

The **VISION** **BOARDS** Manual

One of the greatest discoveries you can make, one of your greatest surprises, is to learn how to use the Law of Attraction.

“Plato, Einstein, Edison, Picasso, Athletes, Scientists & Leaders became more successful because they knew how to relax and make the most of the power of their minds”

Source: <http://www.mastermoves.com/products/vision-boards.html>

By Oswaldo Koch, MBA, P.Eng.

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Important

You have in your hands, something which you have been searching to find. **This is a plan** – a very simple plan – that will take you from where you are, to where you want to be. **This plan is about acting with integrity, honesty, vision and persistence in pursuing the realization of your dreams.**

This plan works only for people who are willing to pay the price – time, energy and money for buying and learning how to use Vision Boards for making the Law of Attraction work in their favour.

Nothing worthwhile will come easily to you. Work, continuous work and efficient work, is the only way to accomplish the results that last.

Completing this manual will help to develop a powerful Vision Boards for manifesting everything you want.





*About the
Author*



Oswaldo Koch can help you achieve what you want. After spending time in the Navy Academy he studied and graduated as an engineer. He continued his studies in computer sciences and business completing a Master in Business Administration (MBA). During the last 20 years his work in the computer industry helped organizations attain greater efficiency and increased productivity.

As an avid free diver and participant in several extreme sports, Oswaldo risked his life going beyond the limits of human resistance. Practicing mountain biking, Oswaldo had an almost fatal accident fracturing his neck and compressing several vertebrae. This accident could have easily rendered him paraplegic or taken him to the morgue. But today, he has created a core muscle training program that transforms the traditional methods for achieving fitness.

Oswaldo Koch is the President of OK Initiatives, Inc. and the creator of the Mastermoves System. He studied and practiced a great variety of physical and mental training systems including aikido, Kung fu, boxing, navy training, yoga and gymnastics. Oswaldo's personal interest in healthy living habits began in 1987 while he was living in a rural, peaceful, sunny region in northern Peru. He moved to Canada in 1989 and began to refine his approach to healthy living, culminating in the creation of the Mastermoves Fitness System, Postura Bookrest, *Basic Principles*, Vision Boards and The Power of Relaxation.

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INTRODUCTION

When we think about attraction, we often think about the events, circumstances or a person who makes us feel the best. We think about 'being attractive' or 'having an attraction'. **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. But the Law of Attraction gives rise to some tough questions that don't seem to have good answers. I would say, however, that these problems aren't caused by the Law of Attraction itself but rather by how we understand and apply the Law of Attraction in our daily activities.

The law of attraction is often associated with people. We are attracted by individuals whom we wish to emulate or "become". These people are the ones who have all the 'power' and 'right' qualities; they are beautiful, intelligent or possessing a great personality. They have all the things we want in ourselves. But attraction goes beyond feeling attracted to individual people who we wish to emulate.

Similar to the Law of Gravity, the Law of Attraction is a very powerful energy and yet it is often misunderstood in terms of its immense power. This is because we often limit our understanding to the manner in which we experience our events and circumstances. Universal laws 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, which already existed, but became accessible 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, run small or huge engines, enable computers and any electronic device function in a predictable and useful way. However, electricity will electrocute us if we use it incorrectly.

Attraction is a power in nature that can act over great distances. According to science and other great teachings, attraction is something that affects absolutely everything in the universe. When we look back over the history of science, we remember that Newton's law of gravity first told us that every object in the universe was attracted by every other object. Einstein's theory also told us that attraction arose out of a space-time continuum. Einstein said that the attraction that objects had for one another was actually their very reason for existence. The earth, the sun, and all the other celestial bodies would never have been formed if it weren't for the power of attraction.

Scientists, say that the power of attraction is actually one of the four fundamental interactions in nature and goes much further than just a power between people. Most people 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 love. However, the Law of Attraction is still a mystery for most of us.

With the help of Vision Boards you will learn and experience that whatever we hold in our minds tends to manifest in our lives. This is an interpretation expressed by Napoleon Hill and many other great minds. In general, it simply means that we tend to attract the things that we think about or focus on in our lives. By using Vision Boards and instilling our emotional energy into our goals and objectives, we act and call them toward us each day.

With daily practice of *Vision Boards*, our minds become magnetized with the dominating thoughts we hold and these mental magnets attract to us the events, circumstances of life and the people related with the nature of our dominating thoughts.

Are you happy with your love, your job, your life, or your finances? Each day, people will tell themselves many negative things. Keeping a positive attitude certainly isn't an easy thing. However, in "*The Vision Boards Manual*", you will find conclusive proof that practicing *Vision Boards* daily will help you keep a positive attitude regardless the events and circumstances in your life. You will learn that positive attitude 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.

Filled with illuminating anecdotes, powerful quotes and universal principles, this book 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

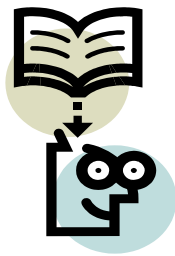
Sometimes there can be more than one right answer to a problem and *Vision Boards* is the ideal technique to assess your options. The option you choose can say a lot about your values and beliefs—and your visions and goals.

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 book 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.

With the practice of Vision Boards, making the right decision at the right time will be the norm in your life. Great leaders, superior athletes and wealthy people are programmed for making the right decision at the right time. And that's why wise people tend to become wiser, healthy people tend to become healthier and wealthy people tend to become wealthier. Their clear vision, purpose and inner success blueprint helps them have an inner magnet turned on for even more success. With the use of Vision Boards, you will also learn to create a success blueprint by practicing relaxation and meditation techniques. The more relaxed you are the easier it is to set your success blueprint. If you have the determination to relax and improve your thinking, then you have the mindset for success.

My intention in creating “The Vision Boards Manual” is to help you create the mindset for fitness and success. In short, the person who does well has an inner set of beliefs --- a mindset, if you will --- that will help them achieve anything they want no matter what tools they are handed. And that's what successful people have: A success mindset, an inner blueprint that directs them subconsciously, almost automatically, to take action and achieve their dreams.

Chapter 1



THREE RULES FOR USING VISION BOARDS

As an engineer and fitness trainer, I have more than 20 years of experience working in large international organizations. I'm the creator of 12 self-learning programs in the area of fitness, business and personal success. Over the last 25 years, I have studied the most 30 of the world's most successful people, especially King Leonidas, Columbus, Pythagoras, Picasso, Einstein and Leonardo da Vinci... My favorite program is "*The Vision Boards Manual*" and I'd like to share it with you as a gift. I call it a "gift" because it's the source of my health, fitness, success and happiness. *Vision Boards* has transformed my life, and the lives of thousand of others. *Vision Board Tips* is designed to make the most powerful law in the universe work for you. This law is known as the *Law of Attraction* which simply says that you attract into your life whatever you think about. Your dominant thoughts will find a way to manifest.

The *Law of Attraction* gives rise to some tough questions that don't seem to have good answers. What happens when people don't know how the Law of Attraction works? What happens when people put out conflicting intentions? I would say, however, that these problems aren't caused by the Law of *Attraction* itself but rather by how the *Law of Attraction* is applied. This manual, *Vision Board Tips*, will help you understand how the Law of Attraction works and how you can apply its incredible power.

Before you start your training with *Vision Boards*, let me suggest you take a few minutes right now to relax and read every word of this introduction. I assure you it will be worth your time. In the next few minutes I will share with you how I make the *Law of Attraction* work for me.

FIRST: FIND THE GOOD SIDE TO EVERY SITUATION

View your problems as opportunities. Winston Churchill said one of the simplest yet most powerful quotes about success, "Difficulties mastered are opportunities won".

In the Battle of Thermopylae of 480 BC, an alliance of Greek city-states fought the invading Persian Empire at the pass of Thermopylae in central Greece. Vastly outnumbered, the Greeks held back the Persians for three days in one of history's most famous last stands. A small force led by King Leonidas of Sparta blocked the only road through which the massive army of Xerxes I could pass.

In essence, the Oracle's warning was that either Sparta would be conquered and left in ruins or one of her two hereditary kings, descendant of Hercules, must sacrifice his life to defend her. Leonidas took charge of his personal fighting unit, the 300 Spartans, and headed to Thermopylae. Leonidas was

idolized by his men. He was convinced that he was going to certain death and his forces were not adequate for a victory, and so selected only men who had fathered sons who were old enough to take over the family responsibilities.

One of the best points at which to hold off an invader was at Thermopylae, a narrow valley adjacent to the sea. The attacker could not pass to the seaward side, and to go inland would mean a significant detour. Other armies could risk this, but Xerxes could not. Xerxes could not believe the Greeks intended to fight against hopeless odds. At first, he asked Leonidas to join him by offering the kingship of all Greece. Leonidas answered: ***"If you knew what is good in life, you would abstain from wishing for foreign things. For me it is better to die for Greece than to be monarch over my compatriots."***

Then Xerxes asked him more forcefully to surrender their arms. To this Leonidas gave his noted answer: ***"Come and get them"***. This quote has been repeated by many later generals and politicians in order to express an army's or nation's determination to not surrender without a battle.

Xerxes waited four days for the Greek force to disperse. On the fifth day he sent 10,000 soldiers, but they were "cut to pieces" with only two or three Spartans dead. The Persian emperor, having taken the measure of the enemy, threw his best troops into a second assault: the Immortals, an elite corps of 10,000 men but they were defeated. Then, another 20,000 troops were sent against the Greeks, who also failed to open the pass even though they were flogged by their leaders to keep on attacking.

On the second day Xerxes sent another 50,000 to assault the pass. Again they failed. The account of the slain gives some indication why: the wall of bodies must have broken up the Persian line and detracted from their morale. Climbing over the bodies, they could see that they had stepped into a killing

machine but the officers behind prevented them from withdrawing. Xerxes at last stopped the assault and withdrew to his camp, totally perplexed. By now he concluded that a head-on confrontation against Spartan-led troops in a narrow place was the wrong approach.

A greek traitor named Ephialtes went to King Xerxes and told him that he knew of a goat path that went around the Greek position and debouched behind their lines. After initial skepticism, Xerxes discovered the man was telling the truth. He made his preparations.

The Greeks knew of the path, of course. There was, in fact, more than one path, winding among the mountains. Some soldiers were posted on the most likely path, but the Persians slipped past them by way of a different path under cover of night.

The Greeks knew they were about to die and they fought all the more fiercely for it. The Spartans put up the stoutest resistance, taking their stand on a little hill and fighting in a circle facing outward with the enemy all around.

When Leonidas was killed, he was some distance away. Some of the Spartans formed a tight group, fought their way to his body, picked it up, then fought their way back to the main group on the hill.

The Persians seemed utterly unable to annihilate the last 300 Spartans. They demanded the body of Leonidas in return for the Spartan's lives, but the men refused to abandon the body of their King, declaring: "A Spartan leaves the field with his shield or upon it"

At last, the Spartans were killed by a hail of spears and arrows, the Persians fearing to close on these fearsome warriors. The Greeks lost the battle. They had come hoping for a victory and instead had been routed. But

Thermopylae was always hailed as a triumph for the Greek army because the Persian army was crucially delayed. Thermopylae allowed the Greeks time to organize. The Athenians continued to build their ships in order to take control of the seas again.

You cannot have the success you seek without some failures too. There are no gains without pains, said Benjamin Franklin. Any experience can be transformed into something of value. Everything depends on the way you look at things. What appears to be stumbling blocks and defeat, can be stepping stones to victory if you remain determined.

In order to make the Law of Attraction work for you, it's important to realize that in all of your adversities lay the seeds of equivalent advantages. In every defeat there is a lesson showing you how to win the next time.

Throughout history, millions of people were heartened by the example of Leonidas and the 300 Spartans plus the allies who fought at Thermopylae. The battle served as an example of what courage and self-sacrifice could achieve. It is still remembered today as such an example.

Throughout history, millions of athletes and leaders were inspired by the example of Leonidas and the 300 Spartans. "What in the world are we doing?" How can we find the good side to every situation?

Michel de Montaigne (1533-1592) said something very inspiring, "The most valiant are sometimes the most unfortunate. Thus there are triumphant defeats that rival victories. Nor did those four sister victories, the fairest that the sun ever set eyes on - Salamis, Plataea, Mycale, and Sicily - ever dare match all their combined glory against the glory of the annihilation of King Leonidas and his men at the pass of Thermopylae."

We have the power to do things we never dreamed possible. The secret is to find the good side to every situation, especially facing difficult challenges!

SECOND: EXPECTATION COMES BEFORE ACHIEVEMENT

Your aspirations are your possibilities. If you want to be big, you have to think big. You know what you are today, but not what you may become tomorrow. You have to think big and look at things as you want them to be, and then make those things happen day by day. You don't know what you can do until you try.

For instance, my daily routine is the following:

- To drink 3 glasses of water 3 times a day
- To practice 30 minutes Core Training
- To sell over \$3,000
- To contact and greet 3 clients
- To contact and greet 3 friends or relatives
- To relax and meditate 30 minutes
- To practice dancing for 30 minutes
- To practice Kung Fu for 30 minutes
- To practice guitar for 30 minutes
- To eat 3 healthy meals
- To eat 3 snacks.

These are my daily goals and they keep me on track in order to be able to accomplish my yearly goals and consequently my life goals. The fact is that your only limits are those of vision. The more you can dream, the more you can be. For example: Day by day, accomplishing my daily goals brings me closer to realizing my dream objectives:

- To make 30 million dollars in annual sales
- To have more than 3,000 clients per year
- To have 3 books published every year
- To own a beautiful house, 3 blocks away from the ocean.
- To take 3 months of holidays every year.

THIRD: YOU MUST ACT ON YOUR GOALS TO BE SUCCESSFUL

The performance of the defenders at the battle of Thermopylae is often used as an example of the advantages of training, equipment, and good use of terrain to maximize an army's potential, and has become a symbol of courage against overwhelming odds. It is one of history's most acclaimed battles, one of civilization's greatest last stands. And in Thermopylae, renowned classical historian Paul Cartledge looks anew at this history-altering moment and, most impressively, shows how its repercussions have a bearing on us even today. The invasion of Europe by Xerxes and his army redefined cultures, kingdoms, and classes. The valiant efforts of a few thousand Greek warriors, facing a huge onrushing Persian army at the narrow pass at Thermopylae, changed the way generations to come would think about combat, courage, and death.

The sacrifice of the Spartans and the Thespians has captured the minds of many throughout the ages and has provided inspiration to act in spite of their fear, doubt, and worry. So, if you want to be successful, you can start at any time. But you must start. Don't make the mistake of not doing anything because you can only do a little. Act now! Do what you can do. It will always be your attitude at the beginning of any difficult task which, more than anything else, will affect its successful outcome. For example: Every time that I face a challenging situation, I follow this procedure:

- I take a deep breath, and holding it for 3 minutes, and then I close my eye, feeling relaxed and rested.
- During these 3 minutes I visualize King Leonidas and his 300 Spartans fighting an army of 100,000 Persians.
- Before opening my eyes I mentally repeat: "I HAVE UNLIMITED POTENTIAL. There are no limitations to what I can do except the limitations of my own mind."

The performance of the 300 Spartans at the battle of Thermopylae was highly

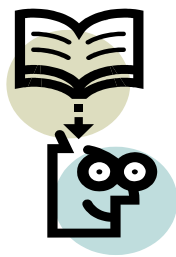
inspiring for me, therefore, I can always change my attitude to a positive state of mind by visualizing the courage of these 300 Spartans against overwhelming odds. As you probably already noticed, the number 3 is my favorite number and the reason for that is because this number reminds me of the conviction and great determination of these 300 brave Spartans.

A JOURNEY OF A THOUSAND MILES

To be aware of what you want and not go after it, to spend years wondering if something could have materialized, and never knowing if it could have been, is a tragic waste of your life. The worst thing you can do is not to try. Vision Boards will help you reach a port, but you must sail. Vision Boards will make the Law of Attraction work for you, but you must sail, not lie at anchor. Vision Boards will help to manifest your goals and objectives, but you must sail off in the direction of your dreams, not drift. A journey of a thousand miles, begins with one step. Don't think about the things you can't do. Focus on your Vision Boards and act upon the things you have to do day by day.

Finally, don't ever stop dreaming. For when you cease dreaming, you cease living. The dream of the King Leonidas and his 300 Spartans was one that momentarily helped shape the identity of classical Greece and hence the nature of our own cultural heritage.

Chapter 2



THE ART OF PRACTICING VISION BOARDS

Practicing Vision Boards is an art, not a skill. A skill is something you can be taught in a certain number of lessons, while an art is something you learn slowly and gradually over your entire life. Whether you are a sculptor, a painter, a ballerina or a trombonist, you have to apply discipline in order to progress. The art of practicing Vision Boards is something you adhere to for a very, very long time, and you must master it to become a great leader, superior athlete or a wealthy person. The art of practicing Vision Boards requires the following practices:

The Practice of Attraction

The Law of Attraction attracts to your life whatever you give your thinking, feelings and energy to, whether positive or negative. Each one of us generates either a positive or negative energy. Every mood or feeling causes you to produce a positive or a negative energy. Every single moment you have a mood or a feeling, *The Law of Attraction* is responding to the energy

you are generating. Right now, in this moment, you are attracting more of the same energy, whether positive or negative.

For example, when a person wakes up first thing Monday morning feeling tired and irritated, he or she is generating negative energy; therefore, the Law of Attraction responds, matching the same energy the person is producing. So this person gets out of bed, stubs his toe, doesn't have time for breakfast, the traffic is snarled, his boss is cranky, clients cancel and the company announced annual losses, therefore, no bonuses this year.

Or what about the person who gets up every morning feeling good and rested; excited about exercising 15 minutes in the morning, taking a relaxing shower and then having a healthy fruit juice for breakfast; early traffic is always good, clients typically show on time for the meeting and the boss is always kind and efficient to work with.

In both of these examples, the *Law of Attraction* is at work, unfolding the events and circumstances that need to happen to bring more of the same energy, whether it is positive or negative. It's important to understand that The Law of Attraction is already existing in your life whether you understand it or not, whether you like it or not, or whether you know how to use it or not. The practice of Vision Boards will help you use your energy more deliberately so you can stop attracting what you don't want and start attracting what you do.

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.

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 things you want to bring into your life.

**“If you would hit the mark, you must aim a little above it; every arrow that flies feels the attraction of earth.”
~Henry Wadsworth**

The Practice of Harmony & Vision

Attraction and harmony are hooked together. Harmony never means that everything you attract into your life becomes pleasant, beautiful or alike. The point is 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 determine to live in harmony.

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 bringing the things you want 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 comes 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

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 your 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, all of which can greatly reduce the feelings 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

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

“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

“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 book, 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 this natural condition.
- **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 in your life than you may be aware of. 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 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

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 for life.

When you make fitness part of your daily life, you enhance your self-esteem;

you don't get tired after working all day. You have more energy for weekend get-togethers with family and friends. You're more alert and creative. You do better at school or at work. Physical fitness has really skyrocketed within the last decade. There are greater numbers of individuals performing various activities in attempts to enhance physical appearance, athletic performance, psychological states of well-being, and the overall quality of life. 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 balance body where every muscle is trained to work effectively to make the body a perfect expression of beauty. They all look relaxed and confident.

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 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 key for achieving relaxation is developing mental and body fitness. You must train your mind and body for achieving your optimal fitness. Your body looks beautiful and moves majestically when it is properly trained. Unlike any other creature on earth, we have one great advantage to use in training our bodies: the capacity to relax and think about the areas for improvement. Thinking allows you to become mentally aware of our activities, thereby allowing us to refine and perfect your moves or skills. This entire book has

been prepared with the sincere hope that you will learn and apply simple yet powerful principles for relaxation and mastery of your mind and body.

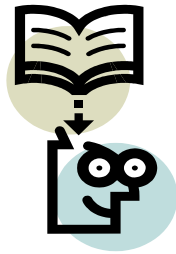
This book is about learning to relax and eliminate the resistance for attracting fitness and prosperity but, most importantly, it is about you – your mind and body. Do it right and you will develop natural instincts for attracting happiness and prosperity into your life.

"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

Finally, I have to admit that most of this book is based on quotes from brilliant minds. This has come about because since I was a child, my dear grandmother, Nora Shemmell Koch planted in my mind the habit for 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 of growing smart.

As you journey through this book, you will soon become very aware that 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 contains the very best collection of famous quotes. By learning *Basic Principles* you'll live again the moment when philosophers, scientists, historians and leaders discovered the 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 make the discovery again.

Chapter 3



IMPORTANT CONCEPT IN VISION BOARDS

To make the best use of *Vision Boards*, it is important that you understand the concepts behind how *Vision Boards* works to attract the event and circumstances in life for manifesting your goals and objectives.

This section provides detailed information on the various concepts and laws that make *Vision Boards* a highly effective tool for understanding and utilizing the *Law of Attraction*. A good understanding of this information is especially important if you plan to master the art of *Vision Boards*. The practice of Vision Boards requires the understanding of the following concepts:

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 than 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

Vision is the manner 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 developing the skills for mental relaxation and observation.

This book applies highly effective 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 "*The Vision Boards Manual*". This simple learning

technique will help you achieve the mental relaxation to learn, analyse and find optimal solutions to any problem. You can use *"The Vision Boards Manual"* and learn to think like the greatest minds in history. With daily practice of "The Vision Boards Manual" 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.

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 until you manifest 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 of, your thoughts will create that as your reality.

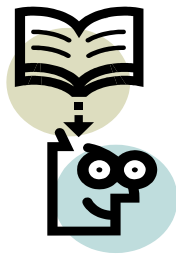
“The expectations of life depend upon diligence; the mechanic that would perfect his work must first sharpen his tools.” ~Confucius

- **The Law of Gestation** states that there is a period of time that must elapse before any event or thought will manifest in form. For instance, the gestation period of a potato, from planting to maturity, is 12 weeks; a normal human gestation is between 36-42 weeks. The length of that time is dependent on the process involved and the magnitude of the energy. Similarly, the process of gestation for a vision board requires a magnitude of energy and time before it can be manifested.

“In producers, loafing is productive; and no creator, of whatever magnitude, has ever been able to skip that stage, any more than a mother can skip gestation.” ~Jacques Barzun quotes

To harness the power of these powerful universal laws, I 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.

Chapter 4



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 the clear vision 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 **Mind Maps**. A mind map is a diagram used to represent words, ideas, tasks or other items linked to and arranged radially around a central key word or idea. It is used to generate, visualize, structure and classify ideas, and as an aid in study, organization, problem solving, and decision making.

This method is a simple way to apply pictures, words, arrows and signs in analysing, learning, understanding and remembering new concepts such as *Basic Principles*. **Mind Maps** are so simple that primary school children can learn it in 5 minutes. Here are the rules:

Rule # 1 - Make Things Obvious

This book 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 book. I warranty that by the time you finish reading this book, your creativity, 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 mind maps while you read this book will ensure that you understand the content of this book. 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 map 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 **Mind Maps** for your success is the first step for 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 apply *Vision Boards* to learn how to think like the brilliant minds whose quotes in this book, are shared to help you practice creative thinking.

“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. To achieve this, you will now learn the 5 steps of creating ***Mind Maps***.

Steps For Creating Mind Maps

Mind maps, or similar concepts such as *Vision Boards*, have been used for centuries, for learning, brainstorming, memory, visual thinking, and problem solving, by educators, engineers, psychologists and people in general. Some of the earliest examples of mind maps were developed by Porphyry of Tyros, a noted thinker of the 3rd century as he graphically visualised the concept categories of Aristotle.

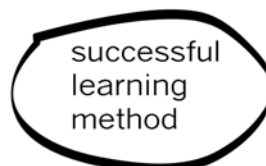
The mind map continues to be used in various forms, and for various applications including learning and education, planning and in engineering diagramming.

As a student of engineering and computer sciences, I used mind maps for the analysis and design of computer software. However, in this manual, you will learn 5 steps that makes mind mapping an easy and powerful method for creating Vision Boards:

Step one: As you read each page highlight the most important information.

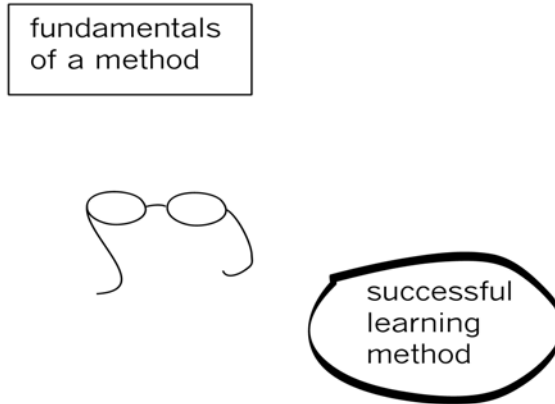
For example, you can highlight a quote that you want to remember or a definition of a concept that you want to understand better.

Step two: When you finish reading and highlighting a page, draw a circle at the middle of blank piece of paper and write the main point made in the middle of the circle. Grouping and organizing is reserved for later stages. Remember, **circles represent main ideas.**

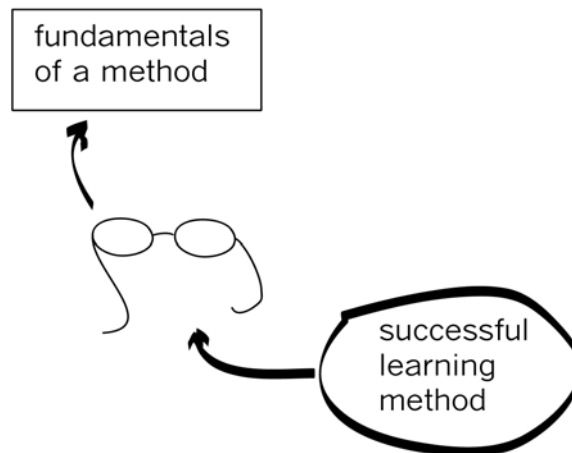


Step three: starting from the left corner of your paper, branch out the essential

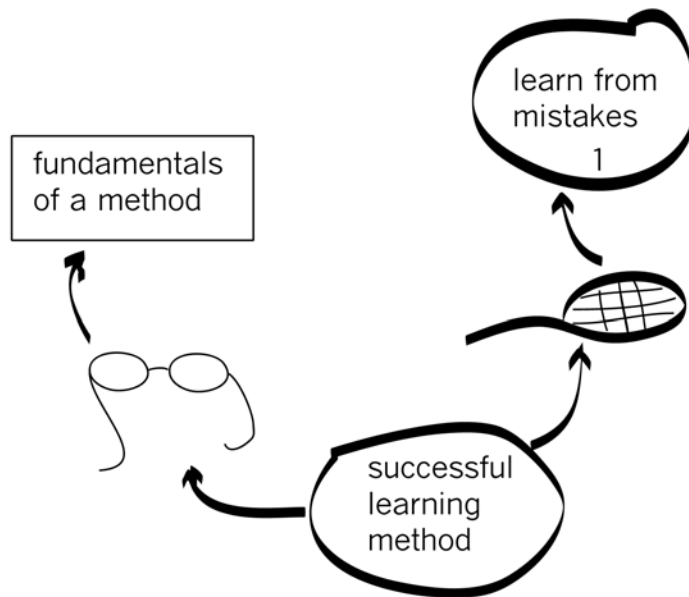
information relating to the main idea. Use pictures to describe an action and boxes to specify the relevant information associated with the action.



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

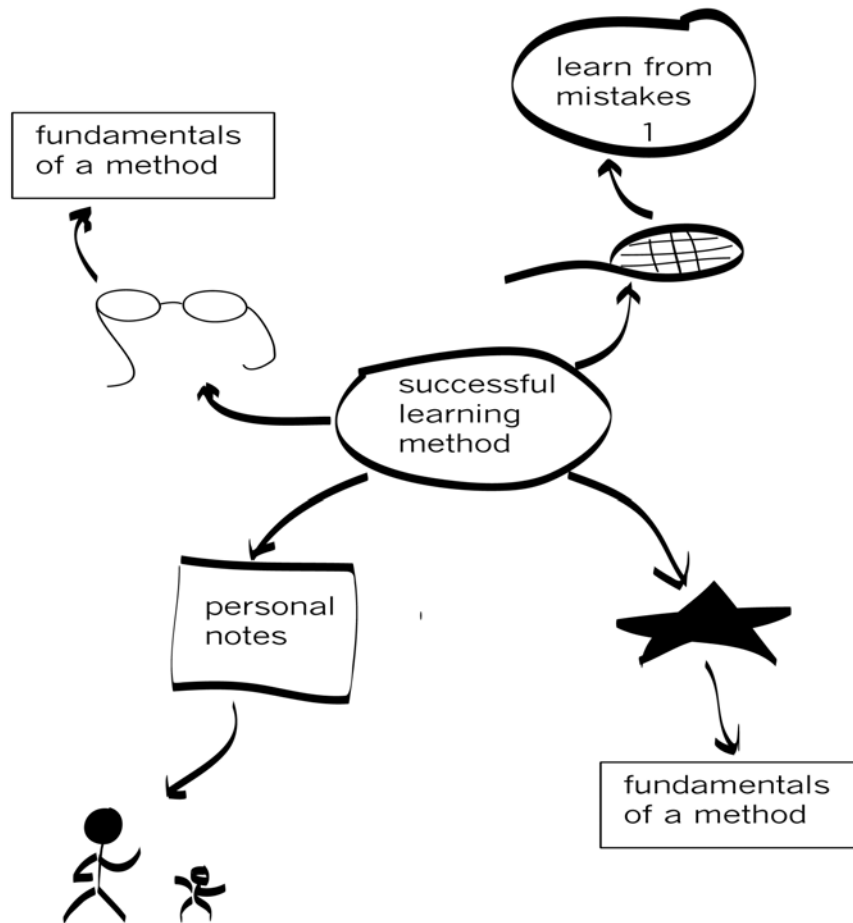


Step five: Use circles as needed to define additional processes or additional main ideas. Write a number at the bottom of the circle so you can identify the main idea on another piece of paper.



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”. The information I learned was a need to practice the techniques presented in the “successful learning method”. I drew a tennis racket to identify the importance of practicing the techniques. As an avid tennis player, in my mind’s eye I use the racket as a symbol for “productive and fun practice”.

Also, I recognized my desire to start a book or to create personal notes relating to the main idea. Thereby, in my mind, eyes glasses represent the action of recognizing something; practicing is represented by a tennis racquet; mastering is represented by a start and a book or my personal notes represent teaching.



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 it will be to remember.

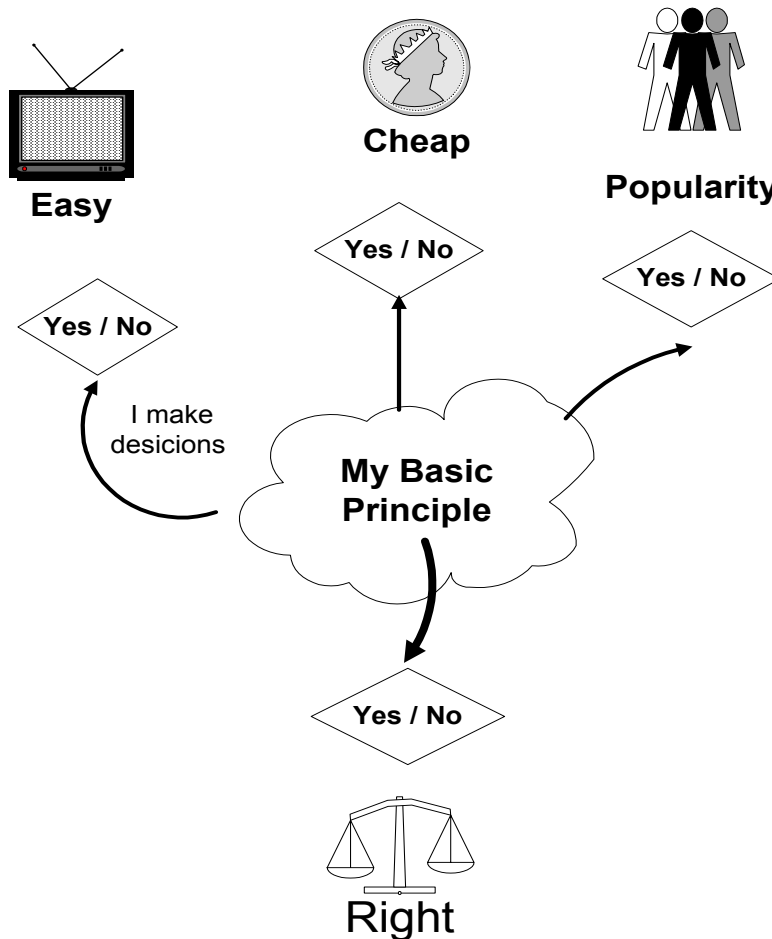
“All the breaks you need in life wait within your imagination. Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth.” ~Napoleon Hill

By using pictures, keywords, arrows and colours, you will enhance your imagination. This is how Leonardo Da Vinci and other great geniuses learned,

to 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.

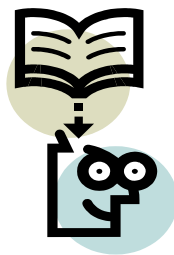
NOTE: This is the mind map of the first famous quote mentioned in this book (page #7).

- 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 book



“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

Chapter 5



THE PRACTICE OF VISION BOARDS

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. 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 principle in the practice of Vision Boards and learning how to use the Law of Attraction. Its truth has reached many people, philosophies and religions. Its power can be explained using the following quote:

*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

In order for you to understand and practice the Law of Attraction, I have created *The Vision Board Manual*. My hope is that by the time you finish reading this manual and completed all the *Vision Boards* suggested in following chapters, you will have gained habits and skills crucial to your health and prosperity. Life is largely a matter of expectation. If you want to succeed, you must expect to succeed. When you create your *Vision Boards* and you expect things to happen, strangely enough, they do happen.

With practice you'll come to a point of competence in creating Vision Boards. You'll find yourself accomplishing your goals with grace and confidence. It's then that you'll do things that you never dreamed you could do. You'll discover powers you never knew existed.

Practicing Vision Boards will improve your confidence in achieving your goal and objectives. Confidence doesn't come out of nowhere. It's the result of constant work and dedication. When you create your *Vision Boards*, you're prepared; you're able to feel confident. If you want to succeed beyond your wildest expectations you have follow the instructions from this manual and create the *Vision Boards* suggested in the following pages.

ARE YOU READY?

DO YOU WANT TO BE HEALTHY AND FIT FOR LIFE?

DO YOU WANT TO ACHIEVE SUCCESS AND PROSPERITY?

THEN MAKE SURE YOU DO THE FOLLOWING EXERCISES:

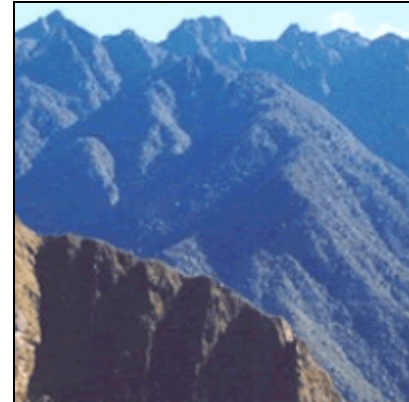
1- PRACTICE THE "GREAT RULES" (Ω)

2- CREATE ALL THE VISION BOARDS SUGGESTED IN THE FOLLOWING PAGES.

VISION BOARD ONE

“Act like a Genius”

Can you see the big picture?



The following rules (**Ω**) will help you to think more productively, leaving behind less productive habits, in order to arrive at solutions to problems.

Ω Relax and use your imagination.

During this type of relaxation, you repeat words or suggestions in your mind to help you relax and reduce the tension in your muscles. Once a day, find a peaceful place where you'll be free of interruptions. Then follow these steps:

1. Choose a focus phrase. Example: “I think like a genius”. This is called a mantra.
2. Sit quietly in a comfortable position resting your hands on your lap.
3. Close your eyes.
4. Relax your muscles by feeling and visualizing each part of your body healthy and relaxed (try to use color and shapes); starting at your head, working down your body to your feet.
5. Breathe slowly and naturally, focusing on your mantra – mentally repeat “I think like a genius.”
6. Continue for 10 minutes. And while you are repeating your mantra, visualize the realization of your personal goal. Example: relaxing on a

beautiful beach, becoming a world class speaker, buying a new house, celebrating with friends and family, etc. If your mind wanders, that's OK. Gently return to your mantra breathing slowly and naturally.

7. After time is up, sit quietly for a few minutes with your eyes closed. Relax your muscles by visualizing each part of your body; starting at your feet, working up your body to your head.
8. Open your eyes and sit in silence for a few more minutes.

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.” ~Albert Einstein

Ω Look at challenges in many different ways.

When we first look at a challenge, our emotions are high and intelligence is low; therefore it's important to use mental maps and formulate solutions to the problem in as many different ways as possible. As a form of practice, for each famous quote that you read in this book make a mental map using vision boards techniques.

“Accept the challenges so that you may feel the exhilaration of victory.” ~General George S. Patton

Ω Practice visualization.

In the process of using vision boards, let your imagination help you visualize solutions and to deconstruct the problem into smaller problems or a new one. As a practice, use your imagination to re-enact the moment when each quote was produced. Begin the process by relaxing your body from head to toe.

- First, review the mental map of the quote that you want to visualize.

Close your eyes and mentally rehearse the quote several times.

- Secondly, close your eyes and visualize the author of the quote in a positive speaking experience in great detail. See the clothes people are wearing, the lectern they are using and the classroom in which he or she is speaking. Involve as many senses as possible. Feel the excitement of the room. Create four to six images of the speaker and the audience, smiling, applauding and congratulating the speaker.
- Finally, you can employ a visualization technique commonly used by athletes. Repeatedly imagine yourself successfully delivering your quote. Imagine yourself doing hand gestures like the author of the quote, looking at the audience, adding inflection, etc. Create the images of the audience, smiling, applauding and congratulating you for your speech.

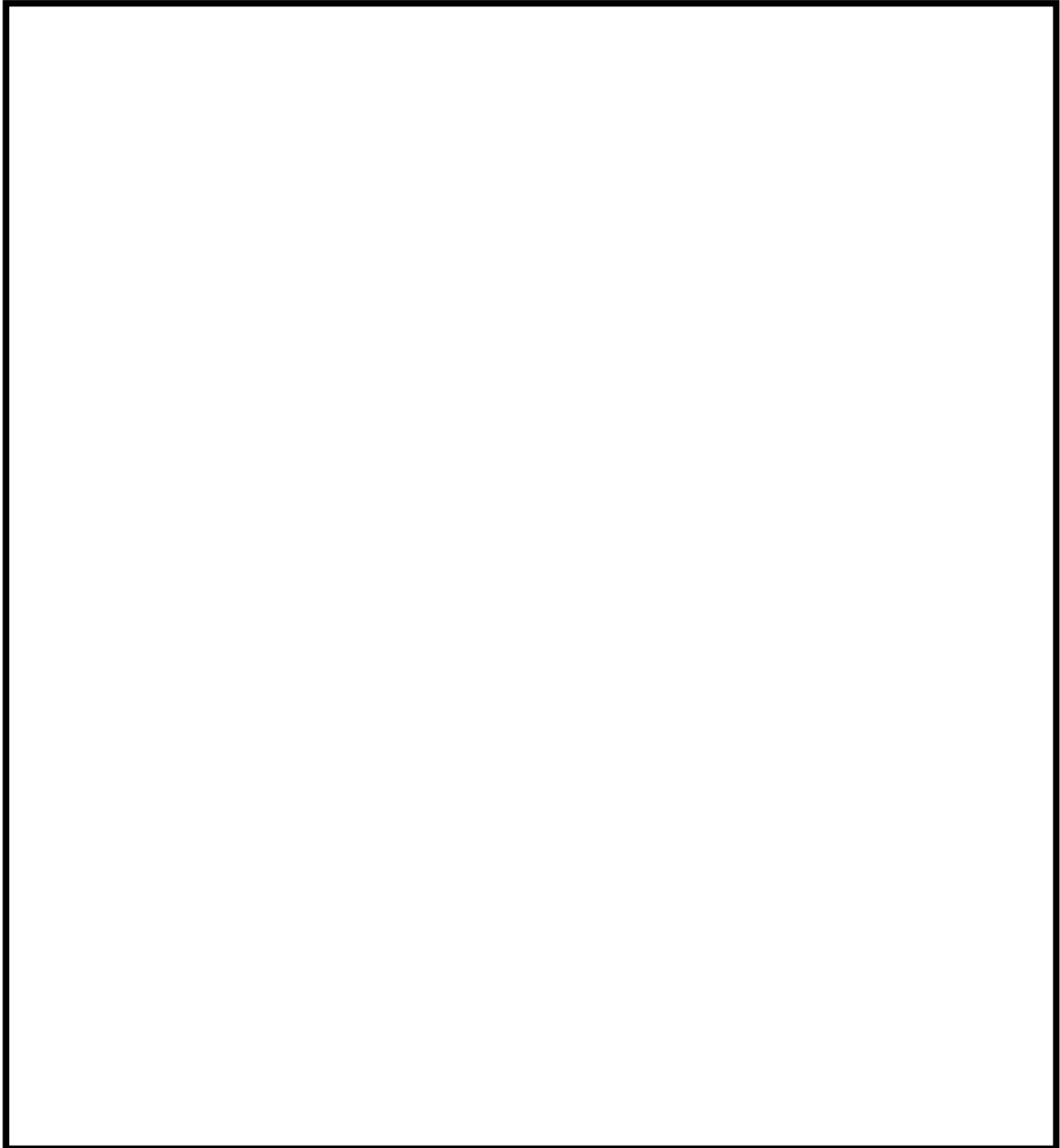
An attempt at visualizing the Fourth Dimension: Take a point, stretch it into a line, curl it into a circle, twist it into a sphere, and punch through the sphere. ~Albert Einstein (1879-1955)

Ω Take action now.

At first you may feel the results of your efforts to apply this new skill are only mediocre. Do not be overly critical of your efforts. All great geniuses produced not only great works, but also inferior or unacceptable works. They weren't afraid to fail, or to produce mediocre results in order to arrive at excellence. The secret of success is patience and perseverance - they have a magical effect in developing talents, skills and faculties.

“Edison failed 10, 000 times before he made the electric light. Do not be discouraged if you fail a few times.” ~Napoleon Hill

Important: Based on the previous rules, use mind mapping (page 40) for creating your Vision Board ONE, “**Act like a Genius**”.



Congratulations!

Now that you've created your first Vision Board, it's vitally important to develop habit for using Vision Boards daily. One of the ways you can do that is to learn and practice ***The Basic Principles***. For each of the principles you need to create a Vision Board as explain in page 40.



BASIC PRINCIPLES

Consider this – money will have a greater influence on your life than almost any other commodity you can think of. Indeed, the sudden loss or acquisition of money will affect your attitude to a tremendous extent. Therefore, you must agree that everyone should have a deep understanding of exactly what money is and of the laws governing its attraction.

"He who loses money, loses much; He who loses a friend, loses much more; He who loses faith, loses all." ~ Eleanor Roosevelt

To attract money and prosperity, you need to have a vision for your life. Most of the time people are concentrating on what they don't want to happen. They can articulate it very well. "...Peter lost his job...Mary got divorced...I hope it never happens to me." And when you ask the average person doesn't even know

exactly what they do want. They cannot describe a reality they want to live in. When you begin to describe your vision for creating happiness and prosperity, and begin to generate the kinds of feelings you'd have if you were already living in health and prosperity, then the laws governing the universe will compel you into the right actions. You'll begin to think positively and do things differently

"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe." ~ Gail Devers

How do you perceive the world around you? Is it friendly or hostile? Are you happy or unhappy? Are you rich or poor? Does money come easily? Are you healthy or sick? The answers don't matter any more. From this moment on relax; take a deep breath and focus on learning by self-mastery. Don't be afraid of what life has to offer you, learn from all your life experiences whether the experience seems good or bad. When you achieve self-mastery, the barriers between you and success will no longer exist. When you achieve self-mastery, your only limits to realizing "the tomorrow you want" will be your doubts of today. In particular, you will achieve self-mastery, wellness and richness by learning to relax and eliminating the fear and doubts of today. If you are seriously interested in becoming happy and financially independent, you must understand and practice the following principles – the Basic Principles:

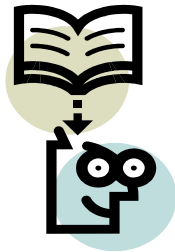
1. **Be Kind**
2. **Be Moderate**
3. **Be Persistent**
4. **Be Faithfull**
5. **Be Focused**
6. **Be Respectful**
7. **Be Disciplined**

By learning and practising the *Basic Principles*, your skills and self-confidence will grow substantially. With the right skill and confidence, you will build success and with success you will gain even more confidence. This state of mind you will need to develop abundance and prosperity in your life.



“We choose to go...not because [it is] easy, but because [it is] hard, because that goal will serve to measure and organize the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win.”
~John Fitzgerald Kennedy

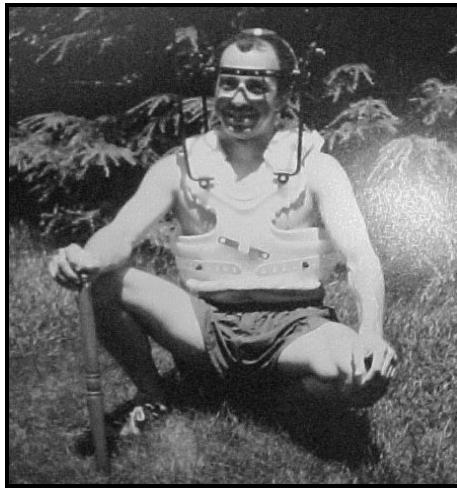
Chapter 6



THE PRACTICE OF KINDNESS

*“In a **gentle** way, you can shake the world.”*

Mahatma Gandhi



In most cases, accidents are the result of our ego, ignorance and lack of respect for nature. I learned this painful lesson when I fractured my neck as a result of a mountain biking accident.

I sought a few minutes of pleasure and ended up enduring a painful head brace for several months. It took me almost a year to recover from my injuries.

Photo: Mountain bike accident - **Vancouver Island**
<http://www.mastermoves.com/creator.html>

After a life-threatening bike accident in 1998, Oswaldo Koch developed Mastermoves as a method of healing and gently strengthening his body. In a conversation with writer Christopher Pollon in August 2003, Oswaldo described how the Mastermoves system evolved from personal therapy to an international training phenomenon.

IN 1998, YOU HAD A SERIOUS ACCIDENT THAT CHANGED YOUR LIFE. WHAT HAPPENED?

I had gone mountain biking one afternoon near Victoria BC. At one point I was barreling down a steep hill, high on adrenaline and completely oblivious to danger. I hit a bump and was thrown from the bike, landing right on my head. When I recovered consciousness a minute or two later, I felt a blinding pain in my neck, as if my spine had been pierced by a sharp piece of metal.

HOW CLOSE DID YOU COME TO BEING PARALYZED?

Very close. The next day I was put into a very painful head brace. The doctors decided against surgery because they weren't sure what was damaged internally, so it was left for time and nature to heal.

WHAT FORM DID YOUR REHABILITATION TAKE?

The brace was removed after about six months, so it took me about a year before I could really begin my training. During that time, my body and muscles had atrophied from inactivity. In addition to physiotherapy, the doctors suggested I start some gradual weight training. I decided not to follow their advice, because they gave me all sorts of precautions and I really felt like I was limiting myself and my recovery.

WERE YOU CONSCIOUS THAT YOU WERE FORMULATING YOUR OWN TRAINING SYSTEM RIGHT FROM THE BEGINNING?

Not at first. But I realized how my previous training regimen had been physically damaging, so I was determined to come up with a better

method to enable my body to heal and become stronger.

Early on, I did a lot of reading, focusing on many different types of training -- yoga, tai chi, chi kung, Latin dancing and Aikido. For example, I was interested in applying the principles I had learned during my four years studying the Japanese art Aikido – such as the importance of being gentle with your body, and of the importance of being in physical, mental and spiritual harmony with nature.

WHAT HAS MASTERMOVES EVOLVED INTO TODAY?

Mastermoves has evolved into the most effective ‘Core Training’ system available. Core training is the term used for developing optimal fitness from your core muscles to every part of your body. Get it right and in a period of 3 months of daily training - 15 minutes twice a day, you will have a strong and beautiful body for the rest of your life. Get it wrong and you will be part of the statistics where 90% of the population in the world suffers from back problems, neck pain, bad posture and overweigh. The system eliminates the barriers to developing our bodies to their full potential. It helps us change bad habits involving our body posture, the quality and quantity of food we eat our mental well-being, and how we move and walk.

Mastermoves is designed for achieving harmony within the human body. You train 15 minutes each morning and 15 later in the day, gradually developing improved muscular symmetry, coordination and speed – all the conditions required for your body to perform optimally, no matter what kind of physical activity you do. To get results, you do not have to submit to a regime of tortuous forced reps or injury-inducing high intensity work-outs.

“I still need more healthy rest in order to work at my best. My health is the main capital I have and I want to administer it intelligently.” ~Ernest Hemingway

THE REAL MIRACLE

The real miracle of living well is when you've learning to live in harmony and you're no longer intoxicated by praise or depressed by lack of appreciation. If you begin to open up through positive affirmations, proper hydration, natural nutrition and daily exercises, and the fact that you can choose to live in harmony with nature and manifest a positive reality, you'll begin to move into the consciousness of self-mastery. There is a dimension of us underutilized. It is harmony. With good intention, practice, love and with proper relaxation or meditation, you can harness that dimension of your life. Harmony has no beginning and has no end. Maximizing the use of harmony in your life will enable harmony to attract prosperity and happiness into your life.

“Learn to relax. Your body is precious, as it houses your mind and spirit. Inner peace begins with a relaxed body.” ~Norman Vincent Peale

If you wish to attract prosperity and happiness into your life you must program your subconscious mind with prosperity beliefs. There is a universal consciousness, a unified field of awareness that's everywhere and that is operating and supports your prosperity and happiness. What you need to do is to acknowledge this universal consciousness by living in harmony and generating inner talk using this consciousness. Whether you want to call it God, energy, vibration or intention, you must acknowledge that you are part of a universal consciousness and positive inner talk with this consciousness is essential for living in harmony and achieving prosperity and happiness.

Successful people begin to understand that they can talk to a universal consciousness working for them.

“Dignity consists not in possessing honors, but in the consciousness that we deserve them.” ~Aristotle

Living in harmony has to be a practiced until that practice becomes a way of life. We have a choice everyday to rest well, eat healthy, drink plenty of water and exercise our bodies gently. We have a choice to treat every person with respect and love. We have a choice after each experience to make a decision as to how we perceive that and how we react to it. We can have our house burning right in front of us and be devastated by what is happening in front of us. However our decision on how to interpret it is what makes the difference.

“To be aware of a single shortcoming within oneself is more useful than to be aware of a thousand in somebody else. Rather than speaking badly about people and in ways that will produce friction and unrest in their lives, we should practice a purer perception of them, and when we speak of others, speak of their good qualities.” ~ Dalai Lama

We always have the choice as to how we chose to perceive our experiences. This is the reason some people evolve to be stronger people, following great loses or tragedies, while others crumble from comparatively smaller hurdles. Adversity can be seen as an opportunity for growth or as an insurmountable road block. The choice is ours.



PRINCIPLE # 1: Be Kind.

Although we easily forget our roots, we are all part of nature. Our very existence depends on a harmonious relationship with nature. Excess of any kind makes humans unable to attain harmony in their lives. We tend to neglect the needs of our bodies and to ignore the importance of living close to nature. While engrossed in our daily activities, we often abuse our bodies with bad eating habits and poor posture. We ignore the importance of being gentle with our bodies and of living harmoniously with nature. Instead, we choose to abuse nature, taking the riches of the earth and leave behind disposable products, poison and garbage.

The single most important quality you can develop to enhance every part of your life is to act with integrity. Integrity is the core quality of a successful and happy life. Integrity is the result of living in harmony and acting in a gentle way.

“Only the weak are cruel. Gentleness can only be expected from the strong.” ~ Leo F. Buscaglia

SUGGESTIONS:

- Be gentle and patient in learning a new skill by accepting initial mistakes as part of a natural learning process. You need to embrace the process of trial and error until you master your new skill.
- Be compassionate and sensitive to the fragility of nature and your life.

- Whenever possible not use disposable products. Discarding a paper cup may seem like a small transgression, but multiplied by millions of people with this attitude, the problem seriously destroys our environment; it affects nature and disrupts harmony.
- Coexist with new ideas. If your ears are always filled with the sound of your own voice, you cannot live in harmony with others.
- Gently relax you body every day. Practice Mastermoves *Body Relaxation*.

VISION BOARD TWO

“Act with kindness”

Can you see the big picture?



Acting with gentleness is being totally honest and truthful in every part of your life. By making the commitment to become a gentle person, you will be doing more to ensure your success and happiness in life than anything else you can ever do. The next five rules (**Ω**) will help you act with integrity:

Ω Develop your positive character.

Firstly, and most importantly you must develop a positive character. One of the best ways to develop your character is by consistently acting with complete honesty. This is what thoroughly honest people do in every area of their lives. All growth towards success or progress starts with the development of a positive character and the elimination of the filters that are

hindering our prosperity. Developing a positive character is a hard thing to do. The repetition of listening to positive affirmations and surrounding ourselves with positive people will help build a strong positive character. You will have bad days if you decide to feel sorry for yourself.

“People do not seem to realize that their opinion of the world is also a confession of character.” ~Ralph Waldo Emerson

When you begin to think in positive ways it definitely overrides and transcends those bad moments. We evaluate our perceptions based on previous experiences and patterns we have constructed around how we categorize our beliefs, these are referred to as filters. To grow in this way simply means that we are changing the negative filters. We are eliminating the friction and obstructions. We are changing the faulty beliefs. We're choosing to filter our reality with positive filters.

Ω Be totally honest.

To be totally honest with others, you first have to be totally honest with yourself. You have to be true to yourself. You have to be true to the very best that is in you. Only a person who consistently lives a life based on the highest values and virtues is a person with integrity. If you are always honest and true to yourself you cannot be false to anyone else.

**“Honesty is the first chapter in the book of wisdom.”
~Thomas Jefferson**

Ω Keep your promises

Your integrity is manifested in your willingness to adhere to the values that are most important to you. It's easy to make promises but often very hard to

keep them. But every time you keep a promise that you've made, it is an act of integrity, which in turn strengthens your character.

“Promises are the uniquely human way of ordering the future, making it predictable and reliable to the extent that this is humanly possible.” ~Hannah Arendt

Ω Do the highest quality of work possible

People who have high integrity can be recognized by their consistent performance. They always do the highest quality of work possible in everything they do. They are the people who are always totally honest with themselves in everything they do, and strive to do excellent work on every occasion. People with high integrity realize that everything they do is a statement about who they are as a person. Living with integrity leads to dependability.

**“Confidence... thrives on honesty, on honor, on the sacredness of obligations, on faithful protection and on unselfish performance. Without them it cannot live.”
~ Franklin D. Roosevelt**



Reflection about kindness

Kindness is a value and quality in one's character. Kindness can be viewed as a refinement of character. Kindness creates the proper environment for growth and maturity. It's easy to see the difference between children who have been raised in a stressful, mean, emotionally distant and unstable home and those whose parents were patient, kind, protective, and nurturing. Kindness is one of the qualities which make the difference. It creates a soft

surface for learning how to deal with life's hard knocks. If the spirit of kindness rules in the home, then anxiety is minimized.

When kindness is in the soil, other virtues seem to take root and grow with amazing success. Good fruit results. It's important to understand that we are energy and that we will attract everything that we resonate. The only way to attract positive energy is acting with integrity and kindness - knowing the path, showing the path and walking the path. Therefore, if we are focusing on what we want; focusing on the person with all the attributes that we like, or what he or she has, and we believe with our whole heart and soul that that person will be found, we will kindly allow the universe to do its part. By acting with integrity and kindness, we will become that person. We will be filled with love and show the beauty we really are and we will attract those characteristics that will make us become that person.



I never had a policy; I have just tried to do my very best each and every day. ~Abraham Lincoln

Integrity and kindness: The way to success

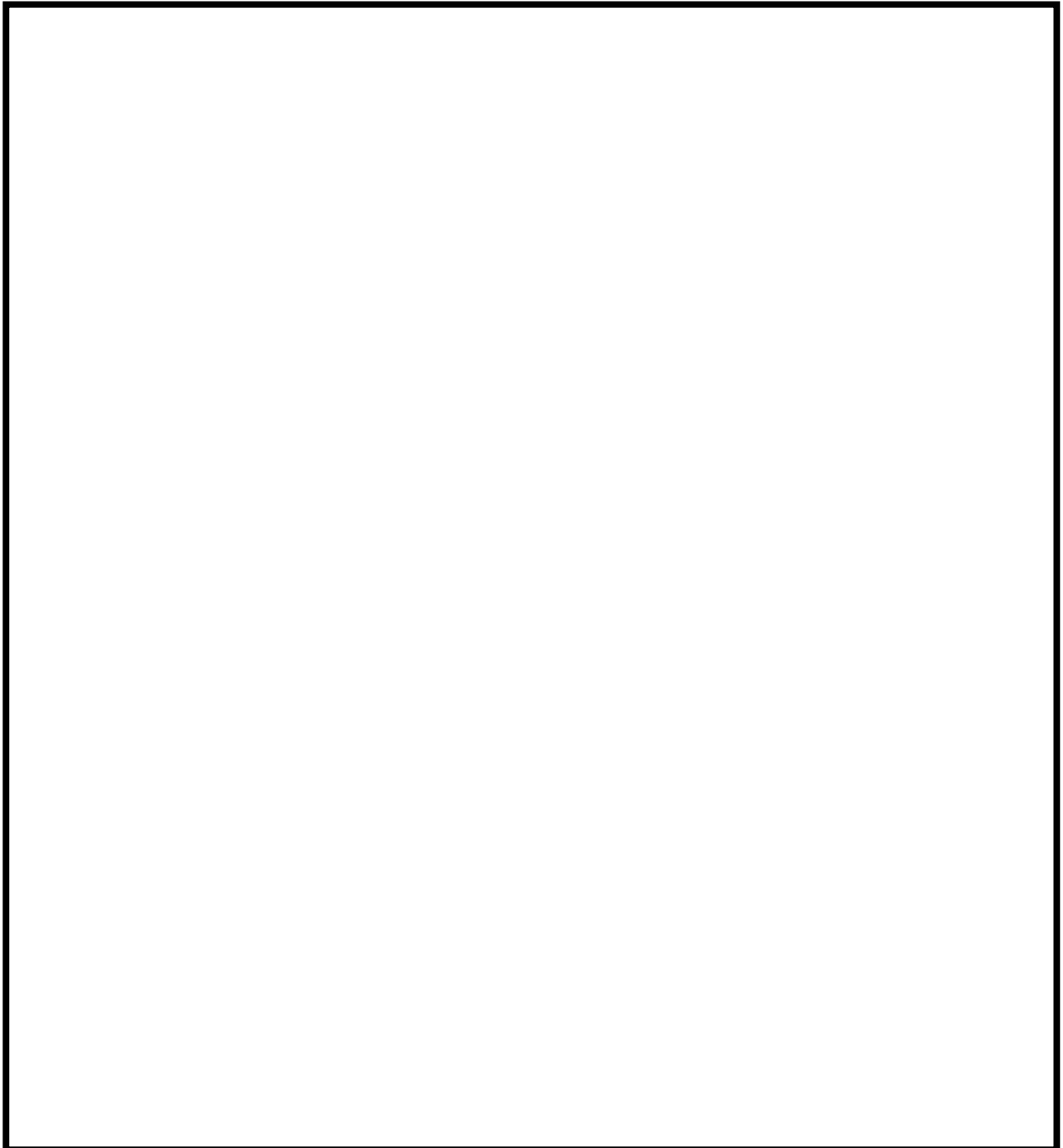
If your actions are not congruent with your beliefs; If you don't believe in yourself; if you don't respect and love yourself; if you fail to truly believe in your product or service, stop doing it. Stop telling yourself the story "you've got to do it just because I need the money. I need something to make an income". To win in the game of life you've got to focus on winning the game of life – acting with integrity and kindness.

Acting with integrity is the practice of kindness. To attract money, relationships or success we must learn to practice kindness. We have to define the ideal relationship. We have to treat our relationships as a joint participation in the good of life or in the good of the universe. You are not going into a relationship to get something from someone. You're going into a relationship to be more yourself so that you can be with somebody you feel comfortable with to share love, kindness, respect and forgiveness. But if you think you are going to get something from the relationship, you are setting up a resistance in the relationship and it will be a strained relationship.

"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship." ~Buddha quotes

Understanding ourselves is a function of our self image. We have an image, an unconscious image of who we are, what we believe we can attract, what we deserve, and we will look for what matches those things in our life. If that image is only an image of mediocrity we will only generate mediocrity. As long as we don't change the internal image in our mind; as long as we don't choose to live our life with integrity and kindness, success cannot be achieved.

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board Two, “**Act with kindness**”.



Chapter 7



THE PRACTICE OF MODERATION

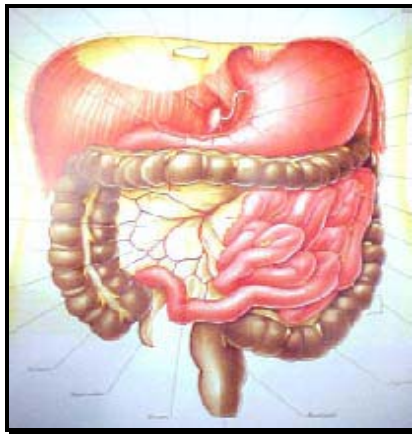
*“In success be **moderate**”*

Benjamin Franklin

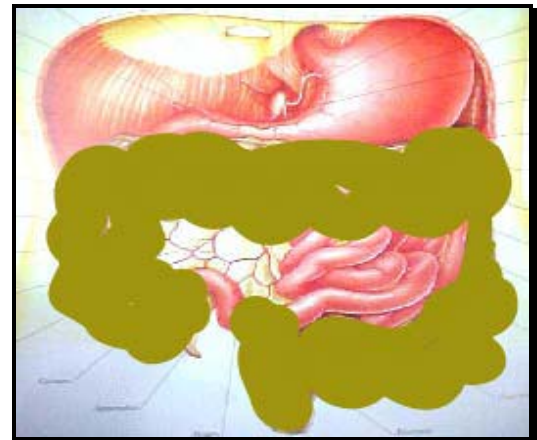
Nutrients from food are absorbed by the body as it passes through the digestive system. Nutrients are essential for cell growth, maintenance and repair. Nutrients provide energy to enable your body to function efficiently. Nutrients, along with fiber and water, are essential to your good health. Although nutrients can work alone, each depends upon the others to be the most effective.

The practice of good nutrition means knowing your nutrients and eating with moderation. Your body needs a variety of nutrients to remain healthy. In fact, there are six categories of nutrients which our bodies need each day: carbohydrate, protein, fat, vitamins, minerals, and water.

I learned the practice of good nutrition in the navy. During my second year in the Peruvian Naval Academy I was assigned to supervise the kitchen. This assignment was one of the best experiences I had during my years in the Navy. Running a kitchen to feed 800, always hungry, cadets was truly an art. Meals were often not very tasty but they were very nutritious. The meals that most cadets ate were based on moderate amounts of beans, rice and chicken. These meals were economical, easy to cook and very nutritious and kept the cadets lean and healthy. Even now at the age of 46, the same regular diet helps me to be at my prime of health and physical condition.



A moderate diet keeps your digestive tract in good health. Nutrients are assimilated and waste is eliminated efficiently.



Overeating and junk food enlarge and deform your digestive tract. Nutrients are difficult to assimilate and waste accumulates for longer periods of time.

We are genetically wired a certain way. About 50 percent of our propensities in the way we think, eat and behave are genetic in nature. Then we're raised by the same people who gave us their genetics. As a result we get conditioned to believe, think, eat and behave consistently day-in-and-day-out the same way as our parents. Unless we become aware of this reality, we will adopt and use the same beliefs, the same eating habits and habits as developed by our parents.

“Successful people are successful because they form the habits of doing those things that failures don't like to do.” ~Albert Gray

The first part of changing faulty beliefs is awareness that you don't need to live this way anymore. You don't have to eat this way anymore. You don't need to think this way anymore. There are many prosperity beliefs you can internalize. To my experience, the most important belief is that “opportunities are everywhere”. We live in an ever-changing marketplace with new and exciting opportunities simply awaiting the creative mind and the shrewd individual who can discover them.

Then you need to create a new vision for yourself, about how you will think, what you will eat and how you will act. It takes at least 90 days of mental reprogramming and consistent practice to change from your old self to your new self.



PRINCIPLE TWO: *Be moderate.*

Moderation is very difficult to achieve. In fact, complete abstinence is easier than moderation. There's a quote by Roman philosopher and politician Cicero that goes “Never go to excess, but let moderation be your guide.” Though this quote's been around for over two millennia, it readily applies to today's personal and social habits like eating, drinking, smoking and working.

Moderation is one of the most important virtues for achieving self-mastery. Imagine our beautiful planet if every person would have money to buy a car and travel everywhere they want to – most probably our planet would be destroyed by the pollution and the mass production of cars – abusing natural resources and returning toxic waste to nature. Every great achiever, every successful person, knows the importance of practicing moderation. Every great philosopher has acknowledged the need for cultivating moderation as a prime virtue. Here are some famous quotes:

"The virtue of justice consists in moderation, as regulated by wisdom." ~Aristotle

"To go beyond the bounds of moderation is to outrage humanity." ~Blaise Pascal

"The heart is great which shows moderation in the midst of prosperity." ~Seneca

"Moderation is the inseparable companion of wisdom." ~Charles Caleb Colton

"If moderation is a fault, then indifference is a crime." ~Georg C. Lichtenberg?

"Only action gives life strength, only moderation gives it charm." ~Jean Paul

"Out of moderation a pure happiness springs." ~Johann Wolfgang Von Goethe?

In my experience, the art of moderation starts with the food we eat. What we eat and how we eat is the reflection of the mastery of moderation. **Gluttony** is the over-indulgence and over-consumption of food, drink, or intoxicants to the

point of waste. In the Christian religions, it is considered one of the seven deadly sins -- a misplaced desire of food or its withholding from the needy.

Gluttony, depending on the culture, it can be seen as either a vice or a sign of status. The relative affluence of the society can affect this view both ways. A wealthy group might take pride in the security of having enough food to eat to show it off, but it could also result in a moral backlash when confronted with the reality of those less fortunate.

Nothing will benefit human health and increase chances for survival of life on Earth as much as the evolution to a vegetarian diet. ~Albert Einstein

In search of a moderate diet, there are numerous choices. Fad diets are only short-term solutions. The real and lasting solution is to develop new ways of eating until they become part of your normal lifestyle. Don't be fooled by diet schemes that make unrealistic demands such as starving yourself. If you want to lose weight easily, you should enjoy foods that are rich in fibre and low in calories and fat.

Fat-fighting foods are based on complex carbohydrates that are processed differently from fats. Fat is broken down, absorbed and stored by the body without much effort. Carbohydrates are more difficult for the body to break down and assimilate. Complex carbohydrates rich in fibres such as whole grains, legumes, vegetables and fruit accompanied by some proteins can help you reduce unwanted weight. Keep in mind, however, that you still need some fat each day and not all fats are bad. Fat is also the only way that you can get essential fat soluble vitamins A, E and K. However, be moderate when you eat fat, especially when the fats you are eating come from animal products.

Eating moderately will allow you to relax, absorb ideas and learn more easily because your brain will not be distracted digesting large meals. Your mind will stay focussed when your body is relaxed and its energy used efficiently. Enjoy a variety of meals for the rest of your life; your body will stay in good shape and last longer because the food will be properly absorbed and the waste quickly eliminated.

“The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease.” ~Thomas A Edison

Try to give your body the correct combination and amount of natural nutrients on a regular basis. When you begin to look better and more energetic, you will recognize that you are on the right path to making your body healthier and more durable so that you can enjoy it more fully.

 **SUGGESTIONS:**

- As you gradually add more fibre-rich carbohydrates to your diet, it is very important that you also begin to drink more water to help your digestion. Without enough fluids, the extra fibre can make you constipated or gassy.
- Try to eat monounsaturated fats which are found in foods such as olive and canola oil.
- Avoid saturated fats which are found in foods such as red meats, dairy products and vegetable oils.

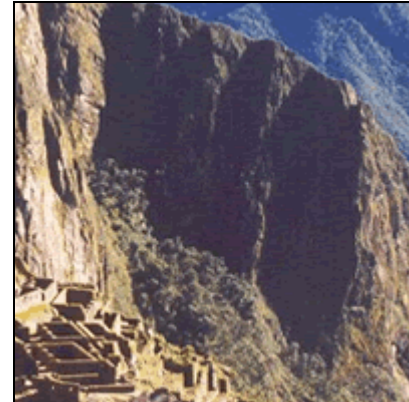
For **breakfast**, eat a combination of fruits, nuts and cereals. Ideally, try the *Master Juice* recipe found in the Mastermoves training manual.

The *Master Juice* will provide you with many vitamins, minerals and other antioxidants.

VISION BOARD THREE

“Act with moderation”

Can you see the big picture?



Spending too much money or eating too much or drinking too much are all excesses. Try to act in moderation in each of these areas of your life.

Moderate your spending, your consumption of food and alcohol, knowing that if you are excessive in those areas it's going to bring on additional stress. As you act with moderation and integrity in everything you do, you will find that every part of your life will improve. You will begin to attract the best people and situations into your life. You will become an outstanding person as well as a success in everything you do. The next rules (**Ω**) will help you act with moderation:

Ω Balance your work and leisure

“*You must be the change you wish to see in the world*”, said Gandhi. How do you make a difference? Ironically, you can do it through almost every action you take, if you act with moderation. It is the balance of work and leisure that will make a difference and most surely and directly bring you success.

“Life is like riding a bicycle. To keep your balance you must keep moving.” ~Albert Einstein

Ω Live a healthy lifestyle

Bad habits are the basic cause of poor health. A healthy lifestyle is one of both moderation and balance. Ever since Aristotle pointed out his *Doctrine of the Golden Mean* living a lifestyle of moderation has made sense. In every situation the extremes of both excess and deficiency are wrong. More is NOT necessarily better when it comes to your natural health.

“Your lifestyle - how you live, eat, emote, and think - determines your health. To prevent disease, you may have to change how you live.” ~Brian Carter quotes

Ω Eat with moderation

Dieting is all about healthy eating, not to put you in a dieting prison. Enjoy food and practice moderation. Food is one of life’s greatest pleasures. All foods, if eaten in moderation, can be a part of a healthy diet. If your favorite foods are high in fat, salt, sugar, and calories, limit how often you eat them, but don’t cut them out entirely. Eat smaller servings, eat them less often, or look for healthy substitutes. The key to a healthy, balanced diet is moderation. Eat a wide variety of foods, especially those high in nutrients, such as whole grains, fruits, vegetables, low-fat dairy products, fish, lean meats, and poultry. Make cooking a priority again. Get back to eating natural food – fruits and vegetables. For recipes and more cooking tips please visit www.mastermoves.com/cooking-recipes.html

“My favorite animal is the mule. He has more horse sense than a horse. He knows when to stop eating -- and he knows when to stop working.” ~Harry S Truman, thirty-third President of the United States (1945-1953).

Ω Exercise daily

From the natural health and fitness point of view the likelihood of you becoming a centenarian depends on how successfully and consistently you exercise daily. Cancer and heart disease are lifestyle diseases from the natural health and wellness standpoint. By that I mean that most incidents of cancer or heart disease can be prevented by replacing unhealthy lifestyle choices, with health generating lifestyle choices. These diseases are different from other diseases since lifestyle choices are within your control and as a result you can play a significant role in preventing these diseases.

“True enjoyment comes from activity of the mind and exercise of the body; the two are united.” ~Alexander von Humboldt, Prussian naturalist and explorer who explored much of Central and South America (1769-1859).



Reflections about moderation

Pain pushes you until the vision pulls you. So, we grow in two ways either through pain or through insight. Some people will get sick and after they become tired of being sick and tired all the time, they give up and continue the path to declining health. Their negative thoughts and actions create their reality, as they continue to walk in that direction. Some of these people will only be ready to change when the pain becomes unbearable. Others will have an insight, an “ah-hah” will happen to them even before illness or pain prompts them and they see life in a much wider perspective. Then from that wider perspective make a decision to begin to walk towards increased wellness.

We can blame other people and that's the easy thing to do because we can point the finger. We can just blame everybody else. When certain things happen to us that are inconvenient, or that we don't like, we can put blame on somebody else or accept responsibility ourselves. To act with moderation, we must take full responsibility for our reality.

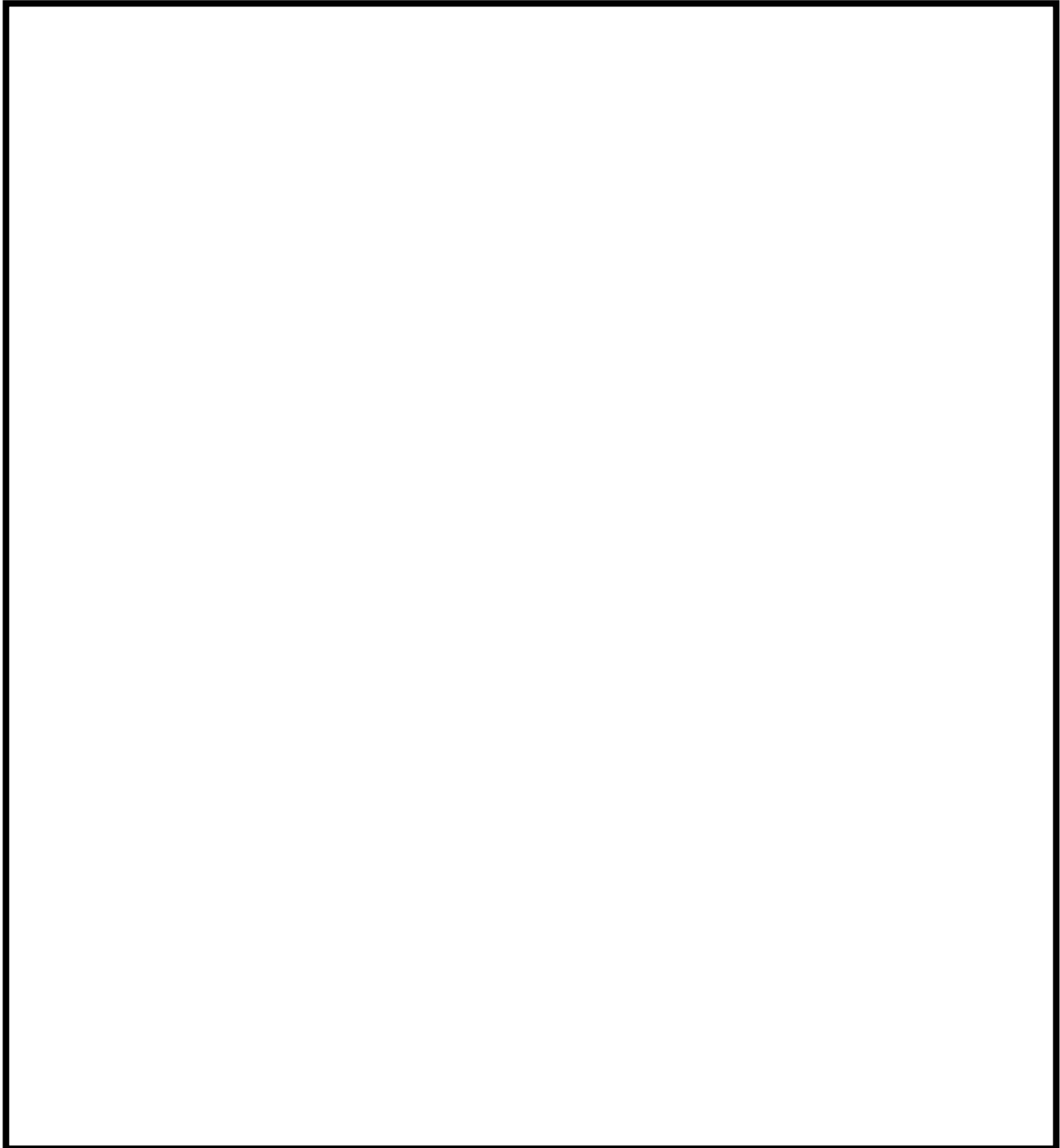
"You are not only responsible for what you say, but also for what you do not say." ~ Martin Luther (1483-1546)

We are not to blame for our programming but we are responsible for changing it. No one is to blame but ignorance and lack of moderation. We have all seen and experienced the burnout that happens with too much work as a result of abusive behavior. It is a fact that often we ignore things until it's too late. Act with moderation in every activity and give yourself quality time to relax and enjoy leisure activities, not because you're lazy, but because you love success.



**"Out of moderation a pure happiness springs."
~Johann Wolfgang Von Goethe (1749-1832) German poet and novelist**

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board Three, **“Act with moderation”**.

A large, empty rectangular box with a thick black border, intended for the user to create a mind map for their Vision Board Three.

Chapter 8



THE PRACTICE OF PERSISTENCE

“Money grows on the tree of **persistence**”

Japanese Proverb

I had an uncle who was a captain in the Peruvian Navy. I was always impressed by his beautiful posture. I aspired to be like him, so I entered the Naval Academy of Peru. While most of the cadets struggled with the drills and training, I loved them. Why? Because I was aware of the importance of good body posture and persistently maintained the correct alignment of my body.

"Sit up straight!" "Don't slouch!" were the most common admonishing words in the navy and surely more than once from your parents or teachers when you were growing up. Most of us begrudgingly complied with these commanding words having no concept of the anatomical and biomechanical rationale behind these orders. In fact, most people are not aware of all the implications

of poor posture, but somehow, some way we know that good posture is good for our bodies and important for attracting prosperity.

**A good stance and posture reflect a proper state of mind.
~ Morihei Ueshiba (1883-1969) history's greatest martial artist**

What is good posture anyway and why is it so important? Basically posture refers to the body's alignment and positioning with respect to the ever-present force of gravity. Whether we are standing, sitting or lying down gravity exerts a force on our joints, ligaments and muscles; therefore, good posture is crucial for allowing the natural alignment and relaxation of the body and mind.



The human body, like a tree, requires proper alignment to grow. Constantly correcting your body posture will make your body grow stronger and more beautiful.

Photo: Naval Academy - Peru
www.mastermoves.com/mind

Poor posture at work is a major cause of back pain, workplace stress, repetitive strain injury, resulting in lost time, reduced productivity, poor employee health, low morale, and higher costs. Sitting and standing with proper postural alignment will allow you to work more efficiently with less fatigue and strain on your body's ligaments and muscles. Sitting and standing with good posture will help you harness your mind to achieve prosperity. Being aware of good posture is the first step to breaking old poor postural habits and reducing stress and strain on your spine.

The best action is prevention. Not the lazy form of prevention, expecting ergonomic equipment on its own to solve the problem - anyone can habitually slump in even the best chair in the world. The principles and outlines of the Mastermoves Core Training are an effective and long-lasting form of prevention, requiring a degree of application. By putting this knowledge into practice you can prevent the structural anatomical changes that can develop if poor posture is left uncorrected for many years.



PRINCIPLE THREE: ***Be persistent.***

You become a leader with this kind of thinking: “Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb.” Only a few like Sir Winston Churchill (1874 - 1965) can convey the meaning of persistence with such clarity.

We can do anything we want as long as we persist and stick to our goals and purpose long enough. There is one incontestable truth that typifies the successful job seeker -- and that is nothing more than persistence. Calvin Coolidge, American 30th President of the United States, 1872-1933 said very eloquently “*Nothing in this world can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will*

not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan "press on" has solved and always will solve the problems of the human race"

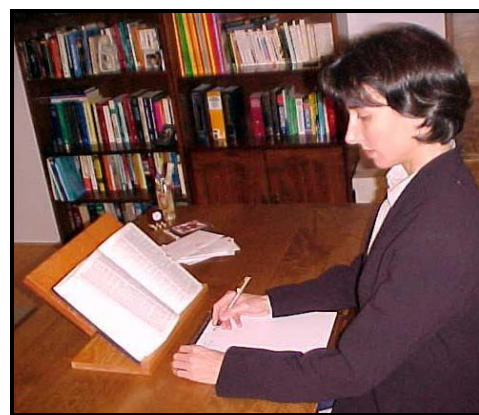
“Press on”, persist in making your dreams a reality. Anyone can give up; it's the easiest thing in the world to do. But to hold it together when everyone else would understand if you fell apart, that's true strength. One good way to practice the art of persistence is by developing good body posture. There are many good reasons for persistence in achieving and sustaining good body posture so “press on”. Body posture keeps you strong and healthy. Yet, most people don't understand the importance of preserving good body posture until later in life when they have to endure expensive treatments to alleviate back pain and regain their natural alignment.

“Press on”, persist in becoming “Posture Perfect.” Every successful person is aware of the importance of a good posture – looking good and feeling good. Good body posture is not easy to maintain if your body is not trained and conditioned to stay aligned. However, if you train with persistence, your abdominal and lower-back muscles will develop so that they can support a good posture all the time.

When you sit at a desk to read or to work, persist in keeping your body aligned. Use a book holder to make you reading more comfortable. Gradually, a good posture will be the norm in your life.

Photo: Products - **Postura Bookrest**

www.mastermoves.com/products.html



“Press on “, persist in training your core muscles every day. A good body posture is the result of strong abdominal and back muscles. Beside the aesthetical beauty of a good posture, the correct alignment of your back keeps your spinal column healthy and relaxed. This condition will greatly enhance your body functions and mental skills. Apart from the esthetical aspect of having good posture, it is essential that you preserve the alignment of your spine. The spine is the primary component of the nervous system which, in turn, controls every bodily function. The spinal column forms a protective housing around the nerves that enervate the body’s involuntary functions. When the spinal column is allowed to fall into poor posture it causes undue stress on the nerves where they exit the spinal column to go to the internal organs. Our modern sedentary lifestyle consisting of little exercise and long periods of sitting puts an unnatural strain on the spine. The strain is worsened by poor posture, with the end result being a malfunctioning nervous system and chronic back pain.

In many cases, our habitually poor posture locks us into a mindset where poor posture feels right because we perceive it as normal. We can learn to break free from that mindset by developing a constant awareness of our body posture and by strengthening the muscles that help to preserve good posture. Take responsibility for your health by persistently keeping good posture. Don't just go to the doctor and say, "fix me"!

 **SUGGESTIONS:**

- Pay attention to your posture every 5 minutes; take a deep breath and stretch your body.
- Exercise your core muscles every day. Develop strong back and abdominal muscles and use them constantly to preserve good body posture. Practise

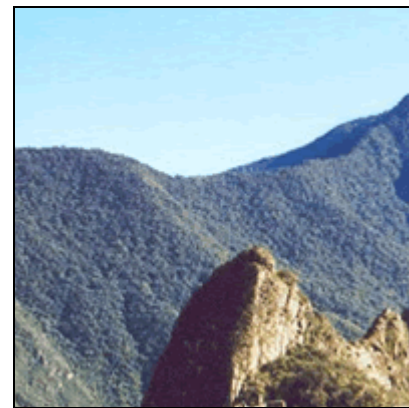
the Mastermoves Shoulder and Abdominal Strengthening exercises found in the instructional manual and Body Conditioning DVD.

- Develop the habit of using a book holder to encourage and preserve a good posture while reading. We often become so engrossed in what we read that we neglect body positioning.

Vision Board Four

“Act with Persistence”

Can you see the big picture?



We fear change until we embrace the fact that we are here to grow. We fear change until we discover that persistence is one of the keys to managing change and being successful in anything we do. Once you have determined exactly what it is you want to accomplish, you must take massive action on a consistent, persistent basis in order to succeed. The next rules (**Ω**) will make you act with persistence:

Ω Sit up straight

Sitting position is where most of us get into trouble with poor postural habits. This is especially true when driving or using a computer. As we focus on the activity in front of us, we tend to protrude the head and neck forward. Because the body follows the head, the thoracic and lumbar spine tends to round forward as well. When this occurs, the weight of the head and upper body is no

longer balanced over the spinal column but instead must be supported by increased muscular energy and over stretching spinal ligaments. Over time this leads to fatigue, stress and eventually results in pain in the neck and upper back. If you want to relax and grow smart, then sit up straight.

Ω Think tall

Keep the following important points in mind while standing or walking, and your posture may begin to improve almost immediately:

- Think tall. Imagine a wire attached to the top of your head, pulling it upward.
- Avoid standing or walking swayback--that is, with an extreme curve in the lower back. Instead, lift your chest up, pull in your abdomen, and tuck in your buttocks.
- Practice tightening your abdominal muscles and flattening your stomach. Hold the position for a few seconds, then relax. Repeat this occasionally throughout the day.
- When standing for long periods, try to stand evenly balanced on both feet. If you get tired, shift your weight from one foot to another. Occasionally rest one foot on a small stool.

Ω Keep an active lifestyle

Good posture can help you in ways you may not think about - with better looks, a stronger self-image, and even better health. An active lifestyle is the only way to develop and maintain good posture. A sedentary lifestyle reduces muscle tone and strength, thereby creating poor posture. In addition, sore, aching feet have a negative effect on the way you hold yourself. Often poor fitting shoes or high heels can result in aching feet or increased stress on the body posture.

High heeled shoes increase the likelihood of standing sway backed. "Straightening up" now and then isn't enough, however. Retraining good postural habits takes time and effort and can only be maintained when the muscles supporting good posture are strengthened to support it.

Ω Keep a healthy weight

Try to maintain a healthy weight. Being overweight can cause or aggravate poor posture. Remember, regular exercise is not only good for your overall health; it also helps you control your weight - and improve your posture.



Reflection about persistence

One of the things you'll notice on your journey towards your goal, are roadblocks and constant changes. You will encounter obstacles that seem to jump out of nowhere in an attempt to change the course of your actions. They are a part of life. However, a change in our daily routines or a change in our action plan is among the hardest and most feared things we do because we are afraid of reprisal as a result of it. But change is a natural order of our being. We are creating reality every day. We're here to make known the unknown. It is innate, it's a part of our mechanism, and it's a part of how our brain works. It's what we do best, but unfortunately, most of us live in a society that doesn't celebrate that.

One effective way to becoming persistent is to embrace obstacles and change. Obstacles are tough. They knock you down. But they are not meant to keep you down. They are meant to stimulate your will, your courage, and

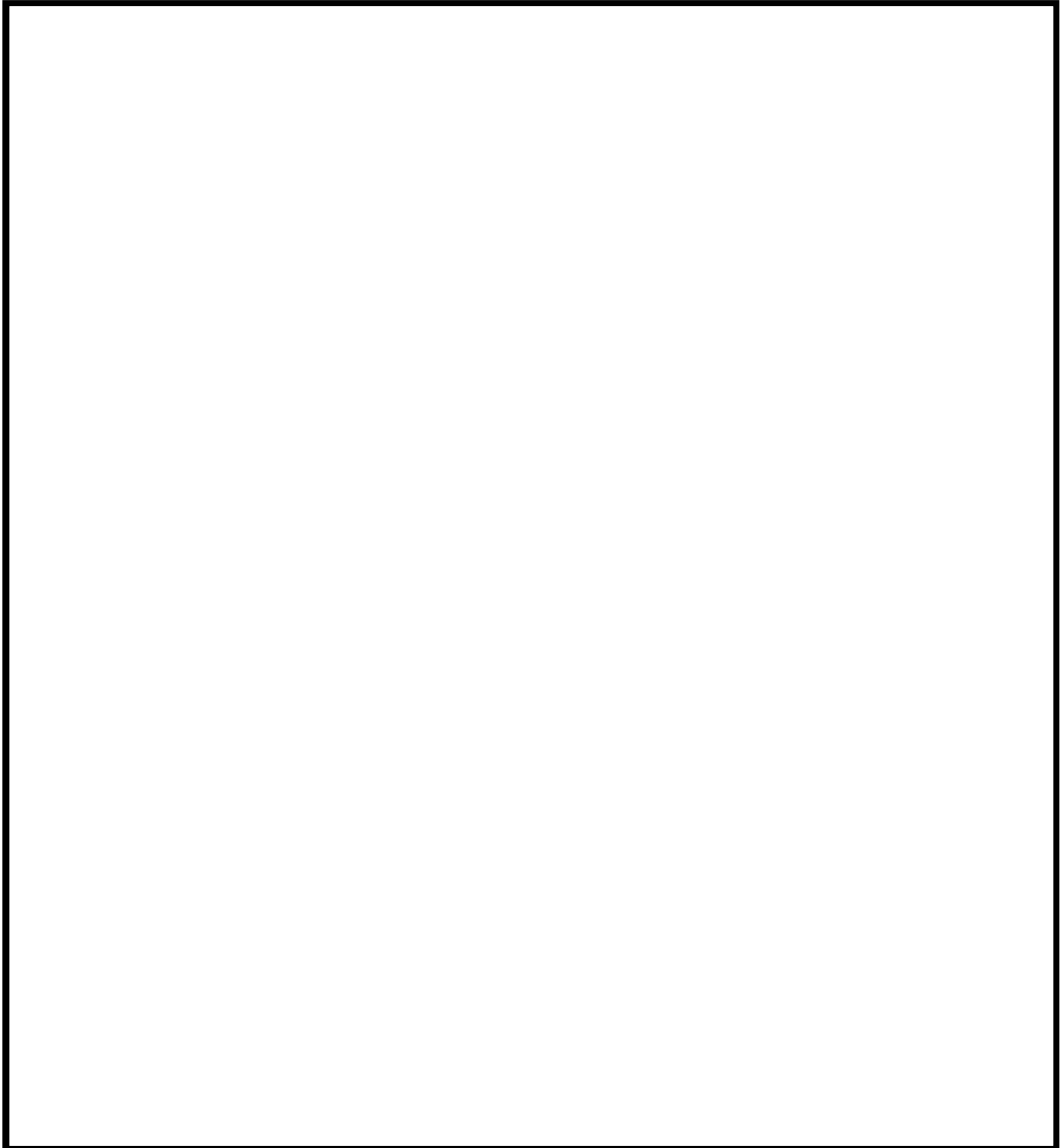
your passion. Change offers you the chances to understand yourself more, to know what options are available to you, and to help you find the courage to take the steps you need to make positive change in your life. Wake up every day knowing that you will face obstacles and change; wake up every day that you will be different at the end of the day. You don't want to be the same person when you go to bed at night. You want to have had a creative experience and overcome obstacles each day. You embrace change; you overcome obstacles and see yourself changing and becoming more yourself on a regular basis, and you learn how to work with the Law of Gestation.

The Law of Gestation states that there is a period of time that must elapse before any event or thought will manifest in form. Everything is possible when you understand the Law of Gestation. Success doesn't come to you. You must go to it with persistence. There are no real barriers to your success when you persist until you reach success. You must simply overcome any doubts you have about your ability.

You don't need more strength or more ability or greater opportunity. What you need is to understand the Law of Gestation, enhance your self image and use what you have. **Self image** is about understanding the process of gestation and the limits for your accomplishments. It prescribes the area of what you have and what is possible for you.

A simple definition of your self image is your answer to this question - What you think people think about you? The answer to this question will determine whether you are afraid of living. The golden opportunity you're seeking is in yourself. It's not in your environment. It's not what people think about you. If you see yourself as prosperous, you will be. It's not in luck or chance or the help of others. It's in you. You can be who you persist to be.

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board Four, “**Act with persistence**”.



Chapter 9



THE PRACTICE OF ATTITUDE

“Learn from yesterday, live for today, hope for tomorrow.”

Albert Einstein

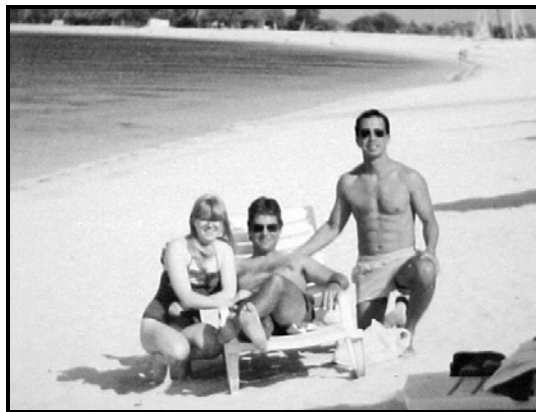
Travelling the world is a fascinating experience that requires planning and a positive attitude. In 1991 I went to Cuba with my friends Laura and Norm. Since we planned to go scuba diving, our suitcases were packed mostly with diving gear. However, Laura’s was also filled with clothing, books, and candy. I later discovered that they were gifts for poor Cuban children.

Laura's good attitude made me think how selfish I was by planning my trip around diving and not thinking about the sad reality of many people living in Cuba. I did not have chocolate to share with the Cubans but I had the pleasure of donating my running shoes and t-shirts before leaving Cuba. Wherever we are and whatever circumstance we face, a positive attitude when we wake up has a great influence on our day.



PRINCIPLE FOUR: *Be faithful.*

If you wish to attract success and abundance into your life you must program your subconscious mind with positive thinking. However, there's a lot of misunderstanding relating to positive thinking. People think that if they just think positive the world is going to change. The fact is that it's not going to change.



We have a much better chance of doing well, getting along with everyone, and being creative if we begin the day by planning and believing that such things will happen.

Photo: Cien Fuegos - Cuba
www.mastermoves.com/mind

Until you start reprogramming your subconscious mind and thereby become committed and emotionally involved in your own prosperity, you are unlikely to succeed. People who use positive thinking alone will seldom achieve success because they're looking for change outside and it doesn't happen. We think of it as using our conscious mind, on a level where we are aware of our thoughts. Positive thinking is a mental activity of our educated mind but it

is the subconscious mind that controls the vibration we are in, controlling the results we get.

Success does not happen by magic, nor does it happen by hard work alone. You may work as hard as you choose, but you must internalize those positive thoughts supporting your work. Not the easiest thing to do but you can do it. First, you must make a decision. We have two choices to make regardless what the situation is. It could be negative or it could be positive. Our choice is what makes the biggest difference. Making the choice to look at something positively, even though the negative side is there, is what will attract a positive outcome.

View every problem as an opportunity. There is always a good side to every situation. Stay optimistic and try to see an opportunity in your problems. “Between the optimist and the pessimist the difference is droll. *The optimist sees the doughnut, the pessimist sees the hole*”, said McLandburgh Wilson American writer (b. 1915). Basically this means that we are creating the nature of our reality by what we choose to see and how we choose to think about our life and the outside world. You could be positive that you are broke when you don’t possess a prosperity consciousness. You can be positive that you’re rich when you possess a prosperity consciousness. Have an affirmative consciousness that the nature of the universe is good, when you surrender to that and act with it as a firmly held belief - then your life begins to move toward good and prosperity.

You can develop success from any failure. Failure is one of the surest stepping stones to success. No element can do as much for you as failure can, if you're willing to study it and capitalize on it. When it is dark enough you can see the stars.

Personally, I developed a positive consciousness by seeing the good in everything that happens in life. For example, failing an exam made me study more effectively for the next, and fracturing my neck made me be more respectful and gentler with my body.

The most important step towards developing a positive mind is setting personal goals. Personal goals create direction and meaning for our daily activities. The absence of personal goals causes stress, creates pessimism, and leaves us without a way to use our energy positively.



Vision Boards System

Winds are useless for a sailing boat that has no destination to move towards. With a clear destination, you can be who you want to be.

Photo: Vancouver - **Sailing**
www.mastermoves.com

The next important step is to eliminate the fear of making mistakes. Many people grow up with the idea that mistakes are bad, so they tend to focus on failure and develop a negative attitude towards people and themselves when they make mistakes. When we try to avoid mistakes our capacity to solve problems becomes constrained.

We can restructure our attitudes by developing a positive mind and setting goals. It is important, however, to be flexible and see the benefits in all things.

With a good attitude, you can eliminate stress in your life and be more composed and ready to handle any situation.

 **SUGGESTIONS:**

- Get enough sleep so that you can concentrate and work enthusiastically.
- Be persistent, set your goals and plan how to achieve them. If you are serious about making achievements in any area of your life, then you need to consider three vital elements. The first is the goal itself. The second is the principles required to achieve the goal. The third is the measurement of achievement of that goal. Although these may sound like words associated with running a business, they are behavioral guidelines that can and should be considered for every aspect of your life. Goal achievement is difficult if one element is missing because the three elements of goal setting are interrelated in the following way:
 1. **Goals** provide you with **direction**, and something tangible upon which to focus. For example, an Olympic sprinter who wants to break the 100-meter world record has a very specific goal to focus on when training.
 2. **Principles** provide you the norms around which you can **plan your activities** in order to achieve your goals. It is more difficult to achieve a goal when you don't have a plan. A 100-meter sprinter has a strategy for improving her time. She needs to plan the training sessions geared to sprinting. For example, she cannot run 15 kilometres every day and expect to improve as a sprinter; and she cannot train every day for 15 hours, or her body will not be able to recover, adapt and improve. The sprinter focuses on increasing speed during short bursts of exertion. Activities need to be congruent with the end goal.

3. **Measurements** tell you how you are performing and how close you are to achieving your goals. You need a tangible method to **gauge your progress** so that you can make adjustments if necessary. For instance, a sprinter would not know if her time were improving without recording it with a stopwatch.

Vision Board Five

“Act with Faith”

Can you see the big picture?



Positive thinking is nothing, if you don't have a clear vision by setting goals, thinking and acting congruently. We all have choices and we can choose what we want to do. If your vision and goals are vague and you didn't have a whole lot of confidence in goals you will not be able to change. If you want to change your current reality, you must start by feeling grateful for being alive. The next rules (**Ω**) will make you act with clear vision:

Ω Ask good questions

There is an old saying that if you don't know where you are going any road will get you there. When you have a clear vision of what and why you want to achieve a specific goal, the journey becomes much easier. The quality of our life is based on the quality of the questions we ask.

Ask and you shall receive says the Bible. Ask, and every human being has been conditioned to do what they are asked to do, say the psychologists. Ask, and according to the law of averages, you'll get enough "yes's" to guarantee your success, say the sales managers.

When you ask wise questions, others will applaud your insight and your understanding, even when they are doing most of the talking. It's how we ask questions and analyze them in our mind that creates the quality of our life. And so, we have an accident and we ask how is this event that we think is so terrible, how does it serve us and how does it help us fulfill what is really most important to our life? Then what happens is we can choose to act positively through the perception of that event into an opportunity that we can now use as a resource for improving our life. "

**"Attitude is a little thing that makes a big difference."
~ Winston Churchill**

Ω Set realistic goals

Realistic goals will allow you to identify, prepare and take advantage of opportunities. Be Precise: if you set a precise goal, putting in dates, times and amounts so that achievement can be measured, then you know the exact goal to be achieved, and can take complete satisfaction from having completely achieved it.

**"A goal is a dream with a deadline."
~ Napoleon Hill**

Ω Set priorities

Set priorities: where you have several goals, give each a priority. This helps you to avoid feeling overwhelmed by too many goals, and helps to direct your attention to the most important ones. Using “Vision Boards” write goals down to avoid confusion and give them more force.

**“Action expresses priorities.”
~ Mahatma Gandhi**

Ω Review your goals daily

When you are thinking about how to achieve goals, asking the following questions can help you to focus on the sub-goals that lead to their achievement:

- Is there a better way of doing things?
- What is affecting my efficiency?
- What is hindering my progress?
- Is my project on track?
- What new skills do I need?
- What new information do I need?
- What resources do I need?
- What is my next milestone?

Ω Execute around priorities

Whoever sets the agenda brings the destiny about. Every single morning before starting your day, sit down and write down the 10 highest priority actions you could do today. Start compiling a list of the things that are truly

important to you and you will notice and increased probability of those things happening in your life.

Do it every day, first thing in the morning and at the end of the day and be grateful for all the different things that you accomplished. Those two things make a huge difference. Take consistent action to achieve your daily goals. Don't be afraid of making mistakes. Learn from mistakes and improve your performance so that you avoid further mistakes in the future. Eliminate negative thoughts so that you can spend more time pursuing your goals.



Reflection about faith

Every human being has a set of values and they filter their reality through their previous experiences and perceptions. Whatever is highest on our values list, we tend to bring discipline and moderation to and we tend to focus on them spontaneously, innately. Whatever is lowest on our values list they tend to have chaos and disorder around. If we set objectives that are not aligned to our highest values, we tend to act out self-defeating behaviors.

We are unconsciously creating our existing value system. Thereby If we don't act with moderation, if you don't set your goals congruently and aligned with your highest values, you tend to self-defeat and have negative self-talk and self-destructive behaviors.

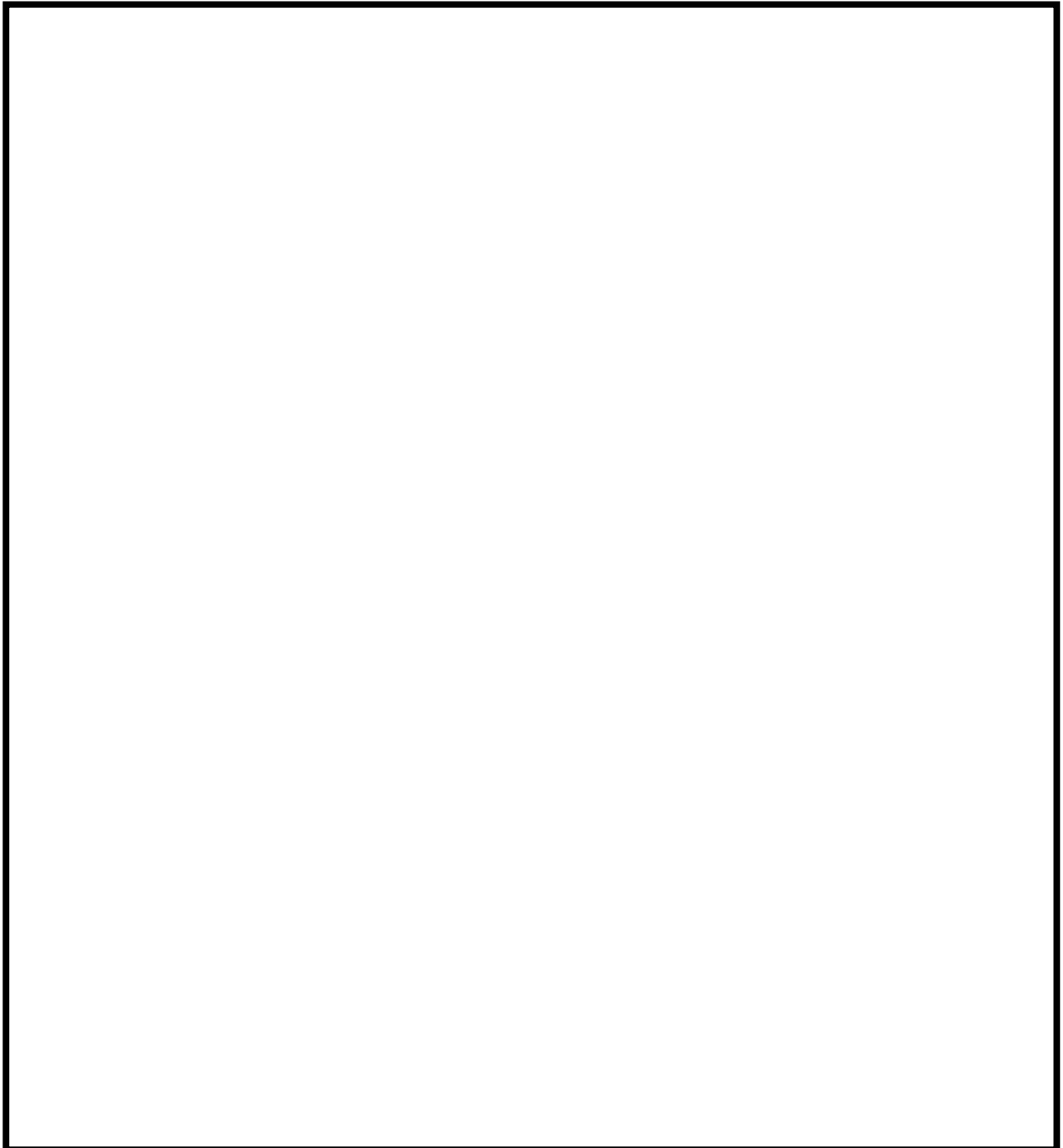
Having faith in yourself is one of the key ways to knock down obstacles that are in your way when you are trying to achieve your goals. As long as you believe in yourself and have faith that you can succeed you'll always have the drive to keep pushing until you see victory.

Join professional associations or your local chamber of commerce; you will greatly enhance your ideas and learn from the experience of others. Acting with faith is accepting new ideas and letting them coexist with ones that are already in place. Acting with faith is moving forward in life, the more you learn the more confident and skilful you become. Change jobs when you feel that you are not progressing. Find new opportunities where you can develop new skills. Acting with positivism is avoiding rigid traditions and practices without questioning them. Remember that knowledge and experience from your past can be an inadequate source of information for the present. Finally, track your progress with a log of daily achievements, and areas that need improvement; plan for goal achievement by analysing each of your goals daily. For more information read “Goal Setting” in the Mastermoves instructional manual “Your New Body Is Here!”



**“Faith is taking the first step even when you don't see the whole staircase.”
Martin Luther King, Jr (1929-1968)**

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board Five, “**Act with faith**”.



Chapter 10



THE PRACTICE OF MIND POWER

“Concentrate all your thoughts on the task at hand. The sun's rays do not burn until brought to a focus.” -- Alexander Graham Bell

During my first year in the Navy I was assigned to guard a statue of a naval hero. Once a week, I had to stand for two hours holding a perfect military posture. The purpose of the assignment was to learn how to control physical fatigue; however, the greatest benefit was learning how to quieten and focus my mind on the present: I learned to meditate.

When you put money into the bank you don't receive the interest on it the very next day. You have to wait, and the longer you wait the more interest you get. The same principle applies in the domain of meditation and the art of success. You may have been working with passion, patience and faith and to begin with you see no results. But don't be discouraged; if you feel discouraged, it shows that you have not understand the laws that govern your daily life.



PRINCIPLE FIVE: *Be focused.*

Seneca said “To be everywhere is to be nowhere.” Please, read it again; read it at least 5 times and you will discover an elegant way it’s to describe the main cause for most failures. To be successful, it’s crucial to keep your mind on the things you want and off the things you don’t want.

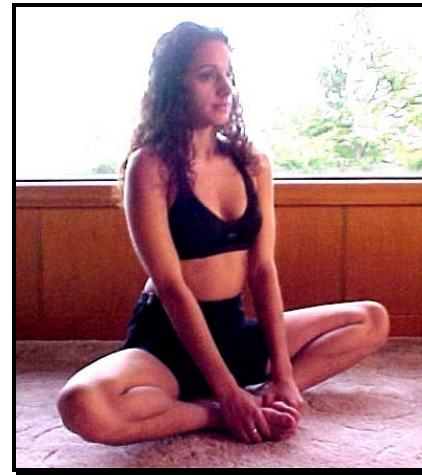
Be focused on your goal and you will make your own opportunities. Your future isn’t a matter of chance; it’s a matter of a clear vision. It’s not something that you wait for; it’s something that you pursue in achieving clear goals

Don’t wait for extraordinary opportunities. Seize common occasions and make them great. Opportunity sometimes comes disguised in the form of misfortune, or temporary defeat. Start today, right where you are. Distant fields will always look greener. Yet, golden opportunities are all around you.

You can live your dreams if your mind is focused and your body is ready to pursue them. An effective training method to achieve a focused mind is to practice meditation everyday. Meditation requires tranquility of mind; it means focusing your attention on one object to stop the flow of your thoughts. When you first begin to practice meditation, your thoughts will insist on wandering. But with steady practice you will succeed in extending the time that your mind is focused.

Meditation is time you give to yourself to be alone and undisturbed. The Disk Meditation method places your body in the ideal posture to relax and focus your mind.

Photo: Mastermoves - **Disk Meditation**
www.mastermoves.com/relaxation.html



Meditation takes you to a level of mental activity where you can relax and heal your body, solve problems, and develop creativity. The two essential steps to successfully focusing your mind are the silent repetition of a word, sound, phrase, or prayer, and the passive return to the repetition whenever other thoughts intrude. Once your mind is quiet you can focus your attention on any need you have. The simplicity of meditation makes it available to virtually anyone, but meditation requires discipline and daily practise to produce results. After serious and dedicated training, meditation will be a mental skill to use your mind effectively in solving problems or a refreshing break that brings peace and relaxation to your body.

 **SUGGESTIONS:**

- Meditation is difficult to teach. It comes naturally by itself after steady practice. **The Power of Relaxation** program will assist you in learning active meditation. This form of meditation is recreational and in time it will become a source for great imagination, creativity and problem solving.
- Use your mind as much as you can. Our minds can become dulled if we

allow machines to do the work for us. Instead of going to gyms, use more of your mind to train your body naturally. Practice the following active meditation:

Living Water Meditation

1. As soon as you wake up in the morning, take one drinking glass in each hand and fill the glass in your left hand with water. The glass in your right hand represents your mind; the one in your left hand represents your body.
2. Pour the water from glass to glass 10 times, saying “mind” as you pour the water from the left glass to the right glass and “body” as you pour the water from the right glass to the left glass. The back and forth pouring infuses the water with oxygen.
3. Finish by pouring all of the water into the right glass (representing your mind), close your eyes and begin to drink the water very slowly. During this time, imagine actively becoming an ideal person with the following attributes:
 - *Gentleness,*
 - *Moderation,*
 - *Persistence,*
 - *Optimism,*
 - *Concentration,*
 - *Respect*
 - *Discipline.*
4. While breathing slowly, feel the freshness and positive energy in the water flow through your body.
5. Once you finish drinking the water, slowly open your eyes and fill the right glass with water.
6. Pour the water from glass to glass 10 times, saying “body” as you pour the water from the right glass to the left glass and “mind” as you pour the water from the left glass to the right glass.

7. Finish by pouring all of the water into the left glass (representing your body), close your eyes and begin to drink the water very slowly. During this time, imagine the ideal characteristics of your body:
 - *Relaxation,*
 - *Flexibility,*
 - *Coordination,*
 - *Speed,*
 - *Strength,*
 - *Resistance.*
8. While breathing slowly, feel the freshness and positive energy in the water flow through your body.
9. Once you finish drinking the glass of water do the following:
 1. Slowly open your eyes.
 2. Leave the glasses aside.
 3. Inhale deeply through your nose and hold your breath.
 4. Close your eyes
 5. Make a fist with your right hand like a winning athlete.
 6. Imagine the accomplishment of your most important goal, bringing your fist in front of your head and gripping your hand harder.
 7. Release your breath slowly and completely through your nose.
 8. Open your eyes and look at your hand opening slowly.

The Living Water Meditation will discipline your mind and will focus your subconscious mind on your goals. Whatever your mental image during this exercise, it will become reality if you are confident and persistent with this exercise. Every time you make a fist with your right hand, you will trigger your subconscious mind to help you realize your goal. Observe carefully—winners always clench their fists.

Vision Board Six

“Act with Power”

Can you see the big picture?



Einstein used to take time every day for creative daydreaming. One day resting on a grassy hillside. He closed his eyes and begins to meditate. Enjoying the warmth of the sun, he imagined that he was riding on a sunbeam out into the universe. In his mind he was travelling into eternity, but then he discovered himself returning to the same place from which he began. These experiences lead him to conclude that the universe is curved. Based on his mental games, Einstein intuited his theory of relativity. The next habits (**Ω**) will help you think creatively and act with power:

Ω Look for opportunities

There are a staggering number of opportunities to be successful and make a great deal of money. Our dynamic, ever-changing marketplace is bursting with new and exciting opportunities simply awaiting the visionaries and leaders who discover them.

Ω Attract success and abundance

You must program your subconscious mind with prosperity beliefs. These beliefs, once internalised, become a powerful attracting force to bring to you the people opportunities and circumstances needed for your success.

Ω Speak with intention

Most people speak without intention. Most people simply say whatever comes to mind. Good speakers use body language, vocabulary and tone of voice relevant to different purposes, audiences and situations. They accept and accommodate other people's comments, respect the opinions of others and appreciate alternative points of view. Speak with intention, and your actions take on new purpose. Speak with power, and you act with power. Your best comes out when you have honest discussions. Your worst comes out when we behave like robots that adopt and accept rules for performance and conduct.

Ω Act with intention

Napoleon Hill in his book "Think and Grow Rich" wrote: "Positive and negative emotions cannot occupy the mind at the same time. One or the other must dominate. It is your responsibility to make sure that positive beliefs constitute the dominating influence of your mind." During my 20 years of working in technical and leadership roles in the computer industry I learned a very simple and powerful process: read your goals daily and without hesitation, follow your daily action plan by priorities.

Act with intention and your mind will follow your lead. You must take the first step. You cannot be vague. You must be very specific. You must work diligently and persistently with your goals and action list.

Once you have programmed your mind and body to act with intention, you must sustain the power of intention by finding time to practice daily meditation and imprinting your goal into your subconscious mind. Form the habit of daily meditation and soon your goals will become your dominant thoughts.



Reflection about “Be focused”

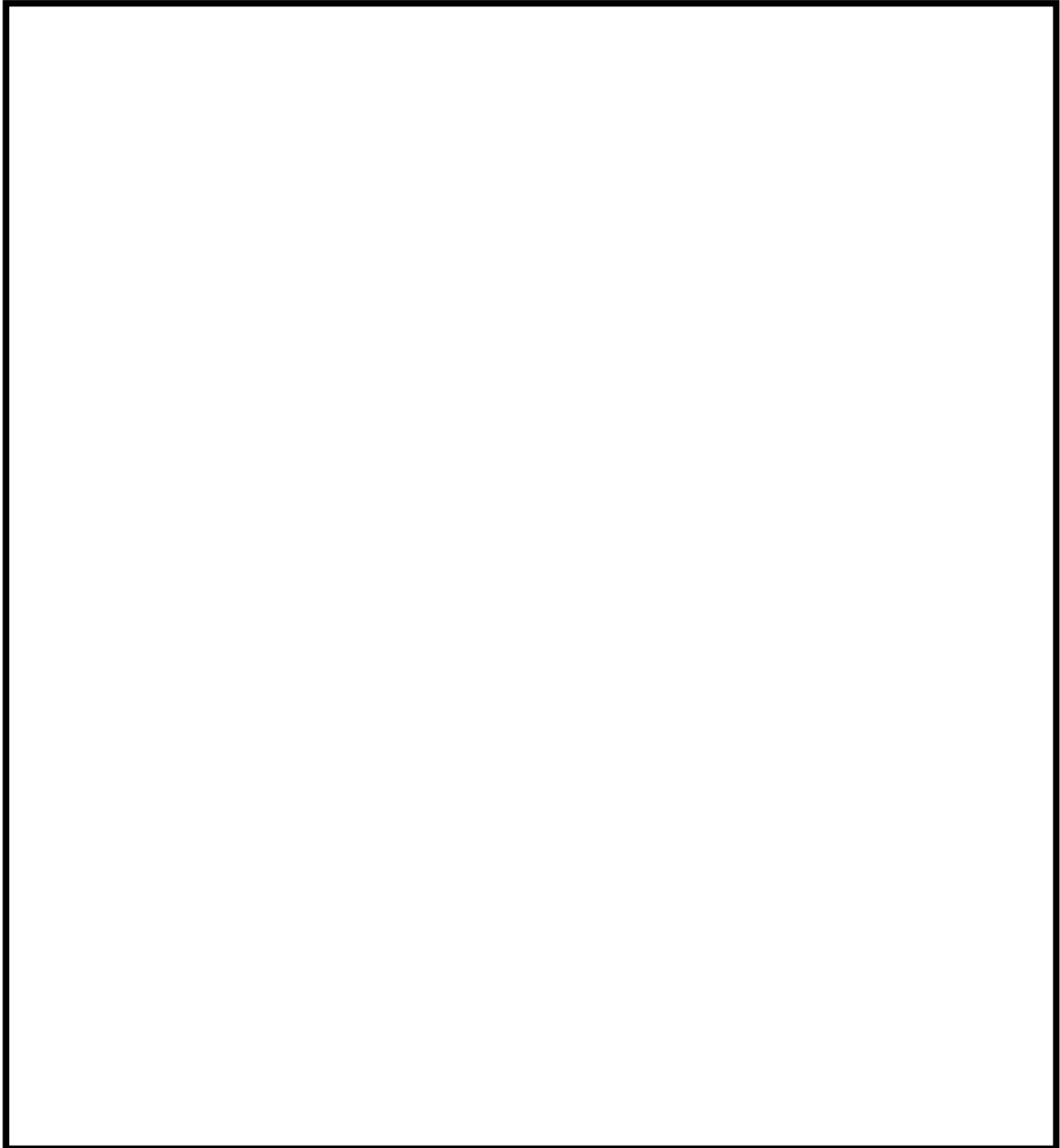
I would like to suggest to readers to try to memorize all the quotes from this manual. Starting with one thought a day. Daily thoughts are food for our brain and we must follow the wishes for a successful daily living. It is like taking right food and drink every day and being focused makes us feel good and develops mental concentration.

By focusing your efforts to a single point, you'll always achieve the greatest results. To me a thought a day keeps my mind healthy, alert and clear at all times. If you concentrate your efforts on a few major goals, your efficiency will soar, your projects will be completed, and you'll be going somewhere.

The first law of success is concentration. Focus totally on the business at hand and command yourself to do exactly what you want to do. Bend all your energies to one point, and go directly to that point, looking neither to the right nor the left. Trees grow towards the sky because that's what trees are meant to do. Storm clouds drop rain across the land because that's what clouds do. We should create new value and solve problems because that is what we are born to do. We should make valuable use of our time and opportunities because achievement is part of who we are.

In short, remove your excuses of fears and doubts and allow your destiny to fully unfold. You are destined to achieve success. If you focus the full power of all you are on what you have a burning desire to achieve, you'll attain success.

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board # 6, “**Act with Power**”.



Chapter 11



THE PRACTICE OF REPECT

“Respect cannot be imposed or exposed- it can only be consistently earned” -- Oswaldo Koch

Once I was swimming underwater trying to hold my breath for as long as possible. My goal was to swim 100 metres in less than two minutes without air. I was swimming the final 10 metres when I lost consciousness and, with the weight of my diving belt, I remained at the bottom of the pool until a friend rescued me. When I woke up in the hospital, the doctor told me that I came close to causing serious brain damage by depriving my body of oxygen for at least five minutes while I was unconscious.

It took serious accidents for me to learn to respect and appreciate my body. Before, I felt invincible and capable of practising and enduring the challenges of any sport. I risked my life because I did not train properly and understand the limits of my body.



PRINCIPLE # 6: *Be respectful.*

When I talk about respect, I remember reading about one of my favorite historical characters – Benjamin Franklin. He was an American statesman, scientist, philosopher, printer, writer and inventor (1706-1790), a true Renaissance man who conveyed the most inspiring and eloquent statement about respect. He said, *“The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.”* Respect cannot be learned, purchased or acquired - it can only be earned. The first step to earn and command respect is to achieve a healthy, strong and fit body.



Train your body with respect and moderation, and it will in turn serve you well.

SHAPE YOUR BODY: EARN RESPECT

The human body needs to be trained and maintained constantly. Think of your body as a house; the bones are like support beams and the muscles are like planks of wood. Together, they give your body its shape. The planks need support beams to lie on, and the beams need the planks to improve the structure of the house. In the same way, your skeleton and muscles need each other so that you can move effectively.

Training your body properly requires coordination, flexibility, strength and speed. The lack of one of these attributes makes the training incomplete and can create inefficient muscles that may hinder your health and body posture. Good body posture is an indication of the effective use of your muscles, which help you preserve correct spinal alignment for the rest of your life.

Respect your body when you train it. Think of training your body as renovating a house. At first it may seem like a difficult task that is hardly worth the effort, but gradually, with a fresh coat of paint and new tiles on the roof it will look better and you will continue the maintenance enthusiastically to make the house look even better.

SUGGESTIONS:

- Set specific and realistic goals. Write them down. Once you have written down your goals you may want to see a fitness trainer or sports physician.
- Set short-term goals that can be measured. Set long-term goals that can be charted over weeks and months, even years.
- Evaluate your progress regularly. Focus on the good that comes from your efforts, whether it was your goal or not. Reward yourself every time you reach a goal, no matter how small.

- Answers to these questions will help you formulate your goals:
 - What is my fitness purpose?
 - What is my current health status?
 - How can I achieve my fitness goals?
 - Do I believe I can improve my fitness?
 - Do I believe in my current fitness program?
 - What will it take for me to reach my fitness goals?
 - What are my challenges?
 - What plan do I have to overcome my challenges?
 - How can I measure my progress?
 - What will be my reward along the way?
- Make fitness you priority. Every successful person would agree with John F. Kennedy when he said "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."

Vision Board SEVEN

“Act with Respect”

Can you see the big picture?



As the saying goes “If you don’t respect yourself you can have neither love nor have respect for others.” Self-respect is a question of recognizing that anything worth having has a price. In most cases, we seldom care for our health and

fitness. We do not believe in ourselves until an accident or incident reveals that deep, we are valuable, worth caring for, worthy of our love, sacred to our respect. The next rules (**Ω**) will help you act with respect:

Ω Be grateful

Too often we are overwhelmed with the day-to-day affairs of our lives that we don't recognize the pleasures and joys that life affords us. To practice gratitude and be able to attract prosperity, make a list and spend several minutes reminding yourself how fortunate you are to have a happy family, loyal friends, beautiful nature, education, work, health, passion, and free will to live a prosperous life.

Ω Be motivated

Feel motivated by a mission to help people, to give them the opportunity to enjoy your products or services. Gradually you will become so excited about why people should have your products that you feel a strong urge to share it with them. To enhance your motivation and attract business opportunities, make a daily list of the 10 most important benefits of your products or services.

Ω Be confident

People will believe what you are saying because you sincerely believe it yourself. To believe in yourself, you have to remind yourself everyday why it's important to be successful. Write a list of the main reasons why you are going to be highly successful. Then, when you are talking to others, the reasons you've written will naturally and effortlessly flow into your conversation. Read and study your reasons for success every day until you believe them absolutely.

Ω Find your passion

We get so accustomed to our surroundings and our environment and our relationships that we take them for granted. Complacency is a difficult mind-set to break. We don't like to change our environment at work. We don't like to change the dynamics of our relationships. It's very, very difficult. Anything that we get accustomed to having in our life is very hard to release.

Therefore, most people never find their passion.

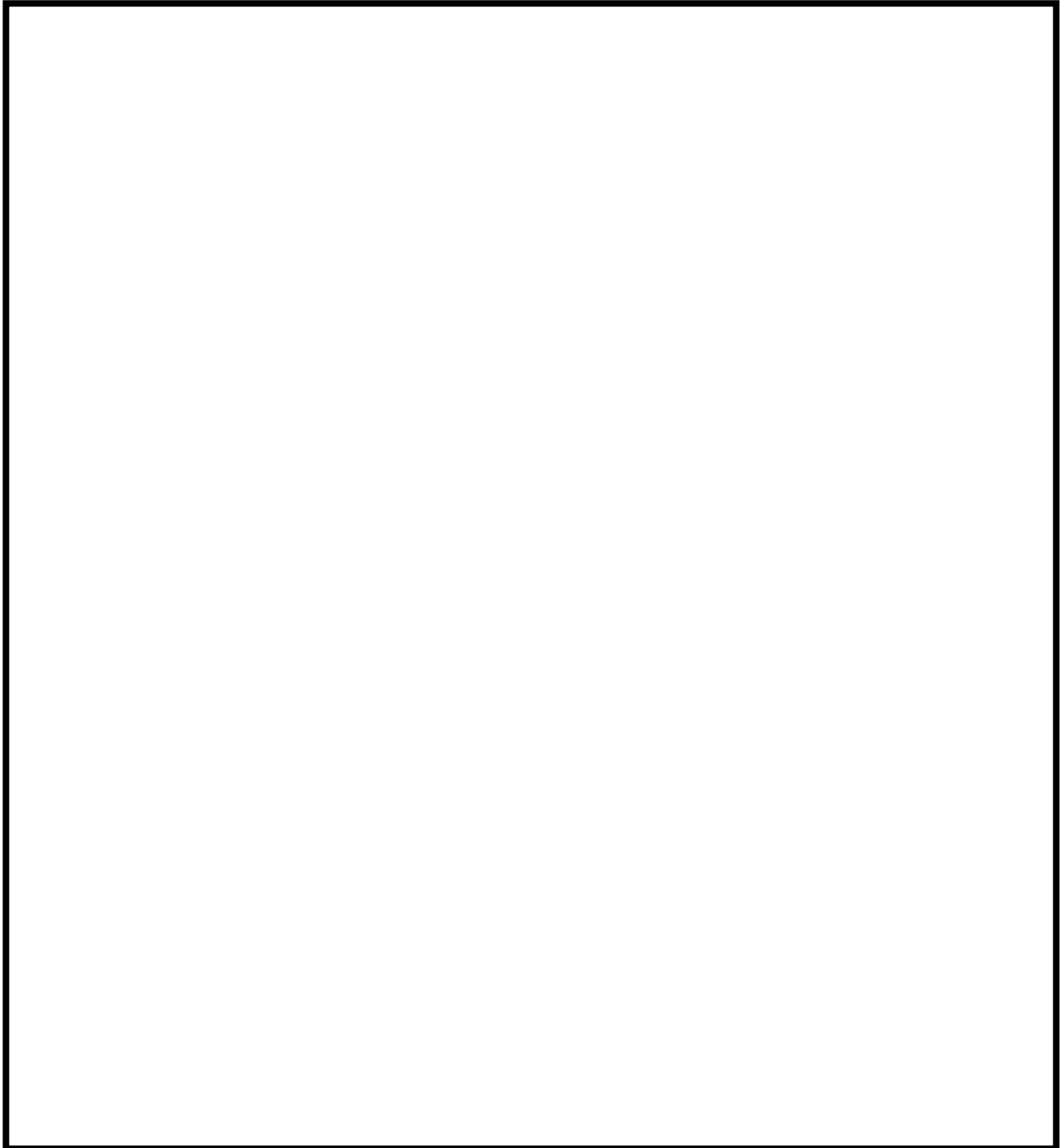
The choice of how to make a living is perhaps the single most important of all decisions, yet it's often the one most neglected. Sometimes we feel we have to take a job because of financial needs, or we are steered into a career because it has 'great financial prospects,' when really our heart isn't in it. This is a big mistake when you realize how many options are available to you if you find and follow your passion.



Reflection about respect

We are actually surrounded by love and it's either in the form of one person, or diversified through a group of people in our lives. Every single thing that we are searching for, we unconsciously are creating around us. For instance, a soul mate is equal to who we are, so the first thing we need to do is fall in love with ourselves. We have to like who we are. Otherwise, if we don't, we're going to attract bad choices. Falling in love with yourself first requires you to address those things about yourself that do not match your values and desires. Begin by shaping your mind and body into the person that you want to attract. Be to yourself what you would love to have in another person. Then that person comes.

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board # 7, “**Act with Respect**”.



Chapter 12



THE PRACTICE OF DISCIPLINE

“Another flaw in the human character is that everybody wants to build and nobody wants to do **maintenance**.” -- Kurt Vonnegut, Jr.

A city cannot function properly when it is unable to eliminate the waste produced by its population. If your city hall decided to pick up your garbage only once a month, you would have to store it in your house which would cause spatial problems and bad smells, affecting your activities at home. You would think twice about the products you use. A similar situation occurs inside your body when digestive waste is not properly eliminated.

When you do not cleanse your body it will initially try to store waste in your abdomen, legs, arms, buttocks, and facial skin. Your intestines will enlarge and your digestion slows, thereby increasing the toxin levels in your body. Your heart rate will then increase to support waste transfer through your circulatory

system. Then in the process, some of the waste will stick to arterial walls. Finally, your heart will have to pump even harder to push blood past the blockages. Your heart and arteries suffer the most when your body is clogged, which is why so many people have heart attacks.



PRINCIPLE # 7: ***Be disciplined.***

All successful people became successful because they were disciplined to develop some talent or ability in the service of others. You can develop your talents and abilities and contribute in some way to others no matter what, if you have the discipline to practice your talents and abilities everyday. You too, can become successful.

Carl Zuckmeyer, German writer, said “*Half of life is luck; the other half is discipline - and that’s the important half, for without discipline you wouldn’t know what to do with luck.*” Nobody achieves success without discipline and some luck. Discipline is an idea in action, not thinking or wishing for luck. The successful person doesn't over analyze.

The successful take immediate action. The successful person has the habit of doing the things unsuccessful people don't like to do. They don't like doing them either necessarily, but their disliking is subordinated to their discipline and purpose.

Success & Fitness

To be successful you are expected to be in top physical condition and excel at mental and physical demands that are required to deliver a great service. If you don't do what is best for your body, you are the one who denies success in your life and eventually you will come up on the short end.

Your body is naturally self-cleansed, self-healed and self-maintained when you moderately eat wholesome foods and exercise daily. Many people eat and live in a way that never allows their internal bodies to be cleansed sufficiently. Under these circumstances, they are at great risk of developing some form of heart disease or cancer and spending the rest of their lives enduring painful and expensive treatments to survive. The only way to wash out toxic wastes from inside your body is by eating high water content foods.



Just as flowing water nourishes and cleans land, your body fluids clean your cells and carry vital nutrients to them.

Drinking water helps too, but it does not carry the enzymes and other life-preserving elements that are required for the body to eliminate toxic waste. To help your body function well, you must be disciplined and eat fresh fruit and vegetables daily. Fresh fruits and vegetables contain the vitamins, enzymes and preserving elements to keep you healthy for your entire life. The lack of

these elements will gradually impair the function of your internal organs that need them to support life.

Only when we break the natural laws of life do we experience illness. Going more frequently to a doctor can never solve these problems. Help your body to eliminate the waste and toxins that originate from poor eating habits, chronic tension and a sedentary lifestyle. Discipline your body, nourish it, cleanse it, and train it properly, and your body will serve you well the rest of your life.

 **SUGGESTIONS:**

- Every single day it is wise to concentrate on what you do love about yourself, instead of focusing on what you don't.
- Before searching for something outside of ourselves, you must know who you are. First, you must understand yourself and then, you must take control over your life. And until you do that, nothing is going to work right.
- Every morning, drink the Master Juice from the Mastermoves manual. Your internal organs, particularly your liver and kidneys, require natural enzyme for eliminating toxins from your body.
- Stay health and fit. See yourself with the person with all those qualities. You're going to move into that vibration and you'll attract them.
- Practice sports or dancing at least twice a week.
- Have a routine exercise time. Keep an eating schedule so not to overeat. Pack your own low-fat sandwiches for long car trips. Design and participate in social activities that are not focused on food.
- Once a week, drink the *Cleansing Juice* from the Mastermoves manual.
- Massage your body daily with the Master *Massager* to stimulate the circulation of body fluids, eliminate waste and move oxygen and nutrients to your cells. Try the massage techniques in the Body Relaxation program.

Training, like any other activity, requires discipline, which can only be achieved by carefully planning your activities and committing yourself to follow your plan. For more information on planning activities read the Mastermoves manual.

Vision Board Eight

“Act with Discipline”

Can you see the big picture?



As incredible as it might seem, your subconscious mind acts independently of your five senses and personal reality. It is also within your subconscious mind that your thoughts, beliefs and emotions are mixed to create your current reality. Sadly, most people don't have the knowledge to understand this interaction; therefore, they live a limited life. The next habits (**Ω**) will help you think creatively and act with discipline:

Ω Maintain a positive mind

Every single day for the rest of your life, you must nurture your mind with positive affirmation. These affirmations must be in alignment with your goals – the things you want to manifest into your life. Say it everyday, “I am a genius and I live in a harmonious nature to manifest prosperity and happiness”. Say it over and over again. Say it with your eyes closed and let your body experience the energy as a result of your mental affirmations. In this process, your mind

and body will be congruent with manifesting your genius. Never miss a day for the rest of your life. Always believe that you are a genius and your wisdom will attract the event and circumstances to manifest everything that you want.

Ω Maintain a clear vision

Ralph Waldo Emerson said “People only see what they are prepared to see.”

If you want to create an amazing life, you better develop a vision that far exceeds mediocrity. If you want health and prosperity, you must have a clear vision about what to eat and how to eat. For example: if you want to have the energy to be in command of your physical body and your emotions and feelings, chew your food for a long time, slowly consciously and with love. People who eat too much and gulp down their food greedily send quantities of matter into their stomachs before their mouths have had a chance to process the subtle nutrients. Perhaps they will build up a strong body in this way, but their nervous system will not be nourished.

The health of the nervous system depends on the work that is done in the mouth. Alexander the Great said “I am not afraid of an army of lions led by a sheep; I am afraid of an army of sheep led by a lion.” If you want to create an amazing life, you want longevity, you want a foundation that goes beyond the mundane; you want a vision that goes beyond being in an army of sheep; you want to be the lion leading the army. You can create an amazing life by learning what to eat and how to chew your food.

Ω Develop your genius

There is a pill for every ill and we've got the best pharmacy in the world, right here, in our brain. No pharmacy can compare with the human mind. There is a genius system built within us to keep us in excellent working order if we

were to understand it. Understanding is the key. We become addicted to the emotions. That is the greatest addiction there is.

Ω Create your future reality

Money comes as a result of ingenious thoughts, creativity, because we are born creators. Therefore, when we create our day and we start out by saying "This day I will create my future reality using the best of technology and the best of my genius." What happens is that during that day, great thoughts will start you on a journey of creating something of value and as a consequence you are rewarded for it.

When you figure out how to serve another human being, figure out how to give them your product or your service, and figure out how to promote them to the masses, you'll be rewarded with riches.

Ω Practice what you learn

It comes down to your practice. Everything that you've learned about *Basic Principles*, it comes down to the word practice. You must begin to develop the habit of doing something positive every single day in your life. Describe your life and how it's going to be. Begin to tell yourself that life is for you and not against you. Begin to be aware that there's something trying to emerge through you right now.

Ω Think and act with gratitude

You achieve real success when you enjoy what you're doing. You will achieve success when you act with gratitude. Your chances of success are directly proportional to the degree of pleasure you derive from what you do.

If you're in a job you hate, face the fact squarely and get out. It's better to be a failure in something you love, than attempting to be a success in something you don't. Lawrence Harding said "Don't set compensation as a goal. Find the work you love, and the compensation will follow." The more you love what you are doing, the more successful it will be for you.



Reflection about discipline

It is crucial to achieving and maintaining prosperity and happiness in our lives. We form habits just doing something over and over and over again, oftentimes unconsciously. We have genetic programming and then we live under an environmental influence. So we end up copying what we see, eat and listen to around us.

Health and prosperity start with you! Whatever you believe is right. You are a creative law unto yourself, and what you believe within will be your view of the world. There's really two parts of your mind. One is the conscious mind, responsible for your desires and the things you need. There's another side of your mind, the unconscious mind, and that we now know controls most of your conditioned way of doing, being, seeing and behaving every single day.

If you wish to use your subconscious mind effectively, you have to follow the practice of Basic Principle. Gradually, you will learn to relax to be able to create or enhance your value system in alignment with your goals; gradually you will be able to create a vision for manifesting the lifestyle that you want. This can be achieved by repeatedly practicing all the challenges presented in this book.

The hierarchy of your values dictates your lifestyle. And so if you have an addiction to food, smoking, sex, gambling, alcohol or drugs, then, you have an unconscious motive or an unconscious value to continue manifesting the reality of your addiction. In this case, all the positive thinking really doesn't mean anything to you until you change the hierarchy of your values. Only when you make health and fitness your priority, you will be able to replace your addictions with the activities that support your health and fitness. One very effective way to change the hierarchy of your values is by practicing all the challenges presented in this book.

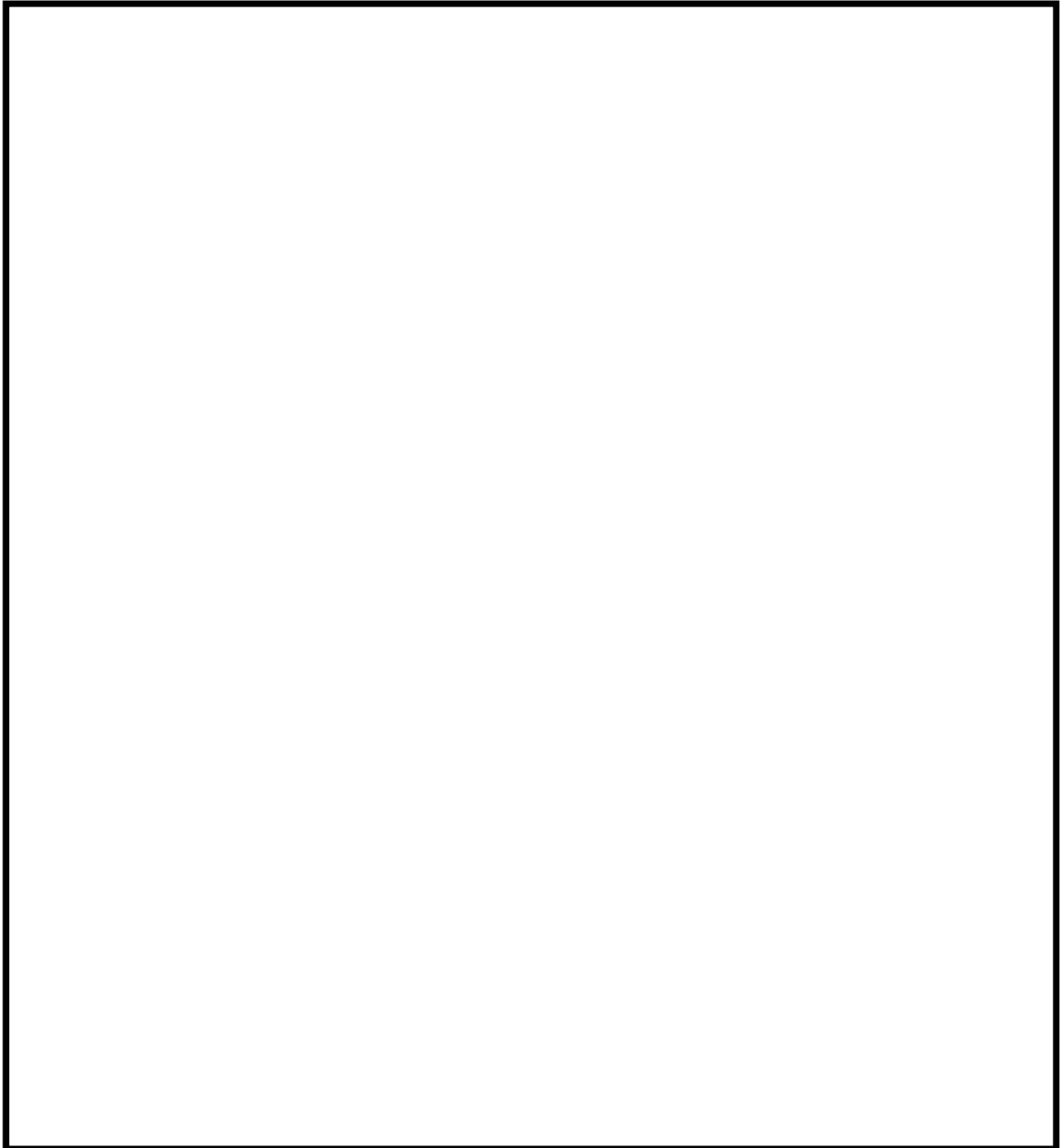
DISCIPLINE: YOU MUST PAY THE PRICE FOR SUCCESS

Success cannot be coaxed or bribed. Harry Browne, American writer, said "Everything you want in life has a price connected to it. There's a price to pay if you want to make things better; a price to pay for just leaving things as they are, a price for everything." Pay the price and success will be yours.

For instance, every creative work like Vision Board Tip has a price. Copyright law protects the value of creative work because most people are not willing to pay the price. When people make illegal copies of someone's creative work, they are stealing and breaking the law. Most likely, people believe that this is not a big deal. Maybe they should think twice before trying to avoid paying the price for success.

The Universe cannot be tricked or cheated. It will give up to you the object of your struggles only after you have paid her price. In some form or another, you'll pay for its favors, or you'll go away empty handed. There is no success at taking shortcuts. The highway to success is a toll road.

Important: Before you continue reading this manual, use mind mapping for creating your Vision Board # 8, “**Act with Discipline**”.



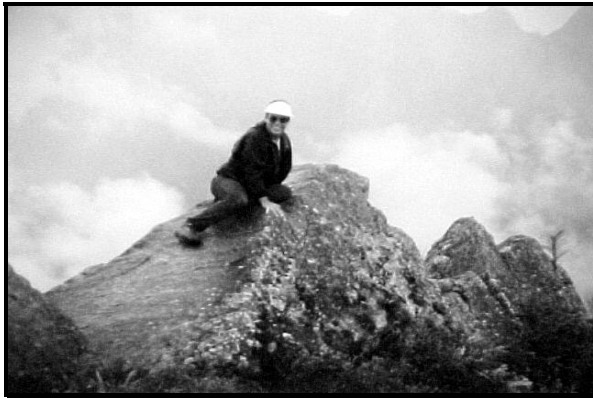
FINAL WORDS

If anybody wants to have more, whether it's a business, whether it's more money, they have to become more. And the only way to do that is to educate yourself. Education is when we learn something, we get instructions on how to do something, and then we experience it with joy and gratitude. That is really the education that we want.

The most successful people in life give thanks for what most people take for granted. You build the power to accomplish your goals when you educate yourself. Success is the product of understanding and gratitude. This gratitude comes from knowing how to do something and create value. The most successful people in life are the ones with the best information. People with gratitude are people who know how to get things done. Knowing how to do something is sometimes virtually the same as having done it.

The best way to start and end each day is in the state of gratitude. Every night, before you go in to the dream world read this book over and over again...at least read the summary of the wellness challenges. And then, close your eyes and be grateful for the good things you have in your life, because those who are grateful generate more experiences that produce gratefulness. As incredible as it might seem, the vibration of gratitude make you more receptive to good in your life when you begin to be grateful for the experience of harmony in your life. But of course, there is one thing you have to remember, and that is that in order to attract harmony, in order to build it, you have to love it.

You have been given the seeds for harmony and prosperity. It is now up to you to plant them and give them the nourishment that they need. Life is largely a matter of expectation. You must feel relaxed and expect to succeed, if you want to succeed. When you are relaxed and confident; when you expect things to happen. Strangely enough, they do happen. Relaxation and expectation energizes your goals and gives them momentum. When your mind is relaxed and you believe something good can happen, it will happen. The dreams you believe in come to be when you live in harmony with nature and when you are fully confident that the decisions and actions you're taken are congruent with the "Basic Principles".



Most people actually succeed when they commit to do whatever it is they want to do in life.

Whether you want to be a scientist, an athlete, a musician or an explorer. Commit yourself to your goals, and practice the Basic Principles.

Photo: Machu-Picchu - Peru
Four days on the Incas Trail.

You have been given the information and tools to take charge of your life, so there is no longer a need to ask permission of others. Successful people make decisions with absolute confidence. Successful people don't need to ask permission of others. When you ask permission, you're giving someone the right to make a decision over your life. When you are relaxed and confident; when you make decisions with high intelligence, without waiting for the approval from others, then you're in control of your life.

Remember, you are in control of your life to the degree that you make decisions. It's your life. You decide what you're going to do with it. If you don't

run your own life, someone else will. To control the outcome of anything, you must be relaxed all the time, so you can keep your emotions low and your intelligence high. When you are relaxed, you are also confident about achieving the desirable outcomes. When you are relaxed and confident, you control the action at the point of decision making.

Now that you know the *Basic Principles*, you are responsible for creating prosperity and happiness in your life. Take control and start making those decisions now. If you let others make decisions for you, you give up control. When you control the decisions, you control the actions. Your starting point for learning how to make decisions and control your actions has been perfectly explained throughout the *Basic Principles*. The *Vision Boards* that you have created for each of the *Basic Principles* are now your blueprint for achieving fitness and prosperity. After creating all the Vision Board for each principle, your next step is creating your Master Vision Board according to the example explained in Appendix One.

Reviewing your Vision Boards and practicing each of the principles may be challenging because many ingrained habits need to change. However, if you carefully follow the suggestions for each principle, you will gradually replace bad habits with good ones. Imagine your mind as fertile soil that is ready to receive and nourish the seeds of the *Basic Principles*. Remember to observe nature and to learn from your observations.

Set your goals high, if you act with gratitude and you practice the *Basic Principle* in alignment with your goals and objectives defined by your Vision Boards, you'll succeed beyond your wildest expectations.

Basic Principles Summary

Stories are one of the best ways to remember facts, sequence or steps. The following true story will help you remember *Basic Principles* in sequence.

In one of my business trips to Peru, I was looking for very special ceramics, which are painted using the smoke from burning mango leaves. The ceramics are made in Chulucanas, a very remote rural village in Northern Peru. To get to the region, I took a bus packed with people. Just before the bus departed, an old man got onto the bus and started to travel while standing. This is how the story of my application of the *Basic Principles* goes:

- **Be kind** - After observing the old man standing with difficulties, I offered my seat and he sat showing great relief. The old man said, "Thank you. I'm 53 years old but I look like a 100 year old man".
- **Be moderate** - The old man then told me: "I've abused and damaged my body working and eating badly and now my back and stomach are killing me". At that moment I felt fortunate for eating healthy meals and training my body wisely. I promised myself never to abandon my body.
- **Be persistent** - Aware of the long trip, I adopted a good posture to relax and strengthen my body while standing. This allowed me to stand effortlessly.
- **Be faithful** - Feeling relaxed, I started to think about the beautiful ceramics and a flow of great ideas began to flash in my mind.
- **Be focused** - During the whole trip I entertained my mind imagining many possibilities for marketing the ceramics.
- **Be respectful** - Browsing the stores, I had a great time talking with the artisans. They never tried to push a sale. Instead, they wanted me to know

about their techniques and variety of styles. I learned a lot from listening and respecting their suggestions.

- **Be disciplined-** The trip was very fruitful and by the end of it, I had analysed a great variety of ideas. Ideas are useless, however, unless they are performed with discipline. You must discipline yourself to nourish, maintain, work and enjoy your mind and body in the process of implementing ideas,



Photo: Flamingo Love - Peru 2000

Ceramic from Chulucanas painted with the ashes of the mango leaves.

Find more at www.mastermoves.com

Read and practise *Basic Principles* daily and positive things will happen in your life to make you successful. When you encounter difficulties, mentally repeat the principles, then take a deep breath and, as you exhale, face your challenges knowing that you are on the highway to succeed.

Note: One effective way to practice *Basic Principles* is creating Vision Boards for each principle and mentally visualizing your Vision Boards every day. To develop a powerful visualization you must learn to relax. The Power of Relaxation is the ideal program to achieve this skill.

Focus on your future, not your past. Prepare for your future, don't live in the past. You alone have the responsibility to shape your life!

You've learned *Basic Principles* to practice the art of happiness and prosperity. You've learned how to use *Vision Boards* to utilize the Law of Attraction in your favor.

Success or failure is always your choice. Once you become proficient in the use of Vision Board, nothing and no one can deny you success.

There's no one to stop you but yourself. You are a progressive being that has an infinite capacity. Success or failure is inevitable, but using Vision Boards, success is your choice.

Oswaldo Koch

Machu Picchu

Machu Picchu is a trip to the serenity of the soul, to eternal fusion with the cosmos, there we feel our own fragility. It is one of the greatest marvels of South America. A resting place of butterflies at the epicenter of the great circle of life. Another miracle."

Pablo Neruda, Nobel 1971. The Heights of Machu Picchu.



“Things you cannot see are more powerful than those things you can see.”

Can you see the big picture?

>>> Find the answer at www.mastermoves.com/visualization.html <<<

APPENDIX ONE

HOW TO CREATE A VISION BOARD

Further complicating things, the Internet is full of commercial software vendors. They are all trying to outdo each other with advertising that is sometimes just plain false. For example; whenever you see an ad saying that they can make **Digital Vision Boards** "for business, self-motivation, and harmony within our family", you should know that you are dealing with an untrustworthy seller.

Vision Boards are physical "BOARDS", not digital objects.

The fact that you used your hands and the fact that you took a great deal of time thinking about creating your Vision Board, it shows your commitment, your understanding and intention in **the process of gestation**. You are sending the message to the universe that you understand and trust the *Law of Attraction*. Another thing to be aware of is the training that your mind requires in order to develop the subconscious awareness of your *Vision Boards*. Practicing *Basic Principles* is the ideal process for making your *Vision Boards* the powerful magnets to attract the manifestation of your goals.

Once your Vision Board is imprinted in your subconscious mind, the *Law of Attraction* together with the Law of Gestation will work in your favor. Similarly, once a tomato seed is planted, there is a process of gestation that will take place regardless the fact that you are not able to see what's happening in the invisible world.

3 Steps for Creating Your Future

Step One:

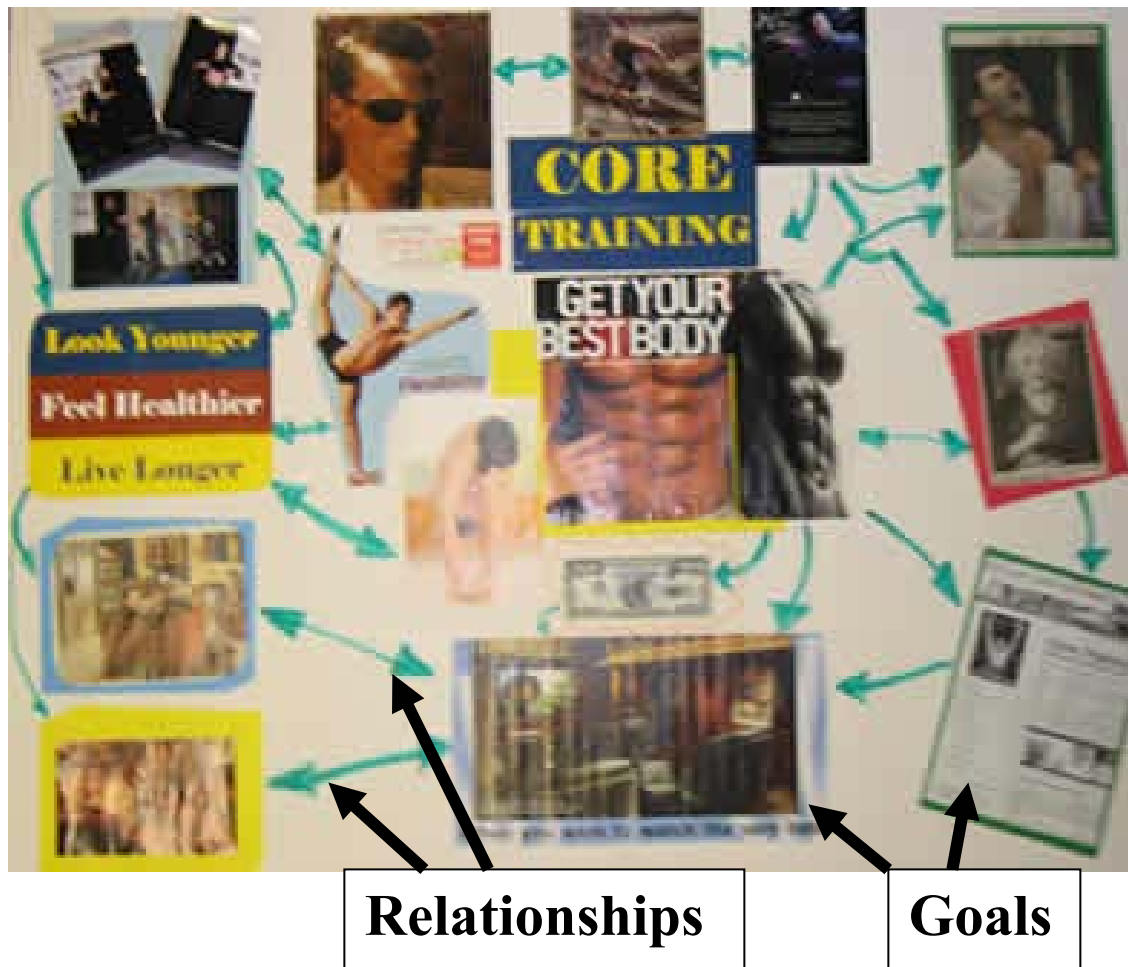
Set clear goals that relate to your central main goal.

By using Vision Boards, you will learn to hold on tight to your personal goal and to take consistent action to manifest your goals. Having a clear vision, is the first step for making the Law of Attraction work for you and effortlessly take those vital actions to find the perfect people to attract to you... simply by how you react to your daily events and circumstances.

A- Set clear goals that relate to your central main goal. In my case, Core Training is the central most important goal. For example:

- Related to Core Training is achieving Body Flexibility.
- Related to Core Training is becoming one of the best fitness training.
- Related to Core Training is developing the best website in the world.
- Related to Core Training is having a large fitness facility.
- Related to Core Training is creating a team of fitness trainers.
- Related to Core Training is to make 30 million dollars in annual sales.

B- From magazines, select pictures that clearly represent your goals and glue the pictures to a large whiteboard as shown on the following picture:



Step Two:

Set clear objectives and deadlines.

After setting clear goals that are related to each other, follow the next steps:

A- Define clear objectives and deadlines for achieving your goals.

B- Using red post-it notes, add your objectives to each of your goals.

C- Using yellow post-it notes, add your deadlines for each of your goals.

C- The objectives and deadline should be placed according to how they relate

to the accomplishment of your goals. For instance:

- Practice Flexibility exercises every day
- Deliver 3 seminars per week.
- Have 3 radio shows per week.
- Practice Kung Fu 3 times per week.
- Organize the fitness congress once a year.



Step Three:

Track the results of your objectives and deadlines

After determining clear objectives and deadlines for achieving your goals, follow the next steps:

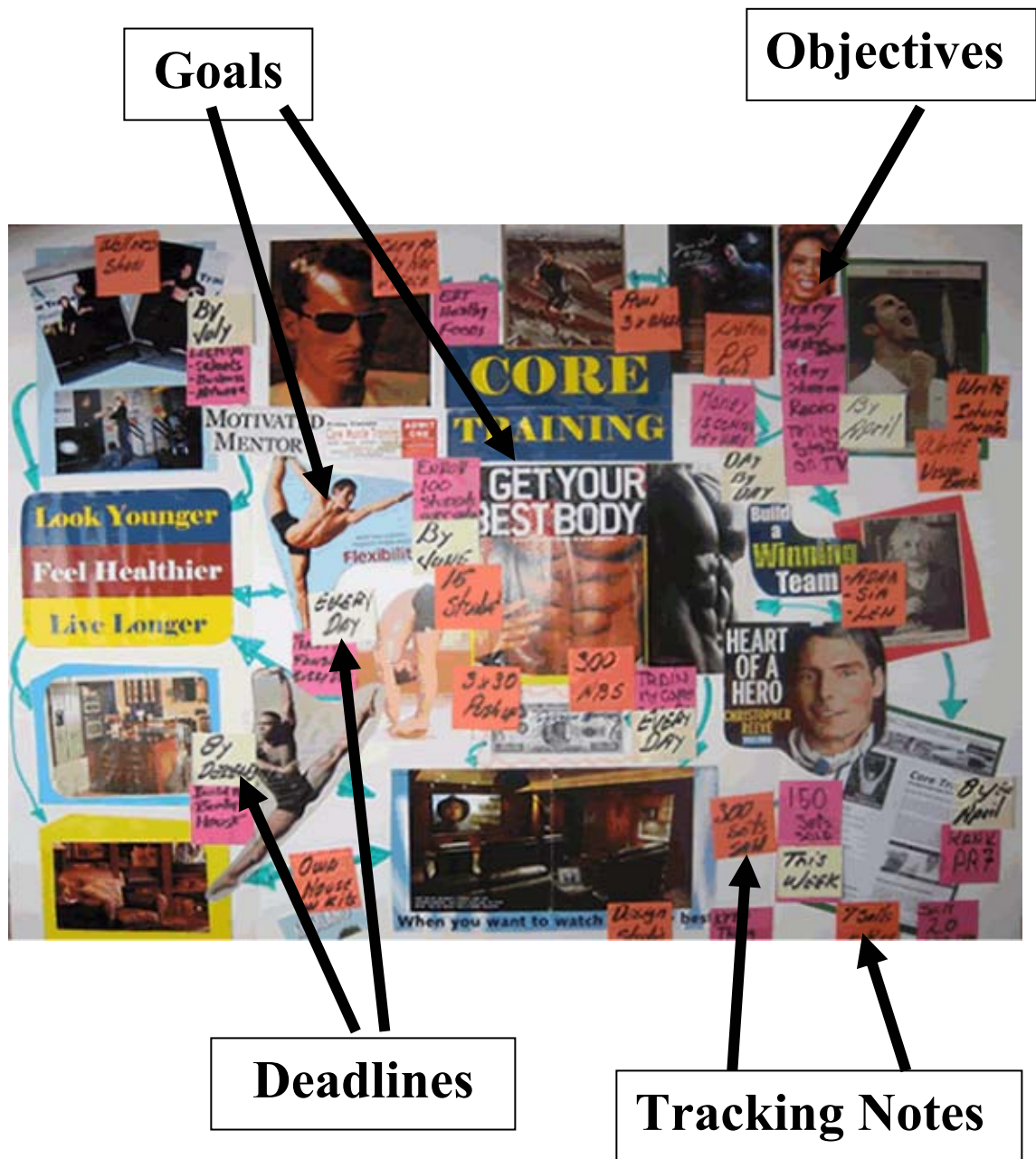
B- Using orange post-it notes, add the result of your daily activities. This process is crucial for adding energy to your Vision Boards. This process is sending the message to the universe that you care about your Vision Boards.

C- At the end of each day, go to your Vision Board and update your tracking notes. For Example, my Vision Board shows these daily tracking notes:

- 20 minutes of Flexibility exercises
- 1 seminar
- 1 radio show
- 1 hour Kung fu
- Found space for fitness congress
- Sold 82 Core Training sets
- Enrolled 2 new students
- 3 x 30 push ups
- 3 x 30 chin-ups...

IMPORTANT: For the first 3 weeks, keep reviewing your Vision Board every day and adjust you objectives and deadlines accordingly. Once your Vision Board does not require changes, you should start practicing visualization with your Vision Boards 3 times a day. This method can be practice using the ***Power of Relaxation System*** that includes the CD for mental focus and the Body Massage program for physical relaxation and mental meditation.

The following example is the dynamic process of creating the magnetic energy for your Vision Board”.



Tracking the results of your daily actions in relationship with the goals, objectives and deadlines represented in your Vision Board is the price that you must pay every day to make the Law of Attraction work for you.

Everything has a price. The price of your success with Vision Boards is directly related to the time and energy that you put in creating, contemplating and manifesting everything that you have added to your Vision Board. It's important to accept that you must give up something to get whatever you want in life.

Once you have created your Master Vision Board, you will pay a price if you want to make things better. Continuous and hard work, is the only way to allow your *Master Vision Board* to attract a new reality in your life.

Once you have created your *Master Vision Board*, you will pay a price for just leaving things as they are. Nothing worthwhile will come easily to you. The Law of Attraction will work in your favor to the degree that you commit time and energy to your Vision Board.

Once you have created your *Master Vision Board*, you control the action at the point of decision making. If you don't focus your attention and energy on your Master Vision Board, you let others make decisions for you, you give up control. Only when you control the decisions, you control the actions

As King Leonidas and the 300 Spartans demonstrated, there can be no great courage when there is no confidence or assurance. Half the battle is in the conviction that you can accomplish what you undertake. With daily practice of Vision Boards you'll come to a point of competence in anything. You'll find yourself accomplishing your goals with grace and confidence.

APPENDIX TWO

For Fun vs. Science

After I finished my engineering degree, I worked as a mainframe computer programmer for a petroleum company. For several years I used *Vision Boards* techniques to analyze and make complex system obvious and simple to understand. I learned advanced applications of *Vision Boards* techniques while doing graduate studies in computer sciences. The topic of Vision Boards was mentioned during a fascinating class about Discrete Mathematics.

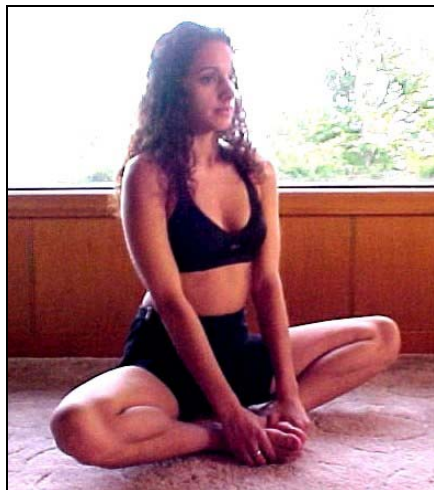
Discrete mathematics allows you to explore unique problem situations that are not directly approachable through writing an equation or applying a common formula. You are often required to visualize the situation through developing a model or another form of graphical representation. The theory of discrete mathematics does not require learning a large number of definitions and theorems, but it does require a sharp and inquisitive mind.

Daily practice of mental concentration and visualization is required in order to master the use of Vision Boards and to develop a concentrated and inquisitive mind. But let me warn you. If you're expecting complex systems, you are in for a surprise. Perhaps, the most difficult part is learning how to relax you mind and body. If you already know how to relax, you are 50% ahead of the game.

During my search on Vision Boards, I bought many books written by leading experts of mind control, meditation, relaxation and physiology. Upon failing to create a simple way to teach how utilize the Law of Attraction, I then sought

out and tested techniques from NLP (Neuro-Linguistic Programming) and the Silva Mind Control method. I tested every feature, read through all the books on visualization and mind control, and practiced countless hours of relaxation and meditation techniques.

If you don't know how to relax your body and mind and reach a good level of mediation, I strongly suggest that you practice The Power of Relaxation every day. The Power of Relaxation is the fastest most powerful method for relaxing your mind and discovering your genius. The Power of Relaxation is not about knowledge in and of itself, it's about practice. By following the 100-day step-by-step program, you will learn and practice natural techniques that will enhance your creativity and productivity.



The Power of Relaxation is the practice of success and happiness. In this Life Changing program you will learn to develop the mindset for success. You will train your mind in the same way an athlete trains his or her body.

APPENDIX THREE

Business In The Flat World

■ Discover How You Can Make Money by Helping Others!

Do you know that at Mastermoves, you can earn 20% of your monthly referrals to any of our fitness and wellness programs? This could help you earn your living! Find out what it takes to do business with us and enjoy a prosperous life for once.

■ Become a Mastermoves Business Affiliate!

Mastermoves assists its business affiliates around the world. Through our website, weekly Newsletter, marketing material, business cards, help desk support, seminars and training services, we offer you the and easy way to take advantage of **"The Flat World"** (for more information visit www.mastermoves.com/business.htm).

Become a proud Mastermoves Business Affiliate...we care about YOUR success. Your success is our success!

■ Affiliate Process:

1. Complete the MASTERMOVES Body Conditioning program and the Body Toning program. You should be able to demonstrate all the exercise routines correctly.
2. Submit an application to become a MASTERMOVES affiliate
3. Pass the MASTERMOVES Product Selling Test. (30 min)

Note: As a Mastermoves affiliate you will earn **20%** of your monthly sales. As you become more experienced with Mastermoves, you can become a **Mastermoves Fitness Trainer** and earn up to **40%** of your monthly sales.

For more information visit us at:

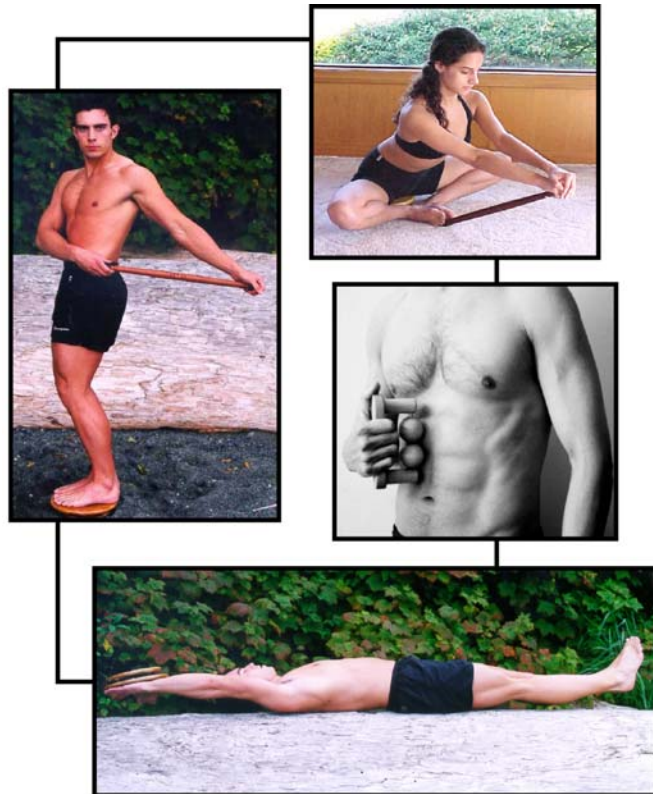
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Contact Information



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O.K. Initiatives Inc.

Vancouver • British Columbia • Canada

email@mastermoves.com

Tel. 604 742-1120

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