

SUCCESS

VISUALIZATION



YOUR GUIDE TO
VISUALIZING
YOUR WAY TO
SUCCESS

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Introduction



We all have aspirations and dreams. When we were younger, our hopes were big. We dream to become wealthy, to have a huge house, a happy family, and a supportive and loving partner. We also dream of material things, like having a huge house in an exclusive subdivision, designer clothing, expensive gadgets, and maybe even luxury cars.

We all know someone who seems to have everything. This person isn't usually the most intelligent or hardworking person that we've ever known. However, they seem to attract all the right circumstances and people to manifest whatever they want and desire. They make it look effortless. They may have specific skills that they cultivate and seem to attract all the situations,

circumstances, and people who can help them utilize their skills to achieve their dreams.

You might wonder why people who are successful attract things and situations so effortlessly. They often have the best job and business opportunities, amazing relationships and a happy personal life. The truth is that these people have mastered the art of manifestation and attraction that has been practiced by successful leaders, scientists, and spiritual leaders for centuries.

You may not know this, but your mind has the power to create and manifest whatever you want out of life whether it's your dream job, the perfect partner, material possessions, or your desired relationships. Your subconscious mind, through your thoughts, is capable of producing vibrations that are being sent out into the universe. These vibrations end up joining forces with other vibrations that are in the same frequency to produce the outcome your subconscious desires.

The thoughts and visual images that you have sitting in your subconscious mind have the incredible power to influence the outcome of any given circumstance and situation. This is why you need to take control of your subconscious mind and command it. One of the best ways to accomplish this is by visualizing your desired outcome.

Visualization is nothing more than the process of recreating the sounds, feelings, and images of your desired situation in your mind. Therefore, visualization is a fantastic technique of using the power of your thoughts to manifest and create exactly what you want for your life. It is based on the idea that whatever we can design and imagine in our minds will manifest itself in our physical reality.

For ages, the idea of visualization has been practiced by monks and mystics in the East. However, it became popular in the West when the book “The Science of Getting Rich,” was published by Wallace Wattles, one of the early America practitioners of visualization. Since, the publication of his book, political leaders, athletes, and successful entrepreneurs have been practicing this technique.

An amazing manifestation technique, visualization is used by many successful people in every field, from business to sports, to science. Scientists agree that a person can stimulate the same brain region when they visualize an action or a situation and when they carry out the work or are in that specific situation. Many studies have shown that patients who have suffered from a stroke can activate their brain to move their muscles by merely visualizing that they have moved a specific body part.

Many medical professionals believe that by imagining the movement of a particular limb or muscle, even when it has been

paralyzed, it can increase and boost the blood flow in the brain enough to reduce the volume and extent of tissue death. This is proof of the strong power of visualization to make things happen and is proof that visualization has the ability to make your dreams a reality.

Chapter 1 – What is Creative Visualization?



Creative visualization is a technique that involves using your imagination to come up with and visualize scenarios in your mind's eye. When you use visualization techniques on a regular basis, you compose a mental image of something and then concentrate on the situation or image for some time.

The first belief with the process of creative visualization is that when you change your thoughts and perceptions, you can alter your reality. Many influential, wealthy, and successful people in the world are convinced that by visualizing a specific scenario or behaviors, you can adjust the energy patterns in your life and bring your desires and goals to you faster.

Converting Your Dreams to Reality

Creative visualization utilizes the power of your mind to make any goal or a dream come true. Think back to your best accomplishment. Remember how fulfilling it felt, basking in the glory of your success and achievement? Think back to the time when the desire to accomplish that goal was merely a seed in your mind or an idea, and you said yes to it.

What were your thoughts then? Were you afraid and worried about the endeavor, or were you enthusiastic and excited? Did you visualize failure or success? Did you imagine yourself in last place, or standing proudly on the podium? When you were first considering this goal, you imagined it as if it were already accomplished. This is known as creative visualization.

When you repeatedly visualize a person, situation, object, or event, you dictate to your subconscious mind that this is what you need and what you want to seek. Creative visualization is not magic; rather it is the natural process involving using the power of your mind to imprint a command and a desire into your minds, as well as project the right type of energetic vibrations that attract your goal.

How and Why Visualization Works

Your subconscious mind acknowledges the thoughts that you repeat often, and then it changes your mindset accordingly, followed by your actions and habits. This process brings you into direct contact with new circumstances, situations, and people.

Your thoughts are charged with a new creative power that can shape your life and bring you what you think about. It is believed that these thoughts move from one mind to the next, and when they are strong enough, other people that are in a position to help you accomplish your goals and desires can pick up on them unconsciously.

It is essential to understand that thoughts are energy, particularly a strong idea, that is filled with emotional power. In fact, thoughts can alter the balance of the energy around you while changing the environment accordingly. Most people tend to repeat specific ideas often. They concentrate their thoughts on their current situation and environment and create and recreate similar kinds of circumstance and events. This process reserves the same status quo and world. Fortunately, you can change your life's film by merely adjusting your thoughts. When you visualize different situations and circumstances, you can create a different reality.

You aren't using magical powers to accomplish this, but you are merely using natural laws and powers that everyone possesses. It

isn't something tangible that you have to change. You just need to focus on adjusting your thoughts and attitude, which will then change and re-mold your world.

For instance, if you live in a small apartment and want a larger one, rather than complaining about your fate and lack of finances, all you need to do is change your attitude and thoughts, and visualize living in a larger apartment.

Creative visualization can help you achieve several significant things. While the power of creative visualization is a great power, there are certain limits to using it. People often limit themselves and fail to look beyond a small, restricted circle. They define themselves by their thoughts and beliefs.

You limit yourself to the life you know. The more open-minded you can become, and the bigger you dare to think, the greater your possibilities and opportunities. Limitations are within your mind, and it is up to you to rise above them. This means that your thoughts have a lot of power.

Why Creative Visualization is So Powerful

You've probably heard that you are what you think. That's because people think in images. Even as you read a book, your mind is composing mental pictures according to how the words

are written. You also create in images. Think back to the last time that you planned to do something with your friends.

It takes visualization to prepare. You don't have a spreadsheet or calendar in your head, only mental movies. You image you and your friends doing something, picturing the experiences as you wish them to unfold.

Images also have great manifesting power that increases with repetition and concentration. A single thought, such as a single raindrop, can't make a garden grow and thrive. However, many thoughts that are convincing mental images with powerful emotions attached to it can create a sustaining rain that helps your garden grow.

Other people will pick up on your thoughts unconsciously. The more focus and well defined your thoughts are, the more the appropriate circumstances and people will appear in your life, and the quicker your vision will come true.

When you image something, you compose an emotion around it. Feeling good, which is a positive emotion, is a reward. Generally, the more you think about your goal, the better you feel, and the higher your mental vibration, which will help to manifest the mental emotion and image into reality.

Creative visualization utilizes your imagination to change your reality. There is no difference between the truth in your physical experience and the reality in your mind, except that you have reflexively agreed that one is make-believe and the other is real. They are merely alternative realities, and when you focus your intentions, it will help match the outer reality with the inner reality you've envisioned.

Creative visualization helps to counter your limiting beliefs because your imagination is not bound by knowledge, money, space, ability, logic, time, or any other limiting beliefs. The higher your concentration on that image, and the higher your comfort in the alternative reality, the more it becomes integrated into your mind as a probability that keeps on shaping itself with your thought energy until there is a physical manifestation.

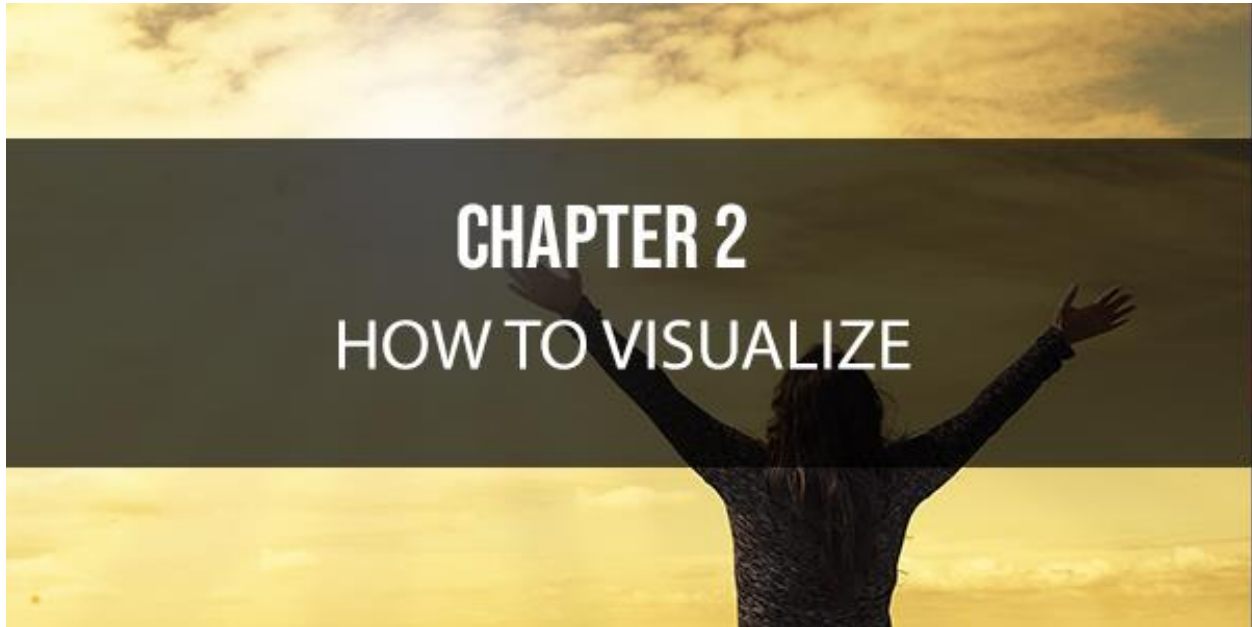
It is imperative that you are aware of several important aspects of visualization that you should follow if you want it to be an effective process.

- **Be Specific** – when utilizing creative visualization, you have to be specific about your goal. When you are unclear on exactly what you are trying to achieve, it will send mixed messages into the universe.
- **Listen to your Instincts** – for creative visualization to work, you have to be sure only to visualize those goals that are authentic to you.

- **Picture yourself in your vision** – you have to clearly picture yourself in your vision if you want to use creative visualization to become successful and achieve all of your heart's desires.
- **Take advantage of physical sensations** – you need to incorporate sounds, smells, feelings, taste, and sight into your creative visualizations to make them clear and realistic.
- **Enforce your visualization** – inject positive emotion and great desire into your visualization practice.
- **Visualize daily** – the length of time that you spend visualizing daily isn't as important as the level of consistency and the intensity with which you practice.
- **Be patient** – a tree won't grow in a day, so you have to be patient and learn how to notice the subtle changes as they begin to happen. Take pleasure in these changes. They affirm your faith in the process.
- **Stay positive** – replace all doubts with a picture of what can go well. Be persistent and diligent about this until the old, negative neural pathways waste away from a lack of use.

It will always be mind over matter since the brain is the one that dominates. Before you can manifest anything into your life, it has to exist in the brain in the first place. Visualization is a classic example of mind over matter, which can lead you to your most successful life yet.

Chapter 2 – How to Visualize



Successful people in all fields of life use the creative visualization process in their lives. If you genuinely want to see something come true, then you have to use your imaginative mind. You have to be able to see the outcome in front of you. The only limit to your success is your own mind.

Visualizing Your Goals

To imagine your goals so that you achieve them, you have to visualize the desired result, activity, or event. You need to think of it in terms of "you get what you see," and you need to be ready for creativity and mind synthesis to take the lead. If you want to visualize yourself getting a promotion, you need to picture

yourself sitting in your brand new office, with your name in gold-illuminated letters on the door.

Picture your black, leather chair sitting behind an enormous mahogany desk. When you are done imagining the big things, shift your mind to the smaller ones. Clearly visualize the dust in the corners and the coffee residue in your mug.

Fix Your Mindset

There is no way that you will be able to improve anything in your life if you are continually feeling lousy about yourself and the possibilities in your life. Having a positive mindset helps to reset a tumultuous period of bad luck. Fixing your mindset will allow you to change your "half-empty glass" thinking into thinking about the glass as being half full. You need to seize the opportunities to change and move ahead in your life.

The creative visualization process is similar to hypnosis. If you don't think that it will work, then it won't. The first step to ensuring that the visualization will work is to start thinking positively about the process.

You'll want to transfer your imagination into your reality. When you have spent some time visualizing your goal, then you need to swing into focus mode, just before you start the task, event, or activity. To achieve the results that you desire and lead you

toward your goal, you must focus vividly on the image of the action that you are about to make.

Even if the activity is something elusive, like "make more money," you can use your creative visualization before each business possibility or before going to work every day. For example, if you are trying to hit a ball, imagine hitting it in your mind, focusing on each stroke, at the right speed, and the right height.

Carefully observe the instrument hitting the ball, sending it flying through the air and settling where it is supposed to land. Include all the senses in the experience: hearing the ball approaching, sensing and feeling the impact with the instrument, as well as the smell of the grass. Then go out and do it in reality.

Remind Yourself of the Importance of Slowing Down

For the creative visualization process to work, you need to be calm, relaxed, and willing to give yourself the time to concentrate in peace, without worrying about anything else. Visualization is very similar to meditation; only it is more vivid and active.

Visualization encourages you to think actively about the possibilities, but you have to leave aside anything unrelated to your dreams and goals, and only focus on your dreams and goals.

It is essential to make yourself comfortable if you can. Having minimal distractions will go a long way in making the process a lot easier for you. In addition, being comfortable during the process will help you think more clearly and more calmly.

Envision What it Will take to Achieve Your Goal

Wanting to be the president of your company isn't enough. You have to think about the qualities you need to possess that will help you achieve that goal. Along with visualizing yourself as the president, you also need to visualize the skills that you will need to achieve and maintain the position.

You'll need to imagine the skills of listening, discussing, sharing, smiling, persuasiveness, communication, and the ability to deflect criticism with respect. The chances are that there are specific skills that you will have to work on. Again, use visualization to concentrate on the individual skills and bring them up to par.

If you are visualizing doing something or having something, you'll want to imagine the steps that you would take to get there. If you are looking to be the president, you'll want to visualize your political career. Picture your campaign and imagine participating in fundraisers and meeting with political heavyweights. Picture the red light of the camera at your opening debate.

Use Affirmations

While pictures are incredibly useful in the creative visualization process, words also work well in the process. If you are able to visualize a self-confident, expressive you, dazzling the crowd, you can say to yourself, "I have the confidence I've always dreamed of. I am gaining self-confidence, and it feels great."

You can repeat this statement to yourself as many times as you wish, as long as you believe it. You will never get your desired results by feeling silly about yourself. Remember, that with creative visualization, seeing is believing.

Refining Your Technique

For you to be effective in your visualization process, you need to improve your technique. Here are some practical strategies that you can incorporate into your process that will help make visualizing your success much more accessible.

Think Long Term

If you think that you will be able to change your life overnight dramatically, you are going to end up utterly disappointed. Even if you happen to win the lottery in the more, you will still be just as disappointed in your life in six months as you are currently, unless you are able to determine what is ailing you on the inside.

It is better to think long term when it comes to realizing your heart's desires. You want to try and visualize your life in five, ten, and fifteen years and the kind of results you desire. Think about how you'll be different, and how your circumstances will be different.

However, you will get nowhere in realizing your dreams and accomplishing your goals if you merely create a shallow image of you driving a Porsche to your large house, surrounded by diamonds and fawning friends. This vision is artificial and won't prove to be healthy or fulfilling for you in the long run. Instead, you should envision what you want to accomplish as a human being and the legacy you want to leave in your community and the world at large.

Think Positively

As far as visualization, positive thinking and hypnosis are concerned, you have to think about the positive. Concentrating on not being poor is not exactly a compelling desire. As such, instead of thinking about what you don't have, you need to focus on what you do have, who you are as a person, and what you want out of your life.

Additionally, you always have to remember to think in the present tense. If you are envisioning yourself quitting smoking, then you don't want to rehearse the mantra, "I'll try to quit." This kind of

mantra is worthless because it doesn't happen in the here and now. Instead, you should think in terms of "Cigarettes are dangerous. I don't want them. They do nothing for me."

Be Realistic

If you play tennis, and you are trying to visualize your next game, dominating your opponent, you won't be very successful if try to picture yourself has Rafael Nadal. This will do nothing for you except frustrating you because you can't live up to the standards that you've set for yourself.

You will end up exhausted and frustrated and the chances that you'll quit increase. Instead, you need to imagine your strikes. Picture your coach screaming in delight when you deliver the best performance of your career.

Push Beyond Your Comfort Zone

When you first start practicing the creative visualization process, it can feel a bit awkward. However, you have to push beyond this if you want to achieve your dreams. It is entirely natural to feel a bit uncomfortable and overwhelmed by your dream world at first, but given some time this will pass. Remember, that if it doesn't feel a bit weird at first, it means you are probably not doing it correctly.

Be the Star

It is important to remember that you aren't the audience in your visualizations. The stage is yours and the time is yours to shine. Therefore, you have to be the star of your visualizations. Immerse yourself in all your justified glory. It isn't enough to visualize your life as a film, but your visualizations must be from your own point of view.

This is the meaning of full creative visualization. It is a reality like you are viewing it through your own eyes. It is not some kind of out of body experience; it is the future. It is real and is all about you.

Using Visualization Exercises

Using your smartphone or digital camera, take a picture and look at it for a moment. Put the image away, close your eyes and visualize what was in the picture. Carefully think about the details of the picture. Are you able to precisely rebuild the image in your mind's eye? Take a quick look at the picture if you find that you forget about some of the segments, then put it back again. Practice this exercise with different images until you get the hang of it. Do this until your eye becomes so naturally observant that, the one minute is almost too long.

Replace the Photo with a 3D Object

For the second exercise, you'll want to replace the photograph with a 3D object. For example, let's say you have a book. Imagine the sides, the front, and the back. Now, imagine what it looks like when it is closed, and when it is opened. Bring to mind the pages, the covers, and everything in between. Picture what it looks like under a tree or beside your bed. Picture what it feels and smells like.

The idea behind this exercise is to be able to shift it around in your mind. It can actually be quite tricky. Sometimes our brains prefer to live in 2D because it is much easier and takes less effort.

Therefore, you'll want to take the book and rotate the image back and forth, up and down, and open and closed. Carefully consider its weight as you turn it. Consider the movement of the pages as you rotate it. Picture it as a real object.

View it in the Real World

For this visualization exercise, you want to keep your eyes open. Now, take the book in your mind and imagine it sitting on the table in front of you. Picture the shadows that it casts on your coasters. Move close to it. Visualize putting it in your hand. What does the book feel like? How does the serration of the spine feel against the cover? What do the edges of the pages feel against their fronts? What does the book smell like? How clear does it feel?

Picture Yourself in an Exotic Place

At this point, you will be dealing with more than a mere object. Now, you will need to try to imagine a complete scenario that you've never been in before. Be sure to pay close attention to all of your senses as fully as possible.

For instance, try to visualize a beach. Imagine everything, including the way the breeze picks up the salt and blows it past the palm trees as they rub together against the wind. Now, imagine the heat of the sun and its effects on the sand. Try to make the image as vivid as possible.

Picture Yourself Interacting with Your Environment

Take the same scene that you imagined in the last exercise and place yourself in it this time. Feel the sand against your toes, the sun kissing your skin, the cold water running over your foot and the sound of the waves moving in and out. Feel the wet sand under your feet and sink into the earth. Sit down on the beach and relax. Take a nap. Allow the flow of the ocean and the noise of the ebb to lull you to sleep. Allow the seagulls to keep you company.

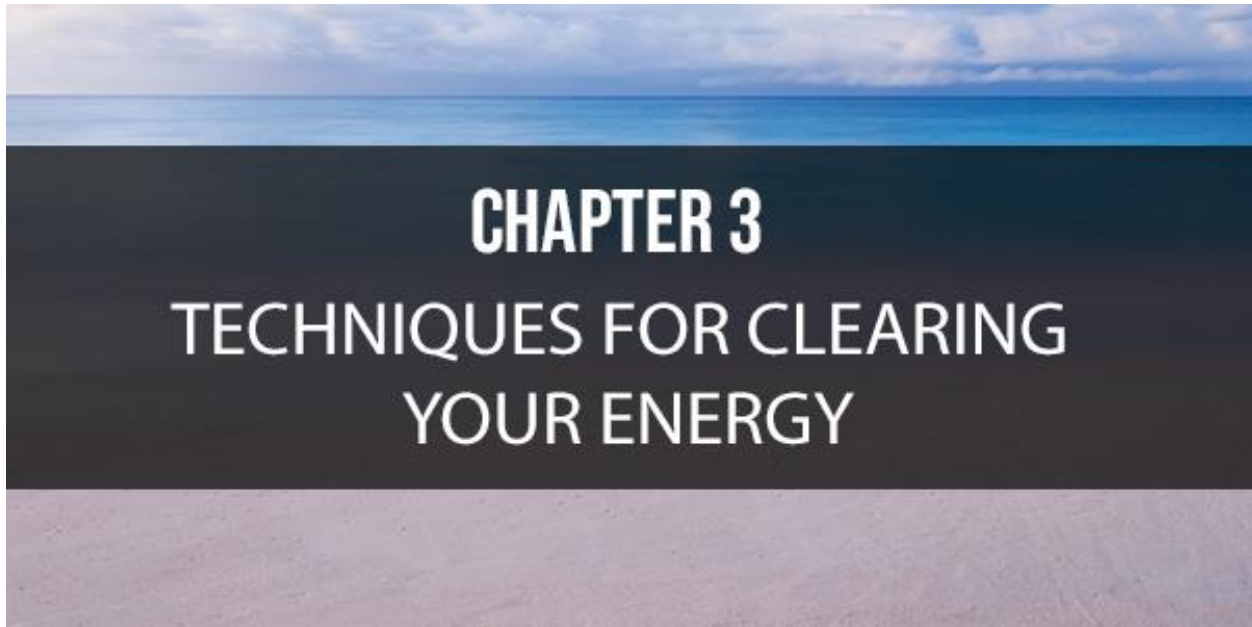
This is the ideal visualization. When you can imagine yourself in a complete environment, feel free to generate worlds that you can triumph over. The mind is your playground.

Write it Down

If you are the type of person that can live through words, then write it down. Write down the sensations as they come to you. Immortalizing it will help you relive it over and over again. It can work as a source of inspiration, which will help you remember the imagery with ease.

When you return and read it, let the words help you reenter your visualization. Close your eyes, recite your affirmations, and develop. Take it to the next level each time. The larger your visualization gets, the more satisfying it will be.

Chapter 3 – Techniques for Clearing Your Energy



As you learn more about the creative visualization process, you might encounter roadblocks that prevent you from achieving your best. It is essential to be able to recognize these mental blocks and systematically eliminate them in order to visualize correctly and have the best results from your visualizations.

Mental blocks work by obstructing the flow of energy through your body, which subsequently impedes your progress. These blocks are usually caused by suppressed emotions, like self-criticism, guilt, resentment, fear, and sadness.

These emotions can take a toll on your mental state, which can cause it to tighten up, leading it to shut down your emotional, spiritual, mental, and even physical energies. As with any other barrier to your progress, the only solution is to remove the obstacle and resume with the free flow of energy. Here are the essential requirements for helping you to remove the barriers and get your energy flowing freely.

- You first must accept your current feelings, both emotionally and mentally. Being able to accept this will help you to relax physically.
- You must clearly identify the problem, as well as determining the core issue.
- When you begin to deal with parts of your consciousness where the block is occurring, you need to be able to experience and immerse yourself in the emotions that are suppressed and locked up in a way that is amicable, loving, and capable of acceptance.

Following these steps will not only unblock the trapped energy, but it will also provide you with the unique opportunity to watch and experience your underlying negative attitudes, beliefs, and thought processes that caused the block in the first place. When you can isolate these processes, you are able to observe them better and eliminate them.

The difficulty disappears as soon as you acknowledge and accept yourself as you are. You have to accept and love yourself compassionately as well as gathering the mental courage to release them. Negative thought patterns have become a crucial part of your perception of reality over time, and they are incredibly active in seeking to influence your world.

You need to understand that these things are only your beliefs, and not reality. The most useful tool that you have to lead the change is to change and alter your assumptions about the nature of life, people, and truth, and then start to act accordingly to this modified thought process.

Energy Clearing Exercises to Try Today

If you find that you are having difficulties and are facing obstacles in accomplishing your goals, or you experience internal barriers that prevent you from achieving your best, then here is an exercise that you can try to help clear your energy blockages.

Energy Clearing Exercise

Start by writing down at the top of a piece of paper, the following statement, “The main reason I don’t have what I want and desire is,” then begin to jot down all the thoughts that spring to mind in order to complete the sentence.

You want to try to avoid spending too much of your time on thinking about this list because you might end up manipulating your real inner thoughts to something that's more appealing to you or easier for you to accept. Don't put too much thought into what you've written either. Ideally, you should end up with a list of 20 to 30 things.

Now you want to repeat the exercise, but you will now specify the limitations of what you want or desire. For example, you might write down, "The main reason why I am unemployed is," and continue to jot down the things that you think are responsible for you being unemployed. When you are finished, go through the list and look at it with a calm mind and without any bias. Look for any specific points that you think are particularly true for you. Try gauging the effect of these limitations on yourself and your world in general.

Next, you want to write down all of the negative attitudes or thoughts that you have about yourself and others. Next, take some time to carefully analyze the content and try to overcome the thoughts and ideas that consciously or unconsciously tend to have control over you.

If your emotions overwhelm you during this exercise, don't resist them. Instead, you need to accept them as a vital part of your thought process and try to experience them as much as you can. This phase might also be associated with flashbacks about your

past. This is because your parents and teachers told you something when you were young that shaped your current perspective of the world.

Finally, when you feel as though you've completed this entire process and you've gotten in touch with your negative thought processes and beliefs, you need to take the piece of paper and tear it up and throw it away.

This needs to be done to symbolize that you are ready to let go and move on from your rigid thoughts and beliefs. Now you need to relax and repeat some affirmations to enforce the more open, constructive and positive ideas in order to replace the negative ones.

Here are some positive affirmations that you might want to use.

- I am entirely free of my past.
- I have gotten rid of all of the negative and limiting beliefs that I've held, and they no longer have control over me.
- I want to forgive and release everyone in my life. Now everyone is free and happy.
- I don't have to please others intentionally because I am likable in everything that I do.
- As of now, I have released all the disappointments, fear, grudges, resentment, and guilt that I had gathered in my life.

- I've dissolved all of the negative self-images and attitudes I've carried about myself, and now I love and appreciate myself.
- Every obstacle that prevented my happiness and full expression of life is no longer there.

Now that you have worked through the negative thoughts that have been blocking your energy, you can begin to heal the pain and unhappiness that other people have brought to you, as well as the pain that you may have brought to others.

Release Exercise

The main idea behind this exercise is learning how to forgive and let things go. Start by taking a piece of paper and write down a list of all the people that you think have caused you harm in the past, who haven't treated you well, or who have been unjust to you, or just people you resent.

Next to each name, write down precisely what the person did to bring you harm or the reason you dislike them. Then, you'll want to close your eyes gently and relax. Clearly imagine each person you mentioned in the list, and have a short conversation with them individually.

Make sure you explain that even though they had previously hurt you in some way, that you are now ready to forgive. Finish the

conversation by blessing them, by saying, “I release and pardon you. You can go on with your own life and be happy.” This process will allow you to unblock the energy that has been trapped and lets you use it for more productive purposes.

Going through this process will help to lighten the load of emotions that you might have been carrying around for years, and helps you start the process of forgiveness. The most exciting part is that your effect is passed on to others. This means that when you forgive the people on your list, even when you aren't in direct contact with them, they will subconsciously pick up the signal and enable them to clean up their lives.

List of Forgiveness Exercise

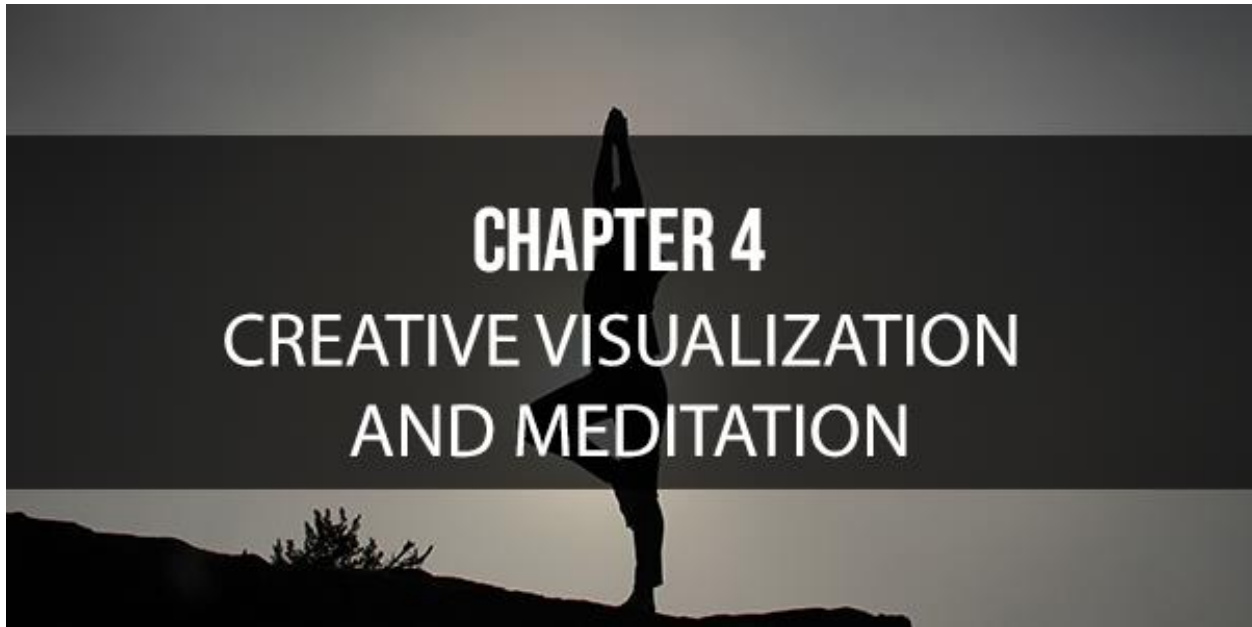
This exercise will have you doing the exact opposite. Rather than writing down the names of the people you believe have hurt you in a way, you will write down the names of those who you think you've hurt or committed an injustice against. Start by closing your eyes and relaxing completely. Begin to picture everyone on your list and inform them of the wrong you did to them. Ask for their forgiveness and their blessings.

Next, you want to picture in your mind, the other person granting you forgiveness. When you've completed this process, write down at the end of the page the following, “I have forgiven myself and

absolved myself of any guilt. Then tear up the piece of paper and get rid of it to complete the process.

Asking others for forgiveness, like forgiving others, will help to unblock the energy that you need for the creative visualization process to work. Freeing up this mental space will allow you to clearly visualize yourself succeeding and obtaining everything that your heart desires.

Chapter 4 – Creative Visualization and Meditation



Both creative visualization and meditation are empowering techniques that you can use to enhance your self-awareness and consciousness, as well as effectively focusing your mind. Visualization is a beautiful way to bring positive energy into your body, mind, and spirit, effectively increasing your capacity for creativity.

Visualization in Meditation

Meditation involves focusing the mind while relaxing your body, a useful position from which to start visualization. When your mind is clear, and your body is relaxed, you can use your imagination

to visualize ideas and images. Visualization and meditation can heal and teach.

How to Use Meditation to Enhance Your Creative Visualization

Having a subtle idea about what you want to accomplish in your life is very different from pinpointing precisely what you want to manifest. This general desire, or an indistinct need for something more, is what many people are dealing with daily. They know that they want something better or something more from their lives, but that isn't enough for the subconscious mind. Your subconscious mind requires details to focus on.

Fortunately, regular meditation can help. General meditation techniques can help you clear your mind so that you can pinpoint exactly what you desire, which you can then use focused meditation to envision the exact thing that you want in a manner that makes it seem real to your subconscious mind. This is the real secret to creative visualization.

When you gain the ability to concentrate all of your attention on the one thing that you want, you can bring it to the forefront of your unconscious mind. The unconscious mind is the part of your brain that actively works to find solutions to problems as your conscious mind takes care of everyday business. All you need is five to ten minutes, a couple of times a week, to make your

subconscious mind work for you to bring the things you really want in your life.

Simple Meditation Exercises to Utilize

If you speak with ten people who practice meditation on a regular basis, the chances are high that you will hear ten different approaches to the technique. The fact is that there is no right or wrong way to meditate. The right one is what works for you. However, there are standard ways that you can begin if you've never practiced meditation before. Here are several techniques you can try to help you with your creative visualization process.

Breath Meditation

Paying attention to your breathing is the most basic technique, as well as being the oldest. Start by finding a comfortable place to sit, either on a mat, chair, or cushion. Next, close your eyes, and press your tongue against your palate. Then close your mouth and inhale through your nose.

Take a deep breath into your abdomen. Slowly breathe out until your lungs are empty. Pay attention to your breath as you breathe slowly in and out. If you need to, you can count your breaths. This meditation technique aims to quiet your mind and just become aware of your breath, as opposed to thinking about it.

Walking Meditation

This meditation technique encourages you to shift your attention to the process of walking, which is focusing on the constant connection between the earth and your feet. Concentrate on your feet as they land on the ground. Try to avoid allowing your eyes or mind to wander. Maintain your focus on the sensation of each foot as it connects with the ground.

Heart Chakra Meditation

The heart is considered to be the center of life and love and can have fantastic healing focus for your meditation. To connect to your heart chakra, start by gently rubbing your palms together to invigorate and warm them. Next, you'll want to move your right palm over your heart and place your left hand over it. Picture your heart, the core of your body, radiating with energy.

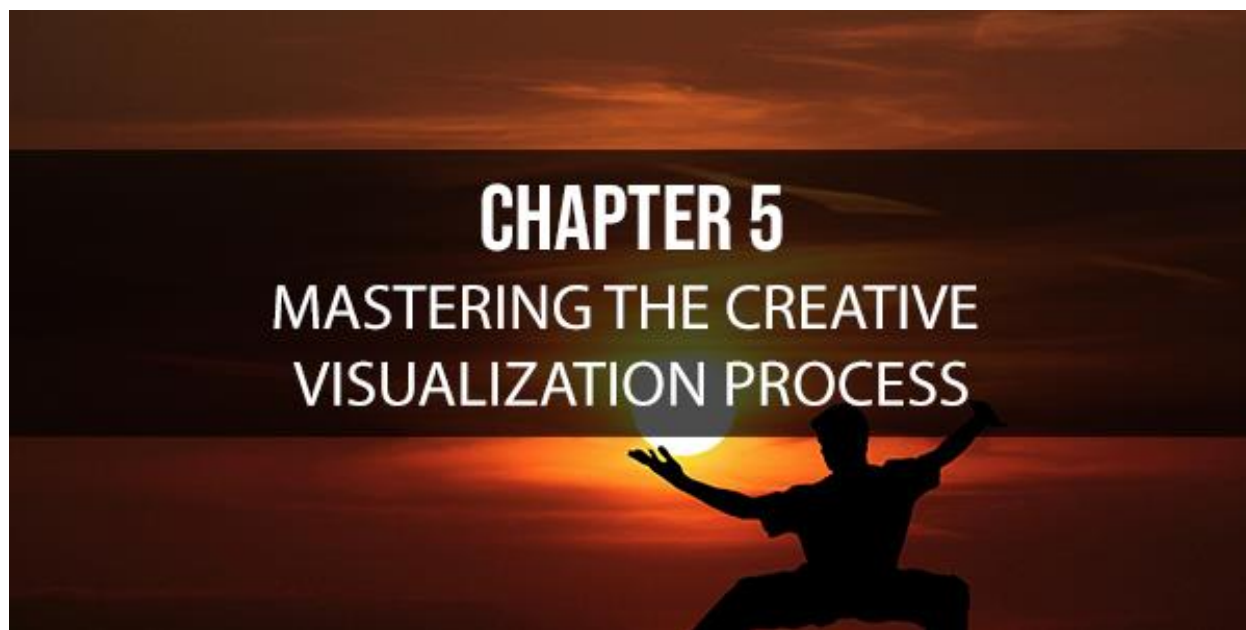
Now, you'll want to imagine that energy is glowing out to the rest of your body, as well as your mind. When you are ready, transfer that energy out across your palms and into the world around you.

Mantra Meditation

Basically, a mantra is a phrase, sound, or word that you gently repeat in a soft and natural rhythm while meditating. Repeating a mantra has been shown to contribute in quietening and calming a

busy mind. The mantra could hold a personal meaning that reflects your spiritual beliefs, or it could only be a construction of sounds or words that are comforting.

Chapter 5 – Mastering the Creative Visualization Process



Before you can begin the creative visualization process, you have to have a clear and specific idea of what you want. For example, if you're going to be rich, you have to know exactly how much money you wish to have and what it looks like to you. Imagine where you would like to live. What kinds of things would you want to have? Is there a specific lifestyle you would like to lead?

Take out a pen and a notebook and make a note of every aspect of the goal that you want to achieve. You will have more chances of realizing your goal when you can be as specific as possible. For example, if you have the intention to start eating a healthy

breakfast every morning, then you can see yourself waking up early to make a healthy and nutritious breakfast.

This is a relatively simple goal that you can have excellent control over. When you have realized the result of the visualization for this simple goal, you can then proceed to work on more demanding and extended goals.

Practicing the Technique

Just like with any skill that you are trying to master, practice makes perfect. When it comes to trying the creative visualization process on a goal that you hope to achieve, it is recommended that you practice first. You can do this by picturing yourself doing something that you already do on a daily basis. You could visualize yourself getting ready for work in the morning.

Start by creating a mental film of the routine that you follow in the morning. The more practical the experience feels, the more effective it will be. When you have mastered visualizing something that you already do, you can move onto the next step of actually visualizing your actual goal.

Manifesting Your Goal

Before you can begin, you need to be in a relaxed state. To do this, you should find a quiet place to relax and practice your

breathing meditation technique. As you start to inhale and exhale slowly, begin to focus your attention on every breath.

Next, you will want to start to concentrate on every muscle in your body from your head to your toes. Take the time to tighten and relax each of the muscles slowly. Next, you want to start to look at yourself from an outside perspective as though you are a character in a movie. This is referred to as the third person perspective. You want to see yourself doing what you want to accomplish. So, if your aim is to lose weight, then you need to see yourself getting slimmer.

Finally, move to the first person point of view. This is as though you are inside your head, peeking out. Since you are looking outside from the inside, you need to feel the sounds and emotions that accompany the experience.

This point of view is often difficult for people. If you have difficulty doing this, you can move back to the third person perspective and then move back to the first person perspective after a few seconds.

Continue practicing this creative visualization process until you have successfully achieved your goals.

Conclusion



You are only limited by how big your imagination is and how open-minded you are to the possibilities. Leonardo da Vinci and the Wright brothers did that when they imagined a flying machine. They didn't allow them to be restricted by the "fact" that a big and heavy machine could never leave the ground.

If a dream makes you happy and resonates with you, dwell on it often. Visualize that it has already happened in all of its joy and glory. The only limits to your imagination are the ones that you decide to put into place.

The length of time for your creative visualization process to work will depend on the intensity of your desire, your level of trust you

have in the process, and the frequency and intensity of your visualization practice. Small desires and wants can happen almost immediately, while larger goals and dreams might take some time to manifest.

However, if you are patient and have faith in the process and delight in the practice, your life will change right before your eyes.