

Creative Visualization

How To Create Whatever You Want In Your Life!

By Bryan Kumar

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Visualization has been given a bad name by many who tried it and didn't get the results they wanted.

The problem is not with visualization; it's the lack of understanding of the term, and the process, that is the problem.

Visualization works amazingly well when you do it right, and it can be used to create just about anything that you want in your life, including wealth, optimum health and even ideal relationships.

Very few people know about visualization. Out of that group, very few *believe* that it works! And, even fewer know how to do it *correctly*.

In fact, many people who **teach** visualization to others, and charge ridiculous amounts of money for it, don't have a **clue** of how to do it correctly *themselves*. They're simply regurgitating information they either read or heard about somewhere - without ever using them to get measurable results in their own lives! But that's no surprise, is it? That sort of thing happens in almost every field. Sad, but true.

The process I'm going to share with you **works!** I know because I have used it and achieved measurable, *consistent* results! I have shared it with others who have also gotten verifiable results (at least those who did the process correctly.)

After researching, studying, experimenting, and *struggling* with visualization for many years, I have found and gathered the missing pieces that few people know about. You will not find this information anywhere else, at least not all of it *in one place*. You may be able to find parts of it through many different sources. I know this because there are parts of the process that I learned about simply by *experimenting*.

At any rate, let's get on with it. I have found the following process to produce the **best** results:

1. Find a quiet place where you won't be disturbed for at least 5 to 15 minutes. Your bedroom would be ideal. You will want to unplug the phone, turn off any alarms, and lock the door so there are absolutely no interruptions. Pull the curtains to keep direct sunlight out and dim the lights if possible.
2. Lie down on your back and get comfortable. (Wear loose, comfortable clothing. Nothing restrictive that would hinder your breathing or cut the blood flow in any part of your body.)
3. Close your eyes and allow yourself to become relaxed. While keeping your eyelids closed, roll your eyes upward as if you're focusing on your forehead. But, don't *strain* your eyes. Just roll them up as far as they can *comfortably* go.
4. Inhale deeply and slowly through your nose and then exhale slowly through your mouth. With your eyes still rolled up, begin to focus on your breathing. Become aware of the air moving in and out of your lungs; notice the sounds and movements associated with it.
5. Continue to take deep breaths in and out for up to a minute (or more if needed) until you notice your body becoming very relaxed and settled. Breathing in this way (with your eyes rolled up and your focus on your breaths) will quickly put you into the "*alpha state*" of consciousness - a state that is ideal for creative visualization.

Note: Being in alpha state also brings you closer to the vibrational level of the earth. Therefore, you may sometimes be able to feel slight tremors and vibrations of the earth that you normally may not be aware of. If you experience this, don't be startled or concerned. It's not an earthquake. ☺ You are simply resonating more closely with your surroundings than you do during normal waking states. If you get to this state, you're doing very well. If you don't, do not force it. It is okay. Just continue on with the rest of the steps.

6. Next, think of a time or incident from your past that brings back **strong positive emotions**. In other words, recall a memory that conjures up feelings of happiness, love, joy, and/or gratitude. It could be a time when your parents/peers praised you for something, or when you received an award of some sort, or even a time when you fell in love or had the most passionate lovemaking experience of your life. Any memory that brings back strong **positive** emotions will do.

Next, relive this memory as vividly as you can, using all your senses. Try to get in touch with that feeling again. Hear what you heard. See what you saw. **Feel** what you felt. Remember the voices that were around you and what they were saying.

Recall anything else that your senses were taking in - the smells, touch, etc. Make your vision as clear, vivid, and **real** as possible. (If you're not able to do it very clearly at first, it's all right. Each time you relive that memory it will become easier, and clearer and more alive. You will be able to add in more and more details each time.)

Note: If you are not able to see a clear mental picture of it, just try to get in touch with the *sense* of that vision. See a 'form' of whatever it is you want to get. The important thing is to be able to bring back the same or similar strong positive **emotions**.

Important: It is extremely vital that you DO NOT pull out a memory which will trigger a *negative* emotion... or one that could *lead* to a negative memory. If you can't think of a happy memory, you may want to skip this step. Although I strongly recommend that you try really hard to find a happy memory to recall from your past.

Here's why...

The point of *Step 6* is to get your mind and your body into a 'happy' state. Because, once you're in a truly happy place in your mind, you are going to **link** that emotion to your visualization. This will *energize* your visualization beyond belief and cause it to manifest more powerfully and quickly. The more strongly you can relive your past happy memory, the more feeling will be attached to your vision. The more feeling gets attached to your vision, the more energized the vision will become. The more energized your vision becomes, the sooner it will be manifested in your reality.

(If you've studied visualization before, you would notice that the above step (and several others) are not provided in most visualization processes.)

7. Once you're in touch with that happy experience from the past and are able to strongly feel joy and happiness, it is time to start creating the vision of what you **want** to happen in the *future*. Something you would like to have, do, or be in the future.

Now...this is where most people lose it because they have not been taught how to visualize correctly. Please pay attention to the following...

When you're visualizing something that you want to become true in your near future, you have to visualize it as being real **right now** - in the present, as if you *already* have it right now. Imagine that your vision is real and that it has already happened. See yourself enjoying *right now* whatever it is that you want created *in the future!*

The next important aspect of visualization that most people do incorrectly is...they don't put themselves in the vision. Instead, they imagine *watching a movie* of themselves. They are *outside* the vision – as an *observer*. This is not a very effective way to visualize. Instead of watching a 'movie' of yourself enjoying what you want, put yourself **in** the picture. You're not an outsider or an observer anymore. You are experiencing the vision with your whole body and with all your senses. The vision is **around** you.

For example, if you want a new car, don't watch a mental movie of yourself in the new car. *Instead*, put yourself "inside" the car so that you are **in** that movie. You can see the steering wheel in front of you; you can feel the seat pressed against your back. Be **in** the vision! Breathe in the "new car smell." Feel the grip of the steering wheel in your hands. Use all your senses and make it as *real* as possible.

If it's a new house that you want, imagine yourself *inside* that new house right now so that the house is around you. See yourself lying in the new bed of your new house instead of where you're laying right now. Imagine the room of your new house around you. Really get in touch with the feeling and imagine what it would be like to actually have it right now. Be in the moment. Live it right now, as if it has *already* happened. It has to be *in the present*.

If it's money that you want, imagine piles and piles of currency all over the bed and all over your body, maybe even falling to the ground from the edges of the bed. Imagine the weight of the money on top of your body. Piles of crisp, new hundred dollar bills all over you. Remember to get all of your senses involved. Imagine yourself touching the money with your hands and feeling how it feels against your fingers. *Smell* what that newly printed money smells like. Grab a bunch of them and throw them up in the air. Watch it go up and shower down again.

See other people congratulating you or admiring you for what you have.

And, remember to **feel** really happy and grateful - just as you would feel if you really had this money in your hands right now. *It's the feelings that will energize your visualizations*. Get in touch with the feelings. Let the feeling of "you already have it now" consume you, to a point where you can think of nothing else.

That's the key to effective visualization. See it in the **present**, as if it has **already** happened. And be **in** the picture; see the vision **around** you. Involve all your senses as vividly as you can and get in touch with the **feeling** of having it now.

8. This next step may seem a little weird to some people, especially if they haven't studied success and mind power before. But, do it anyway because it is a very important step and should not be missed. Okay? Great!

After you have enjoyed being in the vision that you want to create and really gotten in touch with the feeling and the senses, open your eyes and say the following words...

"I now allow myself to have (fill in what you want here)! It is done! And so it is."

Say these words in a confident and commanding tone. *Expect* it to happen!

This may seem silly at first but is VERY important, because it allows you to "release" your vision out to the universe to get created.

If you don't release your vision as outlined above, you'll be attached to it and that will interfere with the creative process. As you say the above words, let go of all worry, fear, doubt, disbelief, and concern. That's what "releasing" means. Don't worry about when or how it will get created. Just trust in the creative forces of the universe and release your vision to it. And then, go on about your daily activities and don't be concerned about your vision.

Be sure to end your visualization with that step every time. And say those exact words each time.

This step is similar to planting a seed in the ground and then *walking away*. If you keep digging up the seed every day to see if it germinated yet, you'll kill it. Which is why you have to *release* it and allow the soil (and nature) to do its job. Similarly, you have to trust the creative process.

If you continue to wonder, worry or doubt the visualization process as you go about your day, you will send the wrong message to your subconscious mind...a message saying, "you don't really believe it is possible." This will negate the creative process, and you don't want that.

So, be sure to release the vision and don't even worry about how or when it will be created into your life.

Each time you do the visualization process and release it, you will impress the vision upon your subconscious mind *further*. Eventually, your subconscious mind will *embody* that vision. It will believe it as being **real**! The moment that happens, things will begin to *click*. The seed will grab on and start to *sprout*!

As you go about your day, *pay attention to the sprouts*. The right ideas, resources and *people* will begin to be drawn to you. Remember again to not force anything. Just let it happen naturally. *Expect* it to happen. But don't rush the process or you will abort it. Just be open to everything as they are drawn to you.

That's it! Those are all the steps.

Do your visualization as described in the above steps at least once a day. Twice would be ideal. First thing in the morning, as soon as you get up, and last thing at night right before you go to bed are the best times to do them since your mind is in a very receptive state during those times.

Doing it before you go to bed will ensure that your subconscious mind continues to work on it all throughout the night. (If you're extremely tired and sleepy by the time you get to bed at night, you may want to take some time out in the evening to do your visualization then, instead.)

If you wake up in the middle of the night, you can always try to get in touch with that same feeling and vision again if you want. It's not necessary but it definitely won't hurt.

And **have fun** while doing it! Don't view it as a chore or homework or some other "thing" that you have to get out of the way each day. *Enjoy* the process. Look forward to it! If you do it right and get in touch with those wonderful feelings that surround your visualization, you won't be able to help *but* enjoy it. So, remember to keep it *light* and have a lot of fun with it.

If you choose a visualization that makes it difficult for you to feel happy and grateful, pick something else! Remember, it has to be an enjoyable experience that conjures up **positive** feelings and emotions.

One last thing...

The key to creative visualization (as with most other things in life) is **consistency**. Do this process daily, if at all possible. (This is why it's even more important to enjoy the process.) And, if you miss a day despite your best efforts, don't beat yourself up over it either. Just remember to plan ahead for it next time. *Consistency is the key.*

People often ask me how long they should continue to do this process. Should they do it for a week, a month, a *year*?

My answer is... **Continue doing it *until* you get the result!**

Some people get results in as little as a few weeks. For others, it takes longer. The more consistent you are, and the more emotionally charged you can make the experience (with positive feelings), the better it will work.

And, please, don't give up after a week or two, or even after a month or two, okay? It only requires a few minutes of your time per day and the results can be life-changing. So, do use this power that you have inside of you to change your life for the better.

I mean, think about it... If your dream is to have a brand new house or a brand new car (or whatever) and it takes you a year of consistent visualizing to get it, isn't that still **better** than *not* getting the new house or car at all? I'm not saying that it will take as long as a year for you to see results. However, if it *does* take a year, isn't that still worth doing it? Isn't that still better than not having it?

Listen...very few people are happy with their lives, very few people have all the things that they'd like to have. And it's no coincidence that very few people take action and use the power that they have at their disposal; fewer even know that it exists.

You have this creative power at your fingertips now. Take full advantage of it. *Separate* yourself from the other 95 percent of the population, those who will not put forth the effort to reap the benefits, who will continue to complain and blame others for their circumstances.

Heck, we're talking 5 to 15 minutes a day. Isn't that small investment worth having the kind of life that you want? You know it absolutely is!

May all your great visions turn into your daily living-breathing reality!

Sincerely,

Bryan Kumar

<http://www.about-secrets.com>

P.S. If you get stuck on any of the above steps or need further clarification / explanation of the process, just email me with your questions and I'll do my best to elaborate on the process. Send your questions to: vis@about-secrets.com.

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