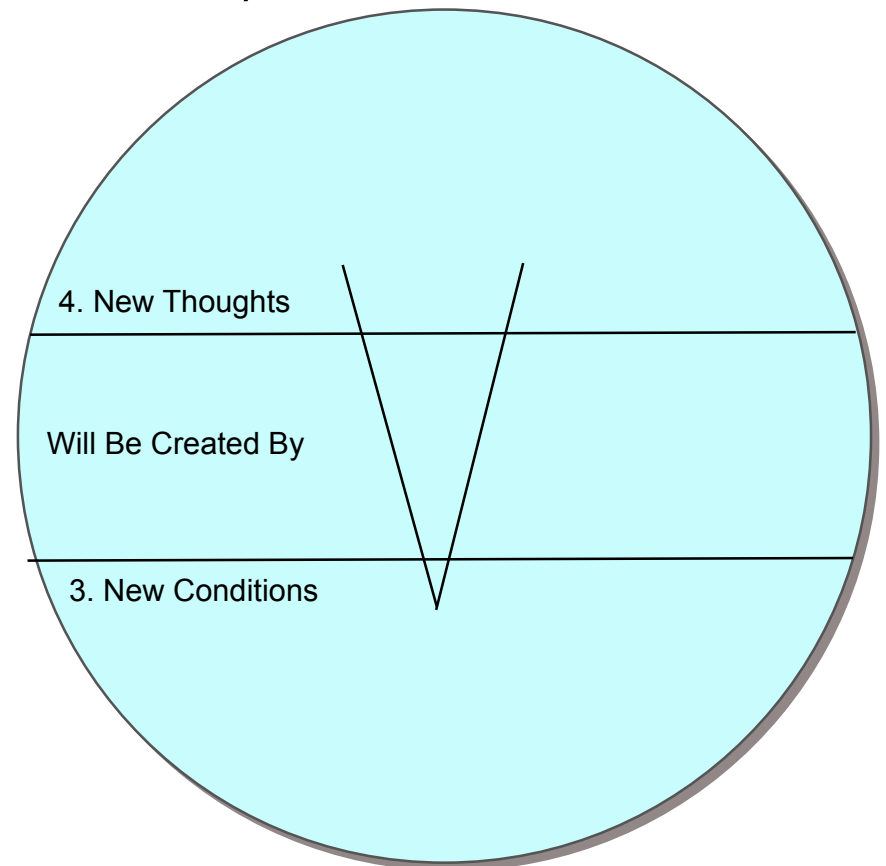
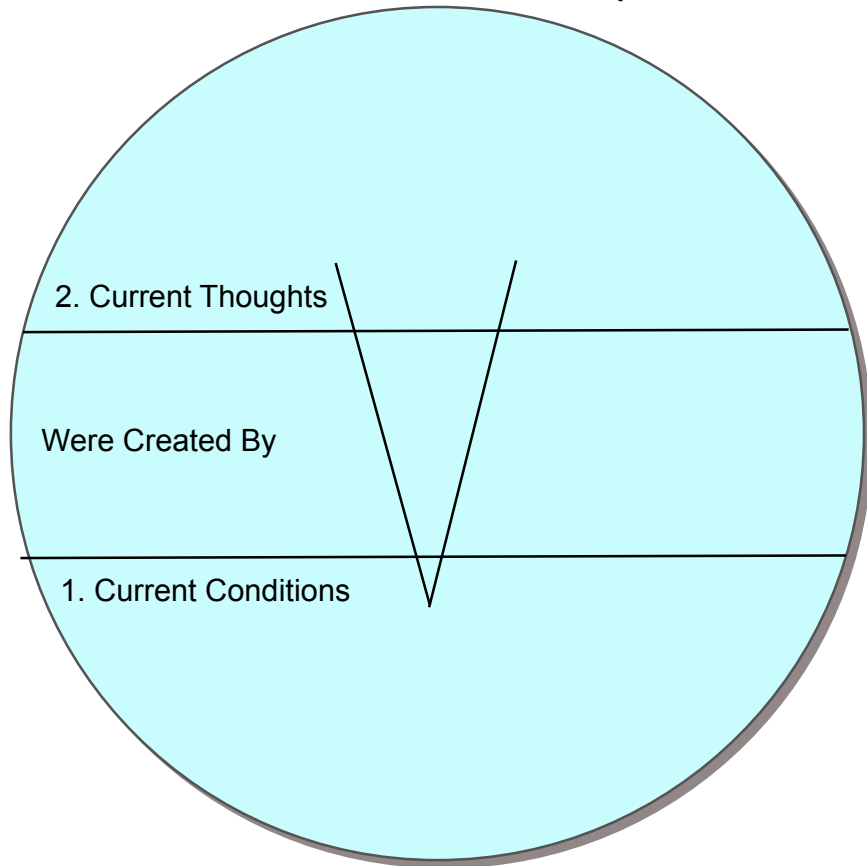


Using The Metaphysical Chart (the "Look Up" method)



1. Write down a current, but undesirable condition.
2. "Look Up" and write down what thoughts and beliefs might be causing this condition.
3. Write down a more desirable condition (how do you want things changed).
4. "Look Up" and write down some new beliefs and thoughts that might create that new condition.