



**URI'S
TOP
10
STEPS
TO SUCCESS**

or...


**Wake up
your
willpower**



[4]

Imagine
how life will be
when you
achieve the
Target.

Picture and
visualize the details
vividly with tastes,
sensations and sounds.





[5]

Create
a movie
in your head
and watch
yourself
achieving your aim –
hitting the
Target.





URI'S
5
FAVOURITE
INSTANT
MEDITATIONS

or...

How to fly
from where you are
to where you
want to be



[2]

Picture a river.
Imagine your thoughts
are like its waters.


They flow
through your head,
swirl for a moment
and are gone.

Let them go.



Go to a hospital.
Stand outside and look up at
a window. Whoever might be
inside – a child, a parent,
an old man or woman –
say a prayer that they will be
well soon. They need your
prayer more urgently
than you do.

**Because you are on the
outside of the hospital.**



*Orange
for
Vital Energy*

Focus on
Orange
for Energy –
the spectrum's
most vibrant
shade.