

T H E
ENVISIONING
M E T H O D

B Y V I S H E N L A K H I A N I

MASTERCLASS WORKBOOK

YOUR OFFICIAL ONLINE EVENT GUIDEBOOK

7 Simple Tips To Get The Best Out Of This Live Session:

1. Print out this Masterclass Workbook before the event starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for.
3. Make sure you've set aside 90 minutes of private time for this session so you'll be able to focus and fully receive the benefits of the energy clearing session.
4. During the event, write down ALL the interesting and new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
5. While listening to the masterclass, jot down any immediate action steps that come to your mind... steps that you can take right now to improve your life.
6. Be in a comfortable position (ideally not driving) so you can fully take part in the session and write down all the important insights for you.

Fill In The Blanks While Listening to the Training:

- What is "*Meditation*"?

.....

- The **6 human needs** for optimal functioning are:

1.

2.

3.

4.

5.

- How are the the 6 human needs for optimal functioning represented into your life?

.....

.....

- The **6 Phase Meditation** will help me to

.....

.....

- Meditation is boosting
.....and it rewires the brain to

.....

- Meditation helps to reduce

.....

- Meditation drops

.....

- Meditation reshapes your brain and

.....

- What's the effect of meditation on Grey Matter?

.....

- Why don't people meditate more?

.....

- Why don't you meditate?

.....

The 6 Components of 6 Phase Meditation

Phase 1: COMPASSION

- Compassion is
- *EXERCISE: Write down your Compassion statements:*
 1.
 2.
 3.

Phase 2: GRATITUDE

- Write down 3 benefits of Gratitude:
 1.
 2.
 3.
- What are your gaps from the past and future?
.....
- When do our brains perform at their best?
.....
- What are some benefits of being positive?
.....
- Gratitude causes
.....
- *EXERCISE - What are you grateful for in:*
 1. Personal Life:
 2. Career:
 3. Yourself:

Phase 3: FORGIVENESS

- What is Forgiveness?
- State 3 benefits of Forgiveness:
 1.
 2.
 3.

- *EXERCISE - Make your statement of Forgiveness*

1.
2.
3.

Phase 4: FUTURE DREAMING

- We tend to what we can do in 1 year, but
..... what we can do in 3 years.
- *EXERCISE: Describe how your life 3 years ahead will look like:*
-
-

Phase 5: PERFECT DAY

EXERCISE: Describe your perfect day

.....
.....

Phase 6: BLESSING

- Blessing is:
.....
- *EXERCISE: What do you feel blessed for?*
.....
.....

Write Your Own Kick-Ass Statement:

.....
.....
.....

THANK YOU for joining The Envisioning Method Masterclass with Vishen Lakhiani.