



mindvalley academy
masterclass

WORKBOOK

The Power of Creative Visualization

with Lisa Nichols & Vishen Lakhiani

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YOUR OFFICIAL MASTERCLASS GUIDEBOOK

4 Simple Tips To Get The Most Out Of This Class:

1. Print out this workbook before the class starts so you can write down your notes as you listen.
2. Review the topic outline so you know what to listen out for. Make sure you've set aside private time for this session, so you'll be able to focus and fully receive the benefits of the class.
3. During the event, write down ALL the interesting and new ideas and inspiration you get while listening — that way you won't lose the information most relevant to you.
4. Think about how you can quickly implement the secrets revealed in this session.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and that you are not driving a car or any other vehicle. Be in a comfortable position so you can fully take part in any guided meditation and visualization exercises that may be a part of the class.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons, allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of “going inward” and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during any guided meditations or visualizations that may happen during the class.
- You can use candles and other spiritual tools in the room to further help you feel at ease.

Thank you for joining our online class. We hope you enjoy it!

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The next part is for you to take notes while you listen to the masterclass. Fill in the blanks as you progress. These will be the important takeaway points for this session.

1. mind is what really
how we live our life.
 2. The subconscious is like a, absorbing,
paying attention, and
 3. Your inner affects your
 4. Life should from
 5. Creative visualization works best when you are in
6. How to apply creative visualization in your life right now:
- Do creative visualization in the when you are
 - Visualize! Imagine you are in a Project your images on
 - Start with an of where you Express for what you have now and how come. Put yourself in a state of
 - Bring in all your Bring in the sense of, of, and
 - Bring in Feel the emotions as they were then and there.
 - Let go,, release what it is, and go through a feeling of

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10. Creative Visualization Journey

Use this space for any additional notes you have:

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SUCCESS STORIES

“Such a wonderful feeling of freedom, gratitude, and love.”

Hi everyone!

The purpose of this email is to share with you a wonderful personal visualization that has manifested way and above my original visualization. I was online watching Lisa’s Wisdom And Wealth Training last night. At the end, when Lisa took us through the visualization, I was crying my eyes out with such a wonderful feeling of freedom, gratitude, and love.

I would like to share my ‘weight loss’ vision board with you, as I still shock myself when I look at the past pictures. The pictures for me really cement and evidence the power of visualization. I am currently creating a new vision board around money, wealth, and business, and I am very excited!

I have attached photographs:



1. The first photograph is the body I used to live in.

2. The second photograph is my VISION BOARD picture. I created this using a photograph of me, and I took my head and I put it on someone else’s body. So it is my head on the body of the singer, PINK.

3. The third picture is me now. What I have achieved. And it all started with my vision board of me and Pink :-)



After thousands of pounds and thousands of hours invested in personal development, personal growth, coaching, and training by the very, very best, of course including Lisa and Vishen, I am very passionate about paying my gratitude forward and living out my purpose of enabling empowerment to others through my new coaching business that I have recently set up, and coaching those who are struggling with their weight to release the chains of the self-imposed mental prison, paving the way to release the weight forever. So that they too, can live the life they are supposed to live in the body they are supposed to have.

Thank you so much for taking the time to read this email, I do hope it has been inspiring. I look forward to seeing you soon at one of your events!

Have a most wonderful Day,

Vicci Phillips (UK)

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SELF-REFLECTION

The right questions can spur your subconscious to feed you the right answers. So ask yourself. . .

What are you most grateful for right now? Acknowledge how far you have come and everything you have accomplished.

How will you contribute to yourself and to those around you after you have learned to think in a way that creates success, attracts money, and improves relationships and health?

How will you change your life once you discover how to use the powers of your mind to get what you desire?



To sign up for *Creative Visualization*, Lisa and Vishen's course on Mindvalley Academy, please visit <http://www.creativevisualization.com/2015/products/special> for more information. But wait until July 11th to sign up for the course. Near the end of the masterclass, their new course will be offered at a special price — as a thank you gift for this class.