



YOUR Path To Abundance

Shift Your Energy

A 7 Day Course

By Path To Abundance, Inc.

www.YourPersonalAgreement.com



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Welcome to Your Energy Shifting Exercises!



Congratulations and welcome to your first step in this course toward aligning with your goals and dreams!

I acknowledge your courage to take consistent daily action and your desire to live a passionate and deeply meaningful life! I believe you'll be very inspired to follow this easy yet profoundly powerful process each day. The momentum you'll experience from your daily actions will ignite your desire to keep moving forward as you get closer and closer to your own personal goals and dreams.

This course is designed for you to take one step per day. Each day, you will read the concept and then work with the action. Once you complete that, there is a bonus action designed to give you tools to practice with throughout your day so you can keep your energetic vibration consistently high and aligned with your goals and dreams.

You will work with Lesson 1 today, Lesson 2 tomorrow and Lesson 3 the next day, and so on. And see how you feel after just 1 short week of shifting your energy!

Let's get started!

Lesson 1: Claiming Your Future

CONCEPT

Claiming Your Future.

In order to begin this process of shifting your energy, an important component that needs to be in place is having an idea in mind for what your future will look like. Having this picture in mind will serve as an anchor, of sorts, to ground you and help draw you toward it both energetically and physically/tangibly.

As you begin this process of energetically shifting, please know that it's perfectly OK to have doubts about whether or not this process will really work for you. It's OK to start this journey from anywhere you are right now, even if you don't believe that. Just start the journey. That is something we will be working on and building up right away – how to shift out of fear and doubt and into faith, belief and trust (regardless of what your current circumstances are). In time, if you keep working with these tools, you'll marvel at how different your life is and you'll be a wonderful example for others who are a few steps behind you, struggling with the same things you used to struggle with. You'll be an inspiration to those who have not yet achieved what you have. What a fantastic gift you will give to the world by achieving your own goals and dreams and living your most inspired life!

ACTION

Claim your future by writing down your answers to the following questions:

What do I want for my personal life?

What do I want for my financial life?

What do I want for my business life?

What do I want for my spiritual life?

You want to phrase your answers from the point of view of AFTER you have accomplished all your goals and dreams in these areas. What's your life like? Describe it (in the present tense) in as much wonderful, delicious detail as you can. Write it perhaps the way you would write a postcard or letter to someone from a vacation, telling them (happily and excitedly) about the details of what you have been doing and what's been happening in your life. Try to suspend doubt or worrying and wondering "how" it could all possibly happen. For the purpose of this exercise, just have fun with it and play along with the unlimited fantasy. Again, it is very important to write your description in the present tense (remember, from "the future you" who has already accomplished your goals and dreams in these areas of your life). It is also important for this exercise, and all other writing exercises in this course, that you write them in your own hand (rather than typing). Doing so connects you to the process in a much deeper way.

BONUS ACTION: THROUGHOUT YOUR DAY

Read your life description several (3-5) times throughout the day today. Each time you read it, try as hard as you can to FEEL the things you have written – feel them as though it is already the future and they have already happened. How do you feel? Do you feel Gratitude? Joy? Happiness? Exhilaration? Allow those feelings to wash through your being – your body, your heart. Enjoy how wonderful it feels to experience what it's like to have all the things you desire - to have already achieved your goals.

Have a **FANTASTIC** day and I'll see you tomorrow at your next step!

Lesson 2: Love, Joy, Happiness and Gratitude

CONCEPT

Love, Joy, Happiness and Gratitude.

The idea that experiencing as much love, happiness, joy and gratitude as often as possible will be one of the biggest things we focus on during this course.

This may seem like it takes a lot of effort and hard work in the beginning because it takes so much conscious effort to shift into a new way of being, to develop this new habit. But honestly, if you really embrace and practice this daily work (especially if you do the Bonus Actions) as often as possible, you will be surprised at how quickly you'll notice yourself shifting and then you will hardly remember the days when you didn't feel great most of the time.

ACTION

Think about a song you REALLY love, a song that makes you feel happy, joyous, energetic and elated when you play it. A song that you could just sing at the top of your lungs to and dance around the room or bang on imaginary drums or play air guitar to as you listen to it (for me it is an upbeat Beatles song or an old Benny Goodman classic – one with high energy).

Now go play that song and do those things. Let that fantastic feeling wash over you! Just take the moment for yourself and do it. How did you feel at the end of that experience? Happy? Joyous? Light?

This is the feeling we are aiming for all the time – in our day to day lives. This is the feeling you absolutely can have regularly if you keep practicing these principles. The more you are able to clear away the blocks to feel this way as often as possible, the easier it will be to move forward toward your goals and dreams.

Today, I just wanted you to remember what this feeling felt like.

BONUS ACTION: THROUGHOUT YOUR DAY

Think about the things that make you feel great!

Much of the time, they have to do with our 5 senses. What do you love to look at (the sunset? a wonderful painting? your child or pet? your cherished autographed baseball?), to smell (fresh baked bread? flowers? your favorite perfume?), to hear (beautiful music? the sound of your child laughing?), to touch (soft silk? bubbles in a bubble bath?).

Play a game with yourself and see how many of the things you love you can experience today. Seek them out and see how many of them are presented as opportunities for you to experience and enjoy today.

Have a **WONDERFUL** day and I'll see you tomorrow at your next step!

Lesson 3: Focusing on Gratitude

CONCEPT

Focusing On Gratitude.

Gratitude for the things we can be grateful about right now is one of the biggest keys to bringing into our experience the things we want (and will be grateful for when they arrive). For this reason, it's truly important to find as many ways as possible to feel gratitude right now and often each day.

At first, it might feel like you have to work really hard at it, consciously forcing yourself to come up with something – anything to be grateful for. Trust that it WILL become easier as you practice. In fact, you will see that it will shift rather quickly, if you work diligently at it in the beginning (remember, it takes 21 days to change a habit). For now, try to suspend any doubt and trust the process even if you don't understand it. Keep in mind that you are trying to develop a relationship with a different part of yourself than your conscious mind and some of what you will be doing is slightly counter-intuitive to your conscious mind. Once you become unblocked, you will be open to the most magnificent intuitive guidance and inspiration which will lead you down all the right paths to your goals and dreams.

ACTION

Think of the things you can *truly* feel gratitude for in your life right now. Jot them down - a list of bullet points is fine. List at least 10 but preferably more items for this exercise.

Sometimes, when we are blocked, it's hard to "manufacture" gratitude or joy out of thin air. If you are feeling particularly blocked or negative right now, it's perfectly understandable and totally normal. It will be easiest if you find really basic things for which you can feel *true* gratitude. For example, if it is swelteringly hot out today, perhaps you can *really* feel grateful for the air conditioning you have in your home or car or office (or in winter, the heating you have). If your car (or a taxi or bus or subway) got you to work without breaking down, perhaps you can take a quick moment to imagine how it "could" have felt had your transportation broken down – and then feel the gratitude for it having been reliable this morning. Do you have enough to eat? Perhaps you can remember other areas of the world where people don't have access to the abundance of food and supplies you do and feel gratitude for having access to clean water, good food and 10 kinds of toilet paper to choose from. Did your sports team win their last game? How do you feel about that? Do you have a comfortable place to sleep? Did you hear any beautiful sounding birds today? What things can you begin to take notice of in your life that you are grateful for the existence of?

Now, look over your list and one by one, *feel* the gratitude for those things. Not just "thinking" about gratitude in your head but actually *feeling* it in your body, your heart. If it helps, quickly imagine the opposite (not having that thing right now) and then re-presence yourself to having it. This should help you get in touch with the feeling of gratitude.

BONUS ACTION: THROUGHOUT YOUR DAY

Expect gratitude. Decide and declare that you are going to experience gratitude today. Pay attention to the things that go on during your day today. Notice the things for which you can feel gratitude. Feel it in the moment those things happen. See how many times something happens (big or small) that you can feel grateful about. Then feel it!

Have a **TERRIFIC** day and I'll see you tomorrow at your next step!

Lesson 4: The Power of Visualizing

CONCEPT

The Power of Visualizing.

Every transformational leader talks about how important visualizing is as a key component of using the Law of Attraction principles. NASA scientists and Quantum Physicists have done countless experiments regarding visualization. As you may have heard, some athletes train using visualization techniques where they visualize their event before they actually participate in it (and it has been proven, after being hooked up to sophisticated bio-feedback equipment during these visualizations, that parts of their brain and subconscious mind cannot distinguish between them actually participating in the event or just visualizing it).

The subconscious mind doesn't know the difference between things happening in your physical reality or just in your mind. You can use this information to your very powerful advantage. It is said by those same very transformational leaders that daily visualization of your goals and dreams is hugely important to them manifesting much more quickly. It is said that if you go there first in your mind, you WILL also go there in your body.

ACTION

Some actors can cry on cue. They can really *own* the role they are playing, can't they? Do you have a favorite actor? Have you ever seen them (or someone else) in the role of a character that is completely different, personality-wise, than they seem to be when you watch them in another role or even simply being their "normal selves" – such as when they are being interviewed? When these fine actors are "in character" they are really BEING in it, aren't they? They are completely embracing all the characteristics of the person they are portraying. This is how we need to approach visualizing.

Imagine you are one of the world's finest actors! You have been cast in the role of you in your future. You are such a fine actor that you absolutely know how you are going to approach this acting job and you are going to OWN that role and really put yourself into character! Have some fun with this. Close your eyes and visualize your goals and dreams happening NOW.

Spend the entire 5 minutes really doing your finest acting performance ever (something that is Oscar-worthy)! So you and everyone else in "the scene" absolutely believe it's real – it FEELS real!

BONUS ACTION: THROUGHOUT YOUR DAY

Have some fun as you go out into your day. As you encounter people and circumstances, especially if they are a little challenging, think of how your actor-self might play this role. Think of how your actor could respond to the situation that would be for your (and their) highest good, something that will keep your vibration at a higher level. Even if the best you can do is to step into your actor-self and say a happy and enthusiastic "THANK YOU" to someone who may have been short or rude, try it. Be light and just play with it.

Have a **MAGNIFICENT** day and I'll see you tomorrow at your next step!

Lesson 5: Valuable Support from Trusted Friends

CONCEPT

Valuable Support from Trusted Friends.

Do you have any close friends or family members who you trust implicitly and feel very safe with? I'm talking about the kind of friend who doesn't judge you and who is supportive of you and your beliefs, desires and goals no matter how big and "out there" they sound. Someone who can help to gently point you back in the right direction if you ever feel "small" or disenchanted or temporarily forget why you are on the path toward achieving your HUGE goals and dreams.

This will be a very valuable resource to have in place in case you are ever stuck in some way. It is critically important to find someone who will not fill your mind with limiting or negative thoughts or "co-sign" your limited thinking in that moment. It needs to be someone who can help to remind you of why you are doing this, why you are on this path and why achieving your goals and dreams is not only possible but why our world will be a better place when you DO achieve them.

ACTION

Tell at least one trusted friend, one who is very supportive, non-judgmental and who believes in you and in BIG possibilities, about your goals and dreams. Tell them in great details why you are on this path and why you are so happy and passionate about your goals and dreams. Ask them if they'd be willing to support you and point you in the right direction if you ever become disenchanted or think you can't achieve these big dreams and want to give up.

If you do not have someone in your life who you feel can support you in this way – let's work on having you manifest such a trusted friend. Write a short list of the attributes this friend would have. Then take today's five minutes to visualize yourself with this friend, telling them all the details of your goals and dreams and visualize how wonderfully supportive they are and how much they believe in you and cheer you on. Feel all the deep and wonderful feelings of gratitude you have when being in the presence of such a great friend.

BONUS ACTION: THROUGHOUT YOUR DAY

As you go throughout your day today, quickly take a moment here and there to imagine being with your trusted friend and happily/excitedly telling them all the wonderful details about how your goals and dreams *have already* come true (you are doing this from the standpoint of you having already achieved them because remember, the Universe is picking up on the vibration you put out, so put out the vibration of having already manifested your goals and dreams).

Have an **AMAZING** day and I'll see you tomorrow at your next step!

Lesson 6: Compassion For Yourself

CONCEPT

Compassion For Yourself.

During this process of uncovering information about how you have been living, what you might want to change and becoming more aware of yourself and the surroundings you have consciously or unconsciously chosen for yourself and your life thus far - it is critically important to develop and practice compassion for yourself. Beating yourself up for anything you are now aware of that you have said, done, felt or manifested for yourself will only serve to keep the blocks in place (and continue manifesting more of the things you are now aware of that you no longer want).

Negative or judgmental thinking is not only not useful at this point but it will actually thwart the forward progress you wish to now make in your life. It serves no good, healthy purpose and is not the essence of love, goodness, joy or any of the higher vibrational thoughts and emotions you are now cultivating. An alternate way of thinking you can embrace is compassion. You didn't know any better at the earlier times in your life when you were making the choices that brought you the people, circumstances and things you now have. Now you do know more about how the Law of Attraction works and you are making HUGE changes just by deciding to take daily action toward your goals and dreams and be on this path. That is a fantastic declaration to the Universe about where you now are and where you are going.

ACTION

Today's action is to write a compassionate and encouraging letter to yourself – and then mail it! This may seem silly but trust that when you receive it in the mail and read it, you will see why it's powerful. Tell yourself all the words of support, praise and encouragement you wish to hear as you are on this path toward your goals and dreams. Be positive, faithful (of your abilities), loving and compassionate in this letter. It will mean so very much to "the you" who reads it on the receiving end. I promise!

BONUS ACTION: THROUGHOUT YOUR DAY

Do something nice for yourself today. Treat yourself to whatever it is you love; an ice cream cone? A new book? A bubble bath? A nap? A walk through the park? A hike? Watching the sunset from a special place? A funny movie? A new coin or stamp for your collection? Whatever feels like something you would love to do or have - Do it! Get it! Spoil yourself today.

Have a **LUXURIOUS** day and I'll see you tomorrow at your next step!

Lesson 7: Checking in With Yourself

CONCEPT

Checking in With Yourself.

It's wise to occasionally take stock to see where you've been, where you're going and where you are now in relationship to the two. This valuable process gives you the opportunity to celebrate your successes, acknowledge where your vibration may have been low and renew your commitment to keep moving forward toward your goals and dreams.

ACTION

Take today's 5 minutes to write on the following subjects – but please remember there are no right or wrong answers. This is only to serve as a guide for you to celebrate your wins and possibly make adjustments as you continue on your path. Gentleness and compassion for yourself are absolutely a MUST during this exercise – this is non-negotiable.

- List any serendipities/synchronicities or coincidences that have happened in the last week (no matter how small)
- How have you moved forward (physically/tangibly or energetically) toward your goals in the last week?
- Have you been able to embrace feelings associated with a higher level vibration (such as love, gratitude, or joy) during the last week?
- Is there anything that blocked, stopped or slowed your forward movement (negative emotions, limits in your beliefs, resistance of any kind, non-supportive input from others or anything else)? List anything that comes to mind.
- Could you have done anything differently when faced with the blocks listed above that may have helped you move through those blocks? (Are you being compassionate with yourself right now as you look at this?!)
- Overall, have you felt a little more hopeful about your present and/or your future?

BONUS ACTION: THROUGHOUT YOUR DAY

Regardless of how well or poorly you feel you did shifting your energy during the last week, every single moment is an opportunity to shift in the direction of your goals and dreams. Even if you have not done the Bonus Action in the past, take the opportunity today to embrace it. Let today's Bonus Action anchor you in success and forward movement.

As often as possible today, think about any victories or successes you had during the last week no matter how small. Think about them several times throughout the day and FEEL great!

If you feel you had no successes at all (are you being too hard on yourself?), then this is your opportunity to visualize your future successes. Take time throughout the day to decide on a success you WILL claim and really see it happening (make sure you feel all the happy, positive feelings that you WILL feel when you celebrate that success).

Have a **MAGNIFICENT** day!

CONGRATULATIONS!



You did it! You've spent an entire week powerfully shifting your energy and sending a very specific message to the Universe about the wonderful life you are committed to creating! Well done!

Thank you so very much for allowing me to support you on your fantastic journey. It is my honor and pleasure to contribute to your life in a way that I hope is meaningful for you. I offer you my deepest gratitude for allowing me to energetically connect with you. I 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 my regular daily guidance, I 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: www.YourPersonalAgreement.com

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