

THE POWER OF VISUALIZATION

CREATE THE LIFE YOU HAVE ALWAYS WANTED
BY LEARNING HOW TO VISUALIZE



PowerfulVisualization.com

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Thank you!

What Readers Said:

Apr 19, 2014 10:41pm

Thank you for the visualization e-book. The instructions were succinct. I am starting today.

Many, many continued blessings for you,

LLL (love, light, laughter) ALWAYS,

Lynda S. Moodie

Subject: APPRECIATION
From: "Watchman Yakson" <deyakson@gmail.com>
Date: Sat, September 26, 2015 4:47 am
To: contact@powerfulvisualization.com
Priority: Normal
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This is just a little way of saying a very big "thank you". You are truly of help to my journey of personal development and growth.

To our our success.

Yaks Watchman

Subject: Thank you!
From: "Michael Brennan" <brennanlearning@yahoo.com>
Date: Mon, November 9, 2015 7:24 am
To: "contact@PowerfulVisualization.com" <contact@PowerfulVisualization.com>
Priority: Normal
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Roy P -- Thank you very much for your visualization e-book. This makes a lot of sense.
Michael

Contact

I would love to hear from you! You may reach me at

contact@PowerfulVisualization.com

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Introduction

I'd like to congratulate you for downloading this eBook. You now have before you an amazing, powerful resource for personal transformation. Now, you may be wondering to yourself... "How can visualization possibly help me, let alone *change my life?*"

In order to answer that question and show you the outcome of using these visualization techniques, let me share with you my personal story...

How Visualization Turn My Life Around

Over the years, I've invested a lot on personal development including a personal growth program in California. I have read many books on different aspects of personal development and attended countless seminars and courses. I had put in an incredible (even ridiculous) amount of efforts and money learning to improve myself.

However, my improvement was has been very small. So small that it is not noticeable and not worth the effort put in. Sometimes, I noticed some improvement but it does not last. Most of what I can remember is hard work, hard work and more hard work in self-development to achieve the goals I desire.

Luckily for me I chanced upon visualization and ever since my results have been exponential. The hard work disappeared. The work required to achieve my dream was amazingly easy as compared to before visualization and I noticed personal transformation along the way towards my goal. Friends I hadn't seen in awhile say I seem to have an aura around me. Like someone confident in achieving his life goals.

Conversely I noticed that all my friends have remained very much the same after many years, have not changed a bit. I believe at least 90% of people fall into this path, simply drifting along in life. By sharing this eBook, I hope readers can benefit in attracting the things they desire and I can help make someone life's better. I want to contribute . . . even if it makes just a dent in this universe.

At first I practiced visualization on my [relationship goal](#) and very soon I noticed results. While this is where it all began, I soon find it is equally workable in other aspects of my life. What is noticeable is the ease of achieving that success. The followings are some examples.



This is a personal account of the effect of visualization on a job interview. There was a time I really has to nail a job interview. I worked in a small niche industry where there are only a few good companies I can go to.

So I practiced visualization daily leading to the days of that very important job interview. It is the world's largest global company in the industry. Guess what? I got the job offer and a good salary higher than my current salary. It's simply amazing!

Now here is a personal account of the effect of visualization on a public speaking. It was on a topic I felt I do not have the credential. What's more many in the target audience are in their 50's and has years of experience in this topic. I simply do not have the confidence.

Finally the anxious day came and I gave the presentation. Well, guess what? I wasn't very nervous and the delivery went smoothly much to my pleasant surprise. A few audiences even came up to me after my presentation to say it was good. Now what makes this possible?

It was the visualization exercises I did and coupled with basic knowledge of public speaking I acquired a long ago when I first started working. The knowledge is still necessary but visualization makes it so much easier! Moreover, I did not have any opportunity to do a presentation like this before.

Another example of how visualization has worked for me is in beefing up my physical body. In less than 2 months going to the gym, I saw the results. People started commenting positively about the change in my body shape. I was happy and pleasantly surprised that I achieve my goal without much anxiety or stress. I did not feel I had to specially put in effort to go to the gym, eat and sleep well, all of which is important in body building. On reflection, it was the visualizing of my goal that has helped me in consistently taking actions that moves towards that goal.

Now you've already seen how visualization has helped me [achieved my goals](#) easily and started to realize and appreciate the gem of a gift I'm about to share with you.

Are you ready to let The Power of Visualization transform your life too? If so, continue reading and let visualization help you fulfill your dreams.

I'm waiting to receive your success stories! =)

What Is Visualization

Visualization is relatively simple – but there are definitely a few key points to learn to fast-track your results. I’m going to share these techniques with you now – which I’ve put together after two years of experimentation.

I’ve shared these ideas with my friends and colleagues, who have all by now had successes with the unmistakable power of visualization too.

If you do take these ideas on board and try them out, I am convinced that you will see some remarkable improvements in your own life. Not only will you feel better in yourself, but you will move towards your goals quicker. Not bad for 10 minutes a day?

You’ll find that my advice on how to visualize is to the point, “hands on” – and relatively detailed. This is because a lot of the information I found when I was learning to visualize was a bit... fluffy.... and didn’t really help me. I presume you might had experience the same too. As such, if you do not have time to get into it now, please feel free to print this article and review it later.

I find that if you really wanted to understand a topic and to get results, it is important to know the why and the key elements that make this works. So here it goes.....

Think about Visualization as your guide to the materialization of your dreams. Many people write their dreams (aka goals) down and they promise to themselves that they will achieve them. However, if they do not see the goal as already in



their possession (through Visualization), they will not achieve it. What you can see is what you can get.

What is the Ideal Life you want

Write out what your ideal life looks like. If you do not know where to start make a list of all the things you do not like and change them into positive statements you would like. For example, I do not like being single, you would want to change into being with your ideal partner, someone who you are laughing and smiling with. Think about all areas of your life – your home, your work, your relationships, your finances, your hobbies etc.

On a broader picture, you want to reflect on what is the meaning of life to you.

Is having an ideal life partner most important to you?

Is it power or authority?

Do you want a higher paying, more fulfilling job with more respect?

Do you want to accumulate as much wealth as possible?

Do you want to go for the long awaited holiday?

Is it simply having the free time to enjoy running, hiking, yoga, etc?

When deciding which ideal life you want to achieve, only consider your own desire. If you choose a life that other people chose for you, you will hardly achieve it and even if you do, you will be unhappy once your goal becomes your reality.

Reflect and jot down what excite you, drive you, and almost propel you into action. [What is your deepest desire?](#) What is the meaning of life to you?

Until you are able to know what you want, you will only be drifting along in life.

This could take 20 minutes or an entire day depending on the depth of soul searching.

Then you are going to put that into a 5, 3, and 1-year plan to achieve your dreams

Take a moment to ponder:

What are your dreams for the next five years?

Working backwards, what then would be your milestone in 3 years time?

What goal should you have at end of the first year?

Here is my example:

My 5-year dream

Bought a condominium apartment

Work 3 days a week, I have my business

Earning \$15,000 per month

I'm married to the person I wanted

My 3-year milestone

Bought a new car

Work 4 days a week, I am self-employed

Earning \$10,000 amount per month

I am in a relationship with the person I love

My 1-year plan

Started a new business and earning an extra income of \$1000 per month

Work 5 days a week in a full time job

I have found and started dating the person I desired

Noticed that this structure helps you built and monitor your dream progressively?

[Do not be afraid to dream big!](#) Research has shown that even if you do not meet your dream you will achieve result close to your dream.



Add Emotions To Your Dreams

In addition to writing down your goals, also write down the emotions you would feel if you had already achieved them.

You'll see a bit further that generating the emotions and feelings of success is the key on how to visualize effectively. So, a little way to cheat the system a bit is by working these out before hand, and noting them down too. For example:

Goal: Work 3 days a week– Add Emotions

I feel financially secure of myself for having a passive income

I feel confident that I do not need to hang on to a day job like what 90% of the population does

I feel relax from the free time I have

I am happy and feel awesome!

When you think about these and write them down, you should start to feel that little excited twitch in your belly that tells you you're on the right path... This will save you a lot of time and effort later when you're actually visualizing.

Visualization Script

This is like writing a script of the movie you are going to produce....in your mind. There is temptation to skip this step as it requires some work and you cannot go into visualization right away. Here, I need to caution you that our mind is like a monkey, our thoughts keeps jumping from one scene to another.

Thoughts come in anytime such as your work situation, partying or what laptop to buy. If, however, you have your Visualization written down, you can simply open your eyes, re-read your notes, and gently ease yourself back into that very happy place.

Visualize one goal at a time if you have more than one. It could be health, career, and money or relationship goal.

Jot down a few bullet points. Simply note down your goals, and a couple of elaborations to give my imagination a little nudge in the right direction.

*Here is an example of a script for a [Relationship Goal](#), to have a **girlfriend by the end of this year.***

The script goes like this: The scene is at a round table with chairs, near my workplace. It was in the morning 15 minutes before work. We were at a food court near my workplace. She is keeping me company before I leave for work. Her adoring eyes were looking at me and caressing my arm.

Every moment was precious for her, as I have to leave her for work soon. She misses me. I felt happy and contented.

I actually saw this couple at a workplace food court where I was going to a client place in the morning.

As this is what I wanted, I remember this scene for my visualization exercise.

If you are women, you could imagine how he hugs you.



Watch A Video Clip

What I found very useful is to view a video clip prior to beginning visualization. Just to illustrate what I mean by this. There was once I was holidaying and I was in the mall where there was a fashion show going on in the mall. The models were gorgeous while modeling in wedding and nightgowns. I took a couple of video clips in close view on the models parading especially the one I was very attracted to and desired as my dream girl.

If your goal is to go on a holiday and stayed in a comfortable hotel, I have this encounter to share with you. I was on a business trip and although the client has put me up in an average hotel but they put me in a suite! I felt excited the moment I walked into the room... well staying a suite for the first time! It had a bedroom with a TV, dressing table, closet, and a bathroom like any usual hotel room. This is only a third of the total area of the suite. There is also a large living room with another TV and a big sofa. The living room was so spacious that the TV and sofa occupy only half of the living room.

The other half of the living room had a round dining table with chairs. Additionally there was a kitchen with a refrigerator and cooking appliances. Therefore, it was like staying in an apartment.

The suite was on the forty-third floor and the view was fantastic. I took out up my phone and took a video clip, recording also my voice as I walked around the suite describing the scene. Towards the end of the video as the camera pointed out of the window and towards the view far below, I uttered in excitement - Whoa!

Hence, this video has greatly aided my visualization exercise of being able to achieve this holiday with my own money. I wanted this lifestyle. Being able to travel and stay in this environment anytime and anywhere I wanted.



Soak In The Environment

One of my goals is to own and stay in a condominium apartment in 5 years' time. I had a friend who has recently moved into a newly purchased condominium apartment. I took the opportunity to visit the apartment. The first time I was in the apartment, I loved the tranquility in the surroundings.

The apartment was on the second floor. I sat beside the windows looking out at the trees and driveways. It was so calm and serene. I have always stayed on high floors but now I am beginning to like the lower floors. My friend walked me through the gym, swimming pools, and later the walkways towards a nearby shopping mall for dinner.

On another visit, we soaked in the Jacuzzi looking at the sky and the trees. We went to the steam bath near the gym. It was again a pleasurable experience and is what I wanted.

So having soaked in the environment both mentally and physically will make your visualization real.

Therefore, the exercise today is to find an environment you would like to have in future and spend some time there. If you are not able to do this today, constantly remind yourself to pick up this exercise when the opportunity arises.

Put Up Pictures Of Your Dreams

Some people call it a vision board. Say your dream is to own a car. Obtain a picture of the car you dream of having, cut it out, and paste in on a cardboard and labeled it "Dream Board."

Place the Dream Board at a location you get to see every now and then. I placed it on the mirror above the washbasin so every morning when I brush my teeth I looked at it. By looking at the pictures frequently, you get into visualization easier.

If you do not want others to see the picture (say, it is a desirable women), you can paste it in the closet or slip the cutout picture inside a book for privacy. However, I find that there is a tendency to forget about it after awhile. Do take note that if do not look at it often, it does not work.

Your First Visualization Exercise

First, find a quiet place where you can practice visualization. An ideal spot would be a quiet spot in the house that is cool and has low lighting. Close your eyes and relax. It is important to be as relaxed as possible when you visualize. I do my visualization in a comfortable chair and in a place that I will not be disturbed. Do not do the visualization exercise lying down on the bed. It does not work. Not only will you fall asleep, you will not be able to act out the scene lying down on the bed as compare with sitting up.

Breathe deeply for a few minutes to get your body relaxed. Try to focus on your breathing so that you would clear your mind from all random thoughts.

Take a quick glance at your written scripts, video clips, pictures and/or recalling your experience and ease yourself into the vision of your goal. See yourself as already in the possession of your goal.

If your goal is to buy a new house, see yourself as already living in the new house and try to see all the details of each room and the garden. Every day try to see more details of your goal so that you would finally achieve the feeling that the house is becoming more and more real in your mind.

[If your goal is to earn a certain amount of money](#), you can visualize having lots of money and buying luxury things. See yourself having the lifestyle you want to have. See yourself living where you want to live, driving cars you want to drive, and having a private jet or a yacht. In other words, visualize the life you would live if you would have that much money.

Look around you and take in your surroundings – where are you? Who else is there? Wander over to these people and have a chat with them.

Take note that when visualizing the conversations, you cannot hear them. What do I mean? Can you remember the silent comedy movie Mr. Bean or the old movie of Charlie Chaplin? The speech cannot be heard, at most a mumble.... babababa....baba....bababa...and their motions are slightly fast forward. Therefore, the scene appears like a dream, you do not actually hear the conversation.



Look for more details to make the picture clearer. What is the weather like? What are you wearing? Take the time to notice and feel the texture of your clothes, the temperature of the room, and any other small details you see when you look around.

The key is to make the pictures in your mind as bright and vivid as you can.

See yourself acting the way you want to be.

Notice what you are doing and how you are doing it. Pay attention to every little detail of your routine.

Again, the more life-like this is, the better the results you will get. If done correctly your eyes are closed, your face is expressive. It breaks into a smile, your mouth may even mumble bababa...bababa. You might nod or tilt your head, and your hands move like in real conversation. You might move your body or head to the sides too as you act out the scene.

What you are doing is effectively planting new memories into your subconscious – so if you make this memory even more vivid and detailed than a

real memory, you will inevitably see strong results. Learning how to visualize requires learning how to create vivid, bright pictures in your mind.

Just enjoy the feeling of watching yourself act in an ideal way for you. It's pretty fun to see yourself doing this – and it helps you to realize the simple truth that if you can act this way in your head, it's likely you can act like this for real.

If you are broke and desire more wealth, watch yourself pull out your wallet... Feel the weight of it in your hands. Pull out the cash and count the hundreds or thousands you are carrying on you. Notice how all this cash feels in your hands. Noticed the texture and smell the money. Now, imagine going to an Automated Teller Machine and check your account balance – and watch the big number followed by all those zeros shows up on the screen. Notice how it feels to be so wealthy and in control of your finances.

If you are overweight, visualize the body and weight that you want. Visualize yourself in your new body, enjoying every minute of your transformation [from being an overweight individual to a lean and sexy physique](#). Enjoy every minute of it and believe that you have already received it.

You see, before anything can falls into your hands, it must be created by your mind.

What is First And Third Person Visualization

Do you visualize from the perspective of the First or Third person? This is a very common question. Before I answer, let me explain what I mean by the First and Third person.

First person would be seeing through your own eyes. In this case, you are in fact yourself doing the visualization. Third person would be seeing from outside your body. In this case, you are the observer – or ghost – watching yourself.

There are many theories, discussions and doubts about whether which perspective is better, First or Third. I believe both works well for different people and different types of goals. For me I find visualizing in the First person more real. You can try this experiment:

Be the observer at this point. Imagine that you are on the beach somewhere sunny and hot. Now see yourself sitting on the beach, lying in the sand staring up into the sky. Take note of how you feel.

Next, become yourself. That means actually step inside your body and look through your own eyes. Feel the glare from the sun, heat radiating from the sunshine and the sand beneath your feet. Hear the waves crashing upon the shoreline and the breeze whispering in your ear. See the beautiful colors in the sky and the brightness of the sun. How did you feel this time? Do you find that it is more real?

If the answer is yes, then in the First person helps you develop powerful feelings. Being the observer may actually distant yourself – or move away from experiencing your feelings.

If you do not trigger feelings during your visualization, you will not attract the things you want. You see, [your subconscious mind](#) "speaks" in emotions. It does not understand much of anything else. The more often you create powerful feelings, the more frequent you are speaking to your subconscious mind.

Feelings in Visualization

The most important part of the visualization is your feelings. You absolutely must induce feelings into your vision; otherwise, your imagined goal will only remain imagined. Feeling gives life to your inner vision and starts the growth of your goal into the material form. So whenever you visualize, try to feel happy, enthusiastic, optimistic, or hopeful. The more details of your vision you see, the easier it will be for you to arise the feeling. In addition, the more real the image of your goal appears in your mind, the easier you will be able to introduce positive feelings into your vision.

Here is the key:

To succeed with Visualization, you must generate the same feelings and emotions that you would have as if you had already accomplished your goals.

As you learn how to visualize, try to see your emotions as the language that communicates your goals to your sub-conscious. The pictures are there to show you what to look out for on your road to success – and the emotions and feelings are for the benefit of your brain.

That's why jotting down the emotions before you start is so important – if you're struggling a little, open your eyes, read your list of emotions again, really start feeling them – and dive back in.

Practice generating strong, intense feelings and emotions. Really imagine yourself having succeeded – know how much it means to you to have finally won and become all you ever wanted to be - and they will come to you naturally.

Again, the stronger the feelings you generate – the more emotion you experience – the better and faster your Visualization results will be.

That is it! Now you know how to Visualize!

Visualize your goal for at least 5 minutes. Do them at least once a day.

For speedy results, visualize as often as you would like. Just do what feels right for you. It will be well worth your time.

If you have learnt how to visualize well, you will begin to see small improvements within a week or so. If you continue to practice, within a month you will experience some significant changes and begin to feel much better about yourself.

If you carry on visualizing beyond that, your self-image will indeed change and you will move quicker towards your goals than you ever imagined possible.

Remember to visualize daily and where possible, a few times a day.

A Word Of Caution As You Progress...

After a month or so as you progress, your current reality may change towards the reality when you had achieved your goal. You may be a more confident person, more positive, more energize, smiling more often and more upbeat as you become more successful

Now that you are becoming more successful, you need to change the environment and the people around you. Otherwise, they will hold you back because your reality has changed!

For instance, [your goal is to be rich](#) by a certain amount at a certain time and you are seeing some success. Now, if you are still eating at the same food-courts as before. Notice that the types of people that go to food-courts are different from the more successful people that go to more up market eating-places.

Similarly, notice that the types of people around the public housing area are different from the types of people around a private condominium.

Similarly, being around engineers are different from being around managers.

Similarly, being with the same old friends that are negative and always complaining are different from new friends that are positive and progressing.

The examples can go on. Now you have changed. Has your surrounding changed too?

Let me share with you what I did. Well, it's a little sad but life has to go on.

Some of my old friends, I actually meet them less often. My circle of friends has changed somewhat. Nowadays, they are mostly fun, lively and have an appetite to progress themselves.

I used to dine at food-courts or neighborhood shops. Frankly speaking, the food tastes better. So instead of eating there, I buy take away from these place and brought it home to eat. This way, I have reduced my association with that environment. Nowadays, I eat more frequently at cafés or restaurants, slowly but surely acquiring new tastes and habits.

Sometimes I would go to a posh hotel lobby, buy a drink, and read a book. Being there for a few hours, I am living in the reality that I want.

At times, I would go to Starbuck to read newspaper or work on my laptop instead of at the local library frequented by retirees and jobless people.

I even breakaway from a relationship that I was hanging onto for some times but was not bringing me happiness. It is better to move on than to hold on to such a relationship As I progress, I deserve someone better.

I really see myself moving towards my goals, and I am sure you would too!

Conclusion

Did you enjoy The Power of Visualization?

I bet you did... and you're probably wondering... "Where do I go from here?"

Well, The Power of Visualization is just the start.

In the following pages, I have included some resources that are useful and you might want to check them out yourself. However, that's entirely optional... Get it only if you want to [speed up the manifestation process](#).

Remember that ACTION is the key to making law of attraction work for you.

So don't just use the visualization every day but DO NOTHING else at all...because NOTHING's likely to happen...

I always like to use the example of the guy who's looking forward to winning the lottery but does not even bother to go out and buy a lottery ticket. LOL...

Continual investment in your education is going to pay off handsomely in the long run.

With that, I'll leave you to explore the resources on the following pages... Hope you enjoyed this eBook & may the universe bring you everything you desire!

Join our Facebook community at <http://facebook.com/PowerfulVisualization>. Click on "Likes", then mouse over the inverted arrow and select "Get notification".

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Recommended Resources



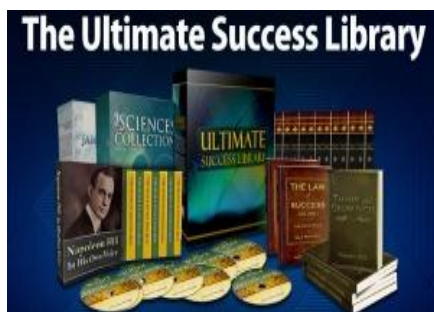
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