



# Create Your Perfect Body

## Visualization Strategies To Instantly Align With Your Fantastic Future

7 Day Course

By Path To Abundance, Inc.



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# Introduction



## **Welcome to Your Path To Abundance & Creating Your Perfect Body!**

Congratulations and welcome to this powerful course where you will spend 7 consecutive days masterfully creating your perfect body!

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

## **Introduction**

It's understandable that our bodies can be a sensitive topic for some. There can be pain and disillusionment tied into our beliefs about our bodies and this can be one of those areas where we falsely believe that our past must dictate our future. We may feel that perhaps nothing will change in this area because it hasn't *yet*. This week, let's take a break from any current beliefs about your body that do not serve your future goals and powerfully step into the realm that anything and everything is possible (because it is!)

The following idea, by Dr. Denis Waitley, has been proven true by thousands of people from all walks of life as well as NASA scientists, professional athletes and physicists alike!

*"When you visualize, then you materialize. If you've been there in the mind you'll go there in the body."* (Literally!)

This course will provide you with 7 powerful days of practice so you can start designing your body exactly as you want it (and when this course is over you can continue to use these tools as often as you wish)!

**Live the life of your dreams! It's not only possible and achievable - it's your birthright!**

# How To Visualize For Maximum Effectiveness:



## **Important Keys For Successful Visualization:**

In order for our visualizations to be impactful and align us with the huge, life changing results we desire, we must practice them a certain way to be sure we are engaging all the right tools and energy that will powerfully cause these changes.

We will thoroughly cover how to approach visualizing for maximum potency and reprogramming of your subconscious mind and will take all the guess work out of the process by providing you with exactly what to focus on each day, making sure your visualizations are interesting, exciting and filled with positive emotion. And this course is designed for consistent daily practice that only requires about 5-10 minutes of your time per day so you are set up to WIN with these tools!

Let's take a look at exactly how to approach the visualization process so you are sure to get the maximum possible benefit from this course.

Clarity, details, repetition and emotion are all important factors that need to be present to ensure your visualizations are powerfully effective. You've got a great start on the repetition just by doing this course! The clarity and details are important because they help you define the aspects of your perfect body that actually create your emotions.

You want to feel as many happy and positive emotions as you can during your visualizations. This is the fuel that shifts your energy to be in alignment with what you want to create as well as reprogramming your subconscious mind to believe *right now* that these things are possible for you, thereby releasing any unknown energetic blocks you may have.

Another way to connect with your emotions during your visualizations is to engage your 5 senses while you are visualizing. What do you see, smell, hear, taste and feel while you are in this picture? Use all these tools to boost your emotions sky high as you enjoy these delicious few minutes each day.

Also be sure to always visualize in the present tense and, of course, these visualizations need to be positive! Additionally, it's vitally important that you suspend any doubt during your visualizations and do not worry about "how" these things will happen. Just have fun with the process and remember the sky truly is your only limit!

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

Trust that this process is dissolving your doubts and reprogramming your subconscious mind to now believe that this goal IS possible for you! As you begin today, be inspired by these great words of Viktor Frankl:

***“Life can be pulled by goals just as surely as it can be pushed by drives.”***

## **Let's Get Started!**

Each day during this course, spend 3-5 minutes visualizing the different aspects of your perfect body as outlined below. Be sure to visualize only once (or twice at most) each day. And remember, you want to keep these visualizations fresh, interesting, exciting and different so your mind doesn't get bored and wander off.

If we spend more than 3-5 minutes or do them more than once or twice a day, our excitement tends to wane and our visualizations become less potent. Also, focusing on just one aspect of your body each day allows you to really get into the details so your visualization isn't vague (we need clarity, right?) so you naturally feel all the exciting emotions that go along with having your perfect body.

Today, you will focus on Day 1 below, then Day 2 tomorrow, Day 3 the next day and so on. Enjoy this fun and exciting process and trust that you're making huge strides in creating the body of your dreams. You're going there in your mind now so you can go there in your body next!  
WOO HOO!

**Have a wonderful week experiencing your perfect body!**

~ Day 1 ~

## Your Nourishing Food



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

Do you eat absolutely anything and everything you want and still maintain your perfectly healthy and beautiful body? There is no right or wrong answer here.

This is your wonderful visualization process and your past or current beliefs do not play a part in this. Let them go. There are no rules here. Whatever you choose is perfect. You get to declare the content for this process! Nothing is impossible and the sky (along with your own creative imagination) is the limit. So take a few moments to decide how you want to approach this.

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

Now take 3-5 minutes to close your eyes and imagine yourself enjoying eating all the foods you'd like to eat in your perfect world. What are you choosing to eat? How does it taste? How does this food make your body feel? Energetic? Fulfilled? Comforted?

Whatever your personal idea is of the perfect foods for you – pick those and have fun with it. You get to design your visualization. Just remember to leave any and all doubt or negative thoughts out of this process. They do not belong here where you are creating your new and magnificent future.

Also, keep it in the present tense, make sure you are in the picture, be as clear as possible with all the little details you notice (remember to use your 5 senses) and engage as many positive emotions as you can during this visualization. When you put yourself in this picture, please, please, please imagine yourself *already having* your perfect body. Picture your perfect self from your future *after you have achieved* whatever goals you have for your body. Enjoy these few minutes of deliciously prepared, magnificent foods!

- Day 2 -

## Your Invigorating Exercise



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

Do you want to try yoga? Maybe you'll do Bikram yoga with that intense heat as you feel your pouring sweat removing any impurities and stimulating your beautiful body! Maybe you've always wanted to know how it feels to run 5 miles or go on a long, refreshing bike ride. Perhaps you've heard about spinning, Zumba, kick boxing or Tai Bo and have wanted to experience how your body would feel doing those things.

Whatever form of exercise you wish to engage your gorgeous body in today is terrifically perfect!

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

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



- Day 3 -

## Your Pampering Luxuries



What would you like to experience more of when you think about physical luxury and pampering your body? Luxury can mean different things to different people. You know yourself better than anyone so what do those things mean to you? What ways would you like to honor, cherish, respect and take care of your perfectly beautiful body – the body of your dreams? What would make your body feel titillating refreshed, renewed, re-energized and respected (all those “re” words)?

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

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

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

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

It’s an incredible feeling, isn’t it! What a wonderful way to spend your time! You are accomplishing so much by simply closing your eyes and enjoying these few luxurious moments!

- Day 4 -

## Your Lively Energy



For the last three days, you've been eating how you want, doing the fantastic activities that you enjoy and luxuriously pampering your body. What is all this doing for your body's energy levels?

Do you find yourself buzzing with more energy than you can ever recall having? Do you notice a new sense of balance or subtle, calm, consistent energy in your body? Do you leap out of bed happy, excited and ready to take on the next set of experiences your beautifully designed days have to offer you? Can you engage in activities all day long and never notice a drop in your energy levels? Can you accomplish more in a day than you ever have in the past?

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

Go there in your mind now so you can soon go there in your body, right?

Take today's 3-5 minutes to close your eyes and imagine yourself enjoying all the benefits of your newfound flow of endless energy! What types of things are you doing with all this energy?

Are you satisfyingly completing tasks you've been meaning to get around to? Are you enjoying all the fun activities that you weren't able to engage in as often (or at all) in the past? The possibilities are endless for what you can do with all this time and energy, aren't they?

Whatever you choose to experience is great – enjoy all this energy and the new opportunities it opens up for you in this delicious life with your beautiful, unstoppable body!

- Day 5 -

## Your Exciting Activities



A few days ago you experienced some muscle-stretching, invigorating exercise. Today you get to spend time doing a different kind of physical activity that will be fun, exciting and deeply fulfilling for you.

Have you dreamed of being a ballet or tap dancer? Or perhaps a hockey, basketball or baseball player? Have you ever dreamed of running a marathon? Doing a century bike ride? Surfing tubular waves? Rock climbing the most challenging precipice? Conquering the pole vault? Doing gymnastics?

Whatever physical activities that you have always wished you could do or wanted to try but maybe felt that you didn't have the coordination for or your body wasn't capable of - you can pick today! You get to move your body in ways you maybe never have until now.

Today, you'll experience things you've seen others do and are finally ready and able to do yourself. Now that is truly exciting!

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

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

However you'd like to experience this invigorating activity for your body, do it in today's visualization and truly enjoy this time!

- Day 6 -

## Receiving Wonderful Compliments



Today we are going to openly hear and receive all the compliments that our beautiful bodies deserve! In the past have you enjoyed receiving compliments or has receiving (which can feel very intimate) been a little uncomfortable? Regardless of how easy or hard this may have felt for you in the past – today you get to design and declare how it goes!

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

How would you like to have this information expressed to you? Would you prefer to hear quiet comments all day long from each new person you interact with? (“Your hair is pretty. That outfit looks good on you. I wish I had a body like yours. Your hands are very delicate. You sure have strong/shapely legs. Your body is so beautiful. I wish I had your biceps.”)

Or do you want people to happily exclaim their compliments in a very pronounced way? (“Oh my gosh! Look at you! You look incredible! Wow! I love what you are doing with your body! You must work out all the time to have a body like that! Whatever you’ve been doing - it shows!”). Take some time to think about this so you are ready to immerse yourself in the most glorious experience of receiving compliments about your body ever!

Now take 3-5 minutes to close your eyes and imagine being on the receiving end of the most perfect verbal acknowledgements of your beautiful body. You get to decide who is giving these compliments to you.

What are the words or expressions that you’ve longed to hear about your body the most? What is the most wonderful expression of someone complimenting your beautiful body that you’ve ever heard? What are they saying? How are you reacting to this beautiful verbal gift you are being given? Are you crying tears of joy?

Make this a memorable experience and enjoy each meaningful moment of it. Your body is beautiful and perfect and you deserve to hear all of these compliments.

- Day 7 -

## Generously Appreciating The Beautiful Bodies Of Others



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

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

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

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

Embrace the feelings of contentment and joy as you take 3-5 minutes to close your eyes and imagine yourself happily finding the people who will be the recipient(s) of your verbal generosity. See yourself giving compliments that support others in experiencing their own beautiful bodies. Imagine the delight of the people who were in the right place at the right time to receive your verbal kindness. And watch in amazement as the Universe orchestrates the wonderful serendipity of these experiences for all involved (maybe that compliment was JUST what that person who was struggling with self esteem issues today needed!).

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

# CONGRATULATIONS!



You did it! You've spent an entire week powerfully reprogramming your subconscious mind and sending a very specific message to the Universe about the beautiful body you are committed to creating! Well done!

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

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

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

For more information, please visit us at: [www.YourPersonalAgreement.com](http://www.YourPersonalAgreement.com)

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