

Visualization

Visualization can improve our lives, reduce stress, combat disease, enrich relationships, enhance self-image, improve self capacity, etc.

We can effectively realize individual potential through creation of positive mental thoughts and messages.

The more we visualize the positive, the more you will work to achieve your goals in life.

Four Steps Of Visualization

1. **Choose Your Goal** _____
2. **Focus The Picture**
Form a clear mental picture of your goal. Focus on that mental picture. Close your eyes relax, and take some deep breaths. Let the picture form, notice details, enliven with color, sense it. It is important that you see yourself as part of the picture.
3. **Feel The Experience**
Feel the experience of your visualization. Put your heart along with your mind into the picture. Get right into the image and experience it as if it were really happening, feeling the excitement and happiness.
4. **Allow The Visualization To Succeed**
Consciously give yourself permission for the visualization to work. Believe that it can work, keep a positive attitude. Trust in your ability for visualizing good things happening to you, and in the power of visualization.

Once you have used your heart and mind to know what you want, have been willing to visualize that want, formed a mental picture of your goal, experienced the excitement of having it, you have the potential to reach those goals.