And then, the Law of Gestation will begin creating the reality you truly want, but only by making decisions, holding intentions and taking actions in alignment with your Vision Board.

Contemplate and review your Vision Boards daily should be Step Two. Then, think about what you desire, and withdraw your thoughts from what you don't want. The most natural, easiest way to do this is to pay attention to your emotions. Look at the images and messages from your Vision Boards. When you notice yourself feeling good, you've caught yourself thinking about something you want. As you do this repeatedly, you'll begin to see your physical reality according to your Vision Boards, first in subtle ways and then in bigger leaps.

Remember when you were told, "There's no such thing as something for nothing"? You've got to put in the work. You can have anything on earth that you want, once you accept the RESPONSIBILITY that you can have it if you take consistent action.

Responsibility for our actions is something we never lose but which we often deny. In the navy we used to say "you can give away control but never responsibility." The ultimate responsibility for how your life turns out rests with you and you alone. If you have created a Vision Board, then your responsibility is to make it a reality. At the end of the day, while contemplating your Vision Board, you can blame whomever you wish for not manifesting the results that you want, but you're the one who must experience (or endure) the results.

Benjamin Franklin, 18th century, writer, politician and scientist, said "All human situations have their inconveniences. We feel those of the present but neither see nor feel those of the future; and hence we often make troublesome changes without amendment, and frequently for the worse." The ultimate responsibility for how your life turns out rests with you and you alone.



James Allen, 19th century English writer understood clearly the power of Vision Boards. With great wisdom and simplicity he said, “Dream lofty dreams, and as you dream, so shall you become. Your Vision is the promise of what you shall one day be. Your Ideal is the prophecy of what you shall at last unveil.”

If you want to be successful, begin by thinking of yourself as being successful. Begin by visualizing yourself as eating healthy food. Begin by visualizing yourself as exercising everyday. The feeling of being health and fit has to come first before achieving any success. If you have a deep inner conviction and respect for your body, if you believe that you will always have all that you need, if you actually feel prosperous, it will be so.

The only thing that stands between you and what you want from life is simply the will to take consistent action and the faith to believe that it is possible. The crazy part is that most people don't know that Vision Boards really work and is EASY FUN WORK.



## Nature's Law

The law of gravity does not discriminate about movement. Movement can be harmonious or destructive.

By OSWALDO KOCH



*There's a field, invisible and formless, that manages it all.  
The intention of this universe is manifested in zillions of  
ways in the physical world, and every part of you. Including  
your soul, your thoughts, your emotions, and of course the  
physical body that you occupy; are part of this intent.  
-- Dr. Wayne W. Dyer*

The laws of nature are set and immutable. The recognition of these laws gives us the power to bring them into practical use in every aspect of our lives. We do not create natural laws, but discover and make use of them. Consider nature's forces, like electricity or gravity, they must have always existed, but they exist to be used only after we discovered them and learned how to make use of them. For instance, when electricity is used properly, it can illuminate entire cities, it can make motors function, it can make computers and any electronic device operate in a predictable and useful way. However, electricity will harm us if we use it incorrectly.

Every aspect of nature, without exception, has energy built into it. The moment that we are relaxed, we have the means to connect and attract this energy to us and experience life in an exciting new way. Don't be



afraid to be a winner. Take advantage of the laws of nature. By learning how to eat, how to move, how to relax and how to breath, you can alter the course of your life at any time. You have the power to attract the events and outcome that you want. Through this book, you will learn that no one can ever take this power away from you. Gravity itself, for instance, doesn't move against anything. Its power moves all objects within its field, but the gravity field itself does not move.

If we analyze the nature of force, it becomes readily apparent that force always moves against something. According to Dr. Hawkins, "Force is incomplete and therefore requires energy constantly. Power is total and complete in itself and requires nothing from outside". The sources of power are invisible and intangible. Power gives life and energy – force takes energy and life away. The understanding of this principle is fundamental to attract harmony and prosperity. We live in a world of cause and effect, where the laws of nature are set and immutable.

Learn to apply the laws of nature by the practice of relaxation and intention. Intention is a power that's present everywhere as a field of energy. This field of intention is here, now, and available to you. You can have a fresh start any time you choose. When you activate your intention, you'll begin to feel purpose in your life. Try it, at first you may not succeed, but try and keep trying again. If you've got the courage to stick it out, you can win, you can activate the power of your intention to attract the outcome you want. Work where you are. The hour you are wasting now, dreaming of some far off success, is crowded with tremendous possibilities. From today's efforts to practice relaxation and activate your inner power depends your luck and opportunities. You're in control of your luck and opportunities to the degree that you have a clear intention and courage to make the right decisions. If you let others make decisions for you, you have no intention, no purpose, and therefore, you have no control over the events and circumstances in your life.



Make sure you understand that every aspect of nature, without exception, has energy and intention built into it. Nature simply progress in harmony with the field of intention. When you have intention, when you have clear goals, you control the decisions; you control the actions, luck and opportunities.

Make sure you understand that every aspect of nature, without exception, works in favor of *The Law of Attraction*. According to science and other great teachings, attraction is something that affects absolutely everything in the universe; therefore, attraction affects everything in nature. For instance, if the actions you take are not helping protect nature; if you are using chemical and disposable products; if you are eating unnatural food like processed food and junk food, then you are not acting in favor of *The Law of Attraction*; in fact, you are resisting the positive energy of attraction.

You don't have to go anywhere or buy from anyone in order to act in favor of *The Law of Attraction*. You don't have to work at any particular job or participate in any given event to benefit from *The Law of Attraction*. The ideas you are contemplating from this book will help you understand that you can choose your relationships, jobs, events and circumstances. Similar to the way you benefit from the use of electricity and gravity, you can greatly benefit form the use of *The Law of Attraction*.

Every morning, before you do anything else, you must give yourself time to relax and reflect about your relationship with the natural laws. Reconnecting to nature and gaining the power to create and act in favor of *The Law of Attraction* is the first step to make natural laws work for you. With daily practice, you will learn to move in favor of *The Law of Attraction* and gradually manifest the reality that you want.

## Searching for Harmony

In order to live in harmony, you must learn  
to appreciate conflict.

GORGY IGNATOV



*“Every day and every hour we are meeting the eternal realities of life and in such degree as we co-operate with these eternal realities in love, in peace, in wisdom, and in joy - believing and receiving – we are automatically blessed.”*  
-- Ernest Holmes

Harmony is a word that has been used so much that it has lost its original meaning. When people include it in their vocabulary they usually mean some kind of unachievable goodness or simply the opposite of chaos and violence. If we take away all the prejudice and the wrong connotations that have accumulated through the years we can actually find a reasonably focused and sensible definition of harmony. "Harmony" is a type of relationship in which all things are respected and honored for their true spirit, and allowed to express their true nature, each within its own time and space.

This definition sounds nice but somewhat utopian. How can a world like ours, full of violence and suffering, allow for such a relationship to exist? Well, when talking about harmony it may be useful to start exploring the issue by thinking in terms of opposites. The process of unifying opposites - harmony and conflict - creates perfect balance in the universe. Rational judgment perceives the extremes as being opposed to each other. However, each extreme has a meaning only with



relation to the other. Until we know sorrow we cannot know joy; until we know hate we cannot appreciate love. So to know one extreme, you have to appreciate the other. In order to live in harmony, you must learn to appreciate conflict. Viewed without prejudice, conflict is neither good nor bad; it is only the opposite of harmony and the stepping stone to creativity. You will not be able to live in harmony with the world around you until you challenge your concepts and start to know that all energy whether perceived as positive or negative, can be used as creative energy.

Our world is full of people who search for enlightenment in the hope of finding a way to deal with conflict and live a life filled with harmony. However, sitting in meditation and selfishly awaiting personal enlightenment has no meaning. To truly achieve harmony you have to understand that it takes hard work and responsibility. Responsibility is making the world a better place, not escaping it. We should concentrate on the present moment with all the gifts it brings and therefore make the world around us a better place to live.

Even though we owe responsibility to the people around us, our primary responsibility is to ourselves. Our task is to take care of our physical bodies, develop our minds and and enlighten our souls. In order to satisfy each of these objectives; you must satisfy the others also. In other words, you cannot achieve enlightenment if you don't have a healthy mind, and you will be distracted from developing your mind if you don't have a healthy body. This means that our primary duty is to build and maintain a healthy body; one that functions just the way it was designed to move; a body full of vitality that represents a powerful tool enabling you to pursue higher goals.

## The Natural Order

Observe how disposable products are increasingly replacing objects of pride and beauty, simple things that would last a lifetime and beyond.

**OSWALDO KOCH**



*Winston Churchill never needed to use force with his nation. Gandhi defeated the British Empire without raising a hand in anger. Great leaders inspire us to have faith and confidence because of the power of their absolute integrity and alignment with inviolate principles. Such figures understand that you can't compromise principles and still retain your power.*

*-- Dr. David R. Hawkins*

In today's modern life, we easily give up our power. We are seduced by comfortable lifestyles. We abuse technological advantage. We seem to forget the power of our body and mind. In many cases, we prefer to lean back in the controlled comfort of our living rooms watching TV instead of exercising power of our mind and body and using our time creatively for personal growth.

In today's modern life, our modern societies are geared by mass production which in many ways takes the richness from nature and returns the waste of its products. Mass-production and the abuse of technology have disrupted our harmony with nature. Observe how disposable products are increasingly replacing objects of pride and



beauty, simple things that would last a lifetime and beyond. Notice how children are also affected by the abuse of technology; they are overloaded with the desire for material things and they demand to be entertained according to what they see on television. Most of the workers today have also been affected by mass production. In the past, their hands and creative ability were applied to fulfilling our needs. Now machines do most of their work and gradually skilled, hand crafted custom made products are things of the past.

### **WHAT CAN WE DO TO GET CLOSER TO THE NATURAL ORDER?**

One effective way to live closer to the natural order is to take good care of your spiritual, mental and physical state. To achieve this you need to develop good eating habits and exercise your body every day using natural forms of training. Stay away from machines and equipments that are not practical to use. A good training system is the one that you can use everyday, anytime, and anywhere for the rest of your life. A good training system should be the result of the integration of good mental and physical habits. If you consider simple solutions like taking pills to reduce weight or supplements to build big muscles without symmetry or flexibility, then you are erroneously defying nature.

Having good eating habits and training your body correctly is the most responsible way to live closer to the natural order. Gradually you will be a responsible consumer that only buys the products and services needed to sustain your best physical and mental state. Gradually the market demand will create the need for natural products for our well being and those products created for mere convenience and selfish reasons will be gradually eliminated.

Having good habits is the reflection of your harmony with nature. Your thoughts are also thoughts of the divine mind or natural order. When



you shift your thoughts from Spirit to ego, you seem to lose contact with the divine mind. Your free will can either move you in favor of prosperity and closer to the natural order, or move in favor of misery and closer to ego. As it moves away from the natural order, life appears to be a struggle; your ego becomes the dominant force; your ego drives your decision; your ego replaces your kindness; your ego decides what to eat, what to drink and what to do. Sooner or later you'll encounter a crisis in your life, and how you manage your ego and emotions will determine your future happiness and success.

We become healthy, as well as wealthy, by being wise. We are wise when we live in alignment with the natural order. The effect of alignment with the natural order is never more striking than in the physiological consequences. Vibrant health follows alignment with power, high-energy and prosperity; alignment with abusive power and ego results in disease and misery. Generally speaking, physical and mental health is the result of positive attitudes, whereas poor physical and mental health are the results of fear, resentment, jealousy and self-pity. Your free will and positive attitude can either move you in favor of physical and mental health or in favor of disease and misery.

Use your free will to commit yourself to eat healthy food, exercise daily, relax and meditate. Use your free will to treat people with kindness, protect nature and add value to our society. Learn how to enjoy life sustaining optimal fitness and you will move in favor of prosperity. This attitude will attune you closer to the natural order – the source of physical and mental health.



## Principles to "Eat By"

There are three universal principles that apply to anyone: balance, moderation and consistency.

**JAMIE BEUTHIN**



*“If an animal is fed on a diet with adequate amounts of fat, carbohydrate, protein and salts, but in which these constituents have been purified, it becomes ill, stunted and dies. This may be entirely prevented by the daily addition of a teaspoonful of milk. This is because natural food contains minute quantities of organic substances known as vitamins, essential for the proper assimilation of food, growth and health.”*

*-- David Le Vay*

With all the different diets out there right now, it's easy to become confused about what to eat. Pick up almost any magazine and you will find an article on dieting or food. What I find astonishing is that everybody seems to have a different answer. Who do you believe? Everybody is different, so I cannot answer that question. But I believe there are three universal principles that can apply to anyone: balance, moderation and consistency. **Balance** means getting the right combination of protein, carbohydrates, and fat in your meals. **Moderation** means eating the correct quantity of food required by your body to perform with great efficiency. **Consistency** means developing the discipline to follow your diet on a daily basis.



### **Balance**

Carbohydrates are our primary source of energy; they should be carefully selected and included in each meal. The average diet has too many refined carbohydrates. Technology has increased the degree to which foods are refined, and the result is too much low-fibre, refined carbohydrate food. Eat more unrefined carbohydrates such as whole grains, beans, vegetables and fruits. Eat fewer refined carbohydrates such as flour and sugar.

Most people tend to neglect their protein consumption. Everyone (not just bodybuilders!) needs protein to survive. Without protein, muscles cannot repair and they begin to break down. Eat more protein from sources like fish, chicken, turkey, and beans. Eat less protein from high-fat sources of red meat and eat dairy products in moderation.

Fat is essential. In the quest for a low-fat diet, we have forgotten about essential fatty acids (EFA's), which are the "good" fats. EFA's are responsible for numerous bodily functions. The "bad" fats are the saturated fats; they are responsible for heart disease and high cholesterol. Eat more EFA's from sources like fish, nuts, seeds, and olive oil. Try to eat fewer saturated fats from sources like butter, sunflower oil, and cheese.

**Important:** When one of the above nutrients is missing or in excess, it creates an imbalance.

Finding a balance among carbohydrates, protein and fat is a personal process. Some people have a higher metabolic rate and need more energy from carbohydrates and fat. Others need fewer carbohydrates because they have a sluggish metabolism. Experiment with different ratios, but as a general rule, eat more carbohydrates and protein.

### **Moderation**

The massive quantity of food available makes it very easy to overeat.



You have to learn to eat portions that are the right size for your needs. A professional athlete that trains every day for hours will need a lot more food than someone who sits at a desk all day. Eat only until you feel satisfied, not to the point of feeling "stuffed". Remember that your body requires only enough food to meet its energy requirements; anything else is excess calories. With this simple fact in mind, eat portions that are consistent with your weight goals. Eat less if you are trying to lose body fat, and eat more if you are trying to gain muscle. Remember to maintain balance - do not cut out all the fat in your diet in order to eat less.

### **Consistency**

Applying the principles of balance and moderation to your meals is useless unless you apply them with consistency. Developing a lean, healthy body is a long-term process that requires discipline. If you eat a moderate, balanced diet only sometimes, it is almost impossible to make improvements in your health and fitness. This does not mean that you can never eat candy again. It just means that you should make them an occasional treat. The key is to maintain balance and moderation in the long-run.

Finding YOUR eating plan is a process of trial and error. I am confident that if you follow the principles of balance, moderation and consistency, you will succeed.

## The Science of Getting Rich!

We have the ability to create a thought and cause the subject of the thought to be manifested by the Law of Gestation and the Law of Attraction.

**OSWALDO KOCH**



*We can come into harmony with this Universal energy through the act of expressing gratitude. Gratitude unifies our mind with this all encompassing Universal energy.*

*-- Wallace D. Wattles*

The Science of Getting Rich, a book written in 1910 by Wallace D Wattles was a brilliant book during it's time. But today, it's old style of writing and the message can be a little simplistic for those of us who are used to modern books like "Power vs. Force" or "The Power of Intention."

Wallace was one of the first to publicly proclaim the idea that we humans are creative beings who possess the ability to manifest our thoughts through conscious application of the Law of Attraction.

Basically, Wallace said that we humans are special and unique among all the creatures on the planet earth. We've been endowed with the capacity and the power to create desirable pictures inside



our mind and to gradually manifest them in the outer world of our environment.

As an engineer, I concur with Wallace in the fact that there is a universal energy from which all things are made. This energy fills the entire universe. When we form a thought in our head, we tap into this energy, and we actually manifest, in the real world, that which we are thinking about.

We have the ability to create a thought and cause the subject of the thought to be created within this field of Universal Energy. For instance, picture yourself vividly as winning, and that alone will contribute immeasurably to your success. All your dreams can come true, if you have the courage and persistence to pursue them every single day.

We have the ability to gradually grow into any condition we desire, provided we first make ourselves in habitual mental attitude the person who corresponds to that condition. To activate this ability, we must learn to harness our creative mind. Typically, we function with our competitive mind. But to create things with thought, we need to activate the creative mind.

### **YOU CAN OPEN ANY DOOR WITH GRATITUD**

To my experience, success is the result of well directed positive energy and consistent action. The first law of success is gratitude. To manifest something new, simply create a Vision Board that will help you hold the image of what you seek in your mind. And express gratitude to the Universe for having granted this to you.

According to Wallace, to achieve wealth, we must hold a clear vision of the wealth we hope to attain. Then express gratitude that this wealth is coming to us. Most important, we must have unwavering faith and devout gratitude.



## **YOU CAN ACHIEVE WEALTH WITH VISION BOARDS AND MENTAL CONCENTRATION**

To claim wealth, we must be productive. We must do all that we can do each day to make our vision a reality. Especially, we must strive to deliver to others something of value greater than what they paid us for.

We can, in time, become what we earnestly desire to be, if we set our thoughts and actions in the direction of the things we want and bring all our mental concentration and action to bear towards its attainment.

All that we include in our mental image will come to us through our daily actions in the physical realm - through the process of mental concentration and consistent action. If we bend all of our energies to one point, and go directly to that point, looking neither to the right nor the left, we will achieve wealth and success in any area.

Mental concentration is the magic key that opens the door to accomplishment. Nothing can add more power to your life as much as concentrating all your energies on a limited set of targets.

Those who practice gratitude, concentration and persistence will get rich. And the riches they receive will be in exact proportion to the definiteness of their Vision Boards. When our physical and mental resources are focused, our productivity multiplies tremendously.

Observe Nature, the sun's rays do not burn until brought to a focus.

## Making your body last!

Everything we eat must be assimilated or eliminated otherwise we are intoxicating our bodies.

**OSWALDO KOCH**



*We eat and live in such a way as to never allow the insides of our bodies to be cleansed sufficiently, and that is why 62 percent of the population in North America is overweight. It is also a contributing factor to the fact that three out of four people in North America will develop some form of heart disease or cancer in their lifetime. The outside of the body is washed, but the inside, which is far more important, is not washed.*

*-- Harvey Diamond*

Let's analyse the facts: our livers, intestines and kidneys must process every good or junk food that we eat. Too much food, especially junk food, will deteriorate our vital organs and they will not be able to get enough nutrients to sustain our bodies, therefore our bodies will age prematurely. Inevitably, this condition will put strain on our hearts and gradually our weak bodies will stop functioning correctly until our hearts, livers, intestines and kidneys give up and stop working.

The leading causes of death in our modern society is heart disease and cancer. There is a great deal of evidence that the major causes of these diseases are related to junk food and overeating. These bad habits poison our blood and gradually we develop a state of toxemia, which means that toxins



in our bodies have reached a level above tolerance - another term for blood poisoning, or the presence in the bloodstream of quantities of bacteria or bacterial toxins sufficient to cause serious illness. Due to the state of toxemia, a great number of people are overweighed, and constantly ill. People ruin their bodies and age prematurely because they auto-intoxicate their bodies eating more food, more waste, than their bodies can possible eliminate.

Good eating habits and daily exercise is what everyone needs to avoid toxemia. For instance, if you eat properly and stay away from junk food you will develop a healthy and economical diet. If you learn to eat to live instead of to live to eat, you will find better appreciation for your body and the elements of nature: every fresh fruit will be your preference, and every natural flavor will entice you more than any chemically saturated taste from junk food. Gradually, you will learn to eat only natural food, and therefore, you will have the energy to exercise daily and sustain a healthy and prosperous live.

### **Developing a healthy diet**

Some of the most important elements in a good diet are the enzymes. Enzymes are complex proteins that control the fundamental biochemical process in our bodies. Our bodies produce digestive and metabolic enzymes. The digestive enzymes break down the food that we eat; the metabolic enzymes allow our bodies to function well. Every activity performed by the human body requires enzymes. Enzymes are not only are needed to digest our food, but they help the body to move, breath, detoxify and very important, enzymes boost the immune system to fight illnesses. The human body produces a great deal of enzymes; however, they are insufficient for all the functions of the body, therefore, the need to eat foods rich in enzymes. High amounts of enzymes are found in raw food like avocados, pineapples, papayas, strawberries, bananas and all kind of





fleshy tropical fruits. Also, extra virgin olive oil and unrefined oils are great sources of enzymes.

The best thing that you can do to supply your body with enzymes is to have three to four different types of fruits for breakfast. However this could be overwhelming for most of us. Fortunately, if you have a blender, you can make a wonderful juice, which is called the Master Juice. You can find the recipe at [www.mastermoves.com](http://www.mastermoves.com). (Login)

The Master Juice is based on fresh fruits, nuts and natural cereals. The Master Juice, will infuse your body with enzymes and all the nutrients required to maintain its vitality and good functioning. The Master Juice is a light breakfast that allows quick digestion and the fast elimination of waste and toxins from digesting food. Gradually, drinking the Master Juice, your body will be detoxified, and once you feel clean and vibrant, you will be enticed to eat only healthy food.

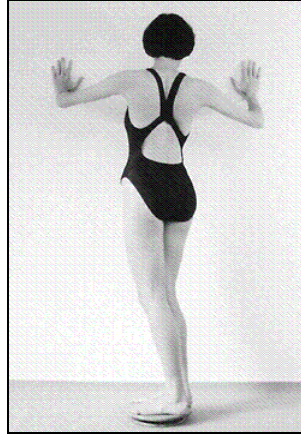
To develop good eating habits, you need time and patience. Don't try drastic changes, begin with your breakfast, drink the Master Juice every day and be conscious of your body energy; be conscious of your mental alertness and productivity. Once you experience the mental and physical benefits, junk food will never be an option in your diet. You will feel your body like a brand new car, running smoothly and smelling new everywhere. Your body will be clean and vibrant, and this wonderful experience will entice to keep your body healthy and in good shape.

To sum up, we should eat to live a healthy and prosperous life, not to over eat, abuse our bodies and age prematurely. We should be aware of the consequences of bad eating habits and then make choices. We should exercise our bodies to make them last, not to abuse and torture them. The quality of our daily food and exercise directly influences the quality of our lives. It's up to you to live a healthy and prosperous life.

## Reflecting on Body Postures

The keys to developing excellent body posture are awareness, strength, and flexibility.

**NAOMI MINWALLA**



*Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.*

*-- Cleveland Clinic*

We live in a world where good body postures are abnormal. Look around you and you will see that slouching bodies are the norm. This is a paradox in an era where information about good posture is so easily accessible and technology in the form of ergonomic chairs and back supports is affordable. The problem is that if you do not have a good posture to preserve in the first place, then the technology is useless!

The keys to developing excellent body posture are awareness, strength, and flexibility. When you sit at a desk to read or to work, do you ask yourself the following questions: Is this desk the right height for me? Do I shrug my shoulders when I work? Am I sitting upright in my chair? Are my reading materials and computer positioned at a correct



angle? Is my neck bending too much? Am I getting up periodically to stretch? **Doing what is most comfortable for your body may not be doing what is correct for your body.** Being aware of how you interact with your physical environment and conscientiously recognizing and changing your comfortable, but incorrect, physical habits, are the first big step toward developing and maintaining good body postures.

The second step is to develop flexibility and strength. For many people, developing good body posture will require a complete reconditioning of their muscles, tendons and bones so that they become flexible and strong enough to support an erect frame. This is not impossible, regardless of your age, but it will require a daily, personal commitment. I, for example, developed rounded shoulders and a slouching back from over a decade of slouching when carrying heavy textbooks in a backpack and studying for four university degrees.

At the age of thirty, I suffered from chronic tennis injury in my shoulder and back which was further exacerbated by poor study habits. It was at this time that I became more aware of my posture and took measures to correct it. By practicing the Mastermoves System and Yoga daily, I gradually healed my injury, corrected my posture, and developed strength and flexibility which must now only be maintained.

It's amazing how something as simple as a good posture can make someone look tall, slim, and most importantly, confident. And the confident person is the one who gets noticed for all the right reasons. So practice Mastermoves daily and learn how to get your spine all out of a crouch and stand up straight for goodness sake.

## When Beauty Vanishes

We must expect to experience the logical result of our thoughts.

OSWALDO KOCH



*“Your spinal cord contains the nerves that carry messages between your brain and body. The cord passes through your neck and back. A [spinal cord injury](#) is very serious because it can cause paralysis below the site of the injury. When someone has a spinal injury, additional movement may cause further damage to the nerves in the cord and can sometimes mean the difference between life and death.”*

*-- Kevin B. Freedman, MD, MSCE, Sports Medicine*

I was mountain biking in a beautiful area on Vancouver island -- biking up and down the hills -- just about to finish the trail when I nearly met total body paralysis or even death..

At first, everything was perfect; I was about to start a Master's degree in business. Few weeks before, on a beautiful sunny day, I went mountain biking with a friend. My friend knew all the trails very well and I was having great fun trying them all for the first time.

Going down a long hill, I was following my friend and not paying attention to the trails but enjoying the beautiful panoramic view. Suddenly we crossed a road and immediately the trail became very

narrow and steep. I was going quite fast oblivious to this obstacle and at the end of the slope, my bike bumped into a big log. By inertia, I flew several meters and landed on my head. For a moment I experienced an intense light and total silence. Then a terrible pain in my neck forced me to open my eyes while I was laying motionless on the grass.

In the operation room, the doctor told me that I was very fortunate for not being paralyzed of dead; however, I would have to endure a painful treatment. For the next five months, I had painful head brace - screwed up in my scalp and attached to a thick plastic brace. I had to sleep, shower, eat and even go to school with that painful head brace. I had it permanently attached to my head and chest to prevent my neck from moving and to allow my fractured vertebrae to heal. Literarily, I made a monster of myself, feeling, moving and walking like *Frankenstein*.

For those who've never read Mary Shelley's first book, *Frankenstein*, I highly recommend it. Besides being a masterpiece in literature, it is a great example of what could happen to us when we erroneously defy nature's law'. The monster of Frankenstein was the result of resisting universal laws such the Law of Attraction and the Law of Gestation - there is a natural gestation for creating life.

*Frankenstein* is about a scientist who worked for nearly two years, depriving himself of rest and health for the sole purpose of infusing life into an inanimate body. The scientist was infatuated with the idea of creating the best human being possible. He selected the strongest limbs and human parts to create a beautiful human, but when life was finally bestowed upon the creature, breathless horror and disgust filled the heart of its creator. Looking at the creature's shriveled complexion, dull eyes, convulsive motions and yellow skin that barely covered its deformed muscles was unbearable. How can you describe the emotions of the creator at this catastrophe? The outcome caused the beauty of his

dream to vanish. Despite his good intentions, the scientist had created a monster.

In real life, outcomes can be unpredictable catastrophes if we do not integrate all of the necessary elements that nature demands to establish its natural order. We can ruin our lives with serious accidents, obesity, cancer and illnesses if we don't correctly apply nature's law. The imaginary monster of Mary Shelley's *Frankenstein* is a good example of what could happen when nature is erroneously defied.

To understand nature's law, we have to learn from our previous experiences and from other people's experiences. If we dwell only on our thoughts and previous experiences, then we will live a limited life. People who spend all their time talking about their unhappiness become unhappier. People who talk about discord, will become more discordant. But those who live close to their family and community will enrich themselves and other. Eventually, learning from different cultures, philosophies and school of thoughts, we will understand that all human limitations are inventions of our own ignorance of nature's law.

The knowledge and techniques that you will acquire from Basic Principles, does not discriminate because the principles are based on the universal law of Cause and Effect; the law that everyone can use to live in harmony with nature and to enhance the quality of their lives. In this respect, the imaginary monster of Mary Shelley's *Frankenstein* is a good example of what could happen when nature is erroneously defied. If we apply nature's law correctly, monsters should exist only in novels, not in real life.

## Today's efforts

There's a price to pay if you  
want to be a winner.

OSWALDO KOCH



*Every morning in Africa, a gazelle wakes up.*

*It knows it must run faster than the fastest lion or it will be killed.*

*Every morning in Africa a lion wakes up.*

*It knows it must outrun the slowest gazelle or it will starve to death.*

*It doesn't matter whether you are a lion or a gazelle.*

*When the sun comes up you better start running.*

*-- African proverb*

Success and happiness depends on today's thinking and actions. Nature is so designed that if you wish to enjoy its pleasures, you must also endure its pains. Like it or not, you cannot have one without the other. The world needs lions and gazelles. The world needs predators and prey. The world needs winners and losers. The world functions around pleasure and pain – reward and punishment. Given the choice, the prey will always flee the predator. Given the choice, no person will choose pain. There's a price to pay if you want to be a winner. There is a price to pay is you want to make things better. And, there is a price to pay for just leaving things as they are.

Don't wait for things to change. Don't wait until you have more money, until you have more time, until you are less tired, until you get the ideal job, until you settle down, until, until, until... don't be afraid to live like



a lion. Don't deny to yourself the chance to be a winner. Don't wait for the opportunities in your life to occur before you begin to live. The book you are reading will teach you how to endure the pain of preparation for the run. There is a price to pay if you want to be a winner. And, there is a price to pay for being a loser.

From today's efforts depends your outcomes in the future. Nothing worthwhile ever comes easily. Work, continuous work and hard work, is the only way to accomplish results that last. Begin where you are, all literature, invention, art, knowledge and wisdom that we currently experience and enjoy has been given to us through those who have discovered that in order to become successful at dealing with your problems and making healthy and positive decision, you must start now. And the only way to do it is avoiding negative self-talk and master the art of positive thinking. Great things are accomplished when you believe that what's inside of you is superior to the circumstances and obstacles that you will face in achieving your goals.

We become what we think about, and as Emerson reminded us: "The ancestor to every action is a thought." As positive thinking becomes the reflection of your mind, you will connect to the natural order and it will begin to work with you, in harmony with your thoughts. If you like to live in abundance and prosperity, then, every morning you must practice relaxation and connect to the natural order to fulfill your expectations.

Every morning, you should wake up knowing that you have the will power to start afresh and create the mental reality you want. Every mental reality you create begins in the form of a desire; that desire is an invisible form of energy capable to create action and transform the abstract into the concrete and the ordinary into the extraordinary.

Every morning a lion wakes up knowing that it must outrun the slowest gazelle or it will starve to death.





## *Summary*

The previous articles give you an idea about the importance of learning and correctly applying Nature's principles in order to avoid undesirable outcomes. Committing yourself to acquire good habits to eat, exercise, meditate and interact with society and nature is difficult if you do not understand the reasons for doing that. Perhaps the most important reason is the fact that "Whatever we hold in mind tends to manifest in our lives." This is an interpretation given to us from Dr. David R. Hawkins in many of his lectures and speeches around the world. It has also been expressed by Napoleon Hill. In general, it simply means that we tend to attract the things that we think about or focus on in our lives.

By instilling our emotional energy into certain things, we call them toward us each day. For instance, applying the principles of balance and moderation to your meals will have no effect if we don't have a clear intention. Intention is what creates the emotional energy for creating and manifesting your personal goals. Learning how to utilize nature's law, the law of cause and effect is useless if we don't have the emotional energy to attract and manifest the things that we want.

The previous articles also explain that all sciences are built upon faith principles. All principles are invisible and accepted on faith. Faith is built up from belief, acceptance and trust. In order to learn something new effectively, you have to believe, accept and trust the expected result. You have to have faith in *The Law of Attraction*. The barrier between you and success is not something that exists in the real world. It's simply composed of doubts about *The Law of Attraction*. Your only limits to your realization of tomorrow will be your doubts of today.



Finally, the previous articles are a good illustration of the important of fitness and our environment. Our own positive energy will compel things to turn out the way we desire when we are fit and when we're surrounded by a positive environment.

Our environment is our mental feeding ground from which the food that goes into our mind is extracted. We must choose your environment with care, one that is positive, one that lifts us up and gives us wings to make our Vision Boards a reality.

To make our Vision Boards work, we must create favorable conditions through our association with others. Avoid people who belittle your ambition. Small people always do that, but the really great people make you feel that you, too, can become great.

You are now about to learn Vision Boards - the blueprint through which you can deal effectively with *The Law of Attraction* and have a prosperous and happy life. Enjoy your journey!

# Chapter 2

# Vision Boards & the Law of Attraction





## Introduction

The law of attraction is a profound truth that has been passed down to us through the teachings of numerous spiritual traditions throughout history. It has been explained to us that our actions don't just have an effect in this life but in future lives and that this is the reason for our fortunes and our sorrows each minute. In Vision Boards, you will find conclusive proof that relaxation and personal success must go hand in hand. With clarity and remarkable wisdom, quotes from brilliant minds will help you create your *Vision Boards* and clearly illustrate not only how you should think and act, but also how you should relax and harness the power of your mind and body.

Even science has shown us that the power of attraction is extremely significant in every aspect of our lives and is akin to the very glue which holds the entire universe together. If we wish to harness the immense strength of the Law of Attraction, it can only be through our own feeling and desire to change our thinking into a positive and constructive vision of precisely the experiences, joy and happiness that you want in your life.

Filled with illuminated anecdotes, powerful quotes and universal principles, this manual explains 7 fundamental principles which you can use to enhance the quality of your life. These principles are so important



and powerful for achieving personal fulfillment and financial prosperity that are called “*Basic Principles*”.

“My basic principle is that you don't make decisions because they are easy; you don't make them because they are cheap; you don't make them because they're popular; you make them because they're right.” ~Theodore M. Hesburgh

Sometimes there can be more than one right answer to a problem and *Vision Boards* is the ideal technique to assess your options. The option you choose can say a lot about your values and beliefs—and your vision and goals. Making the right decision at the right time can be one of the hardest tasks you can perform. But there are simple techniques and principles that you will learn in this manual that you can apply to help you make the right decision. For instance, the principle of “Moderation” will help you make the right decision about eating nutritious foods and the right drinks to enhance your performance in any mental and physical activity.

As you probably have noticed, most of this book and *The Vision Boards Manual* are based on quotes from brilliant minds. This is due because since I was a child, my dear grandmother, Nora Shemmel Koch planted in my mind the habit of collecting and reviewing famous quotes. This may seem trivial at first glance, but it is profoundly important because in the moment of reading and analysing famous quotes you will learn to relax and re-enact the thinking and energy of growing smart.



As you journey through this book, you will soon become very aware I am not telling you anything you do not already know. I am just expressing the ideas in an organized, coherent manner to enable you to achieve the results you have desired since you were first able to think. This book and The Vision Boards Manual contain the very best collection of famous quotes and by learning *Basic Principles* you'll live again the moment when philosophers, scientists, historians and leaders discovered that moment of truth, reality and wisdom; moments of inspiration that have transformed Humanity by providing true guidance for how we can think and live in harmony and prosperity. My hope is that you'll learn to relax and be able to re-enact the creative moments from these brilliant minds, and you yourselves will grow smart and prosperous.

## **Benefits of Vision Boards**

We all know that in order to learn and accomplish a certain thing we must practice. To make a success of anything you must be able to concentrate your entire thought upon the idea you are working out.

Do not become discouraged, if you are unable to hold your thoughts on the subject very long at first, a Vision Board will enhance your concentration. It seems a peculiar fact that it is easier to concentrate on something that is not good for us, than on something that is beneficial. This tendency is overcome when we learn to use Vision Boards and concentrate consciously.



If you just read few pages of this manual and practice Vision Boards each day for three months, you will find you will soon enhance your life in the following areas:

## **The Practice of Basic Principles**

*Basic Principles* is a powerful collection of natural principles based on the law of harmony and the law of attraction. These laws operate based on positive and negative vibration –like the two sides of a magnet (positive and negative) that attracts or repels one another. For instance, you can't get rid of one side of a magnet. If you try to get rid of the positive side of the magnet, the negative side, keeps following you. Like the magnet, you always have two sides – positive emotions and negative emotions, good thinking and bad thinking, prosperity and misery, health and illness. Therefore, you need to be able to take both sides (good and bad experiences) and use them to your advantage - you need to accept the good and the bad.

## **The Practice of Attraction**

In the second century of the Common Era, the Roman emperor and Stoic philosopher Marcus Aurelius said “Our life is what our thoughts make it.” This idea has been developed over time and has now become a central tenet in many spiritual traditions. Its truth has spread to many people and has more recently been expressed as the “Law of Attraction”, a fundamental law in the universe that is the underlying power behind all things.



Attraction is the result of positive and negative energy working together. This universal law is working in your life right now, whether you are aware of it or not. You are attracting the situations, people and much more into your life.

Once you are aware of how to relax and you can start to use the Law of Attraction to deliberately attract what you want into your life. So, the first step for you to learn is to learn to relax and vibrate the energy that you want to attract – you’ll become a magnet for the thing you want into your life.

*Watch your thoughts, for they become words.*  
*Watch your words, for they become actions.*  
*Watch your actions, for they become habits.*  
*Watch your habits, for they become character.*  
*Watch your character, for it becomes your destiny.*  
—UNKNOWN

Napoleon Hill said, “We become what we think about.” This profound truth has been stated in many different languages and cultures throughout history.

In the New Testament, Christians are very familiar with the phrase “As ye sow, so shall ye reap.” This idea, presented to Christians and Buddhists alike, has also been presented in many other great religions on Earth and has been expounded by modern philosophers as well.





## **The Practice of Attraction and Harmony**

Earl Nightengale has referred to the law of attraction as “The Strangest Secret”. Based on the law of attraction, He said, “We become what we think about.” Nightengale explained that the law of attraction is a secret that is really “no secret” at all. It’s not because the law of attraction is hidden from view that makes it so strange. In fact, it isn’t hidden. It’s extremely obvious and yet nobody seems to be aware of it.

According to science and other great teachings, attraction is something that affects absolutely everything in the universe. Even today, modern scientists still don’t understand a lot of things about the power of attraction. Psychologists have studied these phenomena and have found them to be closely linked with the power of harmony but many aspects of the Law of Attraction are still a mystery.

Attraction and harmony are hooked together. Harmony never means that everything you attract into your life becomes pleasant, beautiful or alike. Harmony means to have a clear vision about what is your purpose in life and then align your personal goals to achieve a balanced relationship, not between things which are identical, but between things which are complementary. Therefore, you can accept good and bad experiences, learn from them and decide to live in harmony with the events and circumstances of your life.



Maintaining a clear vision of what you want to accomplish in life and living in harmony is determined by the ideas that you are emotionally involved with. For instance, every day, as you wake up in the morning, you can choose to be happy or unhappy. You can choose to be relaxed or stressed. You can choose to become a magnet for the things you want to bring into your life. You choose to be a dreamer or a winner. You can choose like millions of “dreamers” to purchase lottery tickets wishing to have money without having to work. Or you can choose a balanced relationship with money to understand that the real joy in life come not from having money handed to you on a “silver platter,” but from actually earning it yourself.

“Three Rules of Work: Out of clutter find simplicity; From discord find harmony; In the middle of difficulty lies opportunity.”  
~Albert Einstein

## **The Practice of Relaxation & Creativity**

Relaxation and creativity are hindered by mental and physical stress. Given the fact that stress will always be around, the best you can do is manage the stress during the day to minimize its impact on your health and well-being. You can manage you stress during the day by practicing some brief **relaxation techniques** like breathing, playing music, listening to music, massaging your body or just closing your eyes and resting for 5 minutes which can all greatly reduce the feeling of stress



and its negative effects. For instance, as well as being a great scientific intellect, Einstein appreciated music and was an accomplished violinist, though he played only for relaxation and creativity.

“When I work I relax; doing nothing or entertaining visitors makes me tired.” ~Pablo Picasso

“Old age has a great sense of calm and freedom. When the passions have relaxed their hold and have escaped, not from one master, but from many.”  
~Plato

“I never came upon any of my discoveries through the process of rational thinking - A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy.” ~Albert Einstein

“The main thing to do is relax and let your talent do the work.”  
~Charles Barkley

“To be creative, relax and let your mind go to work, [otherwise] the result is either a copy of something you did before or reads like an army manual.” ~Kenneth H. Gordon

“Happiness is the art of relaxation.” ~Maxwell Maltz



”Every now and then go away, have a little relaxation, for when you come back to your work your judgment will be surer; since to remain constantly at work will cause you to lose your power of judgments.” ~ Leonardo Da Vinci

Throughout this manual, you will understand why I believe that relaxation is the single most important skill we can learn. The huge number of improvements that can be created by this simple change include:

- **Reduced Stress:** Stress activates the Fight-or-Flight response to danger which increases our physical abilities but reduces our mental agility. Stress causes the release of cortisol in the brain
- **Improved Learning:** Relaxation reduces the cortisol levels in the brain which enhances mental concentration and learning.
- **Improves creativity:** Relaxation and playfulness is the state of mind most conducive to creativity. All of us are born in this state of mind and spend most of the early stages of our youth enjoying these natural conditions.
- **Improved Memory recall:** Relaxation quiets the thoughts in our head that constantly demand our attention. This allows us to access our memories more easily.



- **Increased Healing:** Relaxation increases the release of Human Growth Hormone (HGH) which allows our body to heal. More HGH creates fast healing

When you learn to relax, you have far more power to create and influence your life than you may be aware. When you learn to relax and apply your skill and talents you can have all of the things you want. Relaxation is the key for unleashing the creativity of your mind and the power of your body to act as a magnet for bringing the things you want into your life.

“No matter how much pressure you feel at work, if you could find ways to relax for at least five minutes every hour, you'd be more productive.”  
~Dr. Joyce Brothers

## **The Practice of Fitness & Self-esteem**

What is it that you want? If you want money, know you can have it; if you want health, know you can have it; if you want fame, know you can have it; if you want happiness; know you can have it. Whatever you want, you can have it if you are mentally and physically fit. Building fitness and self esteem create self confidence which is the key to happiness and success.

When you make fitness part of your daily life, you enhance your self-esteem. When you make fitness your priority in life, you don't get tired



after working all day, you have more energy for weekend get-togethers with family and friends and you're more alert and creative - you do better at school or at work.

Clinicians of all sorts, athletic trainers, physical therapists and fitness trainers are prescribing the fitness lifestyle as the remedy for obesity, muscular weakness, stress, depression, headaches, fatigue, poor circulation, insomnia, hypertension, joint ailments, metabolic disorders, postural problems, and many others.

Physical fitness has really skyrocketed within the last decade. Look at an Olympic athlete, a professional dancer, a great musician or a great leader; they all have a great fitness level. They move with rhythm, power and beauty. They have a symmetrical and well balanced body where every muscle is trained to work effectively to make the body a perfect expression of beauty. They all look confident and relaxed.

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.” ~John Fitzgerald Kennedy

### **The Practice of Concentration & Prosperity**

Prosperity is assured when you are able to concentrate, for you are then able to utilize all your good constructive thoughts and shut out all the destructive ones. It is of the greatest value to be able to think of only that which will be beneficial.



Unlike any other creature on earth, we have one great advantage to use in training our minds and bodies: the capacity to relax and concentrate in the areas for improvement and prosperity. We are wonderful creatures, but we must be trained and developed to be useful and prosperous. We can accomplish any great work if we can be awakened to do our very best. But we would not accomplish much if we lacked concentration and effort.

Concentration allows us to become mentally aware of our activities, thereby allowing us to refine and perfect our skills. To really get the full benefit of this manual you should read a page, then close the manual and thoughtfully recall its ideas. If you will do this you will soon cultivate a concentrated mental habit, which will enable you to read with ordinary rapidity and remember all that you read. This entire manual has been prepared with the sincere hope that you will learn and apply powerful principles to enhance your concentration and mastery of your mind and body. Do it right and you will develop natural instincts for attracting happiness and prosperity into your life.

"There is no way to prosperity, prosperity is the way. When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous." ~Dr. Wayne Dyer



## Important Concepts

Everything in this universe runs under universal laws that never err even once. To be in the flow - to live in harmony with these laws - leads you to being all-round prosperous. Before you start using Vision Boards, it is important to know that these laws do not punish you for breaking them; they cannot be broken. Suffering simply comes up when you try to resist them.

It is amazing how much time and effort can be saved by understanding the universal laws and riding along with them. Some general concepts will be useful:

### Energy

The higher your **energy** level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results.”  
~ Anthony Robbins

Energy is the ability or capacity to do work. The most common definition of energy is work that a certain force (gravitational, electromagnetic, etc) can do. Due to a variety of forces, energy has many different forms (gravitational, electric, heat, emotional, etc.) that can be grouped into two major categories: kinetic energy and potential energy. Energy cannot be created nor destroyed. Energy moves in a





circle, so what goes around comes around. Our thoughts, feelings and actions are all forms of energy. What we think, feel, say, and do in each moment comes back to us to create our realities.

## Active Reading

[“Reading is to the mind what exercising is to the body.” ~Richard Steele](#)

Active reading is a manner of reading in which the reader is mentally engaged with a text and reads for comprehension and criticism as well as reads selectively and with a purpose. These skills will help you to recall and apply information you obtain through printed text. Active reading has many benefits. First and foremost, it gets you involved in the material through previewing, reading, and reviewing.

## Mental Maps

A person's perception of the world is known as a mental map. A mental map is an individual's own internal map of their known world; a mental map shows how we interpret what's around us. Our internal maps are not the same thing as the territory, because, when creating those maps, we delete, distort and generalize the information coming in through our senses. We create **impoverished** views of the world because we never have all the information needed to create a map that exactly matches reality.

Since each of us creatively constructs our own map, then it will be different to everyone else's map. Each of us will have different



perceptions of our needs, different learning styles, and even perceive shared experiences differently.

[“Great minds discuss ideas; Average minds discuss events; Small minds discuss people.” ~Eleanor Roosevelt](#)

## Blueprint

A **blueprint** is a plan or technical drawing usually documenting an architecture, an engineering or a process design. More generally, the term "blueprints" has come to be used to refer to any detailed plan such a plan of action or a guide to doing something.

“Every well built house started in the form of a definite purpose plus a definite plan in the nature of a set of **blueprints**.” ~Napoleon Hill

## Vision Boards

Vision Boards are the graphical representation in which one sees or conceives of something. Vision is a mental image produced by the imagination. Also, vision is a person or thing of extraordinary beauty. One effective way to practice this mental faculty is by creating Vision Boards. This will develop the skills for mental relaxation and observation, which are essential for mental reasoning and creativity. .

In your training with The Vision Boards Manual, you will learn and practice with some analytical and learning techniques that I personally



used during my studies of engineering and computer sciences. These techniques are known as "Graphs Theory", "Structure Analysis" and "Business Objects". For your benefit, I have combined and refined these techniques into an easy method that I called **Vision Boards**. This simple learning technique will help you achieve the mental relaxation to learn, analyze and find optimal solutions to any problem. You can use **Vision Boards** and learn to think like the greatest minds in history. With daily practice of **Vision Boards** you will be able to unleash the power of your creative mind and better manage your future.

"Vision without action is a dream. Action without vision is simply passing the time. Action with Vision is making a positive difference." ~Joel Barker

## **Self-Mastery**

Self-mastery is the ability to know and understand your mind and body at the deepest level, and to make the changes, both mentally and physically, for managing your emotional and intellectual state. Self-mastery is necessary for learning how to relax and grow smart. Self-mastery operates on the premise that with training and practice of the fundamental principles, we can grow and achieve everything we want.



“Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.” ~ Lao Tzu, philosopher (sixth century B.C.)

## Natural Laws

The principles that operate in the outer universe, discovered by scientists, are called Natural Laws. All creation is governed by law. These laws describe ways in which cause and effect are related. These laws are all inter-related and are founded on the understanding that everything in the universe is energy, including us. Energy cannot be created nor destroyed, it moves in a circular fashion.

”You cannot teach a man anything; you can only help him find it within himself.” ~Galileo Galilei, astronomer (1564 - 1642)

The Natural Laws can also be viewed as guidelines for behaviors that will enhance your physical, mental, emotional and spiritual growth. When you are AWARE of these laws you learn to put your ATTENTION on the object of your INTENTION. When that occurs, your EXPECTATION will create a VIBRATION to orchestrate an infinite number of events to ATTRACT and materialize your desires. Let me explain some of these laws:

- **The Law of Awareness** states that if you want to change something, first increase your awareness of the way it is.

Whatever helps to increase awareness of what is will promote learning; whatever hides or distorts awareness of what is will block or distort learning. Since we are capable of conscious AWARENESS we can CHANGE the energy and informational content (Beliefs) of our reality and in so doing cause things to manifest or stop manifesting.

“The awareness of our own strength makes us modest.”  
~Paul Cezanne

- **The Law of Intention** is based on the fact that there is always an infinite amount of energy and information present to create what ever you desire. At the quantum mechanical level (spiritual) the entire universe is simply the movement of energy and information. At the quantum level, intention transforms or changes information and energy into what you put your attention on by organizing events and circumstances required for manifesting your desires.

"Our intention creates our reality. anything you really want, you can attain, if you really go after it."  
~Wayne Dyer

- **The Law of Action** states that action must be applied in order for us to manifest things on earth. Therefore, we must engage in actions that support our thoughts, dreams, emotions and words.

“I have been impressed with the urgency of doing. Knowing is not enough; we must apply. Being

willing is not enough; we must do.” ~Leonardo da Vinci

- **The Law of Vibration** states that everything in the universe is in a constant state of vibration. One of the highest and most potent forms of energy is thought. Thought is electrical energy, vibrating at a very fast frequency. You may have heard it said that thoughts are things. Every thought creates a vibration, which travels out into the universe and begins to take a form.

“On such things as matter we have all been wrong, what we have called matter is energy, whose vibration has been so lowered as to be perceptible to the senses. There is no matter.”  
~Albert Einstein

- **The Law of Attraction** simply says that you attract into your life whatever you think about. Your dominant thoughts will find a way to manifest. When you learn the true "cause" of your experience of reality, and that you can actually alter that reality in any way that you wish, it opens a door of Infinite Possibility. This is how the Law of Attraction pulls your desires to you like a magnet.

“The secret of attraction is to love yourself. Attractive people judge neither themselves nor others. They are open to gestures of love. They think about love, and express their love in every action. They know that love is not a mere sentiment, but the ultimate truth at the heart of the universe.” ~Deepak Chopra

- **The Law of Expectation** states that what you expect from your life you will receive. What you believe you can, or can't do, will manifest itself. What you doubt, have uncertainty about or create disbelief, your thoughts will create that as your reality.

“The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools.”

~Confucius

To harness the power of these powerful universal laws, *“The Vision Boards Manual”* will introduce to you 7 basic principles. Some will be easy to understand and practice; others will be unfamiliar and difficult to practice. Embrace each of them and endeavor to perfect them in your daily activities; for it is in the daily application of these principles that relaxation and energy meet to create prosperity and happiness in your life.

## How to Use Vision Boards

Even though I hold several university degrees and have worked internationally for major corporations, what makes me feel truly successful and confident in life is how I learned to map my mind and make things obvious and understandable to other people. I can study and work in any area that I want, skin dive in the depths of any ocean, climb



any high mountain, and practise any sport, thanks to discipline and the learning method I use to educate my mind and train my body.

“You can teach a student a lesson for a day; but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives.” ~Clay P. Bedford

The learning method that you will use to learn and practice the *Basic Principles* is called **Vision Boards**. This method is a simple way to apply pictures, words, arrows and signs in analysing, learning, understanding and remembering new concepts such *Basic Principles*. **Vision Boards** are so simple that primary school children can learn it in 5 minutes. Here are the rules:

## **Rule # 1 - Make Things Obvious**

This manual is to be lived, not just read. With that goal in mind, you will use vision boards to create a mental map of your understanding of each famous quote that you will read in this manual. I guarantee that by the time you finish reading this manual your creativity, logic thinking skills and memory will be greatly enhanced.

Basically, you will learn to think the way every genius does; you will learn to use both sides of your brain and apply creativity at the same times as you exercise logic to make things obvious.





Using *Vision Boards* while you read this manual will ensure that you understand the content of this manual. Making mental maps of each famous quote that you read will make you an active reader because you will engage your mind and body in analyzing and understanding ideas and concepts. Most important, in the process of creating mental maps, you will learn to ask questions and to think creatively – the process of making things obvious.

“No question is so difficult to answer as that to which the answer is obvious.” ~George Bernard Shaw

## **Rule # 2 - Enjoy the Price of Success**

Learning new information and practicing new techniques is not enough. You will never achieve real success unless you learn to like what you're doing. Your chances for success will be directly proportional to the degree of pleasure you derive from what you do. If you have a job you hate, face the fact squarely and get out. Work must be rewarding, not a form of punishment.

For instance, if you learn something fun like **Vision Boards**, you will enjoy what is called **active reading**, which will substantially increase your learning process and the development of important skills. To unleash the full power of your mind, you must learn to create blueprints for mapping your thoughts in a way that is fun and engaging. Initially, this process is not easy but soon you will love it. Why?



Because taking notes and making a graph is the process of making relevant information obvious to you – the pleasure of understanding.

Creating the **blueprints** for your success is the first step to making your thoughts real. Taking notes and making graphs will help you graphically represent your thinking and will greatly enhance your mental and muscle memory. Most people learn by doing. Engaging with materials in a physical sense creates a physical memory. In education this is referred to as kinesthetic learning. Understanding and loving what you do will make all the difference.

“Try not to become a man of success but rather try to become a man of value.” ~Albert Einstein

### **Rule # 3 - Take action now**

Life is largely a matter of action and expectation. You must expect success and take action, if you want to succeed. When you take action now and expect things to happen, strangely enough, they do happen – action coupled with expectation energizes your goals giving them momentum. When you take consistent action and believe something good can happen, it will happen. The dreams you believe in become a reality.

Set your goals high. If you begin with some wild expectations and take action now, you'll succeed beyond your wildest expectations. Take action now and applying vision boards to learn how to think like the



brilliant minds from whom most of this manual is made to help you relax and grow smart.

“A thought which does not result in an action is nothing much, and an action which does not proceed from a thought is nothing at all.” ~Georges Bernanos

## **Rule # 4 - Become an Avid Learner**

Become an avid learner and you'll succeed beyond your wildest expectations. A successful learning process includes the following steps:

- Recognizing the fundamentals of a method
- Practising and applying the fundamentals with determination and acceptance of mistakes or failure
- Mastering the fundamentals
- Teaching the fundamentals

The first step, recognizing the fundamentals of a method, is the most important aspect of any learning strategy. Being able to summarize the essential in a simple graphical way will enable your mind to create the association between important information you need to know and how to apply it.

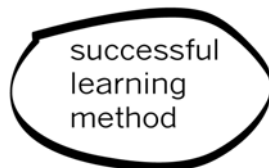
# Five Steps to Practice Vision Boards

To really get the full benefit of Vision Boards you should read each of the quotes in this book 3 times, then thoughtfully recall them by creating a Vision Board for each quote. If you will do this you will soon cultivate the art of visualization, which will enable you to concentrate, memorize and remember all that you read and listen to. This process is crucial for making your Vision Boards work in favor of the Law of Attraction.

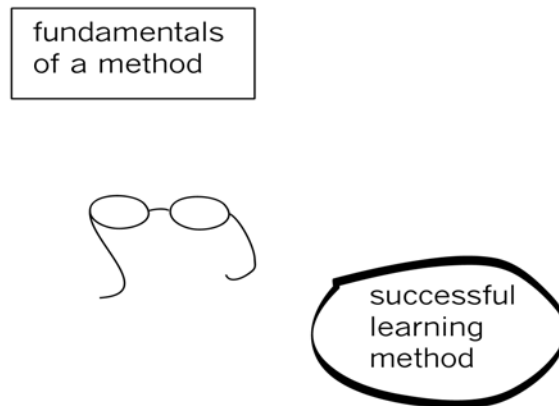
There are 5 steps for creating basic Vision Boards:

**Step one:** As you read each quote from this manual close your eyes and mentally repeated 3 times.

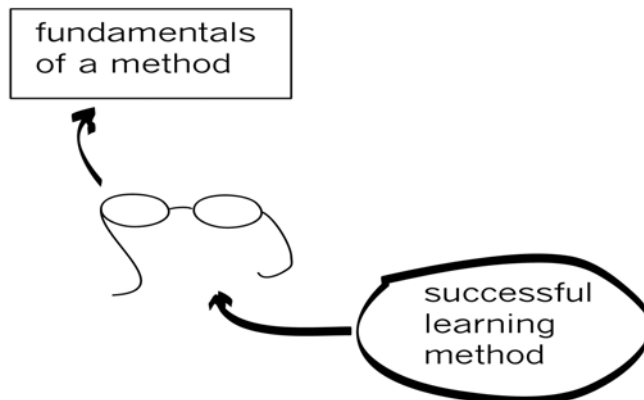
**Step two:** When you finish memorizing the quote, draw a circle at the middle of blank piece of paper and write the main point made in the middle of the circle. Remember, **circles represent main ideas**.



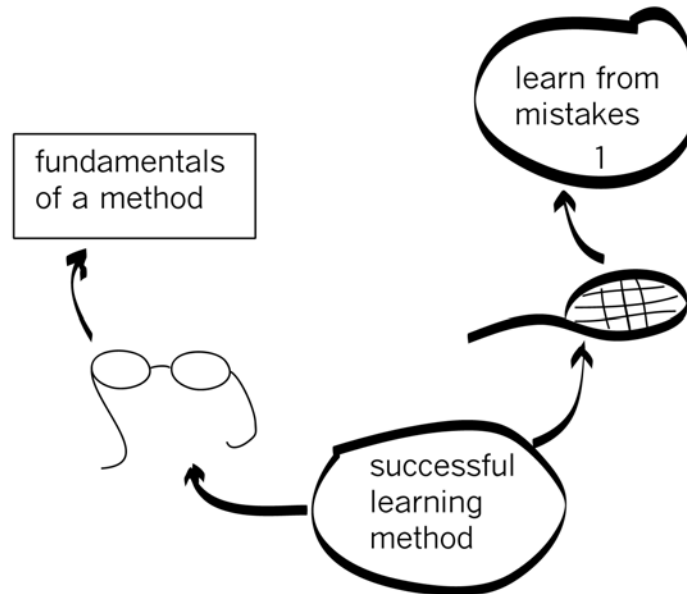
**Step three:** starting from the left corner of your paper, branch out the essential information relating to the main idea. Use pictures to describe an action and boxes to specify the relevant information associated to the action.



**Step four:** Use arrows to connect actions, information and main ideas. Using a red pen to draw the arrows and a black pen for drawings and notes increases clarity.

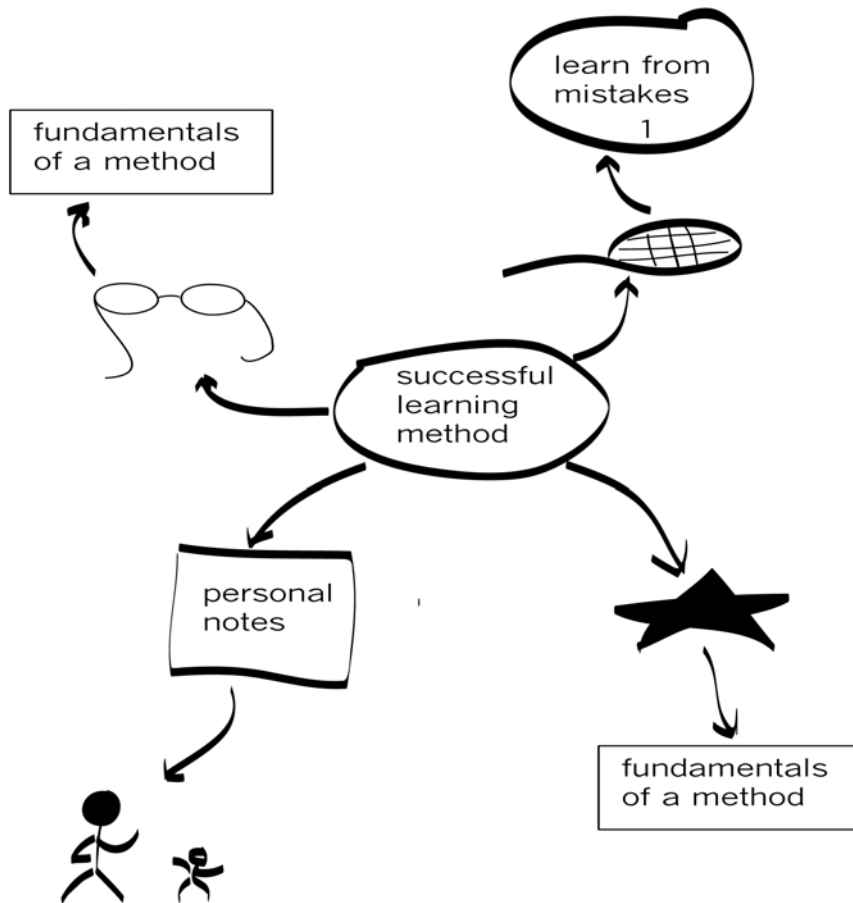


**Step five:** Use circles as needed to define additional processes or additional main ideas. Write a number at the bottom of the circle so you can identify the main idea on another piece of paper.



For example, here is a summary of the successful learning method, where all actions and information are linked to the main idea. The main idea is “successful learning method”, which requires **reading** (pair of glasses) and learning the fundamental information of techniques. A tennis racket represents the importance of **practicing** the techniques and learning by mistakes. As an avid tennis player, in my mind’s eye I use the racket as a symbol for “fun practice”.

Also, I recognized the importance of **mastering** (star) the fundamental techniques by **writing** (personal notes) and teach the techniques to other people.





The pictures you chose to draw are your opportunity to use your creativity to add action and meaning to your summaries. Your drawings do not need to be perfect. Bear in mind that the funnier your diagrams look, the easier they will be to remember.

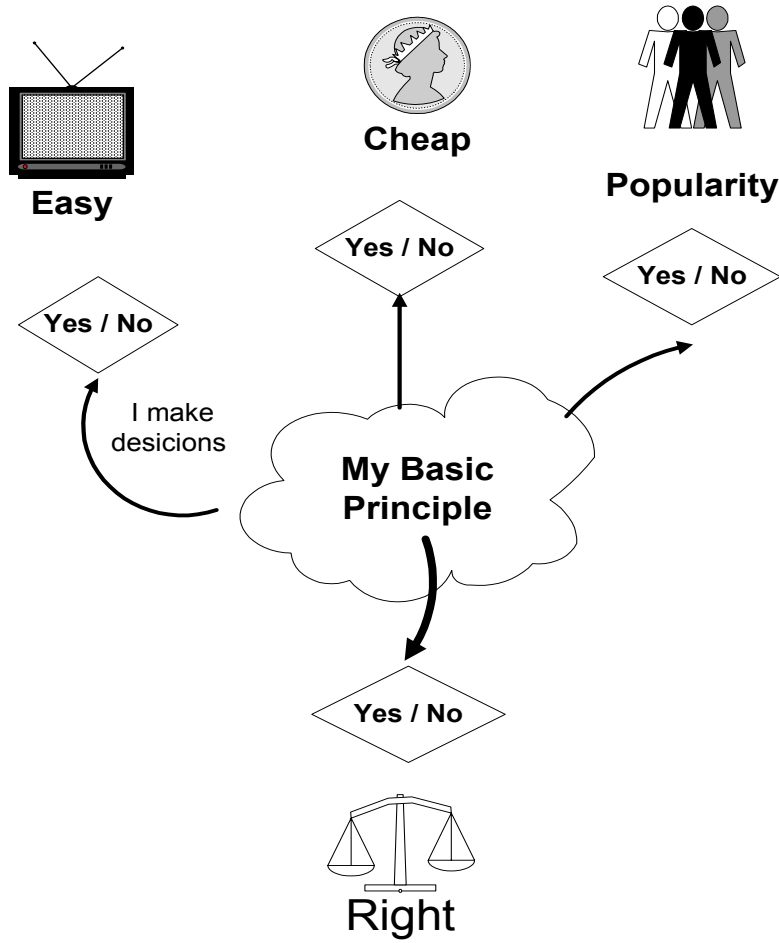
”All the breaks you need in life wait within your imagination.  
Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth.” ~Napoleon Hill

By using pictures, keywords, arrows and colours, you will enhance your imagination. This is how Leonardo Da Vinci and other great geniuses learned, analyse problems, and come up with creative ideas. Learning to use the techniques these geniuses used enables you to learn and educate yourself as a genius. Apply this simple method and have fun developing your artistic mind while you are learning, analysing or solving a problem.

**NOTE: This is the vision board of the first famous quote mentioned in this manual.**

- Use the mind map to memorize the quote without having to read it again.
- Review the mind map to recite the quote twice a day for one week.
- Do the same process for each of the quotes mentioned in this manual





“My basic principle is that you don't make decisions because they are easy; you don't make them because they are cheap; you don't make them because they're popular; you make them because they're right.”  
~Theodore M. Hesburgh

Be aware that each image or picture has a different meaning for different people. For instance: the image of a television means “easy”; the image of one cent means “cheap”. Gradually as you practice Vision



Boards, you will create your own a library of images meaningful to you. Therefore, it's very important to realize that the practice of Vision Boards is quite specific to an individual or group of people. The following Vision Boards depicts the first quote from this manual:

## **CONCLUSION**

The great spiritual teachers in history have always given us a solution to the problems that science and reason cannot seem to solve. Spiritual traditions have explained much more about the Law of Attraction by explaining to us more about a further power known as harmony or love.

The power of attraction is not only a great mystery in terms of the stars and planets but a great mystery in terms of people's lives. When two people come together and experience love, there is an irresistible quality of attraction that overpowers every other desire they have. Because the Law of Attraction is so closely connected with the harmony and love, the attraction can even keep two people or more together forever.

It is of the utmost value to learn Vision Boards if you want to understand the factors behind this amazing power of the Law of Attraction. In the process of learning and practicing Vision Boards you will have to look more deeply beyond science and reason. By learning Vision Boards you will be able to concentrate and to utilize all



constructive thoughts and shut out all destructive ones. By learning Vision Boards you will be able to concentrate your entire thought upon the idea you are working on – your vision.

A vision may be thought of as the ability to form a clear and specific picture of what we want to do in life, what we want to obtain, create, achieve, or accomplish. Vision Boards are the most effective way to "visualize" what you'd like to manifest in your life. It's a great way to allow your subconscious to reveal what you really are and what you really desire in this world.

By learning Vision Boards it'll be easy to project your thoughts to another and use your mental powers to draw to you forces of a helpful nature. To be able to Vision Boards, you must possess clear vision and mental concentration. A daily habit of using Vision Board will wonderfully increase your concentration and creativity. Using Vision Boards for seeing yourself as you would like to be is the main goal of this manual.

Another goal of this manual is to teach you how to relax and to make your mind a powerful transmitter of thought. This manual has been designed for practicing Vision Boards while reading the manual. By the time you finish reading this manual and doing all the exercises, you will develop the ability for relaxed concentration throughout the practice of Vision Boards. Additionally, the process of creating Vision Boards will help you to relax your body and mind in a way that you can achieve a



state of “relaxed concentration”. This is what “Vision Boards” is all about - learning to relax and unleashing the power of your mind and body.

Some schools and self-development programs teach Vision Boards techniques by simply gathering lots of old magazines together, flipping through pages, and cutting out images, words, or items that speak to you emotionally, this is just a basic level for mental visualization. As most people are very different it is impossible to give instructions that will be of the same value to all. In creating this book and The Vision Boards Manual I have endeavored to help you relax your mind and body while awakening and training the power of concentration within yourself. This process will let all your acts and thoughts have the intensity and power of “relaxed concentration”.

If you will just practice Vision Boards for few minutes a day you will find you will learn to instill your emotional energy into your goal, objectives and vision of your future reality. By instilling your emotional energy into your goals and objectives defined in your Vision Boards, you attract them toward you each day. Your Vision Boards become magnetized with the dominating thoughts you hold in your mind and gradually, your Vision Boards will attract to you the forces, the people, the circumstances of life which harmonize with the nature of your dominating thoughts.



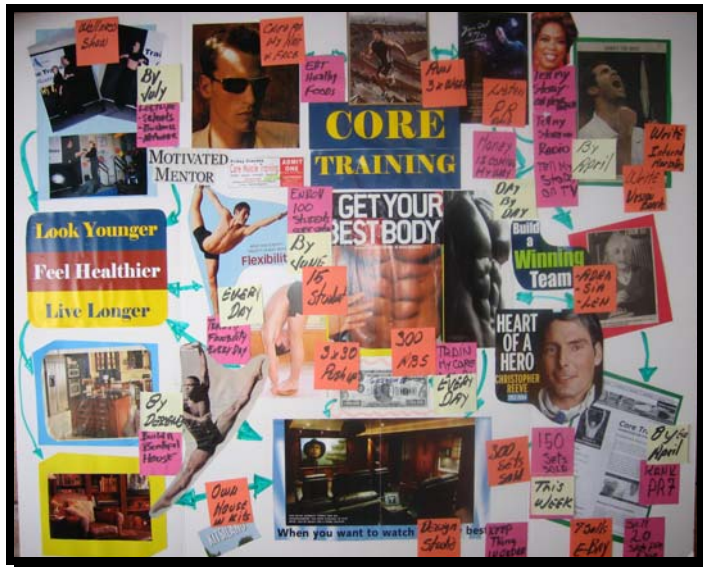
Keeping your mind focused on your goals and objectives certainly isn't an easy thing to do. Each day, from newspapers, TV, book, work and interaction with people, you will tell yourself many negative things creating negative feelings. You make a lot of decisions based on these negative feelings and it isn't always apparent how much it is affecting your life.

Begin your Vision Boards now. The time you are wasting now, dreaming of some far off success, is crowded with tremendous possibilities. When you have your Vision Boards completed, your mind will mobilize all its forces to assist you. All that is within you and unknown forces around you will come to your assistance.

The only way to start down the road to success is to have a clear vision of your goals and objectives. *The Vision Boards Manual* will help you make decisions based on your goals and objectives. Don't be afraid to live. Don't wait for things to change. Don't wait until you have more time, until you are less tired. Learn to create Vision Boards and you will learn to Vision Boards.

## *The Vision Boards Manual*

This manual of practical lessons will stimulate and inspire you to achieve success; it will bring you into perfect understanding and harmony with the Law of Attraction. It will give you a firmer hold on your duties and responsibilities for your prosperity and happiness.”



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## *The Vision Boards Manual*

*(Advanced Techniques)*



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## Important

Although you are the only one who can achieve your goals, it is important that you recognize the information, tools and people around you who can help you to keep going. Truly, the power of the mind is astonishing for keeping you going, and doing your best. Be excited because Vision Boards is just an introduction to “The Vision Board Manual”. In this manual, I will explain some of the most important principles and the process as to be able to utilize the Law of Attraction and unleash the power of your mind.

**Note:** Please send us your comments or suggestions about Vision Boards.

If you wish, please send us your comments, testimonials or articles that may enhance the information in this book. If we use your feedback in the final publication of our book, we will recognize your contribution in the publication.

Thank you for your comments and interest.





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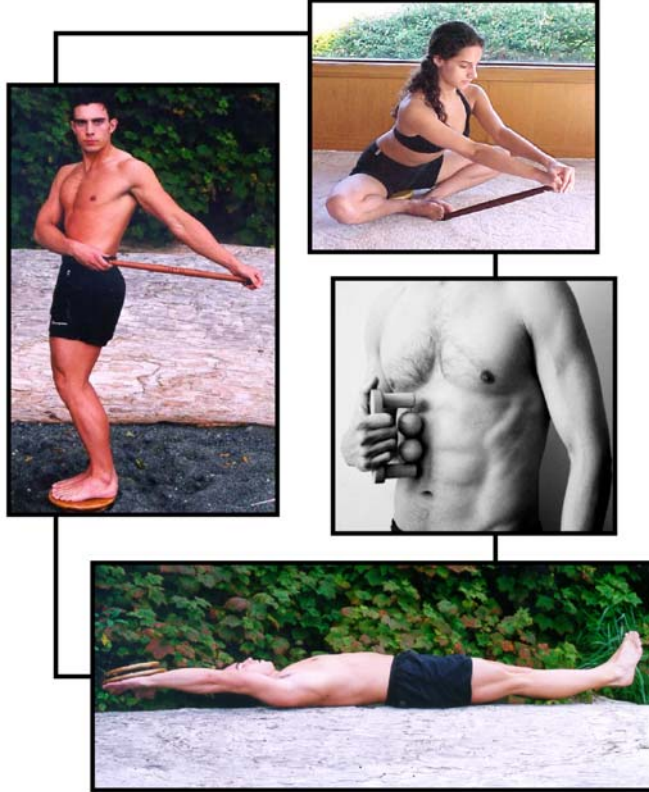
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