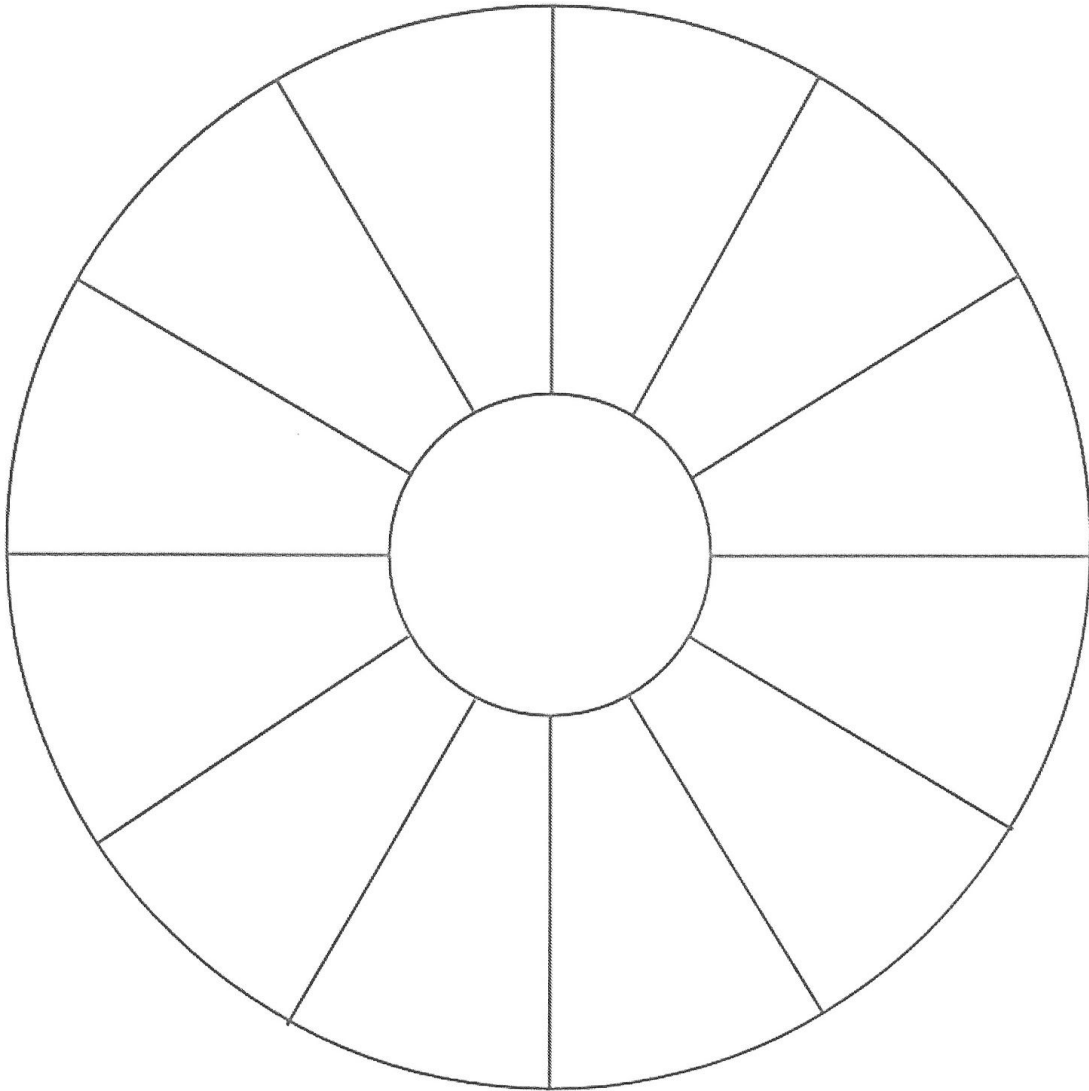


Focus Wheel to Manifest Your Desire



REMEMBER

Keep your focus statement positive and in the now, avoiding 'I want' and 'I will' as well as any negative expressions. Do the same with the supporting sentences. Make sure that your sentences are believable to you so that you don't create resistance to what you wish to manifest.

You can use any desire for the focus wheel, from weight loss to the loftiest spiritual goals. You can create a new wheel at the start of every day if you like, or you can work with the same wheel for a set period of time, such as three days, a week or 21 days.

You may wish to say the sentences out loud x 3, three times a day, finishing each round by stating your focus sentence, once you have raised lots of positive energy by putting lots of feeling into each statement.