

THE  
**GABRIEL**  
METHOD

*Welcome Back to The Gabriel  
Method...*

# STEP-BY-STEP

with Jon Gabriel

Email questions

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# Step-by-Step Core Transformational Series



# **Step-by-Step**

## ***Core Lesson 6***

### **The Mind Body**

# **Connection and Weight Loss**



How to Tap Into The Power of Your  
Mind and Use it to Transform Your  
Body and Your Life

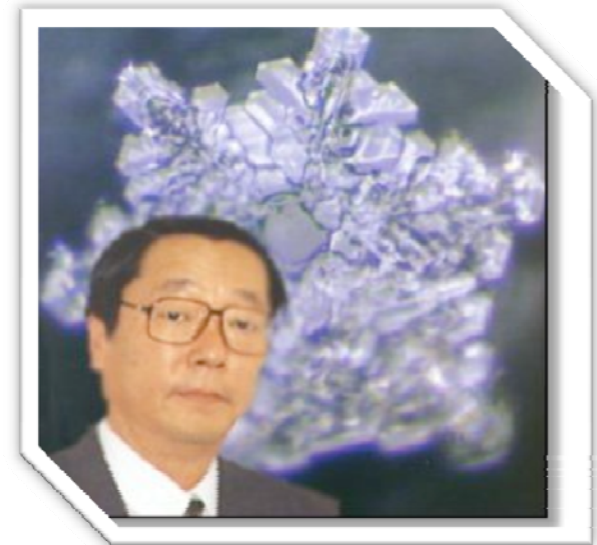


## Our Minds Have Power

- Our Minds are a creative force that can tangibly affect the physical world

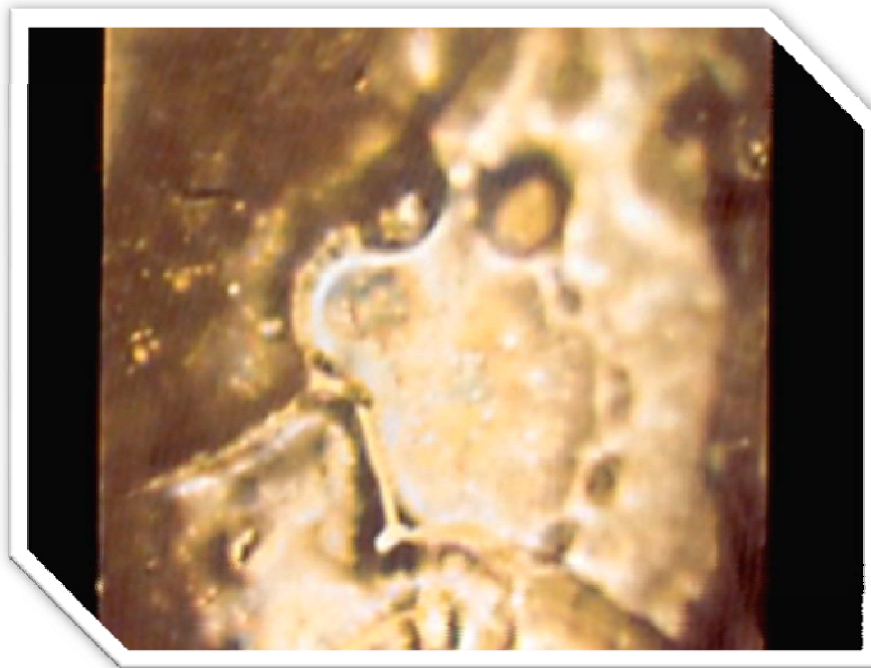
## Dr. Masaru Emoto

- Messages from water
- Our thought, feelings, intentions can tangibly affect the molecular shape of water crystals



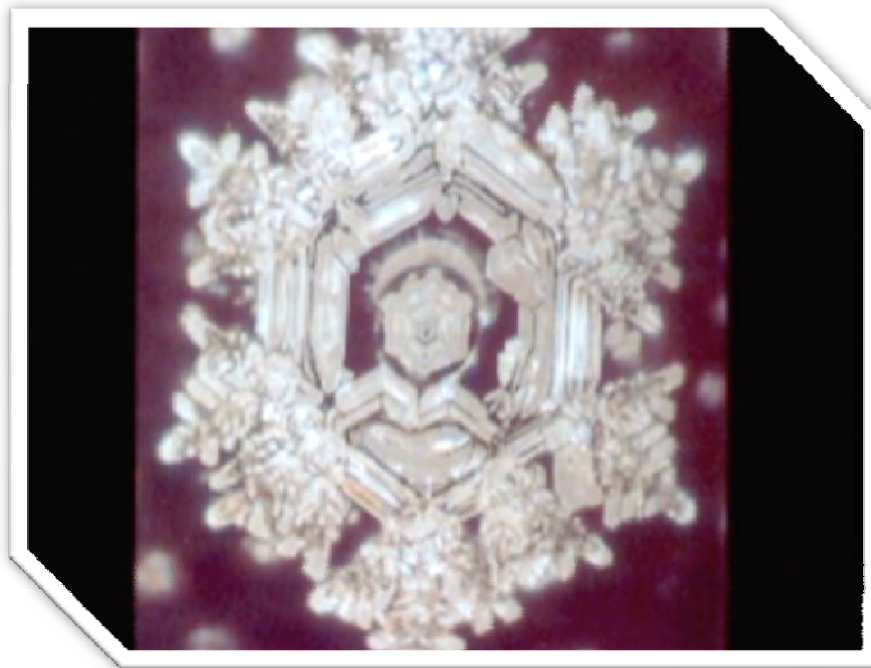
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## Polluted Water Fujiwara Dam



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Same Water After Buddhist Prayer





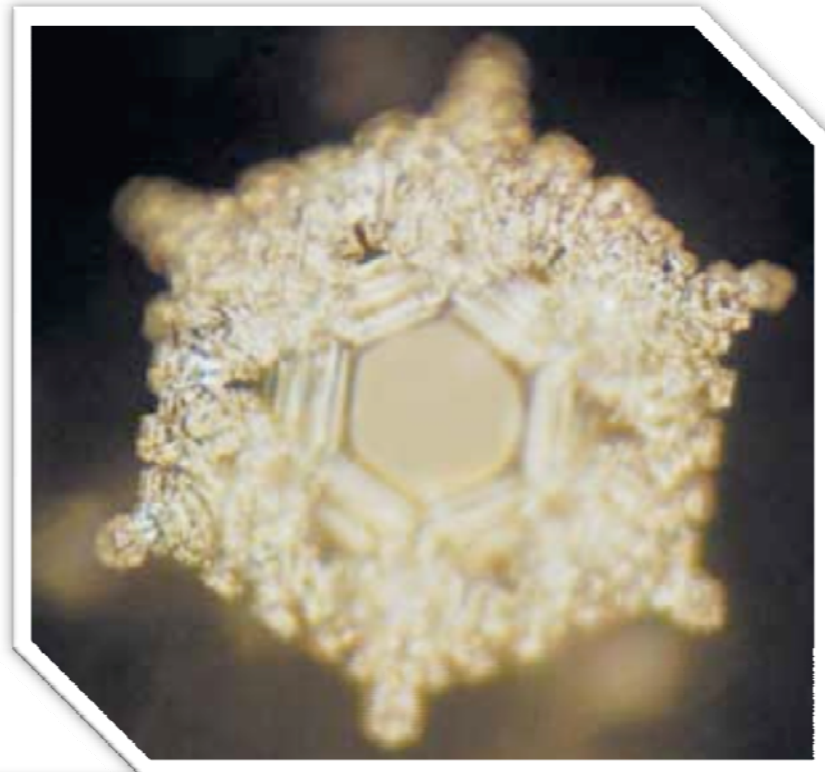
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“You Make Me Sick”



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I Love You



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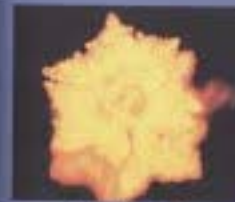


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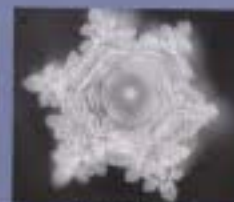


Thank you (Japanese)

We showed words meaning "thank you" in different languages, always resulting in crystals that were beautiful and complete.



Thank you (English)



Thank you (Chinese)



Danke (German)



Merci (French)



Thank you (Korean)



Gracias (Spanish)



## How does this work?

- Eastern Medicine says mind is an “energy” and the more powerful the mind the stronger our “mental energy”

## Chinese Medicine – 4 types of energy (in increasing density)

- Mental
- Emotional
- Life force – chi
- Physical

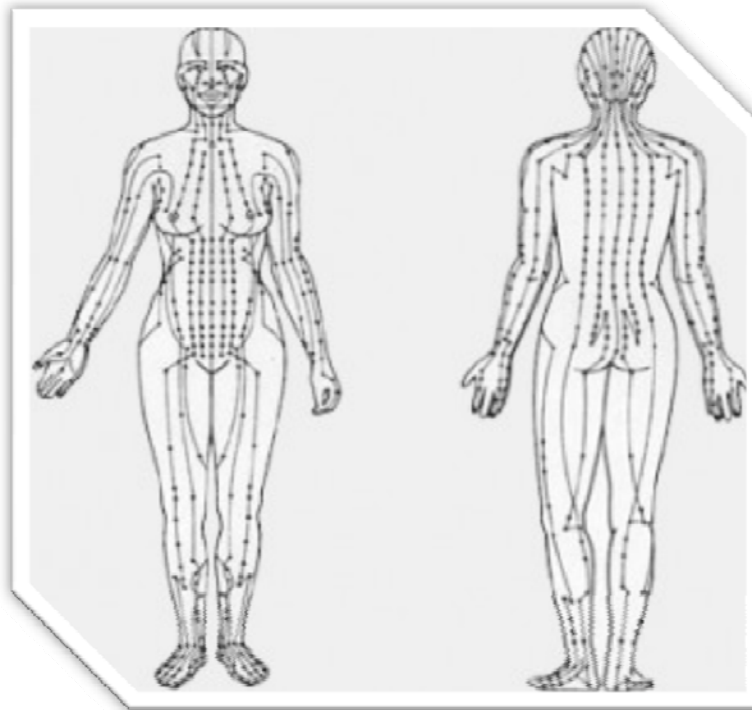


## Life Force

- Interface between the mind and the body
- Flows through energy pathways known as acupuncture meridians

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# Acupuncture/Energy Meridians







## Keeping Our Life Force Energy Channels Open and Flowing is The Secret To Ultimate Health and Happiness

When our energy channels are blocked we are:

- Weak
- Devitalized
- Sick
- Crave dead lifeless foods
- Chronically exhausted
- Negative emotions – irritable cranky
- Lower mental energy – negative thinker, less powerful, less effective mental energy



# What Blocks Our Energy Channels?

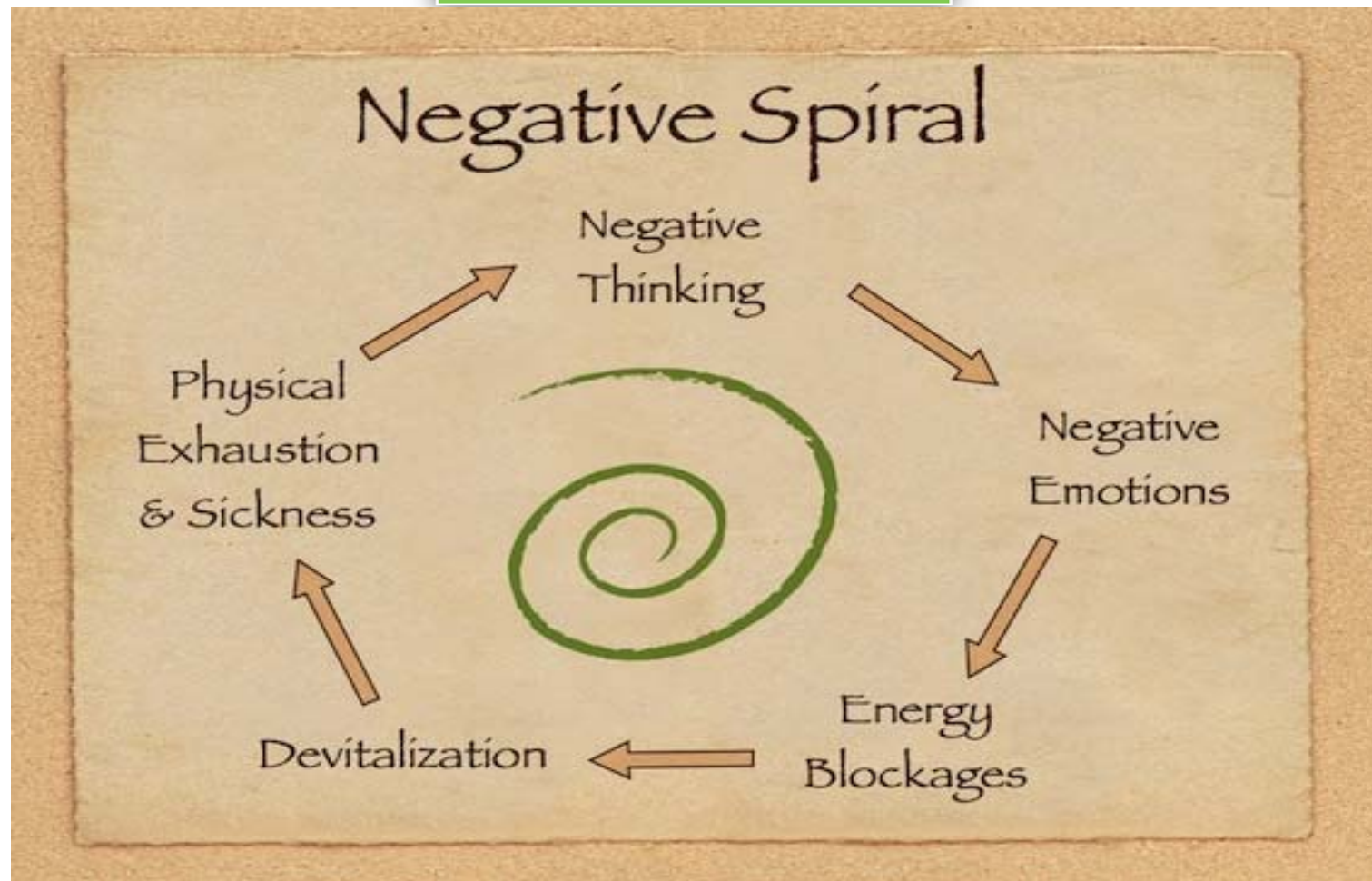
Negative thoughts, Negative Emotions, fear, stress –  
in 2 ways

1. Negative energy gets stuck
2. Energy channels constrict

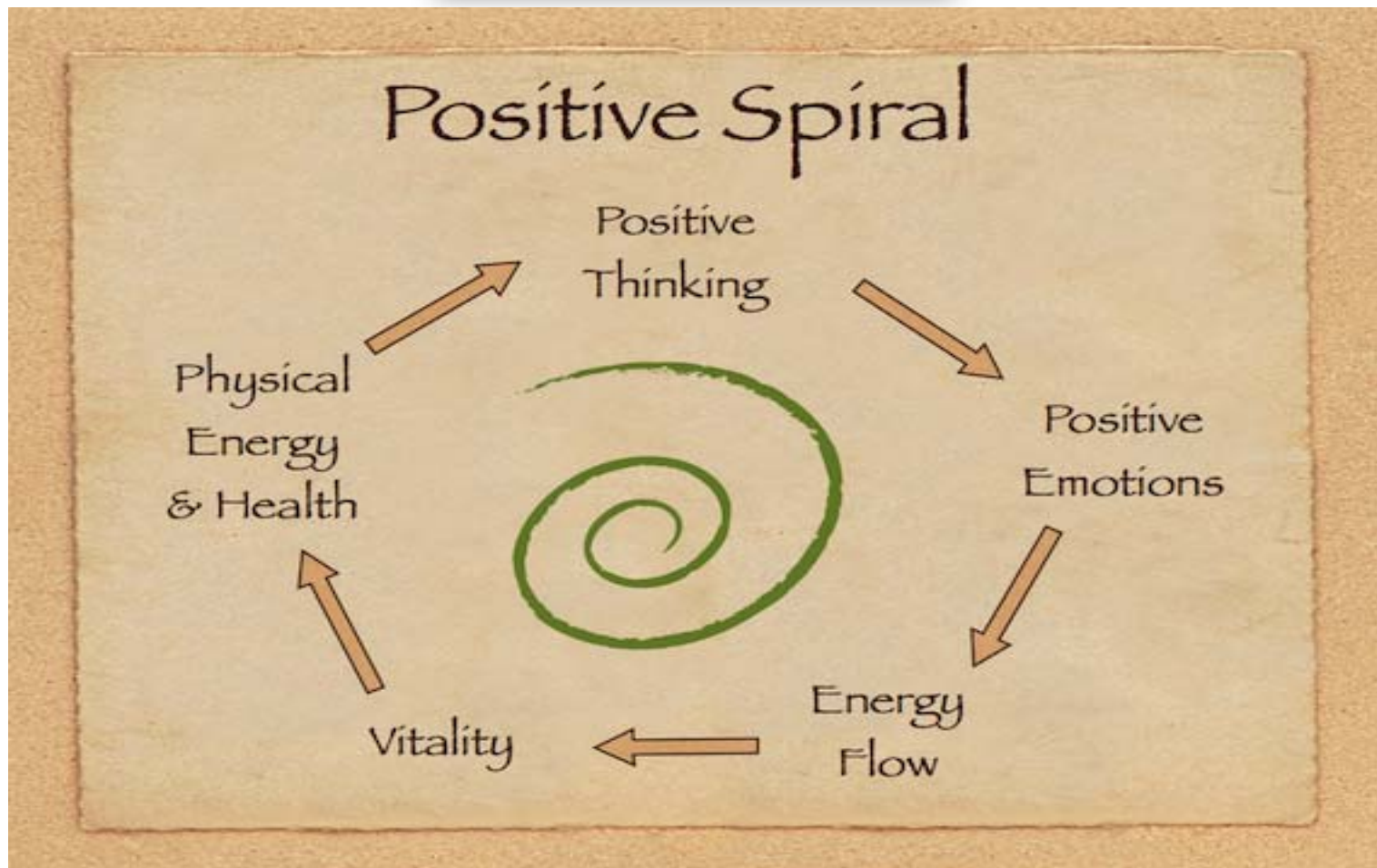
Traumas

Toxins

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# More Open Our Energy Channels Are The More Powerful Our Creative Force

- More mental energy can come through our energy channels
- Allows for more powerful mental energy to manifest in the world

## Energy Moves With Mind

- Our mind is the force that directs our energy through our energy channels
- We can use the power of our mind to keep our energy channels open and flowing





## Mind Is Much More Powerful In SMART Mode

- Visualization in SMART Mode – a very powerful technique for opening up your energy channels
- Like Drano – you energy channels become open and flowing



You've Now Been Strengthening Your  
Mind and Opening Up Your Energy  
Channels for the Past 5 Weeks!

- Your mind is much more powerful
- You can now tap into this power and use it to transform your body and your life





## What can we do with our minds?

- Open up our energy channels
- Develop our intuition – be guided, feel safer  
have more meaning and purpose
- Use it like a magnet to attract success

## Intuition – Our “Sixth” Sense

- We have 5 senses that give us information about the world. But is it true? Is that all there is?
- Are we:
  - Solid?
  - Separate?
  - Limited in time and space?



## Quantum Physics

- 99.99% Empty Space
- Wave Particle Duality
- Time Does Not Exist Sequentially



## Quantum Physics

- Infinite
- Immortal
- Eternal
- Waves of energy all over the universe



## Our Sixth Sense Knows The Truth

- Not limited by time and space so it knows the future
- The ultimate safety – logic can't possibly keep us as safe
- In touch with true guidance – That part of us that knows why we're here and what we're meant to be doing at any given time

## We All Have This Sense But It's Atrophied

- Strengthen the “lazy eye”
- Meditation/visualization
  - A path for your 5 senses
- You're strengthening your intuition every day!





## Attract/Manifest/Create Success

- Does The “Law of Attraction” work?
- Depends on the clarity, consistency and power of your thoughts

# My Own Experience With The Law Of Attraction

- Visualize my ideal body
- Burswood Theatre
- Publisher
- Creating, refining, perfecting every morning







## You've Now Been Strengthening The Power of Your Mind For 5 Weeks!

- You now have a very powerful mechanism in place to attract success and abundance in every aspect of your life

## Number 1 Excuse - Money

- You now have a creative mechanism in place to attract more financial success.





## The Abundance Visualization

- An ocean of abundance
- Allowing it into our body
- Not just to feel safe and secure but to actually create abundance



## New Paradigm

- Our thoughts have power
  - To Heal or injure ourselves and others on a molecular level
  - To open up our energy channels and give us boundless health, vitality and creative life force energy
  - To deepen our intuition and connect with our internal guidance, to keep us safe and live a life full of meaning and purpose
  - Attract/create/manifest tremendous success



## New Paradigm

- The more powerful your mind, the more effective you will be at creating, at life and at losing weight



## A New Vision From

- Tired
- Stressed out
- Overweight
- Overwhelmed
- Low Energy
- Scared
- Confused
- Sick
- Heavily Medicated
- Toxic
- Blocked

# A New Vision To



- Strong
- Safe
- Protected
- Fit
- Successful
- Creative
- Confident
- Powerful
- Guided
- Super healthy
- High energy
- Clean
- Pure
- Free flowing creative life force
- Exploding with vitality, happiness and love for life

# THE GABRIEL METHOD

## THE GABRIEL METHOD

## STEP BY STEP

### Week 6 Daily Checklist

	M	T	W	Th	F	Sa	Su	
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Listen to week 6 visualization and consciously create your life every morning
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	After visualization, drink 2-3 glasses of warm water with lemon or apple cider vinegar and probiotics
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Add at least two large salads per day
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Gabriel Method (GM) Friendly breakfast with Big 3 and digestive enzymes within 1.5 hours of rising
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Drink glass of water before each meal
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Throughout the day, 2 TBSP of ground flax seeds sprinkled on food as desired
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	GM Friendly afternoon snack (2 hours after lunch) plus afternoon stress break
8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Early GM Friendly dinner and digestive enzymes (finishing 3 hours before bed if possible)
9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water 1 hour after dinner and probiotics
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Evening visualization

### Sometime during the week

☐ ☐ ☐ Several times during the week reconnect with being physically active and activate the GTGE response.

### Journal

Become aware of the relationship between your thoughts and your life. Write down any thoughts you may have about what you would like to create in your life. Apply these thoughts/ideas/vision to your morning visualizations. Know that you have the power to transform your body and your life.





NOW! LIVE Q & A Session

Email questions to  
[class@thegabrielmethod.com](mailto:class@thegabrielmethod.com)



Check membership site for time for an additional Live Q & A call later this week a video blog and additional support.

*\*Stay tuned for guided visualization\**