



THE AIM PROGRAM OF ENERGETIC BALANCING

Introduction to EMC² Goal Cards

A goal card that starts out with *I am grateful for...*? How can this be? I'm looking at this card **NOW**. You're asking me to be grateful for something in my **FUTURE** when I've always been grateful for things that have happened in my **PAST**. What gives?

Einstein once said that you cannot solve a problem with the same mind that created it. The EMC² GOAL cards are designed to help you think outside the goal box! Imagine a world where everything is energy and anything is possible.

What if thoughts were merely energy patterns being sent into the universe and with enough intention; thought and repetition thoughts really did manifest to words and words to action and action to joy? What if acting "AS IF" something had already happened was one of the best ways to reach your goal? If something had already happened, what would you do — **be grateful!**

Since thoughts have an energy pattern, thoughts of healing, gratitude, joy and abundance attract more of the same. Knowing this, would you think differently, speak differently, act differently? Best selling financial planner Suze Orman was once asked one of her favorite wealth tips. "Every time you speak of money, ask yourself, do I wish this to be true, if the answer is no, then you need to stop saying what you are saying". This smart tip does not just apply to money, it can apply to every area of your life.

Use the cards by saying that you are already grateful for what is yet to happen. If that thought is too scary or hard to do, you can cross out the words *I am grateful for* and replace with *Wouldn't it be nice if*. Pay particular attention to any negative thoughts that may occur in your head directly after you write your positive goal. Work to rid your mind of these negative energy blockages that are standing between you and your goal. We look forward to hearing your goal success stories. No goal is too small or too big for the cards. Write them all down read them aloud daily and watch your life become transformed.

Samples:

I am grateful that I like to walk everyday and I am healthy.
I am grateful that my husband and I are enjoying our retirement.
I am grateful that my job is stimulating and financially rewarding.
I am grateful that our daughter enjoys school and is passing Algebra.
I am grateful that energetic balancing is helping me self-heal.
I am grateful that I enjoy restful nights of peaceful sleep.

Wouldn't it be nice if I felt like walking every day and lost 10 pounds?
Wouldn't it be nice if my self-healing continued and I could walk without a cane?
Wouldn't it be nice if I started dating a wonderful person?
Wouldn't it be nice if someone called me and offered me a great job?
Wouldn't it be nice if we saved \$100 every month for a vacation get away?
Wouldn't it be nice if my college transcripts were accepted and I completed my degree?