



Your Inner Vision

Using Visualization to Manifest Your



Your Inner Vision© 2020
Using Visualization to Manifest Your Ultimate
Desires

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Introduction



Visualization is the very beginning of creation.

Think about it. Human beings are such amazing creatures. From the beginning of time, everything we've created came about because someone somewhere visualized an object in answer to a need. This was closely followed by someone imagining how to make this object and put it to use. Without visualization, nothing would have ever been created in the first place.

It seems so simple—and yet isn't. We picture something in our minds, and so it comes to be. Okay, well, there's some serious work needing to happen to take the dream into reality. But without the original vision for innovation, the world would have never changed at all.

Visualization is pretty powerful stuff when put in those terms, isn't it?

Now imagine using visualization to achieve *your* goals. Feel like changing the world? Hang on, because you're about to!

In this eBook, we're going to look at visualization a little closer, starting with a little bit more about it. We'll follow with some benefits to using visualization (as if changing the world isn't already enough!) and go from there into some more practical topics. You'll learn how to use visualization for yourself and can even enjoy some exercises to get you started on your journey.

By the end of this book, you'll be ready to take on your life-changing visualizations to manifest your most heartfelt and ultimate desires.

Excited? You should be. After all, you're about to make history, or at the very least, change the future.

Visualization 101



What is visualization anyway?

If you're not familiar with the term, it might sound a little 'out there' and strange, like something out of a science fiction novel. Maybe it does have a futuristic ring at that, because mostly when we think about visions, we're looking forward to something, not backward. Let's dig into this a little deeper.

Visualization naturally has to do with the mind and requires the use of both imagination and cognitive processes working together in unison. You use your imagination to create images of the future as you wish it to occur. These images might be entirely flights of fancy, which is why the creative mind is so important. As these images aren't static, these pictures change as you think about them, you're also going to need your creative mind to shift the perspective, to get what you want.

This isn't the entire story, though. You need the logical mind to put in the work and the window dressing. First comes the details, starting with a definition of the emotions which go along with the goal. From there, you add in all the details your senses can provide. What does this future look like? How does it sound or smell? Does it have a taste or something you can feel?

These might seem like funny details at first until you realize how much you already use those details in your memories. For example, you might remember visiting your grandmother as a child. You picture how she looked, but you also hear the sound of her voice. Maybe you taste the cookies she always had waiting in the cookie jar for you when you arrived. If you're lucky, you remember the feel of her hug or the smell of her perfume.

In your imagination, this memory of your grandmother makes her very real, which of course, she was. With visualization, you're working to make a future reality, and want the exact same level of detail to create this. The idea behind this is simple: the more you can visualize the future you desire, the more likely you are to create this future.

Maybe this seems a little too mystical, almost like magic. But before you start decrying this idea as being so much modern mysticism consider this: Visualization has been around a long time. In fact, it's been around in the Orient for thousands of years. More startling perhaps is the knowledge that visualization has been used in the Western world from the time of the Roman Empire and has been referred to in literature of the Middle Ages, specifically *The Canterbury Tales* published around 1400 C.E.

The reason visualization feels new is because, in a sense, it is. As with anything to do with the mind, some theories and practices fell out of favor over time. Visualization came and went throughout the centuries until the 1970s when it surfaced again. This was around the time when neuroscience developed to the point where we were able to understand the brain better. This scientific field has proven that neuroplasticity allows us to create new neuropathways at any age, not just youth as believed before. In fact, various studies using EEGs have proven that visualization makes changes in the brain.

So how exactly does it work?

Visualization typically has five steps, looking something like this:

Setting the Stage

Here is where you prepare yourself for visualization by cutting out the distractions and detaching the mind. In other words, you're supposed to relax. Find a comfortable place to sit or recline. Make it as free from noise and outside interruptions as possible. Maybe darken the room or create a soft ambiance with light music or even something restful such as the sound

of water from a fountain. Get comfortable and breathe deeply, counting backward until you feel calm. Generally, doing so from 25 is sufficient, but if you're a little more stressed, you might want to pick a higher number to give yourself adequate time to unwind thoroughly.

Picture the Goal

Here is where you want to layer in all those senses mentioned before. Create the intended goal in your mind. What does this look like? Sound like? Taste like? Feel like? Smell like? Ask yourself each of those questions, in turn, taking time to explore the answer fully. This is your future you're talking about, so you want to be sure to not be stingy on the details. Make this as full of a picture as you possibly can.

How are you Feeling?

When you have the image, explore what it means from an emotional viewpoint. How do you feel when you think of this goal? How do you think you'll feel when you achieve it? What emotions come up as you explore these thoughts? Again, experience them each in turn. Don't get caught up in thinking you should feel just one way. Your emotions might be all over the place. Seek out the predominant one.



Add in Faith

Here's the hard part. You need to trust you already have this. This vision is yours, in all its completeness, somewhere in the future. It's up to you to take hold of it.

Now Step Back

This is essential. If you don't detach from this visualization, you'll get so caught up in it that you won't be able to effectively enjoy the process of getting there, much less create it. This is a funny feeling because your initial response might be you either will just be given the result you want like some kind of magical genie granting wishes or that you need to throw yourself at creating this result, half killing yourself to get there. Neither of these is true, by the way. The truth is much simpler. You focus only on doing the next right thing with the assurance you're always moving toward the correct outcome.

Remember, the key to this entire process lies in the practice of it. You have to undergo these same steps more than once. Revisiting your visualization is where you're going to find the best success.

Don't believe it? Let's take a quick look at some contemporary examples of people who use visualization in their lives to achieve great success.

It seems natural to start listing actors first who swear by visualization. After all, they're very comfortable with the concept of creating roles in their minds already. Why not create your future there too?

Actor Will Smith said, "Make a choice, you just decide, what it's gonna be, who you're gonna be, how you're gonna do it. Just decide, and then from this point, the Universe is gonna get out your way." He's proven this by making nearly 50 movies, many of which are incredibly popular.

Success from the ground up can be seen in the example of Oprah Winfrey, who grew up in a tough situation. She started using visualization before she even knew what it was, when, as a child, she started telling herself her life was going to be better, different from what it was. Later, she came to understand the power of visualization and embrace it. As she said recently

in an interview, "Create the highest, grandest vision possible for your life because you become what you believe."

Other actors who use visualization and have become great successes include Arnold Schwarzenegger, Jim Carrey, Denzel Washington, and Steve Harvey.

What about in other professions, though?



Athletes are perhaps one of the more noted areas known to use visualization. Coaches regularly tell their players to visualize their game or actions before playing. Those who have proven it works range in sports from Olympians to NBA all-stars. This includes Michael Jordan, skier Lindsey Vonn, and British football player Wayne Rooney.

MMA fighter Conor McGregor had this to say in an interview, "This is the law of attraction. In this struggle, when things are going good, and you visualize good things happening, that's easy. What's not easy is to do is when things are going bad, and you're visualizing the good stuff. And that's what I was able to do.... Visualizing good things in times of struggle, when you can do that, that really makes the law of attraction work."

Musicians such as Lady Gaga, Jay Z, and Drake all know this too. But visualization isn't limited to just the creative types. Even highly successful people in business embraces the skills taught here, such as motivational speaker and business guru Anthony Robbins, and Sir Richard Branson, who is himself worth over \$5 BILLION. Now there's a guy who knows how to manifest change in his life!

Which leads us into this last section of our chapter.

The Many Benefits of Visualization

Visualization is more than an action designed to get you what you want in life (though this is, in fact, part of it). There are other benefits to making visualization a regular part of your life that you might not have considered.

You Experience Less Stress

Just having a clear vision and steps to take will erase much of the worry out of your life. There are fewer surprises (of the unpleasant kind) because you've already thought your way through the options, mitigated any possible disasters, and clearly know where you're going next.

You Become More Open

The key to visualization is letting go of the vision once you have it, so you can move forward, taking whatever opportunity next presents itself. You're less locked into your plans, and more ready to see what the Universe has to offer.

You Do Better at What You Do

With visualization, you clearly see what's next, and even practicing your role in your success. This means you're ready when the time comes to actually perform. Think about it. A speech you rehearse will always go better than the one you decide to 'wing.' A game of basketball or soccer rehearsed in your mind is likely to go better than if you hadn't prepared it mentally.

Visualization Helps you Relax

Feeling stressed or anxious? Visualization helps you to find a calm place and let go of whatever troubles you. In fact, numerous exercises are geared entirely to finding your inner calm.

You Focus Better

When you practice visualization, you need to focus on the details of the vision for the best possible outcome. Regularly practicing visualization will teach you how to better this kind of intense concentration until it becomes second nature. This will benefit you in the future on any task which requires this kind of focus.

You Become More Confident

When you're already sure of the outcome, you cannot help but make you feel more confident in your actions. You'll find you even carry yourself differently, the more you practice visualization.

You'll Procrastinate Less

One of the main reasons people procrastinate is because they fear the outcome. If you don't feel confident in what you're doing, or in how someone is going to react to the work you do, it's natural to put it off. Instead, visualization has you already geared toward with success. With less uncertainty in the outcome, there's no reason to put it off, and you procrastinate less.

You Feel Inspired

Nothing gives you motivation like a solid goal clearly envisioned. With visualization, you gain energy and enthusiasm about the future. You find yourself eager to get started and move toward the future.

You Find Meaning

Last, but certainly not least, visualization helps you see beyond doing the day-to-day. You find goals in your life and



understand better what your ultimate purpose is. This is not to be treated lightly, as finding meaning is what makes life worth living.

Of course, we're not going to ignore the part where your visualization **helps you to achieve your personal goals.**

Think about these things:

You Experience True Transformation

How can you possibly expect to achieve anything if you aren't experiencing internal change? Real success starts from within, with a new mindset and way of doing things. Otherwise, we'd already all be super successful. Visualization actively seeks out this transformational path and leads you where you want to go.

You Become Better at What You Do

Visualization gives you the ability to practice your skills even when doing so might be physically impossible. Take the skier visualizing their next run down the mountain. By imagining what it will look and feel like, they're able to get in a practice where no snow is required. Weirdly enough, this really works. Numerous studies have shown when people visualize doing a task, they naturally performing better when it comes time to take action physically.

You Find it Easier to Learn

By opening your mind to visualization, you're allowing new information to travel neural pathways. This means you learn things faster than people who don't spend time practicing cognitive skills, pushing you toward faster achievement as well.

You'll Make Better Decisions

Anytime you're setting out to achieve something, you're going to need to make a lot of decisions. The ability to make those decisions well means you won't have to backtrack or do things over later. Visualization allows you to explore options and identify possible problems before you ever make those decisions, meaning you know just what you want to do when the time comes, and why.

If, after all this, you're still on the fence about practicing visualization, take this under consideration: Visualization can also **be used to improve your health.**

You Manage Pain Better

Certain visualization exercises will even help you to manage chronic pain issues. There have been various studies showing visualization allows people to feel better, and also feel less need for pain medication to manage their pain.



You Make Better Choices

Eating healthy is one of those things which seems like a chore to most people. But using visualization can help here too. When you visualize yourself eating a delicious meal, leaving you feeling both satisfied and healthy, you find it very easy to reach for those healthier choices when mealtime comes around.

You Become Stronger

We do shape how we think of ourselves. If we start looking at ourselves as crippled and weak, it's guaranteed we will become just that. Likewise, when you visualize yourself strong and healthy, you'll discover new strength you never knew you had.

It's Easier to Lose Weight

Visualizing yourself at your ideal weight and body shape sets you up for success in a way no diet ever will. You'll find yourself making more decisions that reach for this goal, forming this new you straight out of the image you hold in your mind.

You're Less Likely to Become Sick

Did you know visualization can even affect your immune system? There have been some interesting studies showing that when people think of themselves as strong and healthy, they are much less likely to become ill than those who are sure they 'come down with everything.' Of course, this doesn't mean you should quit washing your hands. At the same time, a positive attitude certainly can't hurt.

You Become Less Anxious

This is one of the best health benefits you can create for yourself. Stress leads to numerous health complications from heart disease to diabetes. By using visualization to calm your mind, you will experience less anxiety and face life with a healthier attitude and outlook, which leaves no room for stress.

Wow, that's a lot! It's no wonder people have been practicing visualization for centuries. Keep reading, and you'll find out how you can start reaping all those benefits personally. Next up? The Visualization Process itself.

The Visualization Process



Hopefully, by now, you're not too intimidated. Visualization isn't complicated at all. In this chapter, you're going to find out just how easy it is to start using visualization in your daily life. Let's start by walking you through the basics.

The actual act of visualization goes something like this:

Start with the Goal

What is it you're trying to accomplish? Once you know this, the rest will fall into place naturally. We'll explore some tips in choosing goals in a moment. For now, we'll assume you have one.

Imagine the Goal

This isn't some easy low-level picture you're making in your mind. You want more than an image of your boss telling you that you've just gotten promoted. You want to picture your goal in the most intense, realistic detail you can imagine. Create the image layering in the sights, sounds, smells, tastes, and tactile sensations of your goal. You're also going to create the emotions which go along with it. Know how reaching this goal is going to make you feel. Explore any other feelings that come up with this image.

Revisit the Goal

Visualization doesn't just happen once and stop there. You're going to want to take it out and go over it in your mind again and again. Make a plan to give yourself visualization time daily to revisit the images you've created. Remind yourself of them throughout the day in minor detail.

Accept the Reality of the Goal Completed

This step takes a little leap of faith. You remind yourself you're already there. This goal is achieved; you only have to keep moving toward it.

Remember, once you've created your visualization, you need to remember to disengage from it. This is an essential step in the process. Otherwise, you might become too caught up in living the vision to the point where you forget to translate the vision into your life. Visualization sets up the success. You're still going to have to do the work to make the success a reality. This will come through the acceptance of the opportunities which come your way in the wake of this visualization.

Here are some further things to think about, which might help with this process:

Home in on What You Want

If you're having trouble visualizing your goal, it might be because your goal is too broad. Take a step back and look at your goal objectively. Is there a particular part of what you want to do which intrigues you more than any other part? On the other hand, if you're having trouble finding your goal at all, try exploring the things you're passionate about by making a list of them. What is a common theme you find recurring in this list?

Experiment with Different Techniques

We're all different, so it should come as no surprise to find not every method of visualization works with every person. For example, if you're having trouble thinking in pictures, use words or feelings to convey your goals. Does it help to write down the visualization first to give yourself a 'script'? Maybe making a collage of pictures to look at as you settle in to visualize will help. Feel free to explore different options to find what works for you so long as the result is the same, with you being able to visualize in some way your goal.

Meditate

If you're having trouble stilling your mind, practicing meditation will help. By learning how to stay in the moment and calm your breathing and your thoughts, you'll better prepare yourself for visualization.

Hone Your Focus

If you're having trouble with concentration, start smaller. Visualizing for only five or ten minutes to start will teach you how to focus in small doses. Also, don't worry about a complex visualization when you're just starting. Feel free to keep things simple initially. As you become more comfortable with this kind of concentration, you can expand the time you spend and start layering more details into your visualization.



Silence the Inner Voices

It's hard to focus when you're listening to a hundred different thoughts clamoring for attention. You might want to do a short visualization exercise to block them out. Try imagining you're in a room with all those voices being just outside an open window. Now shut the window (which is a nice thick double-paned glass) to block them all out.

Accept the Process

The more you question whether things will work, or hold back on accepting what you're visualizing, the less likely you are to have success. Take a leap of faith and trust in the process.

Use Repetition

Visualization never works well if you're not putting the time into the process. You need to make this a routine by visualizing every single day. For optimal results, schedule in a regular time for visualization, such as right when you get up or before bed at night (you can even try both if you like!).

Create a Relaxing Atmosphere

Visualization does call for a calm mind, as mentioned before. Here is where it becomes crucial to pay attention to your surroundings. What can you do to minimize distraction or noise? How about creating a mood or ambiance by using candles, soft music, or dimmed lights? Do what you need to do to create an oasis in the storm of life.

Use a Help

When you're just starting out, this whole visualization process might seem daunting. Feel free to try one of many videos offered online, or podcasts which offer guided visualization to help get you going. Once you learn how to relax into the visualization, it's a simple matter to start creating your own.

Get Help

Do you know someone who uses visualization? Mentors are great when it comes to answering questions, or in working with you to create visualizations suited to your needs.

Be Open to What Happens

Once you're done visualizing, be accepting of the process. Things will come up in your life, which seems like they're guiding you on a particular path. Accept their leading. Take opportunities as they present themselves and embrace the adventure of learning to move with sureness toward your dreams.

Perseverance is Key!

Nothing happens overnight, especially when you're just starting and learning a brand-new way of thinking. Keep at it and give yourself time to get used to how visualization works.

Let's get you started with some visualizations you can try immediately to achieve some of the more common goals.

Visualization Exercises



Using visualization in your life is so easy. Once you get the hang of the process, you'll be amazed at what all you can accomplish with your imagination. For now, though, let's look at some super simple visualizations to get you started.

Simple Visualizations for Beginners

Life of the Party

If you're feeling a little socially anxious, this is the perfect visualization for you. With a specific social function in mind, ask yourself what kind of person you want to be by the end of the event. Are you looking to be really social? Just a touch more gregarious? Picture this version of

yourself. Now picture the event. See yourself moving around inside this event, interacting with people. Focus on positive responses and emotions. Seek out the happiness points. Couple this with thoughts to support this version of you. Things like "I am comfortable here," and "I like talking to people." Practice this repeatedly. By the time you reach the event, the interactions should feel familiar and natural.

Safe Place

We all have places we've been where we've felt incredibly safe and secure. When feeling anxious, use this visualization to tap into those memories. Start by visualizing a place of this nature in as much detail you can manage, using all of your senses. Now put yourself in this place. Let the safety and comfort of this place surround you until you feel peaceful and calm.

Balloon

For troubling thoughts, use this visualization. Start with deep breathing to put yourself into a calm and relaxed state of mind. When you feel safe and secure, allow the bad thought to come into the space alongside you. Look at it and examine it, identifying it for what it is – a troubling thought. Do not give it more power than this. Next, draw a balloon around the thought, until it's entirely encased and bobbing on the end of a string held firmly in your hand. Now let the balloon go and watch it float away until it's out of sight.

Practice Scenarios

When you have something coming up, which worries you, such as a speech or some other event where you're going to be called upon to perform, try using visualization to practice beforehand. In this, your goal is already evident, as it's the action you need to partake in. Create as thoroughly as you can the venue where this event is going to take place. Visit the place beforehand so that you can use accurate and in-depth detail. Next, place yourself there, performing your activity. See yourself from outside, looking on as you perform. Then, run it through again, looking at this event through your own eyes as you experience every emotion that comes with this event. Run through it from start to finish, ending on a triumphant note.

Lemon to Lemonade

In this visualization, you're going to want to have an actual piece of fruit. A lemon works well, both for its simple shape and the pleasant aroma it gives off. You start the visualization by calming yourself. Let yourself relax entirely and thoroughly. When you reach a state where you still have control of your body but are feeling deeply immersed in the visualization state, open your eyes to study the lemon. Smell it. Touch it. Use all your senses. Now close your eyes and recreate the lemon in your mind, in the same level of detail. You do this exercise to get used to visualizing actual items in such a way as you can feel comfortable manipulating them, and also to give you a sense of what it is to imagine something you already have. Practice this until you can recreate the lemon perfectly.

Once you have this visualization down, you're going to shift your point of interest onto something you desire. If you want money, hold out a hundred-dollar bill and use it in the same way, learning how to construct the money accurately in your mind. If you want something else, find an image you can hold to practice the imagery. So, moving to the house of your dreams, you might use a picture of the kind of home you desire. Whatever you pick, hold the image in front of you, memorizing it. When you're done, recreate it in your mind in as much detail as possible. Again, do this with the assurance of already having this in the same way you did the lemon.

More Advanced Visualization Exercises



Feeling more confident by now? Good for you! These next visualizations are going to require a little more concentration as there are added elements, you'll be putting into them. Remember to be patient with yourself if you find these hard at first.

Weight Loss Visualizations

If you want to lose a few pounds, you're not alone. This is one of the most common visualizations people seek out. There are two here to explore, ending with the same goal. The first takes your weight loss goal and asks you to picture yourself already having lost the weight. What do you look like? Study yourself as if looking into a mirror. See the new you in careful detail. Do this imagery with and without clothes.

In the alternate version, you're going to do what's called magnetization. You imagine having a magical magnet inside of your body. This magnet is pulling you inwards, pulling at your body until it reshapes itself into the body you desire. Imagine how this feels—what the experience would be like. Become conscious of the magnet, pulling you into this other shape, and carry it with you.

Mind Movies

Needing romance? Have a confrontation to resolve? Hoping to find a new lover? Anytime your desire involves other people, this is a great visualization to pull out and use. Start with picturing yourself, as you are now. In a calm and relaxed state, see yourself in complete detail. Layer in happiness and contentment, or determination or whatever emotion you're hoping to have in the encounter. Now, fill in the setting for where your encounter will hopefully happen until you have every detail.

Last of all, introduce the other characters. What you're doing is creating a movie in your mind. The other characters can be people you know or people you'd like to meet. Set them in motion and interact with them. Play out the encounter you're hoping to have and visualize the perfect outcome. Replay this over and over until you create this reality for yourself...and for the other person as well.

Road Map

This one is a little bit complicated but works so incredibly well once you have it down, it's worth the effort. You start the visualization with your goal in mind and then backtrack through all the steps. Create a road map that will take you from where you are now to where you want to go. Do every step in as much detail as you can, seeing yourself successfully completing every step along the way. It's the journey, which is important here, more than the destination, so don't skimp on any of the details. Be sure to go back through this visualization often and adjust the map as you need to keep you on the right path to where you want to go.

Altered Reality

Are you having trouble with something which happened in the past? If so, use visualization to put you back in the painful event. Now you're going to revisit the trauma carefully, going back through it in detail, with one very significant change: You're going to write a different ending to the story. No, you can't rewrite history, but you can lay it to rest. Let yourself have the ending you both wanted and needed so you can finally let this memory go.

Gifts and Gratitude

We really can't accomplish anything alone. This is why it's so important to say 'thanks.' Before even beginning your visualization, take a moment to write down a list of people you feel have helped you in some way. Think about the times they've gone out of their way already for you. Now engage in your visualization, in much the same way you always did. This time, as you reach the happy conclusion of your visualization, take a moment and start thanking the people who will help you to reach this point. If you know their names, thank them out loud by name. If you don't, you can use tags, such as "friend" or "doctor," or whatever you feel is appropriate. Use the same techniques on this thanks as you would on the rest of the visualization. Use your emotions and thank these people very sincerely. After all, they're part of your future success!

Added Exercises to Challenge Yourself



Using visualizations alongside something else, such as affirmations, doubles up the power and really can throw you into making serious progress on your goals. Try any of these to take you to the expert level:

Affirmations

While working the visualization, add in one or two affirmations related to this visualization. Make this part of the vision you're creating in your mind. As you form the image, repeat the affirmation. Feel the emotion of the completed goal you're visualizing and add it to the affirmation. Later, when you repeat the affirmation to yourself, recall the feeling you'd

experienced in the visualization with it. For optimal results, use affirmations or visualizations right when you wake up or before bed at night. Combine them for a little added oomph.

Journaling

When you create a visualization, you want to remember it so you can revisit it again and again. Adding in journaling serves as a twofold purpose. First, the very act of writing about the experience will help you to recall it better. Second, you're going to discover journaling itself becomes an act of visualization.

To begin journaling, find something to write in, you will use only for visualization. You're going to want to be able to revisit these entries, so finding them quickly in one place will prove helpful. Also, this act is essential, and you want the journal you use to reflect this importance.

You might not like this next step, but it's highly recommended you write out these visualizations by hand. It has been proven time and again when we write things by hand, we remember them better. But there's also a more personal and intimate connection with writing about your dreams and goals by hand. You'll find it easier to be more real and to go deeper with your writing when you do.

Journaling, when paired with visualization, is a powerful tool. The beautiful thing about writing things down? You can add notes about how you see your dreams being made manifest in your life as you go. This makes your journal a permanent record of all the wonderful things happening in your life, creating a treasure you'll want to visit over and over again.

Vision Board

We are, by nature, very visually oriented. A picture can take you immediately to a time or place in a way words never can. This is why it's so important to give this next one a try.

Vision Boards take your visualization and put it someplace where you can see what you were only envisioning in your mind's eye. The process is relatively simple. You find images which remind you of your goal. Some pictures might be very literal translations of what you're imagining. Some might only be added just to layer an emotion or specific detail or color onto the board. The goal here is to be as creative as possible.

Once you have your details, set them out on a bulletin board, or another method which allows you to display them easily. You want to be able to see your board often. Infuse the board with the goals, the emotions, and the details of everything you want to accomplish, so every time you look at it, you feel inspired all over again.

More on Creating Your Own Visualizations



Anytime you create a visualization, it can be challenging, especially as you leave the world of the more guided meditations and start to guide yourself. While some of the meditations you've done did include a goal unique to yourself, this time, you're taking charge of the whole visualization from start to finish. Once you learn this method, though, there won't be anything you can't visualize for yourself.

Image

In a relaxed start, begin the visualization. Start with a flat image of what you want in your head, much like a photograph. This can be made even easier by starting with an actual physical photograph if you need something for inspiration.

Make it Real

Photographs are good starting points, but now you're going to add a little depth. As if blowing up a balloon, inflate the image to make it 3-D. Now you have something in mind you can touch, that has weight, and you can hold in your hands.

Bring it to life

Let's take this a step further. If what you've created is a human being, it seems more like a doll or mannequin right now. You're going to bring it to life, enabling this to live and breathe and move.

Engage the Senses

What do you notice now about what you created? Is it warm? Cool? Does it move fast or slow? What is the texture or smell? Explore with all your senses.

Choreography

Now you're setting the dream into motion. Interact with what you've created. What role was this meant to play in your visualization? Place it in this role and watch what happens next. But keep in mind, you're moving as well, interacting with your creation. If you've designed a room, you should be able to move around in it and pick up every item you see or interact with every door and window. This is a real space, contained only by your imagination. This is your future goal and your success, so it needs to be as real as it can possibly be.

Some quick tips to help you in this process:

Try Multiple Perspectives

To make your visualization live and breathe, you might need to move to view it or experience it from different angles. Slip inside the skin of what you've made and see through those eyes. Look at it from a distance. Notice everything about it.

Make it Ideal

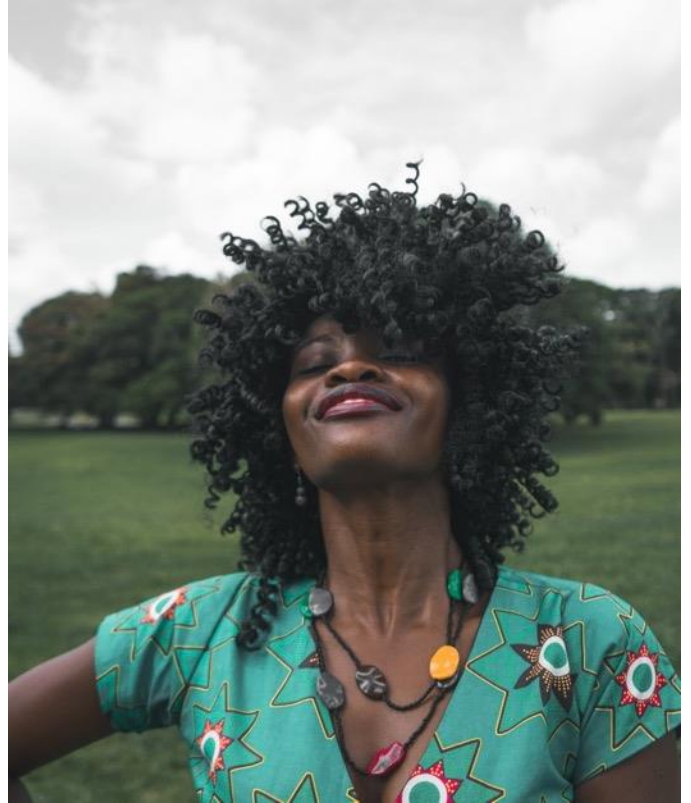
Don't worry about gritty reality. This is a goal for the future. Let it be idealized if need be. Besides, the most positive you picture the visualization, the more likely your outcome will be equally positive.

Some final words might be appropriate for now. Hang in there—we're almost done!

Visualization is only part of the process. The most important part is letting go of the visualization and returning to your daily life. You might think, at first, nothing has changed, but in truth, you already have, and in deep and meaningful ways.

From here on out, it's all up to you. You begin by acting as if the goal has already been realized. Be the person you'd visualized.

The second thing to remember is even more important: You've set in motion something great. Don't fail now by ignoring the opportunities the Universe brings your way. From this point on, everything you do is loaded with significance. Keep your eyes open, your attitude positive, and always seek out the next best thing to do. The rest will come all on its own.



Conclusion

By now, you've learned something about your goals and how to use visualization to reach them. You've been honing your Inner Vision, and you've been learning how to apply it to your life. Chances are you're already starting to see some of the positive benefits of visualization.

If you stick with the visualizations in this book and make a habit of your own visualizations, you're going to start seeing some positive change very soon. This is the exciting part! The key here is not to quit just because you see things are happening. More than ever, this is the time to keep going until you have manifested your ultimate desires.

Then what? Simple. You create new goals and work on those, using this process again and again throughout your life to achieve the peace, harmony, and success you so desire.

Congratulations! That success you've envisioned is already yours.