

## 5 Part Mini Course on Visualization

Thank you for downloading this free 5 Part Mini Course on Visualization.

This is your first lesson.

### **Lesson 1: Resistance**

One of the biggest obstacles you'll face in achieving any goal is resistance.

What is resistance?

I'll answer that in a second... here's a quick story first...

*One day a human went to heaven in the way that humans often do. On the way through heaven the angels were giving the human a tour and they walked by this white door.*

*As the angels walked by the white door they looked at each other and whispered something to each other about the room.*

*The human over heard their whispers and said, "Hey, what's in that room? Can I go in there?"*

*The angels looked at each other and said, "We're not allowed to keep you out, but please believe us – you don't want to go in there!"*

*The human became very curious and his mind raced as to what must have been behind the white door. He thought he should take the angels at their word but he became too curious to resist!*

*Eventually he walked up to the white door and opened it. Inside he found the most wonderful things imaginable: a beautiful home, great wisdom, a happy family, loving friends and riches beyond measure.*

*The human looked back at the angels in disbelief and said, "Why didn't you want me to look in there?"*

*To which the angels replied, “These are all the things you were meant to have while on earth, but you never believed you could have them.”*

Isn't that a cute story?

I thought so.

Ok, so back to resistance... what is it exactly?

Resistance is any *limiting belief* that prevents you from achieving what you want. It could be a thought process, a perception or even a feeling you get that prevents you from moving toward your greatness.

Limiting beliefs can 'show up' in variety of different ways including...

- Negative self-talk
- Thoughts of self-sabotage
- Strong Negative emotions

That 'little voice in your head' is one form of resistance. It tells you *what you can't do* and *why you can't achieve your goals*. And this can be a real problem for people who want to explore outside of their comfort zone.

Have you ever started a new project where you were really excited and the people in your life could sense your enthusiasm? You were completely inspired and motivated? Things couldn't be better – you felt like this was what you were meant to be doing.

Then “WHAM-O,” you hit a brick wall.

Something you didn't expect. Maybe you had an argument with someone special in your life and that set everything off course.

Then as you thought of ways to get back on track – to get things going again - you heard that little voice in your head say, *“Maybe you shouldn't be doing this. Maybe this is a sign.”*

And the more you listened to that little voice, the more you began to believe it – maybe the voice is right!

That little voice is a form of resistance. It talks you out of your goals and convinces why you can't do it or shouldn't do it.

In fact, this form of resistance is deeply ingrained in our subconscious minds – in everyone's mind!

The question is: *what do you want to do about it?*

### ***Lesson 1: Truths & Takeaways***

- Resistance is any limiting belief that prevents you from achieving what you want.
- The ‘little voice in your head’ is a form of resistance telling you *what you can’t do* and *why you can’t achieve your goals*.
- The more you listen to that little voice, the more you began to believe it – maybe the voice is right!

Here's your second lesson.

## ***Lesson 2: The Subconscious Mind***

Your subconscious is a powerhouse of information. Whatever information you give it, the subconscious will record it and play it back to you. But if you don't change the script, nothing changes.

Now I've got some good news and bad news about these mental scripts running in your subconscious.

Let's go with the good news first. You can insert whatever script you want into your subconscious and it will manifest into physical form indefinitely.

Cool, right?

Now for the bad news: most of the scripts in your subconscious mind right now – in this very moment – were not put there by you (at least not intentionally) and they are hurting you more than they are helping you.

That's the bad news. Which means your subconscious could be giving you some serious resistance.

So when you set out to do something new and exciting (that you have never done before)... guess what happens?

Resistance shows up! BIG time!

It shows up as...

- Fear
- Anxiety
- Worry

AND negative 'self talk'... all of it coming from the subconscious mind.

Make sense?

Your subconscious mind is what helps you...

- Regulate your breathing
- Keep your heart-beat steady
- Give you that intuitive 'nudge'
- Determine your level of happiness

But your subconscious mind also...

- Is responsible for (most) of your behavior
- Stores negative thoughts and emotions
- Is the 'fear-based' or 'reptilian' part of your mind
- Gives you a feeling of anxiety when something is not 'quite right'
- Perceives this moment based on your past experiences

Ever use a windows based computer?

I'm sure you have. The neat thing about windows is when you minimize a window (so it's invisible) that window is still 'there' sending out and bringing in different electrical signals.

These mental scripts behave the same way. They run in the background of your subconscious mind sending out and attracting in signals without you even being aware of it.

Ever been broke?

Me too. It sucks.

Being broke has more to do with these mental scripts than it has to do with the economy, your job or ANYTHING ELSE outside of you. In other words, the mental scripts and limiting beliefs in your subconscious are the underlying forces that can raise or lower your financial status. Change the script and everything changes.

Here's the reality: *If you don't change the script, nothing changes.*

The reason you haven't achieved one or more of your most ambitious goals (yet) is because you don't believe you can. And these limiting beliefs create

some serious resistance that prevents you from stepping out and living your true greatness.

*“If you don’t like something change it; if you can’t change it, change the way you think about it.” ~ Mary Engelbreit*

## ***Lesson 2: Truths & Takeaways***

- Limiting beliefs run in the background of your subconscious mind sending and attracting signals without you even being aware of it.
- You can put whatever script (belief) you want into your subconscious and it will manifest into physical form indefinitely.
- If you don't change the script, nothing changes.

## **Visualization**

Thoughts are the starting point of all your results. Start by taking small steps to change the mental scripts buried deep in your subconscious mind.

You can do that by visualizing what you want. This is one of the most powerful ways to rewrite toxic mental scripts stored in your subconscious.

Here is your third lesson.

### **Lesson #3: Consistency**

Get into the habit of visualizing daily. Even a minimum of 5 minutes daily can have a profound affect on your life.

DECIDE NOW that you will commit to practicing visualization to create the life you want.

This practice will help you plant new thoughts and rewrite the mental scripts sitting on the landscape of your subconscious. By being consistent and doing this daily, these new seeds of thought will bare the fruits of even greater opportunity.

### **A Word of Caution**

As you start to visualize you're going to experience this almost instantly... I can guarantee it... your subconscious mind is going to resist!

Yes – it's going to resist these new thoughts and visions you have for yourself. It's not because...

- You're doing it wrong
- You haven't got the right strategy
- You're not smart enough
- You're not good enough

In fact, resistance is normal. It is to be expected in the very beginning. As you start to visualize – you will experience resistance because you already have other beliefs ‘taking up space’ in your subconscious.

So as you start to visualize and the new sheriff drops in town (your new beliefs), the old sheriff (your limiting beliefs) resists.

This resistance can show up as feelings of...

- Fear
- Anxiety
- Worry
- Doubt

Yes – all if it!

Just from visualizing?

Yes!

You got to remember what we’re doing here. You’re creating entire new beliefs in the hub of your mind. To make this work you must be persistent.

Keep visualizing daily and your subconscious will start to grab hold of these new thoughts and make them your dominant way of being.

Eventually, the old sheriff (your limiting beliefs) will be replaced with the new sheriff in town (your new positive beliefs) and the resistance will become less intense.

Just be persistent, stick with it and it will get easier. I promise.

### ***Your Neural Network***

Here’s another way to think about it. Think of the neural network in your mind like a maze of tropical plants in the jungle. Imagine being buried deep within the dense jungle of the Amazon...

As you make your way through the jungle, cutting a path to your destination, it can be difficult and awkward the first time through... there is a lot of resistance.

The next time you make your way along the path, it gets easier. Each and every time you walk the same path it becomes easier and easier. There is less resistance than the time before.

The same is true with the neural network in your mind. Each time you visualize, you create new neural pathways of thought. These new strands will grow into pathways and then eventually become neural highways of thought.

It's these neural highways of thought that become your new beliefs. When you visualize consistently, you're giving your subconscious new instructions and ways of being to help you manifest your goals.

The more energy and consistency you give to these new ways of thinking, the *stronger the neural strand becomes*. Repetition is the game. If you repeat a phrase, picture or feeling to yourself enough times, you'll start to believe it, regardless if you do now or not.

***Please re-read that.***

The reason your mind responds this way is because of *The Illusion of Truth*.

*The Illusion of Truth* states that a person is more likely to believe a familiar statement than an unfamiliar one. It does not say that a person is more likely to believe a statement that is true. It doesn't matter if the statement is true or not.

*What matters is if the statement is familiar.*

It works the same with visualization. The more times you visualize new images on the screen of your mind, the more familiar those images become. The more familiar the images, the more likely you are to believe them.

Be consistent and visualize for at least five minutes every day.

*Does it have to be everyday?*

Well let's think of the jungle analogy again. If you stop cutting the path through the jungle - for even one day - what happens?

The shrubs, plants and trees grow back reversing your previous efforts.

It's the same with visualization. Be consistent and visualize everyday to firmly plant new instructions and new beliefs into your subconscious mind.

*"When you visualize then you materialize." ~ Dr. Denis Waitley*

### ***Lesson 3: Truths & Takeaways***

- Get into the habit of visualizing daily. Even 5 minutes daily can have a profound impact on your life.
- Each and every time you visualize it becomes easier than the time before. The more often you visualize, the easier it gets.
- If you repeat a phrase, picture or feeling to yourself enough times, you'll start to believe it - regardless if you do now or not.

Here's your fourth lesson.

### ***Lesson #4: Master Your Attention***

Our mind tends to drift. It races from thought to thought, leaping to random thoughts throughout the day without much consideration for what is important for you to do to reach your goals.

It's sort of like a little puppy. If you give it lots of love and attention it will do almost anything you want. But if you ignore the puppy and let it do whatever it wants - it will go into 'no-good' places tearing things apart and destroying your home.

Your mind works the same way. If you ignore it or let it do whatever it wants - I guarantee it will go into no good places - playing your top 10 worst fears, telling you the most God-awful stories about what you can and cannot do and making your life a living nightmare.

The reason this happens is because the mind needs to be lead. It needs to be directed and told what to do. Otherwise it will look for (and even make up) problems for you to solve. It loves to work on problems, but if you don't give it a problem to work with, it will create problems for you.

To master your life, master your attention.

Try this simple exercise. See how long you can hold the image of the #5 in your mind with your eyes closed. Go ahead and do that now...

\*\*\*

If you were honest with yourself and you did this exercise, you'll find that you couldn't hold the image of the #5 in your mind for much longer than 3 seconds.

The reason is because your mind likes to wander. It drifts from one thought to another. This 'drifting' is the main reason so many people believe they never have enough time.

It's not because they don't have time – it's only because they haven't learned how to focus and manage their attention. Learn how to manage your attention and you'll become more productive and more focused.

Try this simple breathing exercise to help you get centered and focus your attention. The more actively you focus your attention, the more powerful a deliberate creator you become.

### ***Breathing Exercise***

Try this breathing exercise prior to visualizing. I've included a full video with step-by-step instructions here: [How to Quiet the Mind](#)

*"Life is denied by lack of attention, whether it be to cleaning windows or trying to write a masterpiece." ~ Nadia Boulanger*

### ***Lesson 4: Truths & Takeaways***

- Our mind tends to drift. It needs to be directed and told what to do.
- To master your life, master your attention. The more actively you focus your attention, the more powerful a deliberate creator you become.
- Try a simple breathing exercise to help you get centered and focus your attention.

Here is your last lesson.

### **Lesson #5: Associate Strong Feelings**

Super charge your visualization with strong positive feelings. You want to associate strong positive feelings with your image or picture – your vision.

Your thoughts and feelings work together as part of the creative process.

Here's a mistake that many people make when they visualize.

### **Should you Visualize as the Dreamer or the Observer?**

Have you ever played with different ways of visualizing what you want?

Both methods are valuable and helpful for different reasons - but if you use the wrong method at the wrong time, you'll be well into your next lifetime before you manifest the life you want.

Here's what I mean by the Dreamer and Observer:

- **Dreamer** (1<sup>st</sup> person) would be looking through your own eyes in an associated state. In this case you are in fact the dreamer doing the dreaming.
- **Observer** (3<sup>rd</sup> person) would be from outside your body or in a disassociated state. In this case you're the observer watching the dreamer dream.

Visualizing as the Dreamer (1<sup>st</sup> person) triggers strong emotions in your subconscious and is the preferred way to visualize. This will get you results if you stick with it.

That being said, I believe it's important you experience both methods of visualizing so that way you know the difference in *how it feels*.

Just be the **Observer** for the moment. Imagine that you're on the beach somewhere hot, maybe the Caribbean.

Now picture yourself sitting on the beach, lying in the sand and soaking up the sun. You're the observer in this situation so you can see yourself lying there on the beach enjoying yourself, maybe reading a book or having a beverage.

Take a minute and do that now.

\*\*\*

*As the observer, how did you feel?*

*Write down any words that describe how you felt.*

This time become the **Dreamer**. Actually step inside your body and look through your own eyes as if you were sitting there right on the beach. Feel the heat radiating from the sunshine and the warm sand beneath your feet. Hear the waves crashing upon the shoreline and the breeze whispering in your ear.

Do that now.

\*\*\*

*As the dreamer, how did you feel this time?*

*Write down any words that describe how you felt.*

You may have noticed a big difference in *how you felt* being the Dreamer versus being the Observer in the dream

In the dream state you can develop very deep and powerful feelings if you are the Dreamer. You can distance yourself from those feelings when you are the Observer.

The key is to associate strong positive feelings with your visualization by being in the Dreamer state (looking through your own eyes).

The more often you create powerful feelings of the things you want, the more frequently you are imprinting new thoughts and vibrations on your subconscious mind. That is the key to visualizing effectively.

If you do one thing after reading this special report – and only one thing to move your life forward – visualize with strong positive feelings. And when you do visualize, always picture the end result – the outcome as if it has already happened. As you picture the outcome ask yourself, *“How would this feel if it was happening to me right now?”*

Those are the feelings you want when you visualize.

*"Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and begin to build." ~ Robert Collier*

### ***Lesson 5: Truths & Takeaways***

- You can distance yourself from feelings when you are the Observer.
- Visualizing as the Dreamer (1<sup>st</sup> person) triggers strong emotions in your subconscious and is the preferred way to visualize. This will get you results if you stick with it.
- Visualize the outcome and what it would feel like to already have the things that you want and ask yourself, *“How would this feel if it was happening to me right now?”*