

Creative Visualization



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Introduction

The term “creative visualization” may be one that you’re familiar with. In the past several years, creative visualization has been talked about in several best-selling books and has been promoted by several high profile celebrities. For a while there was a lot of media buzz around this “new” technique. People clamored to find out what it was all about. Yet, what was lost in the hoopla was the fact that creative visualization is neither new nor is it really a technique. Instead, creative visualization is a process or way of living your inner life, similar to meditation. Additionally, creative visualization has been around for a very long time.

Mankind has known how to develop an active and productive style of thinking for millennia. Artists, in all media, have long “visualized” different ways of looking at the reality of the world. Their translations of these visions have resulted in music, dance, poetry and more. In fact, the very idea of creative visualization is based on the concept of imagining something different, something that you want or desire. You are then better able to make that desire or need a reality precisely because of the visualization process. In other words, when you think hard enough about a goal, you create ways to actualize that goal. With creative visualization thinking leads to working and forward movement.

All of this means that creative visualization is a potent tool for self-development. When used properly, it can actually change your ingrained modes of behavior, leading you to greater happiness, contentment and fulfillment. Do these changes also mean increased levels of productivity and success? The answer is an emphatic “yes”! With creative visualization you can minimize or eliminate troublesome behaviors and develop and maximize positive behaviors.

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The purpose of this book is to allow you to become a more focused and powerful thinker. If you think about it, we all spend a certain amount of time daydreaming and wishing for change. These mental processes are unfocused and relatively impotent. Yet, they are the first common steps on the road to being able to harness your ability to acutely visualize where you want to go and then get there.

Don't think that all this talk about power and focus means much time and energy needs to be spent perfecting the process. Far from it! Creative visualization is actually quite easy to learn how to do properly. It will quickly and effortlessly become a natural part of your day to day life, bringing you simple happiness with every thought. Like anything worth doing, creative visualization is a process which gets better and provides more satisfaction the more it is used. Practice does indeed make perfect when it comes to creative visualization.

In order to get you started on the road to a better life, this book is divided into five parts, not including this introduction. In the first part, we'll take a look at the basics of creative visualization. You'll learn what it is and why it is so important to a complete life. You'll also learn how it can help you with your particular personal situation.

In the second part, we'll take an in-depth look at creative visualization. You'll learn the step by step techniques that, when used, will actually begin to change your life. You'll also learn when to use these techniques to their best advantage.

In the third part, we'll take a look at some advanced creative visualization techniques. You'll discover how to incorporate these techniques into your existing visualization practice. We'll also take a look at some best practices and tips so that you can maximize the effectiveness of your visualization.

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In the fourth part, we'll take a look at creative visualization in action. We'll examine some specific examples of how to practically put visualization to work for you. We'll look at different areas of life where visualization is useful, including finances, confidence and family relations.

Finally, we'll wrap everything up in a concluding section where we'll recap what you've learned. You'll be able to use this section as a handy reference guide when needed.

So, are you ready to learn a technique that has the ability of changing your life for the better? Are you ready to learn how to effectively visualize a goal and then reach that goal? Are you ready to get what you want when you need it, quickly and easily? If so, let's not waste any more time and get started!

The Basics of Creative Visualization

Everyone wants to live their life to the fullest extent possible. After all, as far as any of us know, this is the only life each of us will have. Because of that fact, time wasted becomes time lost. Once time is lost, it is irrevocably lost and can never be recovered. Therefore, making the most of each and every day becomes of the utmost importance.

Creative visualization is a way to make the most out of each day. It takes a basic human process – thinking – and distills this process down into an essential and powerful behavior. This way of thinking about life is exactly the same was the way you currently think. Yet, at the same time, it is critically different. The difference lies in the way you use your thoughts and channel them to your own ends. When everyday thinking becomes this focused it has the ability to effect profound change.

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In this section, we're going to look specifically at what makes up creative visualization, what it is and what it is not. We'll also take a look at why creative visualization is so important to anyone looking to improve themselves. Finally we'll look at how it can help in that improvement.

What is Creative Visualization?

To begin with, let's take a quick look at what isn't creative visualization. Why? Because the best way to understand what creative visualization actually does comes from an understanding of what is not a part of the process.

First, it's not magic. There are no incantations. There are no rituals or ceremonies. There are no supernatural forces at work. There is no sleight of hand and no tricks. This isn't wishing and it isn't prayer. That's not to say that there isn't a place for spirituality. There certainly is plenty of room for prayer. However, confusing the purpose of prayer with the process of visualization does a disservice to both.

Many people confuse creative visualization with more esoteric human practices. In fact, visualization is based on an ancient behavior, one that humans have used to their advantage for countless years. In fact, you've probably used this behavior yourself, probably within the last twenty-four hours.

Humans developed in a hostile or, at best, an indifferent world. We tend to forget this fact because our technological improvements keep much of what remains hostile safely at arm's length for most of us. Many of us do not actively have to worry about hunger, exposure or becoming something or someone's dinner. Yet, for much of our species history, these concerns, and more, were of daily importance.

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One of the ways we developed to survive and thrive was a form of visualization called daydreaming. Daydreaming is a mental state that is akin to the dream state we experience while sleeping. The big difference is that we are awake and relatively aware while daydreaming. Daydreams are also much more lucid and logical than the dreams we encounter while asleep. There is a reason for this.

Our ancestors had to survive in order to pass their experience on to the next generation. They had to be sure of their ability to handle coming challenges, both anticipated and unanticipated. They could do this by remembering past experiences they had encountered and applying those memories to imagined future encounters. This ability to morph reality by taking tangible memories and grafting them onto a fantasy is the basis of daydreaming. It was a way to get a “dry run” of a potentially dangerous situation without any personal risk. The lessons of this dry run could then be utilized when the dangerous situation did, in fact, arise.

All of us still use daydreaming in much the same way. If there is a situation on our minds, we tend to think about that situation and its potential outcomes. We actually visualize positive solutions to present day problems and conundrums when we daydream. In fact, the very word “daydream” gives us a solid insight into how the process works. We coherently dream, without sleeping, in a linear and lucid way.

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However, for many of us, the process of daydreaming has become much more formless than it was for our ancestors. We tend to lazily imagine situations that have no basis in reality. For example, we dream we are wealthy without the concurrent step of visualizing how to get to that wealth. We dream we are happy, again without seeing the steps that need to be taken to get to that happiness. This would have been akin to our ancestors daydreaming that they were safe and warm and fed without mentally practicing how those things would happen. If they had daydreamed the way we do today, it is likely that few of us would be here today reading this book.

It is almost as if we have forgotten how to effectively and efficiently daydream. Our softer, more modern world has allowed us to learn how to only partially use this very effective mental process. Creative visualization is nothing more than putting the missing pieces of effective daydreaming back into place. When these pieces are, once again, made a part of this ancient process, we are able to visualize the future as our ancestors did. We can imagine positive outcomes and the ways to make those outcomes reality. This complete visualization of an outcome actually changes the way we approach achieving the goals we have imagined. The potent daydreaming of creative visualization changes our behavior in the real world. We become who we want to be because we visualized the process involved in getting there.

Why is Creative Visualization Important?

Creative visualization is important because it is a part of our genetic makeup. It comes as naturally to us as reflexive motion. When the process is relearned and fully developed our imaginative minds become powerful tools to mold the nature of reality itself.

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If you are a fan of the television series “Star Trek”, then you’re familiar with the concept of the holodeck. The holodeck was a place on the Enterprise starship where any situation or experience could be simulated in a direct, first person manner. The idea was that training crew on potentially threatening or challenging situations beforehand, and without real risk, made them much more likely to successfully deal with a similar threat of challenge in real life. Creative visualization is, in essence, a holodeck hardwired directly into each of our brains.

This is exactly why creative visualization is so important to your personal success. With practice, you are able to fully see any potential situation that concerns you in life. You are able to work through the potential outcomes to that situation and arrive at a conclusion that is most advantageous to you. Can you imagine what an advantage that type of complete visualization would provide?

In addition, visualization also allows you to change your ingrained behaviors, especially those behaviors that are holding you back from reaching your goals. This is because when you visualize a situation where the ingrained behavior arises, you also visualize the nexus point of that behavior. You see how to stop it before it starts. Then, when the behavior raises its ugly head in real life, you can recognize it for what it is and take the steps needed to minimize or eliminate the behavior. What you visualized will have a direct effect on how you behave. This, in turn, gives you the power to directly mold reality to your wishes. That, my friend, is a potent tool to have in your arsenal.

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How Can Creative Visualization Help Me?

As human beings, we have an innate need to succeed. It's in our bloodline. All of our ancestors were, in one way or another, people who achieved success. Now, the definition of success, in human terms, is purely subjective. However, in natural terms, success is purely and simply objective – success is continuing to live. That is why each of us has the desire to improve. We may want to improve our finances or we may want to improve our relationships. We may even want to be better overall people. Yet, no matter the desire, creative visualization is one of the best ways to improve, succeed and make your desires come true.

This happens because the process of creative visualization fosters the growth of positive behaviors through the elimination of negative behaviors. For many of us, it is these negative behaviors that are holding us back. Oftentimes, these “habits” have become so ingrained that we hardly even notice they are at work.

For example, many people suffer from procrastination. They know what needs to be done. They know when it needs to be done. They may even know how much work needs to be done each day in order to meet that deadline in an efficient manner. Yet, time and time again, they back themselves into a corner and have to rush to finish a task, often completing the job in a less than optimal manner after the deadline has passed. So, what's really at work here?

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Using creative visualization to fully see the process, we can slow down the action and take a look at it from all the angles. For someone who suffers from procrastination, creative visualization often reveals a startling realization. Procrastination is simply a symptom of a deeper, more ingrained, less noticeable behavior. Many people procrastinate because they are actually afraid of succeeding. Success means that they are complete people and that is something a lot of procrastinators are not prepared to accept. So, instead of successfully completing a job on time, they delay. This delay serves to sabotage the chances of success. Less chance of success means less chance of having to accept the good feelings that come with that success. In this way, the hidden behavior, fear of success, achieves its goals by deflecting attention onto the symptom and, as we all know, a symptom can only be treated. You have to get at the cause of the symptom in order to be completely cured. If you don't the symptom will reoccur, no matter how effective the treatment in the short term.

Creative visualization can help you look at your life and your behaviors with this sort of gimlet lens. You will be able to see where you are holding yourself back, why you are holding yourself back and what you can do to change these behaviors. Once you change the problematic behavior, the effect is incredible. You find yourself at a new level of achievement, meeting and exceeding your goals with ease. Does this mean that creative visualization is important to you? You already know the answer to that particular question, don't you?

Takeaways for This Section

- Creative visualization is a way to maximize your potential;
- Creative visualization doesn't involve magic or ritual, although the results that can be achieved through the process can be miraculous;
- Creative visualization utilizes basic human behavior to achieve these results;

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- This behavior is based on what we refer to as “daydreaming”, but completes this process by focusing our thoughts in a linear and lucid manner;
- Our ancestors utilized this very process to become better at surviving and thriving in a hostile world;
- By focusing our imagery while visualizing we too can become better at surviving and thriving in the modern world;
- Creative visualization is an important because it uses our natural ability to visualize and solve a problem before the encountering the problem in reality;
- Creative visualization can help you achieve your goals by allowing you to see exactly what hidden behaviors are holding you back.

Using Creative Visualization

Now that you know some of the basics of creative visualization, it's time to look at the specific steps of the process itself. In this section, we're going to go over each element used in effective creative visualization in detail. We'll start with some preliminary issues that you should carefully consider before you start using creative visualization. Next, we'll go over every part of the visualization process in turn, letting you know what to do and how to do it. Finally, we'll examine what you should do once your visualization session is over. If you're ready, let's get started.

Some Preliminary Considerations

Before you begin your first session of creative visualization, there are a couple of things for you to consider. Because visualization is a powerful process, you want to make sure that your intentions and wants are in sync. These preliminary considerations are a way to get your mental house in order so that you can maximize the benefits of the creative visualization process.

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Be Aware of What You Desire

How do you physically get from one place to another? If this seems like an extremely obvious question, hang in there. The question does serve a purpose. So, if you need to get from Point A to Point B, how do you do it? The first answer that pops into most people's minds is that they move in the direction of Point B. So, one of the steps in getting to a destination is travel. In this sense, travel can be described as a form of purposeful movement. However, what if you don't know where Point B is located?

Well, if you don't know where your destination is at, what are your options? You could head off in a random direction and hope that luck and chance will bring you to your goal. Alternatively, and much more sensibly, you could determine the location of your destination and plan a route to get there before you left home. So, a journey not only involves movement, it also involves a predetermined route that leads to a goal. Yet, what if you didn't know where it was you wanted to go?

Ok, how could you get anywhere if you didn't know where it was you wanted to end up at? This is precisely the point. You can't physically travel without having a destination in mind. The same principal hold true when it comes to mental journeys like those experienced with creative visualization.

In order to effectively visualize, you need to first have a very specific goal in mind. So, before you sit or lie down to begin the visualization process be clearly aware of what it is that you desire. If you don't have this goal in mind, you will never get off the ground, so to speak. It seems obvious, but many people make the mistake of not fully picturing what it is they want to achieve. As a result, they end up not getting to where they wanted to go. The universe can't help you get what you want if you don't know what it is that you want first.

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Choose What to Visualize

Another preliminary decision to make before you begin visualizing is choosing what it is that you will visualize. This is important because you don't want to fragment the power of creative visualization by seeing several different goals at the same time. Visualization is most effective when one, and only one, need or desire is the focus of the process. When you decide on one outcome and concentrate on that outcome while visualizing, you are much more likely to be successful in getting what you want.

You certainly can, and will, have more than one objective that you want to achieve through visualization. Just remember that each separate objective is a completely separate visualization process. Don't muddy the waters by visualizing one thing one day and an entirely different thing the next. Keep your focus on your goal until that goal is achieved. When it is, then start the process again by selecting another goal and focusing on that objective to the exclusion of everything else. No one appreciates greed, especially sloppy and arbitrary greed. Ask the universe for only one thing at a time and you are much more likely to get what you need.

Prepare Your Own Road

In order to maximize the results of creative visualization, it is extremely important that you begin to live your life in a manner that is consistent with your objective, whatever that may be. As we mentioned early on, creative visualization is not magic. It's not about wishing for change. In fact, it's about as far away from wishing as can possibly be. Wishing is a passive activity. It's dreaming of an outcome and then doing nothing to make that outcome a reality. Creative visualization, on the other hand is an assertive activity. It's about taking positive and purposeful action to reach a goal. It's about taking the responsibility for your life into your own hands.

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In order to be able to take responsibility for your life, and how you live it, you have to be able to have the courage to change the way you approach life. This means taking a close look at your lifestyle, your actions and the way you obtain the things you own.

These three elements, living, acting and obtaining, are extremely important because they are all intimately tied together in a particular order. If that order is approached incorrectly, then it is very likely that no process, even creative visualization, can successfully effectuate positive change.

You see most people place the highest priority on achieving or obtaining their desires. They make the mistake of confusing what they have with who they are. This is completely wrong, even if modern materialistic culture tells us that it is right. The element of obtaining a thing is actually the last of the three elements in order of importance.

Instead of first focusing on obtaining something, you must initially concentrate on how you live. If you live positively, with a state of mind that invites the cosmos to work with you, then you are mentally open to the possibilities that exist around each and every one of us every day. This positive attitude, in turn, means that you are able to act on these opportunities when they present themselves. You move towards your goal. By utilizing both of these elements in the correct order, you are then able to obtain the things you want.

In other words, you should live positively so that you can act appropriately to obtain your desired result. You should not try and obtain your result first and then conform your actions and your lifestyle to that result. When you put the elements of achieving success into the right order ahead of time, you build your own road to creative visualization success.

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The Process of Creative Visualization

Now that we've looked at some preliminary considerations that should be addressed prior to beginning creative visualization, it's time to turn our attention to the process itself. As you go through these steps it is important to remember that creative visualization is not a formula or a ritual. Instead, it is a highly personalized method through which millions of people have achieved a higher level of actualization in living. Therefore, each of these steps should be considered suggestions which you may tailor to your own personal tastes as you see fit. The process of creative visualization is not a one size fits all methodology. It can be, and should be, fitted to you own tastes and preferences.

Relaxation

The first step in any creative visualization is relaxation. Tension is the number one enemy of effective visualization. Therefore, it is imperative that you learn how to relax yourself prior to visualizing.

One of the best ways to relax is through controlled breathing. Breathing is one of those things that we don't think too much about. That's because we don't have to. Our respiration is controlled by the autonomic nervous system. What this means is that we breathe without actively choosing to do so. While this is a good thing, survival-wise, it is not always a good thing when it comes to relaxation.

Because our respiration is automatic, our emotional state affects the manner in which we breathe. When we are tense, anxious or worried, our brains interpret this stress as a danger. A reflexive action, known as "flight, freeze or flee", kicks in and our breathing becomes shallower and more rapid. We also begin to use our secondary respiratory muscles to inflate and deflate our lungs. This would all be well and good if we were actually in direct physical danger. However, because we are not it only serves to reinforce our tension which, in turn, prevents us from relaxing.

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The only way to break this cycle is by physically intervening in the automatic respiratory process. This means that we consciously become aware of our respiration, its rate and its volume. Next we slow down our breathing and, at the same time, increase the volume of breath that we take in. By physically slowing our breathing down and increasing oxygen volumes, we break the hold the “flight, freeze or flee” reflex has on our respiration and we begin to physically relax.

So, before you begin a creative visualization session place yourself in a comfortable position in a quiet location. Close your eyes for a moment and become aware of your breathing. Consciously slow your breathing down. After that, take in a deep breath and hold it in for a second before exhaling fully. This “cleansing breath” acts as a pattern interrupt and initiates relaxation. Take a few more seconds to be aware of your breathing and then open your eyes.

Next take a few seconds to notice your muscles. Which parts of your body are tense and uncomfortable? Be aware of this tension and acknowledge it. Then, while still breathing calmly, curl your fingers and toes and hold the tension in them for a moment before relaxing those muscles completely. Move up your arms and legs, tensing and relaxing each part of you limbs in turn, ankles, calves, thighs, wrists forearms and biceps. Finally, stretch you back and tense your shoulders and relax. Take one final cleansing breath and you are ready to begin the visualization process.

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The Creative Visualization Process

The first thing to do is to visualize what it is that you want. Picture your desire very clearly in your mind. See it in as great detail as possible. Let your mind play with it. Remember you are in control. Look at the object or the place or the objective from as many angles as possible. Concentrate on small components or characteristics. Make what you want real in your mind. Make what you want tangible in your mind. Don't let your thoughts wander from your objective. Imagine that your power of visualization can make your goal a reality. Hold the object in your mind in the same way you would hold it in your hand.

Next, take a moment to bring your objective into your reality. Visualize yourself interacting with your objective. How would that feel? If your objective is a physical object, picture yourself using it. For example, if it is a car you desire then picture yourself next to it, touching its surfaces. Feel those surfaces. Next get into the car. How does it feel? How does it smell? How do you feel inside the car? Are you nervous, excited? Now start the engine. How does it sound? How does the steering wheel feel in your hands? Visualize yourself putting the car into gear and driving it away. Are the windows down? Is the car a convertible? Feel the wind and the power of acceleration. See yourself in that car, right now and in the here and now.

The point is that you want to make the visualization as real and as practical as possible. This is not a fuzzy daydream. It is a dry run of how your objective will feel and be interacted with in real life. The more you bring the objective here to you and the more you put yourself into the objective the more likely it will be that you will achieve what you desire.

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It is important to remember that you don't have to visualize with your eyes closed. Again, this is not a ritual or specific technique. If you want to close your eyes, close them. If you want to open them, then do so. Use your hands to help you visualize. Use your body. If you have pictures, notes or images that pertain to your objective, now is the time to use them. Look at the pictures to make your visualization more focused. Read any notes you might have on the subject to the same end.

The only non-negotiable point is concentration. This is the time for you to use your powers of concentration to make your objective real. To this end, you need to banish any random thoughts from your visualization. Keep your focus on the goal.

While you are visualizing note any physical sensations you may be experiencing. Do you feel excitement? Do you feel fear? Are you apathetic or distracted? Remember how you felt when you visualized certain aspects of your objective. These emotions may be clues to how you really feel about what you are trying to achieve. Negative emotions may mean that you need to do more work on the preliminary steps. In regard to this particular desire.

After about 15 minutes of visualizing your objective it is time to make the conscious decision to stop. Empty your mind of all thoughts. Disengage from the goal. Tell your unconscious mind that it should keep working on what you visualized. Take a final cleansing breath and resume your normal activities.

Most people visualize on an objective twice a day for 15 minutes a session. Some people find it convenient to do the process first thing in the morning upon awakening and the last thing in the evening before going to sleep. However, you may visualize at any time during the day that is convenient for you.

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Takeaways for This Section

- While creative visualization is not a ritual, it does involve certain steps that can be tailored to fit any lifestyle or any goal;
- Before beginning the process of creative visualization there are some preliminary considerations to be aware of;
 - You should be aware of what it is you want;
- The actual act of creative visualization should involve the following steps;

Advanced Visualization Techniques

The following are several advanced creative visualization techniques that are useful to individuals who are familiar and comfortable with the entire visualization process. As always, these techniques are suggestions that you may tailor to fit your own preferences.

A Glass of Water

Some people, especially those who visualize before sleep, will keep a glass of water on their nightstand or next to their beds. Upon awakening in the morning, they will drink this glass of water. This act reminds them that they are open to the universe and are able to receive what is sent their way. While certainly not a requirement, the glass of water technique provides a symbolic mnemonic that keeps the visualizer's eye on the prize.

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Is What You Want Really What You Believe You Need?

Many people who visualize feel that if a certain visualized objective is not achieved it is because the desired object didn't jibe with that individual's personal beliefs. In other words, if you try and obtain something that is not consistent with your moral beliefs you will not be able to get it. Visualizing bad or evil outcomes fall squarely into this category. The universe seems unwilling to help foster negative energy. In fact, some visualizers believe that if you try and visualize a negative outcome for someone else, that desired negativity will actually rebound back on you.

It Is Polite to Say Thank You

Gratitude and contentment are important aspects of creative visualization. When you are visualizing an outcome, especially when you are bringing it into your present reality, it is important to feel a sense of thankfulness. After all, you are asking for, and working towards, a personal goal. The benefit if this goal will be yours alone. It stands to reason that any visualization of this goal being achieved should be accompanied by appropriate emotional responses.

Takeaways for This Section

- Using a glass of water to symbolize receptivity is useful when visualizing a goal;
- Avoid visualizing negative outcomes and results;
- Gratitude and contentment are important components of any successful visualization.

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Creative Visualization in Action

Many people use the process of creative visualization for personal ends. Often this involves material objects. Now make no mistake, there is nothing wrong with material objects or desiring certain objects in your life. However, creative visualization is capable of manifesting much more in your life than a new TV, phone or automobile.

When used properly, creative visualization can literally work miracles. You see, often when we believe in something strongly enough that belief can move mountains. This is the real power of creative visualization. The belief in a certain outcome can literally alter behavior, emotional response and even physical abilities.

In the 1980's a man by the name of Morris Goodman was involved in a plane crash that left him completely paralyzed and unable to breathe without a ventilator. His doctor's prognosis was bleak. His family was informed that it was unlikely that he would ever breathe on his own again, let alone walk. Prior to the plane crash, Goodman was a very successful insurance salesman who regularly practiced creative visualization.

While he was in the hospital, Goodman was able to communicate with family and medical staff by blinking his eyes. He told them that he fully intended on walking out of the hospital on his own two feet. The medical staff dismissed this as completely impossible.

Everyday Goodman visualized himself breathing on his own and walking on his own. In great detail he visualized the route he would take when leaving the hospital, the people he would pass and the amazed look on their faces. HE devoted himself completely to this objective.

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One day, Goodman said that he had a great urge to breathe on his own. He steeled himself and with effort he began breathing on his own. From that point on, the progress of his recovery was amazing. He regained full use of his limbs and a short time later he did indeed walk out of the hospital under his own power.

Morris Goodman became known as “The Miracle Man”. He continued his successful career in insurance sales. He also became a highly sought after motivational speaker. He often ends his presentation by saying to the audience that a “person becomes what they think about”.

Morris Goodman is not an anomaly. There are countless people out there in the world, just like you, who have harnessed the power of creative visualization to achieve personal goals. These goals range from weight loss, to addiction recovery and more. The point is that when creative visualization is used on a regular basis and with a positive attitude and willingness to act then nothing is impossible. The power of the human mind is an amazing thing. All that it takes to utilize that power is a willingness to believe and receive.

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Conclusion

This brings us to the end of our look into the power and practice of creative visualization. It's been an interesting and enlightening journey. You've learned about the basics of visualization, including what it is and how it works and why it's important in your own life. You've learned about the specific steps involved in the creative visualization process, including how to address some very important preliminary issues before you even consider beginning any visualization program. You've looked at a couple advanced visualization techniques that can enhance your success and bring you even more positive outcomes. Finally, we've looked at creative visualization in action and how it can work even in the most seemingly hopeless situations. Now, the ball is in your court. It's time for you to begin your own journey using your knowledge of creative visualization to make your wildest dreams and biggest hopes a reality.