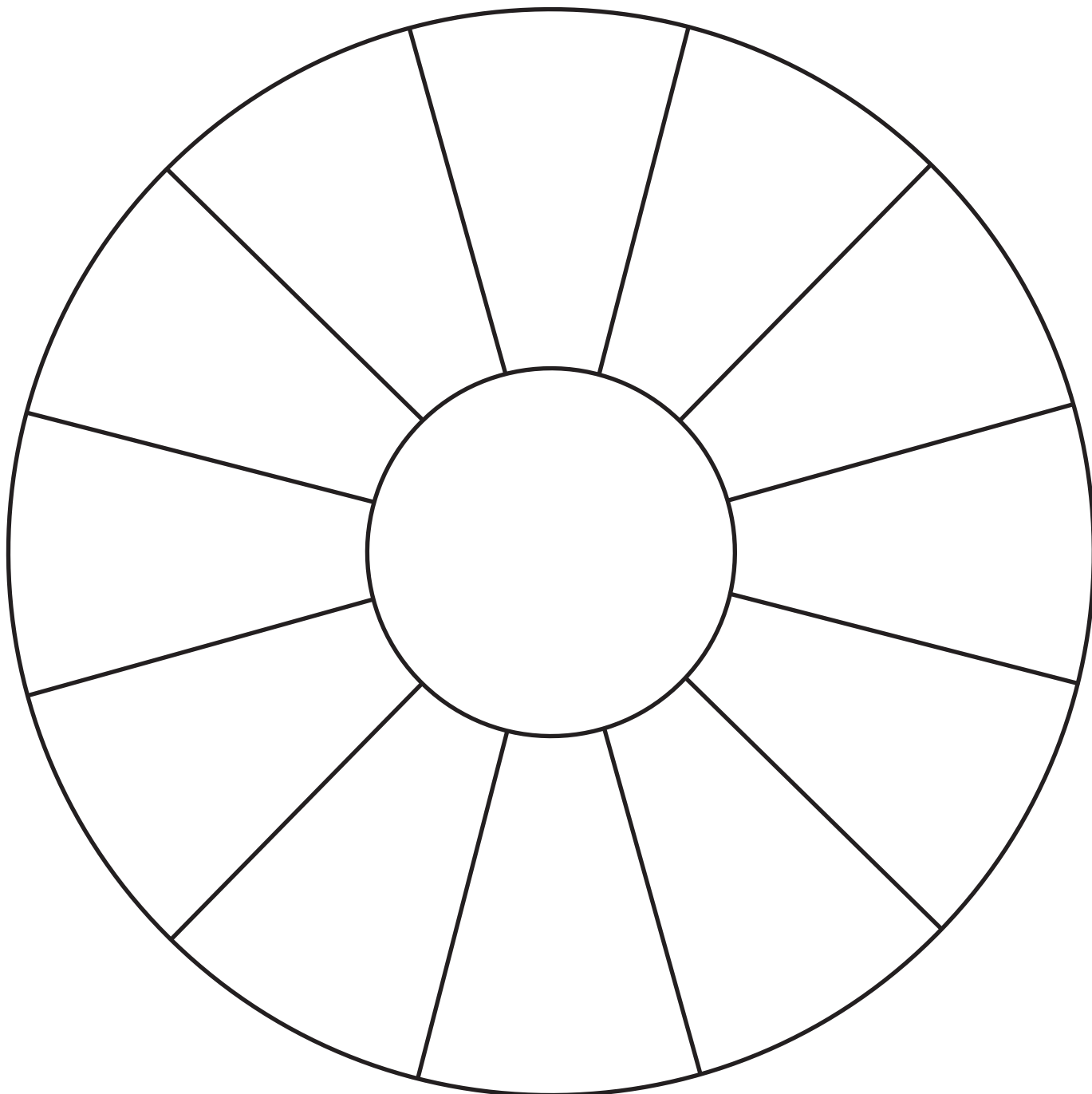


THE FOCUS WHEEL PROCESS™

as given by Abraham-Hicks



This is the process where you make a general statement that matches your desire. In other words, you're reaching for a match. And how do you know you have found one? Because you feel a sense of relief. In other words, the statement soothes you; the statement just feels a little better. And once you find it, if you can focus there for a little bit, even amplify it or exaggerate it, or remember something related to it... that is to say, if you can manage, once you find that gentle comforting statement, to stay there for at least 17 seconds so that you allow another thought to join it... it will then give impetus to your newly stated belief. Whenever you make a general statement, you are more likely to be pure in your thought than when you make a specific statement, so the power of the Focus Wheel is that you are making general statements that you already believe, and as you hold each of them for 17 seconds or so, it gives you an opportunity to offer a pure vibration that is more and more specific to your desire.

Instructions

1. Determine what you don't want.
2. Based on what you don't want, determine what you do want.
3. Write it in the center of the wheel.
4. Imagine the wheel as if it is spinning at the vibration of your desire.
5. Think of a statement about the desire.
6. Find statements that feel less resistant until one resonates with your desire.
7. Write that statement at the 12 o'clock position.
8. Ride that wave and continue writing statements in the 11 remaining sections.
9. Write a statement from where you are now in your vibration in the outer middle circle.

When to Use This Process:

When you realize that your current Vibrational Point of Attraction is not where you want it to be. When you are aware that you are feeling negative emotion about something that is important, and you want to find a way of feeling positive emotion instead. When something has just happened that is not to your liking, and you want to think about it while it is on your mind and change your point of attraction so that it does not happen again. When you are reaching for a feeling of relief.