

# Welcome to the Gabriel Method

## Case Study Action Steps

### Lesson No. 6



Visualize and Manifest Your Dreams

# Action Steps

- Do afternoon positive manifestation visualization
- Practice 10 minutes of Qigong for weight loss in the morning



# Ongoing Steps

- Speak with your Gabriel Method coach
- Do evening visualization each night before bed
- Do morning visualization suggested by coach
- Take morning probiotic supplement
- Continue frequent water consumption
- Eat a great Gabriel Method blood sugar balancing breakfast
- Take morning Gabriel Method greens
- Have Gabriel Method greens or blood sugar balancing snack in afternoon
- Try 10 minutes of Get Thin or Get Eaten Exercises, 2-3 times per week

# Visualization for Weight Loss

- Extremely effective way to communicate to your body that you want to be thin

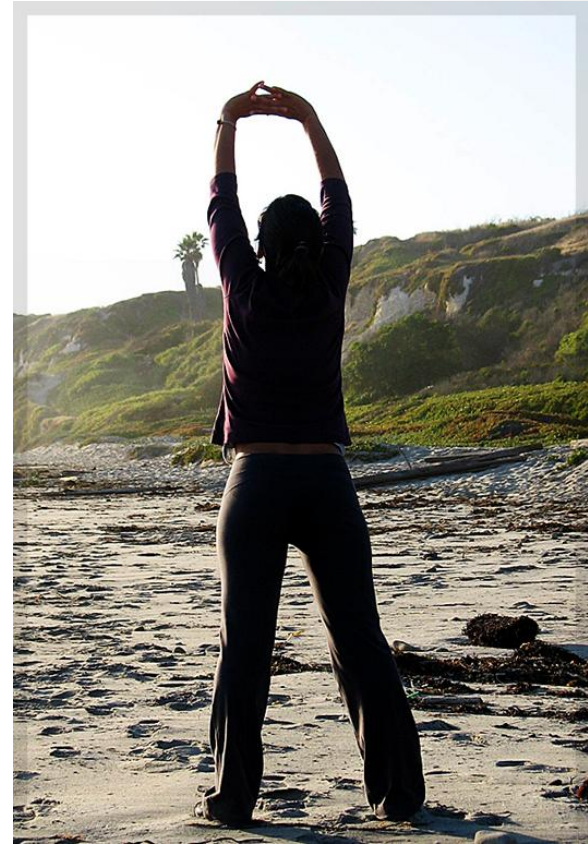


# Visualization

- Brain doesn't understand the stress in our lives
- Stress causes chemistry that activates FAT Programs
- Your body is designed to protect you
- The part of the brain in charge of FAT Programs doesn't speak English

# Turning Off FAT Programs

- Visualization uses symbols, the universal language to communicate core concepts
- For weight loss, focus on the image of exactly how you'd like to look



# Why Visualize?

- Creates a surrogate type of protection for your body
- Reprograms your mind and counters the need for having weight in order to feel safe
- Activates get thin or get eaten adaptation
- Eliminates junk food cravings

# Why Visualize?

- Opens up your energy channels
- Gets your energy and vitality flowing
- Makes you feel healthy
- Develops your intuition
- Manifests and makes your dreams come true





“Your ability to create and manifest is getting stronger and stronger and stronger...”

Now is the time to really go in and really manifest your dreams.”

# Energy Channels

- The concept of energy channels in Eastern medicine has been well established
- Our bodies have life force energy that controls, operates and energizes us



# Life Force Energy

- Western medicine rarely gives it credence
- 100,000 reactions happen every second in every cell
- All these reactions have to happen in a coordinated sequence
- It's impossible for our bodies to operate through just electricity and chemicals

# Understanding Your Energy

- Discovering our bodies have an electrical impulse
- Connective tissue is actually a semi-conductor for energy
- Bodies run on energy
- Eastern medicine has known this for thousands of years



# Energy Channels

- Our bodies have energy channels
- Main arteries, blood vessels, veins and capillaries go all over our bodies
- Bring nourishment to our bodies
- Energy channels allow life force energy to go all through our bodies and energize us

# Energy Channels

Open and flowing



Life force to all  
parts of your  
body

Closed and  
blocked



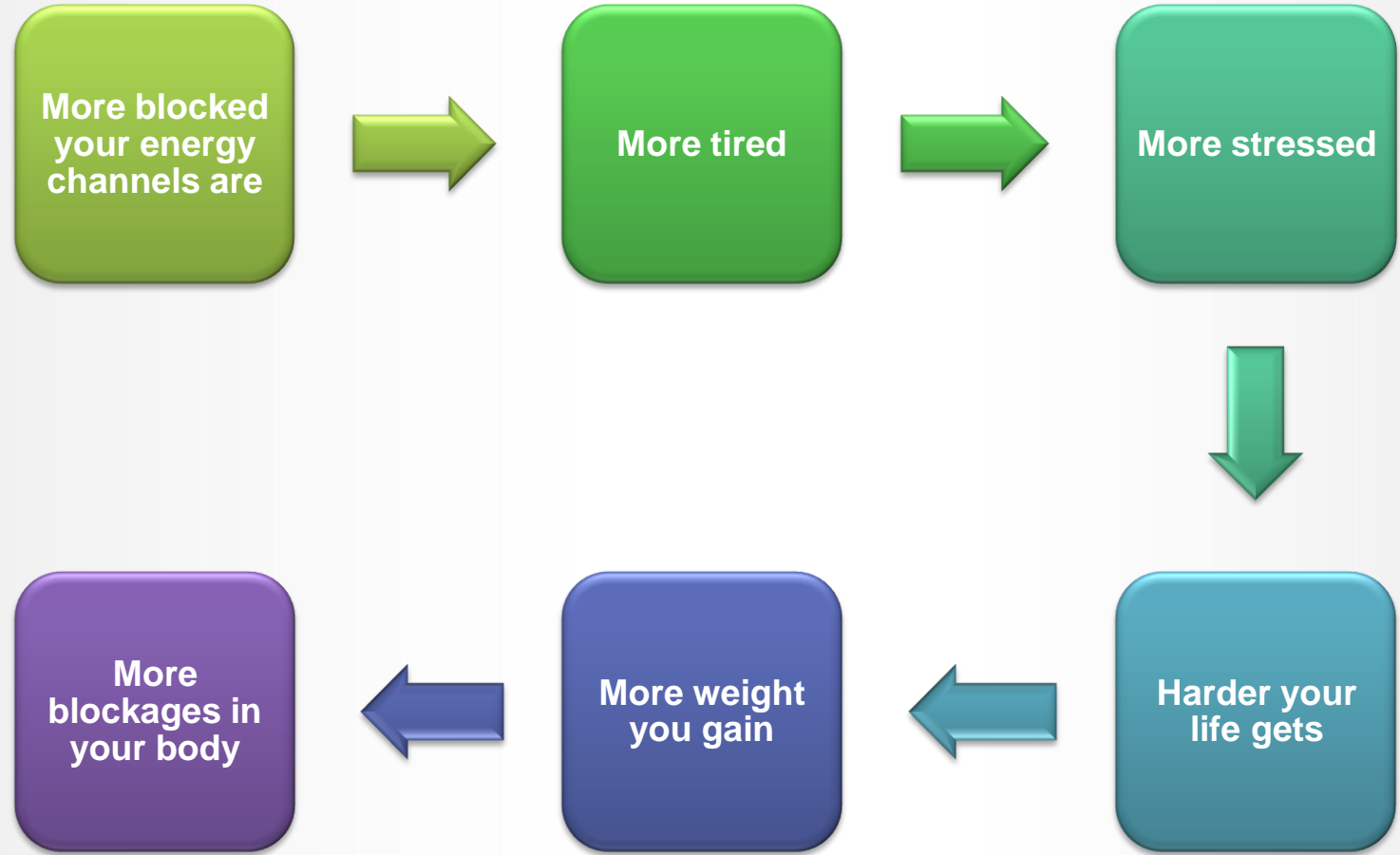
Lots of  
problems...

# Blocked Energy Channels

- Weak, devitalized
- Diseases
- Consistently craving sugar
- More stressed out



# Vicious Cycle





# Blocked Energy Channels

- Means parts of your body are cut off from life force energy
- This means dying, decaying, stagnating energy
- It causes a number of health problems



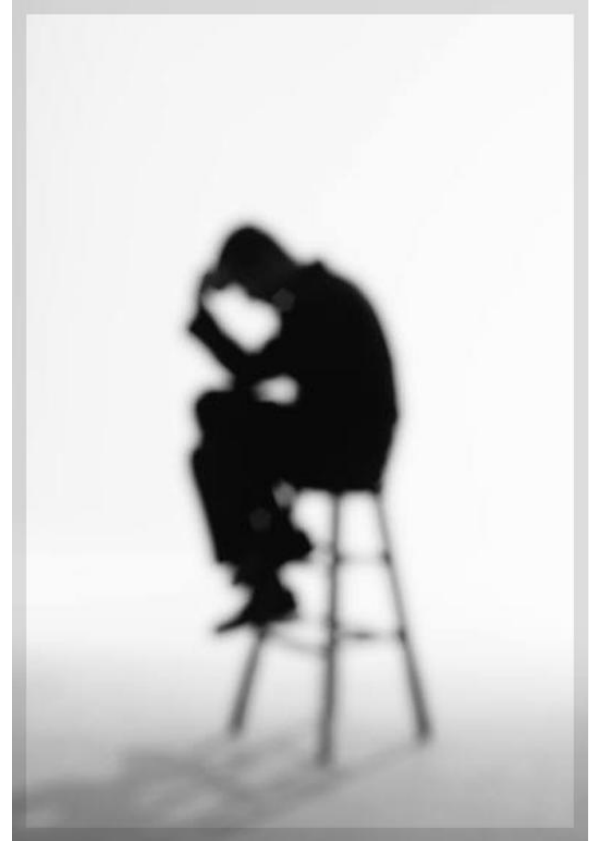
# Blocked Energy Channels

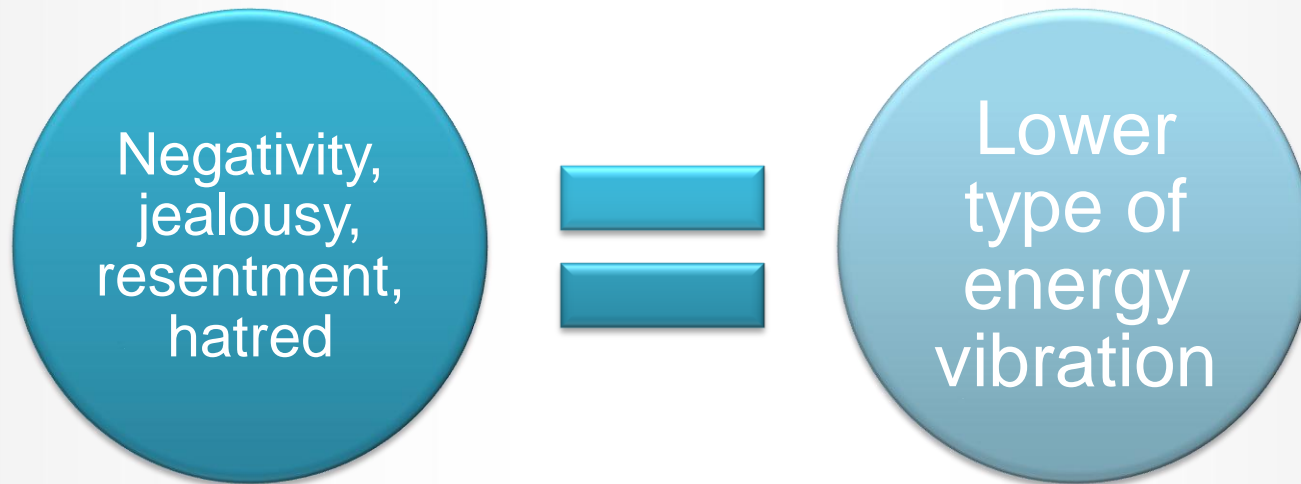
We've got:

- Mental energy
- Emotional energy
- Life force energy
- All have to run through our energy channels

# What Blocks Channels?

- Negative thoughts
- Fear
- Stress
- Your energy channels constrict when they don't want negative energy to enter





Higher  
emotion



Clear  
water

Negative  
emotion



Thick  
molasses



Gets  
stuck in  
energy  
channels

Energy can't flow

“There’s no way to get through the day happy and healthy and easily when your energy channels are blocked. You’re literally being cut off from life.”



# Negative Spiral

- Chronic state
- More tired, exhausted, blocked, weak, devitalized, stressed out
- Activates your FAT Programs
- Causes junk food cravings
- Makes you heavier

# Toxins

- Block energy channels





# Open Energy Channels

- Feel connected to life
- Force running through you
- Energy to get through the day
- Not craving junk food anymore





- Losing weight
- Not stressed out



- Life is easier
- FAT Programs turning off



- Feel safer
- Feel a life force within
- Solidarity with yourself

- Centeredness and protection from within
- Positive momentum



- Happier
- More energy for your job

# Positive Spiral

- Opens up your energy channels
- Directs energy to different places
- Creates a positive spiral in your life





# Open Energy Channels

- Feeling more positive
- Positive thinking becoming a habit
- Radiating positive energy
- Using mind as a tool to direct energy



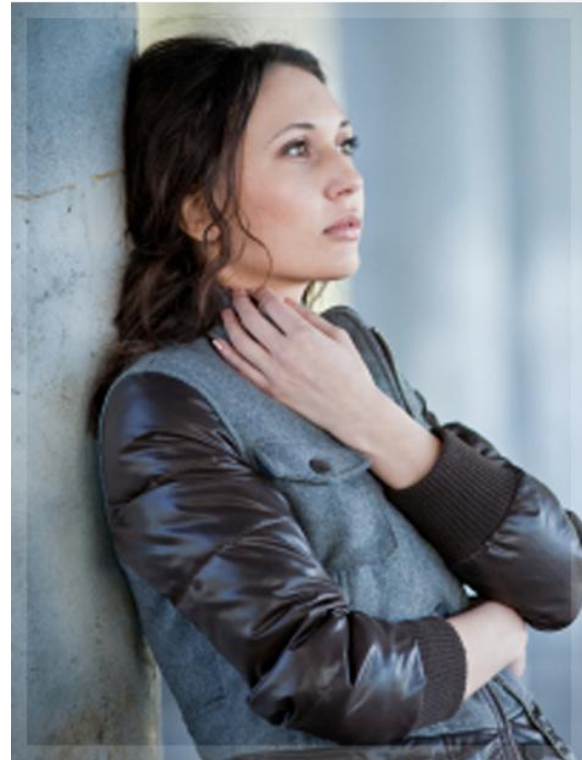
# Energy Will Go Where Your Mind Goes



- Using power of your mind to unblock energy channels
- Energy channels opening up and flowing again

# Intuition

- Sixth sense
- Why we're here and what we're meant to do with our life
- Knows the future





# Past, Present, Future?

- Non-physical sense that knows what's happening in the future
- Muscle that gets stronger and stronger with use
- But, we haven't used it since we were kids...



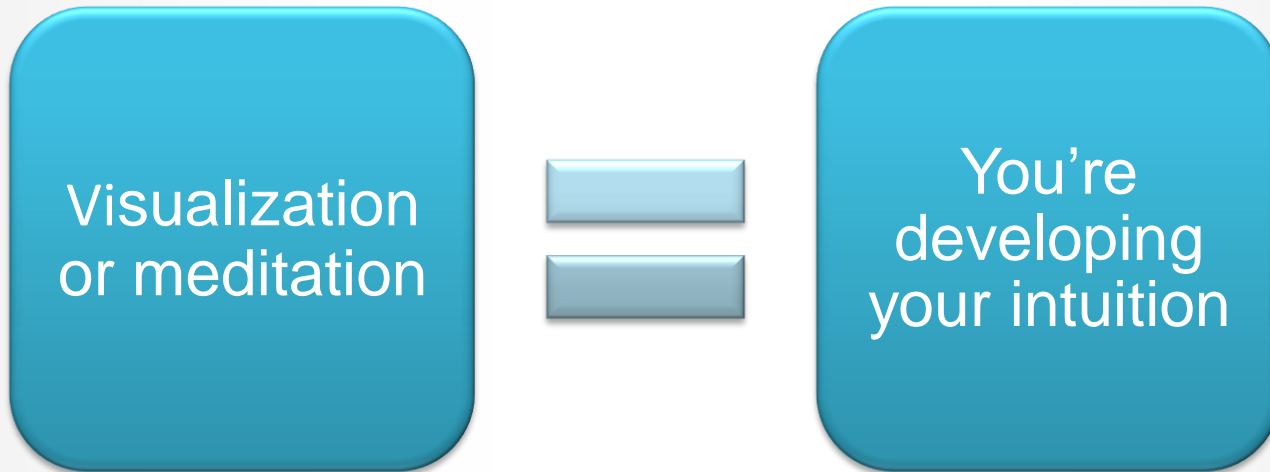
# Our Intuition...

- Born with six senses, we've been using five
- Other has been continually atrophying
- Need to strengthen our intuition



# How To Strengthen Intuition

- Lazy eye cure
- Visualization: putting a “patch” on your senses



# Developed Intuition

- Will make you feel safer than anything else in the world



- No matter how smart we are, we can't protect ourselves from a piano falling on our head but your intuition can

“Your intuition is just a sense that’s non-physical and is not confined by this arbitrary past, present or future that our mind has created.”

# When You Feel Safe...

- Energy channels are flowing
- FAT Programs are not being activated
- Positive momentum is taking place in your life





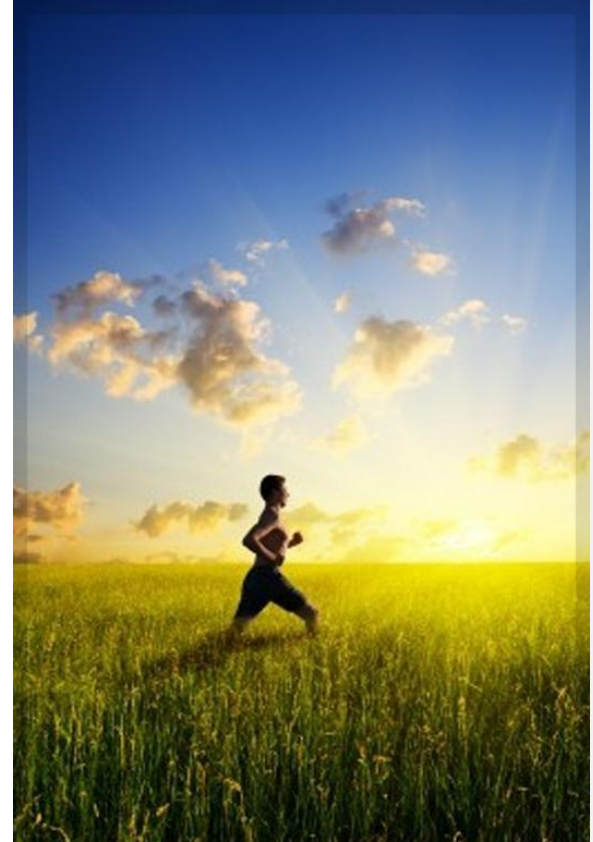
# Intuition and Weight



Developing your intuition is a really powerful way to turn off your FAT Programs

# Manifest The Life Of Your Dreams

- Mind: manifesting device
- Tool to really create our world
- Law of attraction
- If you visualize what you want to happen, it will happen





# My Visualization Result...



I did a visualization where I imagined that they published my book and it spread all over the world, and it helped people in every country....

# Published!

- Translated into 14 languages and spread into 60 countries
- It all happened through a vision



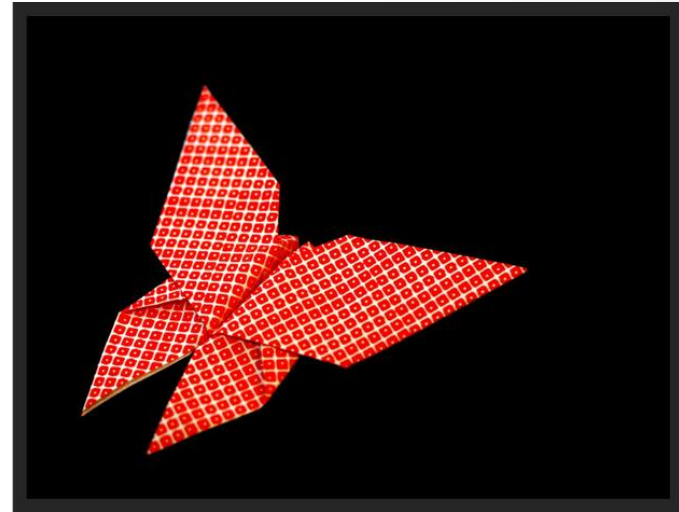
# Success with Visualization

- Matter of how powerful and focused your mind is when you're making a visualization
- Not a question of miracle or chance or coincidence
- Question of power



# After 5 Months...

- Every time you do a visualization, your ability to concentrate and focus gets more powerful



- You'll get immediate results when you visualize your ideal life

# This Month's Focus



- Open up your energy channels – Qigong
- Manifestation visualization in the afternoon

# Manifesting Your Ideal Life

- Use a specific visualization
- Qigong practice, first thing in the morning
- Helps you open energy channels
- Creates positive momentum in your life
- Helps you lose weight

“The greater your life is, the less stress you have. The less stress you have, the less stress hormones. The less stress hormones, the less your FAT Programs are going to be activated and the easier it’s going to be to lose weight.”



# My Goal For You

Not only to transform your body, but transform your entire life as well...



# Action Steps



- Practice 10 minutes of Qigong for weight loss in the morning
- Do afternoon positive manifestation visualization

# Ongoing Steps

- Speak with your Gabriel Method coach
- Do evening visualization each night before bed
- Do morning visualization suggested by coach
- Take morning probiotic supplement
- Continue frequent water consumption
- Eat a great Gabriel Method blood sugar balancing breakfast
- Take morning Gabriel Method greens
- Have Gabriel Method greens or blood sugar balancing snack in afternoon
- Try 10 minutes of Get Thin or Get Eaten exercises, 2-3 times per week

# Visualization

