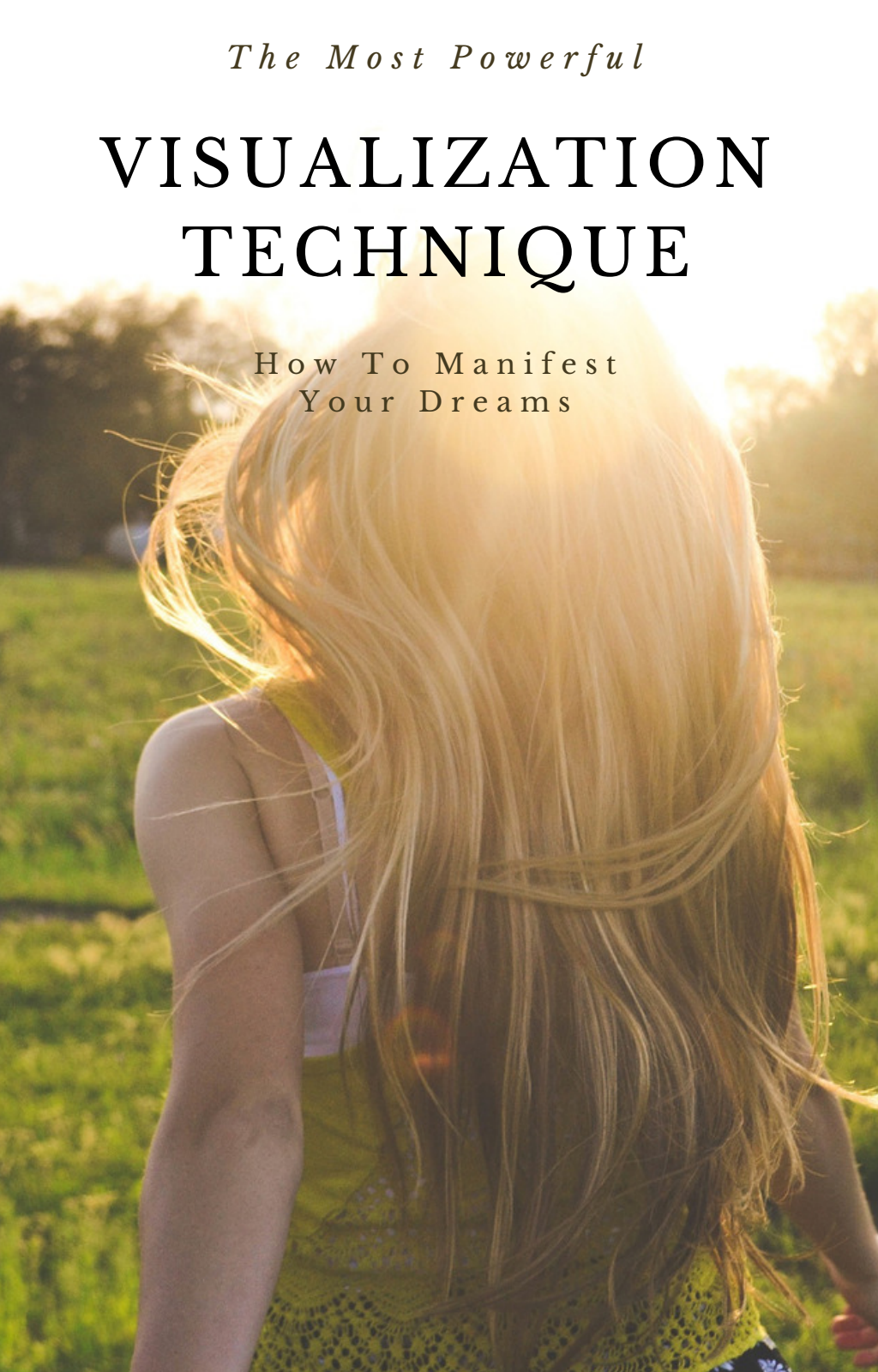


The Most Powerful

VISUALIZATION TECHNIQUE

How To Manifest
Your Dreams



VISUALIZATION TECHNIQUE

Visualization is a very powerful technique for achieving goals in life. Many people see visualization as day-dreaming, or some meaningless activity, but the truth is that many highly successful businessmen, athletes and other important figures throughout history, have all taken advantage of visualization at some point. In this presentation, I'm going to share with you the exact technique to use to help you accomplish anything and everything you desire.

Visualization “Rehearses” Success

Visualization literally installs a preferred future into the brain as if it existed in present time. When we visualize a future process or goal, the brain instructs our neurons to perform the action. This lays down a new neural pathway – clusters of neurons that create memories and learned behaviors – and that prepares our body to act consistent with what we imagined.

Seeing is Believing

When you mentally rehearse an outcome visualization it's like putting your mind and body through a test run. The mental imagery you create impacts multiple cognitive processes in the brain: motor control, attention, perception, planning, and memory. So the brain is literally getting trained for actual performance during visualization.

Visualization Accelerates Your Success

Your subconscious takes everything literally. It has no eyes. It cannot make a difference between real danger and feeling in danger. It makes no difference between what's real and what's vividly imagined. This is equally true for positive emotions. If you can picture being on the Eiffel Tower in Paris down to the last detail, your brain believes it 100%.

Visualization Turns Desires Into Reflexes

In the science of enhanced performance, the “seeing is believing effect” turn desires into instincts. Lindsey Vonn, Olympic Gold Medalist Skier says, “I always visualize the run before I do it”, while literally moving her body in place as she pictures her descent down the course. “By the time I get to the start gate,” she reveals, “I’ve run that race 100 times already in my head, picturing how I’ll take the turns”.

The Ultimate Affirmation

Legendary heavyweight champion, Muhammad Ali, used a blend of different visualizations to enhance his performance in the ring, including affirmation, mental rehearsal, and perhaps the most powerful self-visualization of personal worth ever uttered: “I am the greatest.”

How to visualize

Go to a quiet area, sit down, concentrate on breathing deep and let your mind and body relax for a few minutes. Pay attention to the gentle rise and fall of your chest...

Breathe all the way in... and push the breath all the way out...
Breathe slowly and deeply... slowly and deeply...

As you slow your breathing, you will notice yourself start to relax and feel really good...

Step 1. In your mind, imagine standing on the floor and find a place on the floor to start from. This place represents “now.”

Step 2. Take a step into your future. Walk to some point on the floor that represents your future. Then stand on that spot and take a look back and feel your success. Imagine you achieved all of your outcomes.

From this space walk to a point on the floor a particular distance away to represent the time you think it will take to achieve your outcomes. Stand on this point and look back to ‘now.’ Spend some time feeling what it’s like to have achieved all your outcomes.”

Step 3. Walk to a next point on the floor that represents a time even further into your future. Imagine you have achieved all your outcomes. Feel your success. Visualize what you did to achieve your outcomes.

Next, walk a little further into the future and turn around. Look back to 'now' again and visualize what you did to achieve your outcomes. Make sure your internal language is in the past tense.

Once your mind has grasped the idea that you have already succeeded, visualizing what you did as opposed to what you have to do is a much more creative, insightful and far less stressful process.



Visualizing success, it's important to create an intensely detailed experience. Visualize every little detail. Don't just picture yourself succeeding, picture your entire environment. See how the people around you react. Visualize in great detail what it feels like to succeed. Picture every action of the entire situation. Visualize the whole event from beginning to end.

Engage all your 5 senses. Imagine what the air feels like on your skin, what your favorite person smells like, what that delicious desert you're eating tastes like, what that great song you're listening to sounds like. Do it in the present tense. Ignore this only being in your head and visualize all this happening now, in front of you, feeling awesome.

Be patient. At first you might not do it well, so it might not work right away. But learning how to control your brain will change your life forever. Give it some time and patience.