

Article: The Power of Visualization

... by *Melody*

What is visualization? Visualization is one of the greatest forms of healing that has been taught for centuries. It is to clearly see images, dreams and desires in the mind and then to consciously create them into reality. Recent studies show that visualization, married to resilient feelings and intense concentration, is about all it takes to stimulate an aspiration and to bring about positive changes.

Interestingly, most people think that the power of visualization is way too good to be true. Nevertheless, it has been proven that it can and does alter circumstances that affect important events in one's life. It is used to attract love, work and material possessions. Additionally, psychologists use visualization to assist their patients in breaking destructive habits and consequently improving their state of health and sense of well being.

The concept behind visualization is the power of thought (the thinking process) that affects people and their environment. You too can use this method when faced with unpleasant situations. Those who sense arising conflicts can visualize a tactful and reasonable solution before commencing dialogue with their adversaries, therefore anticipating a non-violent conversation. People are generally responsive to thoughts, behavior, and feelings; and they typically react appropriately and accordingly.

Please see page two of this article for a basic Exercise on Visualization.

In my book *Unlock the Secrets: 'Your Key to Abundance, Happiness and Success'*, I explain 'step-by-step' how you can use visualisation to create whatever it is you choose in life with ease.

Exercise: The Power of Visualization

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The first step is to relax. Sit or lie in a comfortable position, and make a conscious effort to feel each part of your body relaxing. Start at your toes, and work your way up to your head. As you do this, take slow, deep breaths. This should take a few minutes. Another term for this is meditation. If you would like to learn more about it, you can find many self-help books and tapes which teach you how to do it!

The second step is to visualise. Many people can't "see" a mental picture at first, so if this happens don't let it worry you. After you've relaxed, you can "practice" visualising by picturing things you see and do in everyday life. Try to imagine enjoyable things. You might picture your favourite room, or dancing with someone special, or eating your favourite meal. Doing these practice runs will help you "see" when it comes time to try the real thing!

These are the two basic steps, but now let's break it down a bit. You may want to work on these for a while before trying your first real Visualisation.

When you are ready to give it a try, you will need to do these very important things:

Decide what it is that you want. Is there something you want to change about yourself? Do you want a better job? Do you want better health? You pick your goal. You will probably want to start with "easier" goals. Ones that you believe can happen in a timely manner. You can then work up to "harder" ones.

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