

Law of Attraction in Action

33 GUIDED VISUALIZATION SCRIPTS



To Create
the
Life of Your
Dreams

Louise Stapely

33 Guided Visualization Scripts to Create the Life of Your Dreams



By

Louise Stapely

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Introduction

Do you have enough money in your bank account?
Are you head over heels in love with your partner?
Are you surrounded by loving, caring friendships?
Do you love your job?
Do you have a close, loving relationship with your family?
Are you driving the car of your dreams?
Do you have a great relationship with your children?
Are you healthy?
When on vacation, do you stay in the top, most luxurious hotels in the world?
Do you have peace of mind?
Do you live in your dream house?
Are you a confident, happy person?
Do you have your own successful, thriving business?

If you answered 'Yes' to the above questions, then congratulations, you have mastered the art of visualization, whether consciously or unconsciously. You are aware of how powerful this technique can be. You know with 100% clarity that you can have and achieve ANYTHING your heart desires. You have mastered the art of mind power, and truly live the life of your dreams. You desire, you visualize, and you manifest, each and every time.

If, on the other hand, you answered 'No' to any of the above questions, then I urge you to learn everything you possibly can about visualization. Learn how it can completely transform your life. It doesn't matter how much you currently have in the bank, it doesn't matter if you are in debt up to your eyeballs, it doesn't matter if you feel you will never meet the love of your life, it doesn't matter if you hate your job and feel there is no way out. I promise you here and now, there is a way out.

You deserve to have everything your heart desires. Happiness, success, perfect health, loving relationships, financial abundance, and peace of mind are your birthright. And they are there for the taking. Through positive, consistent visualization, your life will change, it will become the life you have always longed for, always dreamed about. There are no limitations with what you can

have, achieve or be. Any limitations you feel there are, are only in your mind, and can be eradicated, SHOULD be eradicated. The sky is the limit. Make a promise to yourself that today, from this very moment, is the first day on your journey to total transformation. No more procrastination, no more '*starting on Monday*', no more '*I'm too busy*'. The time is now. Allow magic and miracles into your life.

"You don't have to see the whole staircase, just take the first step."

- Martin Luther King, JR.

1

Creative Visualization & the Law of Attraction



Visualization is an extremely powerful treasure that has been studied and utilized by many wise people over the centuries. While some individuals may think it is a relatively new technique, or 'new age' experiment, the reality is, entire civilizations have been built from an image or an idea in the mind. Today, it is incorporated into top athlete's training routines to succeed in competitions. An excellent example of this is the story of a gentleman named Denis Waitley, who in 1984, began training Olympic athletes to enhance their performance by using the power of visualization. In his very popular book, *The Psychology of Winning*, Waitley described how the Olympic athletes he worked with, ran their race or carried out their event in their minds, and only their minds. The athletes were then hooked up to a biofeedback machine which showed that the same muscles fired in the same sequence, in the same way they did while actually running on the track. This proved that the mind cannot distinguish between what is real and what is imagined! The athletes he coached were so successful in Olympic competition that his book became standard reading material amongst athletes, still being used today.

"If you've been there in the mind, you'll go there in the body"

- Denis Waitley.

Visualization is not only used by successful athletes, but highly successful business men and women use this technique to win big deals and run successful corporations. Actors and actresses use it to land big roles in movies, and musicians use it to create big hits. Visualization has stood the test of time, it has worked for others, and it can work for you.

I cannot go on to discuss what visualization is without mentioning the Law of

Attraction as they both go hand in hand. The law of attraction, or LOA, as it is sometimes known, is a universal law stating that, *whatever you think about or focus on consistently, you attract into your life*. Basically you get what you think about, it is that simple. Our thoughts are powerful magnets that will bring about certain experiences in our life, regardless of whether we want them or not. The key to utilizing the law of attraction for our own good is to begin controlling our thoughts in a conditioned, positive way, and visualization is a fantastic way to do just that.

Every individual has the ability to visualize, we do it every day, whether we realize it or not. Visualization is the use of one's imagination to create an image or mental picture of what it is you wish to manifest. To work the power of visualization, you need to hold the picture clearly in your mind with every specific detail, and focus on this image several times a day. You must visualize in a conscious and controlled manner, and always visualize as if the goal or outcome has already happened. For example, if you would like to manifest your dream car, visualize accepting the keys from the car dealer, getting into the car, smelling the new car smell, smelling the leather, feeling your hands wrapping around the steering wheel, hearing the engine as you start the car, and visualize driving out of the garage.

One of the most important ways to boost your results is to imagine how you would feel when your desire manifests. How will you feel when you are driving out of the car dealership in your new Audi R8 or Mercedes SLK? I know how I'd be feeling!! My heart would be racing with excitement, I'd have a massive grin on my face, my palms would be sweaty, and I would have an overwhelming feeling of accomplishment and pride. Our feelings contain powerful energy, and this energy that is sent forth from your emotions will vibrate to the law of attraction, and it will respond accordingly.

Desire + Visualization + Feeling = Manifestation

You should also engage all five senses during visualization, to make it as real as possible in your mind. Notice how the clothes you are wearing **feel** against your skin. What scents can you **smell**? Can you **hear** music playing or people talking? If you are holding something in your hands, how does it **feel**? If you are touching a surface, how does it feel? What can you see around you? What colours can you **see**? If you are at an event or dinner, what does the food **taste** like?

One more factor to remember is to visualize often. every day in fact. If you can

visualize 2 to 3 times per day, with feeling and passion, your life will begin to change in ways you never dreamed possible. During the day, think about your goal often to ensure your desired outcome becomes your reality.

During visualization, you may experience positive thoughts, inspirations or ideas of what actions to take in order to reach your goal. These are positive signs from the universe letting you know you are on the right track, and as such, should be acted on as soon as possible. It is important to stay open to the universe and to trust your intuition. When these ideas or inspirations come to you in visualization, it is time to take action and turn them into reality.

Visualization is pure magic of the highest order. It involves understanding and balancing oneself with the natural law that governs the inner most workings of the universe by learning to use this law in the most conscious and creative way. Visualization is not idle wishing or daydreaming, it is a practical method used to create all you want from life. Think about what you want, close your eyes, envision it, see that you have accomplished it, and feel how you would feel once your desire is realized. This is an exercise toward success. Never confuse visualization with a 'pipe dream'. This is the real deal, it is used to cultivate positive energy, change your life for the better, and accomplish your goals.

2

The Conscious & Subconscious Mind



It is impossible for me to explain how visualization actually works without first mentioning how the human mind works.

"The conscious mind determines the actions, the unconscious mind determines the reactions; and the reactions are just as important as the actions."

- E. Stanley Jones.

The human mind is made up of 2 parts; the conscious and subconscious. Each is gifted with separate and unique attributes.

The conscious mind is what we use to carry out reason or logic; it is our objective or thinking mind. If I asked you what your name was, you would find the answer in your conscious mind. If I asked you what day of the week it was, again you would use your conscious mind to find the answer. When you decide to move your arm and pick up this book, it is your conscious mind that decides to do so. You could say that the conscious mind is voluntary or, the mind you use when you are awake. It communicates to the outside world through thought, pictures, speech and physical movement.

The conscious mind has no memory, it can only hold one thought at a time, and that thought can either be negative or positive, it cannot be a mixture of the two. It is able to identify information received, filter it and decide whether or not it is real, imaginable, right or wrong.

While both our conscious and subconscious minds are just as important as each other, it is our conscious mind that we use during visualization.

We consciously imprint positive images or scenarios into the subconscious mind.

Our subconscious mind, or subjective mind, is where emotions, memories and beliefs are stored. It is the mind that controls involuntary actions such as breathing, digestion and heartbeat. It accepts orders from the conscious mind and obeys them, every time. The subconscious mind cannot distinguish between what is imagined and what is actual reality; therefore it accepts what the conscious mind thinks about or focuses on in a literal sense. If you consciously imprint positive images or scenarios into the subconscious mind, and focus on them with intent and emotion, the subconscious mind will accept that as truth and begin working with the universe to bring about what it is you are thinking about. The same goes for negative thoughts. The subconscious cannot reason or analyse, nor can it rationalize, and as a result it accepts exactly what it is shown. So if I say to myself, "Louise, you're such an idiot, you always make such stupid mistakes", my subconscious isn't going to come back and say, "now now Louise, of course you're not an idiot, you are an intelligent, confident person." Instead, what it will say is, "ok Louise, you're an idiot." And what do you think will happen? It will create more situations where things go wrong, it will create more circumstances where I think I'm a complete idiot, because that is exactly what the conscious mind is telling it to do!

If you want to change any negative circumstances in your life, you simply must change the messages and images you are giving your subconscious mind. If you are thinking in a negative manner, you will attract negative circumstances. If you are thinking about how rubbish your job is, how little money you have, how lonely you are, or how stupid you feel, then you are only going to attract more circumstances which continue to give you those things. I promise you, thinking in this way will not improve your life.

I love to apply the analogy that Joseph Murphy uses in his fabulous book, *The Power of the Subconscious Mind*. Think of your mind as a garden (subconscious mind). You are the gardener (conscious mind). You decide to plant some seeds (thoughts). You water the seeds every day, nurturing them until they blossom into a flower. What you must realize is that these seeds can either be positive or negative. If you plant negative seeds, water them every day, plant more negative seeds, project strong feelings of negative emotion towards the seeds, what kind of flower do you think you will end up with? I can't imagine the end result would be to your liking. If, on the other hand, you plant positive seeds, water them

every day, project strong feelings of love and harmony towards them, you can be assured that your seeds will blossom into a magnificent flower, exactly as you intended.

Garden = Subconscious Mind

Gardener = Conscious Mind

Seeds = Thoughts

Your subconscious mind does not differentiate. It will manifest poor health, hardship, limitations and failure, just as easily as happiness, abundance, excellent health and success. Your subconscious accepts what thoughts your conscious imparts on it with feeling and emotion, whether these thoughts are positive or negative.

The ability of an individual to direct his or her attention to positive thoughts and as a result, change their life for the better is truly an amazing gift, one which every human being has been blessed with.

3

The Five Principles For Effective Visualization



At the beginning, some people may find visualization rather difficult. Their minds may not be able to create a clear enough picture, they find it tough to relax, or, perhaps most commonly, their minds wander because they find it hard to focus on any one thought for long enough. Don't worry if this happens initially, the image doesn't have to be perfect. Never allow feelings of frustration to creep in, as this will hinder your results. Accept that your image may not be perfect now, but with regular practise, that image will start to become clearer, you will start to build on the image, and it will become second nature to you. You'll be surprised at how quickly this can happen.

For successful visualization, there are five very important factors to take into account. These factors are key. They will put the spring in your visualization step, and create results that you only ever dreamed of.

1. Specific Goal Setting

It goes without saying that before you start any visualization exercise, you must have a clear, specific goal. I would advise you keep a journal, and write your goal down. The key is to write as much detail about the goal as possible. If you are not clear about what you want to manifest, the universe will have nothing to work with, and as a result, will manifest results that are not to your liking. Don't give the universe mixed signals; be as clear as you can.

Some people prefer to start small and work their way up to larger goals. It is entirely up to you. Manifesting a new TV, as opposed to a \$50m yacht may seem like a realistic goal to start with. However, when you successfully manifest a new TV, and realize the immense power of visualization, you can start to move on to bigger and better things, and realize that perhaps a \$50m yacht might be

within the realms of possibility after all!

Ok, so let's say you would like to manifest more money. Writing "I would like to manifest more money" isn't good enough. How much money would you like? Would you like this amount every month or every week? Would you like to receive the money through a lottery win or through work? Here are some examples of what you could write:

"I would like to make \$5,000 dollars after tax every month, working at a job I really love."

"I would like to manifest \$2.5m from a lottery win. I would like to receive the payout in full in the form of a check."

"I would like to receive a once off payment of \$10,000 from a positive source."

2. Clear Picture

Now that you have your specific goal written down, you need to create a clear mental image of what the goal will look like once it has manifested. Remember you must always visualize as if the goal has already manifested in your life. Engage as many of the five senses as you can; touch, taste, smell, sight, and sound. If you are having difficulty with this step, there are a number of ways you can find inspiration. Locate magazines or brochures that have images of what you would like, find photographs on the internet, or visit a store that sells the item. If you would like to get engaged, visit your favourite jewelers and try on the exact ring you would like. Take a picture of it on your finger and look at it often so you can develop a clear image of what it looks like.

If you would like a new car, visit a showroom and test drive the car of your dreams. Really study the exterior and interior of the car, remember the smell of the leather seats, and how it felt to have your hands wrapped around the steering wheel. Remember how the engine sounded as you drove around.

When some people visualize, they imagine themselves inside the actual image. Others visualize as if they are looking at the image on a screen. Either way is perfectly ok. The most important thing to remember is how you are feeling. As long as you are feeling the feelings of already having that new car, or feeling as if you are engaged to your soul mate, then you are on the right track.

3. A Relaxed Mind

Before you start visualizing, it is important to have a relaxed mind. Achieving a meditative state before visualization helps to enhance self-awareness and focus. When you meditate, your body relaxes yet your mind stays alert, and when you are in this state, your mind is better able to engage the imagination to visualize images and scenarios.

There are no right or wrong ways to relax the mind, whatever works for you is the right way. When you read through the meditation exercises in Chapter 5, some may stand out more than others. You should never put yourself under pressure to relax, nor should you ever follow a meditation script or exercise that

you do not feel comfortable with, as these will hinder your results. You do not necessarily even have to follow a script, some people may prefer to just lie in silence and concentrate on their breathing. Meditation and relaxing the mind is a very personal experience.

When it comes to relaxing the mind, practice makes perfect. It may not come naturally to you at the beginning, but regular repetition will most certainly improve your meditation skills.

4. Repetition

While all five principles outlined in this chapter are extremely significant in their own right, the importance of repetition for successful visualization cannot be overemphasized. Consciously imprinting positive affirmations and images in the mind can create the life of your dreams but must be practised regularly. Simply sitting and contemplating your desire for 5 minutes once a week will not yield your desired results; it will not, and cannot happen. Your subconscious mind has to witness the end result so many times that it actually starts to believe it is real. Once this happens, it is only a matter of time before whatever it is you desire, manifests!

I recommend visualizing the same scenario 2 to 3 times per day. There is no ideal time of day to practice visualization; this will be personal preference. A lot of individuals enjoy visualizing first thing in the morning or last thing at night, but whatever works for you is best. If you enjoy visualizing before you sleep, make sure you stay awake for best results! In all circumstances, always ensure you are in a quiet room with no distractions.

If you remember the garden analogy in Chapter 2, our thoughts represent seeds being planted. Each day, we water the seeds and take out any unnecessary weeds, until eventually the seeds blossom and produce a magnificent flower. Our thoughts need to be nurtured every day, just like the seeds.

Persistence is Key!

5. Do Not Worry about the End Result

When you begin visualizing, there is no need to worry about how your desire will manifest itself. Worrying like this will block any progress, confirming to the universe that you do not actually believe you have whatever it is you desire. You need to believe with 100% certainty that you already have it. Leave the *how* to the universe, it will decide on the easiest and quickest way. Just focus on the end result and believe in your heart that it is already present in your life. Soon you will start to notice little synchronicities or coincidences that will lead you to a magical place where miracles happen.

4

Meditation Exercises As Preludes to Visualization



The regular practice of meditation is the perfect way to create a clear, calm mind in which positive images and affirmations can be imprinted successfully. It creates an inner balance within mind and body and allows a positive, natural energy to flow. Meditation can benefit a person in so many wonderful ways; it can reduce stress, improve concentration, increase focus, regulate emotions, enhance moods, increase creativity, create happiness, and help improve sleeping patterns.

Having a quiet, calm mind before any visualization exercise will improve the experience for a person. You cannot visualize effectively when the mind is occupied with too many thoughts. Meditating before visualizing will slow down the mind, making it a perfect environment to accept new images.

As advised in Chapter 4, meditation will become easier with regular practice. Some scripts or methods will feel more comfortable, some will not. Meditation is very personal. Have a read through the following 10 scripts and see which one resonates with your inner self. You may want to carry out each of the meditations separately just to see if one works more effectively than others.

Meditation Exercise 1

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on

your breathing.

Now I want you to place all your attention on your feet. Our feet work so hard for us throughout the day, so thank them for all that they do. Imagine a bright, silvery, white light flow into both your feet, feel your feet relaxing. You may start to feel a tingling sensation but don't panic if you don't feel this straight away, it will come with practice.

Bring the bright light up towards your knees, feeling your lower legs and knees relax. Bring the bright light slowly up towards your groin area, feel your thighs relax. Imagine your thigh muscles completely letting go, becoming loose and soft.

Allow the bright light to travel up towards your hips, letting go of any tension in the groin and hips. Feel the bright light travelling up towards your heart, past your stomach and navel area. Let go of your stomach muscles completely. We often clench and hold a lot of tension in this area so it is important to release and let go.

As the bright light travels up towards the tip of your head, feel your chest relax, your shoulders, neck and lower jaw muscles relax. Release any tension you are holding in your cheeks and forehead.

Now bring the bright light down your arms, past the elbows out through your hands. You may feel a tingling sensation in your hands.

Remain in this state of total relaxation, while continuing to focus on your breathing. Feel your entire body unwind and let go.

Meditation Exercise 2

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now imagine you are at the foot of a staircase, there are 20 steps in total. In your mind's eye, imagine the figure 20 in clear, large print. Step down to the 19th step; and as you do, feel yourself going deeper, see the number 19 in your mind's eye.

Continue to descend the stairs, and with each step, feel yourself becoming more relaxed. See the number 18 in your mind's eye as you take another step.

Feel the muscles in your thighs relaxing, let go of the tension in your stomach, relax your jaw. Release all the tension in your body.

....17, 16, feel yourself going deeper...15, 14, 13, 12, 11, notice how heavy your body feels....10, 9, 8, 7, 6, 5.....you are feeling very relaxed now, as you descend further, you experience a deeper state of relaxation....4.....deeper still.....3, 2.....your body feels heavy, you may feel tingling in certain areas of your body....you descend the last step and see the number 1 in large print in your mind's eye.....1.

Your body is relaxed, you are feeling completely at ease....your mind is quiet; you are feeling calm and rested.

Meditation Exercise 3

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. Feel your muscles letting go, becoming soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Focus your attention on your feet and say to yourself:

"My feet and toes are relaxed".....now follow this relaxing feeling upwards, while continuing to say the following: "My lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

You are feeling comfortable and tranquil. Become aware of how heavy your muscles feel, you feel as if you are sinking into the ground, becoming one with the universe.

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Your body and mind are relaxed. Focus on your breathing, following the air on its path as it expands your stomach and ribs....and then slowly leaves your body.

Meditation Exercise 4

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

As you continue to hold your attention on your breath, begin to breathe in a golden, bright light. Imagine this light filling every crevice of your body, feel your energy rise. Feel your hands begin to tingle as the golden light exits your fingertips and wraps itself around your body.

Engulf yourself in a golden bubble of bright light. As if on a cloud, imagine drifting through the sky in your golden bubble. Your body feels warm and safe, you feel protected in every way.

The longer you are drifting, the more deeply relaxed you become. While you continue to focus on your breathing, begin to repeat, on every inhale..."I am light, I am love." Hold the inhale for 2, exhale and repeat "I am light, I am love."

Inhale for a count of 4

"I am light" (2)

"I am love" (2)

Hold for 2

Exhale for a count of 4

"I am light" (2)

"I am love" (2)

Feel yourself falling into a deep state of relaxation. All is quiet and still. Your body feels heavy, timeless, relaxed.

For the next few minutes, enjoy these moments of solitude and inner silence. When thoughts arise, simply let them go and return your awareness to your breath.

Meditation Exercise 5

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

As you continue to breathe, on the inhale breathe in a warm air that flows throughout your body providing energy to your chakras. With each breath notice how your muscles are becoming more relaxed and your mind is slowing down. If your mind wanders to a thought, gently bring it back and continue to focus on your breathing.

Breathing deep from your tummy, inhale a soft, glowing red and bring it down towards your root chakra, at the base of the spine in the tailbone area. Imagine the red light glowing brightly in this area, keeping you grounded and encouraging feelings of balance and security.

Slowly moving up towards the belly button, breathe in a soft, glowing orange color and send it to your sacral chakra. Imagine this bright, radiant light energizing this area, about 2 inches below the navel. You feel your emotions becoming more balanced.

Moving up towards your upper abdomen, about 1 inch above your navel, breathe in a vibrant, glowing yellow and send it to your solar plexus chakra. This chakra is about self esteem, confidence and self-worth so spend some time here if these are areas that you would like to improve in your life. Imagine the sunshine yellow, energizing your solar plexus.

Moving up towards your heart, breathe in a beautiful green color and send it to your heart chakra. This chakra enables us to feel love and open our hearts so with each breath in, imagine filling your heart with pure love and energy. Open your heart and allow yourself to be loved and to love others. Feel at peace as the green energy transforms your heart.

Moving up towards the throat, breathe in a deep blue color into the throat chakra. This area enables our ability to communicate and express ourselves. Imagine the

beautiful blue color energizing this area. Spend some extra time here if this is an area in your life that you would like to work on.

Moving up towards the forehead, in between the eyes, breathe in a vibrant indigo colour and send it to your third eye chakra. This represents our ability to focus, to see and solve problems and to foresee what the future holds. Allow the energy to grow stronger as you breathe in more indigo and feel your intuition and insight become stronger.

Finally, move up towards your crown chakra at the top of the head. Breathe in a glowing violet color and send it to your crown chakra. The highest chakra represents spirituality and our ability to be one with the world. It is the center of pure bliss and nirvana. Feel the violet grow stronger while you become more aware of your body, mind and the world around you.

Take some time to be present in your body. Feel the different sensations of positive energy flowing through your feet, legs, trunk, arms, hands, chest, neck and head.

Meditation Exercise 6

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now I want you to imagine you are standing on a soft, white sandy beach, looking out to the ocean. You have the beach to yourself, the sun is beginning to rise, you can feel a beautiful warm air surround you. You feel more and more relaxed as you continue to take deep breaths.

Gently sit down and cross your legs into a comfortable position. Feel the softness of the sand between your toes. Become balanced, and imagine the sand grounding you as it connects you with Mother Earth. Close your eyes and take in the sounds of the ocean, listen to the waves gently reaching the shore. Smell the salt water as it splashes against the shore.

Continue to breathe deeply, feeling your stomach inflate on the inhale and rise up towards your chest. This time on the exhale, breathe out through your lips, slowly and steadily.

Breathe in warm air on every inhale. With each exhale, breathe out any tension from your body, feel your shoulders relax down, feel your jaw relax, let go of your stomach muscles, relax your thigh muscles, relax your buttocks, relax your arms and hands.

As you continue to listen to the waves crashing in from the ocean, feel your body becoming more energized and light. Your hands start to tingle, your legs are tingling. Feel yourself deeply rooted to the sand, unmoving.

Meditation Exercise 7

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now I want you to focus on how your feet are feeling and start to imagine a heavy, white sand fill every part of your feet and toes, the bones of your feet, the joints in your ankles, in between the toes, underneath the toe nails. Now dissolve any tension you may be feeling in your feet and toes and allow it to soak into the sand. Make sure you get every last bit of tension. When your feet are tension free and completely relaxed, open the double doors at the bottom of the feet and allow the sand to slide slowly out, taking all the tension with it.

Fill your lower legs, knees and thighs with the pristine, white sand and feel the tension soaking into the sand as your legs become more relaxed and heavy. Open the doors behind your knees and allow the sand to drift slowly out, bringing any tension with it.

Now move the sand up to the groin area, engulfing your buttocks and hips. Our buttocks are the strongest muscles in our body and hold a lot of tension so make sure you spend some time here feeling each muscle fiber as it relaxes and lets go of any tension. When this area feels heavy and deeply rooted to the ground, open the doors on your hip and let the sand drain away.

Gently fill your lower back, stomach area, digestive organs, heart, lungs, ribs, chest, upper back and shoulders with this cleansing sand. Starting from your lower back, feel each vertebrae of your spine relax, spread out to your shoulders and concentrate on dissolving any knots of tension you might be holding in this area. Make sure the sand dissolves any tension you may be feeling in your bones. Open the doors in your lower back and release all the sand.

Unwind and let your stomach muscles go, feel the sand melt any toxins and tension you may be holding in this area. Let go of any pain or tension in the heart area. Gradually feel your chest become more and more relaxed. Now open the doors on your left side and let the sand flow out of your body.

Allow the sand to fill your neck, lower jaw, face and head. Pay particular attention to the back of the neck where you may find knots of tension, feel these melt away into the sand. Your head and neck feel heavy; your shoulders are relaxed and sink down. Feel the tension behind your eyes and forehead evaporate into the sand. Now open the doors at the back of the head and let the sand and any tension you were holding in this area to dissipate into the ground.

Now fill your body with a pristine, bright, white light, starting from the tips of your toes to the top of your head. Your mind is clear and at peace.

Meditation Exercise 8

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now imagine you are standing in front of a white smartboard, like one you would see in a classroom. With a color marker, whatever color you choose, write the number 10 on the board. See the number 10 very clearly and continue to breathe in and out. Feel your body becoming more and more relaxed, feel any tension melting away.

As you continue to breathe deeply, erase the number 10 from the board and as you do, feel yourself falling deeper and deeper into a state of relaxation.

Now write the number 9 on the board in large, color print. See the number 9 in your mind's eye and feel yourself relaxing further. Continue to breathe deeply.

As you erase the number 9 notice how heavy your legs feel, you may even start to feel them tingle. Focus on your legs and feel them becoming more relaxed.

Continue to breathe deeply and write the number 8 on the board. Feel your hips start to sink into the ground, let go of any tension you are holding in your buttocks. Breathe deeply and erase the number 8 from the board.

Write the number 7 on the board, feel how easy it is to just relax and let go. See the number 7 vividly as you continue to breathe deeply.

After erasing the number 7, write the number 6 on the board and notice how relaxed your stomach and lower back feel. They are open, receiving the relaxing energy you inhale on each breath. Erase the number 6 and go deeper. Let go of your body.

Write the number 5 and feel deeply relaxed, notice how your hands and fingertips are tingling with the swirling energy from your breathing. Erase the number 5, relaxing even more. Continue to breathe deeply and softly, erase the number 5. Notice how relaxed your shoulders feel, imagine any knots of tension

simply melt away and evaporate into the universe.

Write the number 4, you are even deeper now. See the number 4 clearly in your mind's eye as you erase it from the board. Now write the number 3 on the board. Notice how relaxed your jaw, forehead and eyeballs feel. Go deeper.

Erase the number 3 and write the number 2 on the board. You are completely relaxed now. Your mind is calm and quiet. Your body is heavy.

Erase the number 2 and write the number 1 on the board. Focus on the number 1 and feel your body fall even deeper. You are surrounded by a glowing energy, dancing around you as it fills your body from head to toe.

Meditation Exercise 9

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

With every inhale, inflate your stomach and feel the breath rise into your chest. Relax your jaw and let your shoulders drop.

Continue to focus on your breathing, noticing how your chest rises and falls each time. You are now going to count backwards from 50 to 1, synchronizing the counting with each breath.

On the next inhale for a count of 4, repeat the number 50, hold for 2, exhale for a count of 4 and repeat the number 49. Continue this sequence until you reach number 1. If your mind wanders at any stage during this meditation, it's ok. Don't force it, just acknowledge the thought and bring yourself back to the meditation.

While you continue to count backwards, be aware of how relaxed your body is becoming. The closer you get to number 1 the more relaxed you feel. You are falling deeper and deeper into a state of relaxation.

Absorb the stillness, absorb the silence.

When you reach number 1, continue to breathe normally and just observe the breath.

Meditation Exercise 10

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now imagine you are alone in a movie theatre. You are sitting right in the middle in a big, plush, comfortable chair. Your legs and back are fully supported. The movie screen is directly in front of you. You are feeling warm, safe and secure.

On the screen, directly in front of you, you see the number 20 in large, black print appear on the left hand side of the screen. As you look at the number 20, see it move slowly across to the right hand side and slowly disappear off the screen.

Feel your muscles start to let go and imagine any tension begin to gently melt away.

The number 19 appears on the left side of the screen and moves slowly along to the right, disappearing at the edge. Your jaw is relaxed, your eyeballs are relaxed, your mind is quiet.

Continue counting down, seeing each number travel across the screen from left to right. See the number vividly.

18, 17, 16, 15, 14, you are feeling very relaxed now, 13, 12, 11, 10, 9, 8, 7, 6.....

Your body feels like it is sinking into the chair. If your mind wanders, don't fight it; gently bring it back to the movie theatre.

See the number 5 slowly make its way across the screen. You are going deeper and deeper.

Follow the number 4 as it travels across the screen. Your muscles feel heavy, you are aware of the silence and stillness around you.

The number 3 appears on the left of the screen and drifts slowly across to the right. The number 2 appears, it too travels slowly across the screen.

The number 1 appears on the left and eventually disappears to the right. Your body is completely relaxed; it is grounded into the earth.

You feel a wonderful tingling sensation throughout your body.

5

How to Use the Exercises



The scripts given to you in this book can be used in any way you choose. They can be used exactly as they are, they can be added to, or they can be subtracted from. Each one is designed to give you an idea as to how much detail to use, what senses to engage, and what sequence to follow. There is no specific way to visualize; there are no rules. Every individual is different, and as such, each visualization exercise will be different.

I have included a meditation script before each exercise, you do not have to use those exact ones; use whichever one you prefer.

Before you visualize you can write out your own script, outlining as much detail as possible and refer to it each day before you close your eyes to visualize. Alternatively you can record yourself and listen to the recording every day.

Visualization boards or scrapbooks are great ways to boost your results.

Whatever script or method you choose, remember to follow the five principles outlined in Chapter 3, and you will most certainly create the life of your dreams.

6

Wealth & Career



Visualize Your Dream House



Before you start visualizing your dream house, you need to be clear on the specifics. If you know the exact house you want, then go for a viewing to familiarize yourself with the layout of the house. If you can, take some pictures so you know where everything is and how it is laid out. Get your hands on a copy of the floor plan so you can bring it home and study it.

If, on the other hand, you know the area you want to live in but have absolutely no idea which house, then make it up. Draw the floor plan of the exact house you would like and fill it with as much detail as you possibly can. Ask yourself the following questions;

How many bedrooms does the house have?

How many bathrooms?

What size is the back garden?

What is your view from the back door?

Do you have an entrance way with a gate?

How long is your drive way?

Do you have a garage?

What color is your front door?

What color is the house?

Do you have neighbors?

Does the house have a stairway?

Are the rooms decorated with paint or wallpaper, or maybe both? If so, what colors?

Does the house have a pool in the back garden?

How large is the hallway?

A Guided Visualization for Your Dream House

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now I want you to place all your attention on your feet. Our feet work so hard for us throughout the day, so thank them for all that they do. Imagine a bright, silvery, white light flow into both your feet, feel your feet relaxing. You may start to feel a tingling sensation but don't panic if you don't feel this straight away, it will come with practice.

Bring the bright light up towards your knees, feeling your lower legs and knees relax. Bring the bright light slowly up towards your groin area, feel your thighs relax. Imagine your thigh muscles completely letting go, becoming loose and soft.

Allow the bright light to travel up towards your hips, letting go of any tension in the groin and hips. Feel the bright light travelling up towards your heart, past your stomach and navel area. Let go of your stomach muscles completely. We often clench and hold a lot of tension in this area so it is important to release and let go.

As the bright light travels up towards the tip of your head, feel your chest relax, your shoulders, neck and lower jaw muscles relax. Release any tension you are holding in your cheeks and forehead.

Now bring the bright light down your arms, past the elbows out through your hands. You may feel a tingling sensation in your hands.

Remain in this state of total relaxation, while continuing to focus on your breathing. Feel your entire body unwind and let go.

Now I want you to visualize your dream house. Imagine standing at the beginning of the driveway looking up towards the front of the house. Notice the color and shape of the house. Notice how many windows there are.

Open the gate and walk up the driveway towards the front door. Smell the freshly cut grass and notice the different colored flowers in the garden.

When you get to the front door, reach into your pocket, take out the keys and unlock the door. When you step into the hallway, notice the smell of a newly decorated house. As you take a look around, notice the stairway on the right hand side. Notice how it sweeps up in a beautiful curve.

As you make your way to the kitchen/living area, hear your footprints on the wooden floor. Notice the color of the doors and door handles.

As you walk into the kitchen/living area, notice how open it is, how bright and airy. See the long, wide glass panelled sliding doors in front of you with glorious views outside. Look to your right and see your perfect kitchen. Notice the color scheme and the color of the worktops. See your top end appliances, cooker, fridge, ice machine, coffee machine, microwave and grill.

On the left notice your beautiful living area. Sit on the couch and feel how soft it is. Rub your hands along the cushions to feel their texture. Look up to the wall and see your perfect TV mounted to the wall.

Now open the sliding doors and smell the freshly cut grass again. Feel the air on your face. Take off your shoes and walk around the garden. Feel the soft grass under your feet, smell your flowers.

Taking off your shoes, make your way back inside the house. Before you go upstairs, step into the main dining room. Notice the large fireplace, beautiful dining table and chairs and the surrounding decor. Go into your office at the end of the stairs and look at your desk, see your top end computer/laptop and everything you need for a well functioning office. Now make your way up the stairs. Feel the soft carpet on the stairs as you walk up. Look at the family photos on the wall.

As you walk towards your master suite, notice the beautiful spare rooms on the way past. When you enter your main bedroom, notice the size and direction of the bed. Open the balcony doors to let some air in while you walk around. Notice the fantastic views from your balcony.

Lie down on your bed and feel how comfortable it is, smell the freshly laundered sheets. Make your way into the ensuite bathroom and feel the tiled floor under your feet. Notice your large walk-in shower, your Jacuzzi bath, double sink area and toilet. Wash your hands at the sink, using your scented hand wash. Dry off your hands and smell them. They smell fresh and clean.

Now walk through to the closet area. Notice how big your closet is. Look at your beautiful clothes and shoes neatly arranged.

Making your way out of the main bedroom, close the door behind you and step

into each spare bedroom. Notice the color schemes, decor, bed positions, the feel of the soft carpet beneath your feet, and the size of the ensuite.

When you get back downstairs, open the door to the main living area again. Walk out to the back garden and lie down on the deck chair. As the deck chair faces the back of the house, look up and notice how many windows there are. Close your eyes, take a deep breath and just relax in this moment. Hear the sounds of the birds coming from the trees, smell the air, feel the warmth on your skin.

Pause in this feeling for several minutes. Now repeat these affirmations to yourself:

I deserve this house.

I have a beautiful home.

My house fulfils my every need.

My garden fulfils my every need.

I can afford my dream house with ease.

I create a beautiful home for my family.

I have my dream home, thank you.

I am grateful to have such a beautiful house.

I am designing the house of my dreams.

I see beauty all around my garden.

I feel completely at ease in my home.

My home is a safe, comfortable environment.

I have wonderful neighbors.

I love my new home and neighborhood.

I surround myself with objects in my home that make me happy.

I feel content in my home.

My beautiful home is a reflection of my beautiful mind.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Your Dream Car



The best way to imagine yourself in your dream car is to test drive one. You can do this as many times as you like, in as many garages. When you are sitting in the car, I want you to smell the leather, feel what it is like to have your hands wrapped around the steering wheel, listen to the purr of the engine, feel how comfortable the seats are and take note of the interior. Take photos if you can.

Another great way to study the exact details of your car is to build one. Most of the upmarket car websites have a function where you can actually choose the color, type, and size car you want, with the interior of your choice and any additional extras. It really is a great way to build that picture in your mind.

A Guided Visualization for Your Dream Car

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

> Now imagine you are at the foot of a staircase, there are 20 steps in total. In your mind's eye, imagine the figure 20 in clear, large print. Step down to the 19th step; and as you do, feel yourself going deeper, see the number 19 in your mind's eye.

Continue to descend the stairs, and with each step, feel yourself becoming more relaxed. See the number 18 in your mind's eye as you take another step.

Feel the muscles in your thighs relaxing, let go of the tension in your stomach, relax your jaw. Release all the tension in your body.

....17, 16, feel yourself going deeper...15, 14, 13, 12, 11, notice how heavy your body feels....10, 9, 8, 7, 6, 5.....you are feeling very relaxed now, as you descend further, you experience a deeper state of relaxation....4.....deeper still.....3, 2.....your body feels heavy, you may feel tingling in certain areas of your body....you descend the last step and see the number 1 in large print in your mind's eye.....1.

Your body is relaxed, you are feeling completely at ease....your mind is quiet, you are feeling calm and rested.

I want you to imagine standing in your driveway looking at your dream car. It is finally yours. Notice how excited you feel, how proud you are of yourself for achieving your goal.

Take a walk around your car. Notice the color and finish. Run your hands along the side of the car. Stand in front of your car and look at the logo on the hood. Notice how the front lights make the car look sexy.

Look at the alloy wheels; they are the exact ones you have been dreaming about. Notice how they really make the car stand out. Feel your heartbeat speed up with pure excitement and joy.

Open the driver's seat and sit into your car. The first thing you notice is how new it smells. The leather seats smell beautiful; you can even smell the fresh new carpet. Rub your hands along the leather seats and feel how soft they are to touch.

As you turn the ignition, you hear the soft purr of the engine. Press your foot gently against the break peddle to hear the engine roar. Wrap your hands around the leather steering wheel. Notice how soft it feels. Notice how well your hands fit around the steering wheel. You are filled with complete joy and happiness.

Take your car out for a drive around. Notice how safe you feel inside. Imagine people stopping to stare at the car and admire its beauty. Notice how clear the windscreen is. Switch on your favorite song on the radio. If you want to put the top down, then feel the breeze on your face, feel the breeze in your hair.

Drive back to your house, sit in your car, close your eyes, take several deep breaths and thank the universe for sending your dream car. Repeat the following affirmations:

I am so grateful for my new car.

I love the smell of the leather in my new car.

I can easily afford the car of my dreams.

My car makes me feel safe and protected.

I love how my new car makes me feel.

I love the alloy wheels on my new car.

I deserve to own the car of my dreams.

I love driving my brand new car.

I can easily afford the insurance and gas for my new car.

My dream car is sitting proudly in my driveway.

I can afford to buy my dream car with cash.

My dream car is luxurious.

My car has everything that I need.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Your Perfect Bank Balance



When you choose your perfect bank balance, I want you to pick one amount and focus only on that figure. The sum you choose needs to be within the realm of possibility for you. If your bank balance is currently overdrawn, imagining a balance of \$10m may be too big a step for you. Start with something that is more realistic, for example, \$10,000. When you reach your goal, begin a new visualization for \$50,000 and work your way up to that \$10m, or if you prefer, stop at \$100,000. You need to be comfortable with this visualization.

A Guided Visualization for Your Perfect Bank Balance

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in". On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. Feel your muscles letting go, becoming soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Focus your attention on your feet and say to yourself:

"My feet and toes are relaxed".....now follow this relaxing feeling upwards, while continuing to say the following: "My lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

You are feeling comfortable and tranquil. Become aware of how heavy your

muscles feel, you feel as if you are sinking into the ground, becoming one with universe.

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Your body and mind are relaxed. Focus on your breathing, following the air on its path as it expands your stomach and ribs....and then slowly leaves your body.

Imagine sitting at your computer/laptop and inputting your username and password to access your bank account. You see your account details come up, you see your name, address, account number and sort code. Now you see your balance is \$10,000 in credit.

Pay attention to how this makes you feel. You smile to yourself. You feel abundant and financially free.

Imagine going to the store to buy something for yourself; something you have wanted for a long long time. Hand over the cash for the item, confident that you have more than enough money to pay for it. Feel very grateful for being financially free.

When you get home, you see that your bank statement has come through in the post. Open the letter, feel the paper between your fingers. Even though you know what your bank balance is, you always feel excited about opening that letter, it makes you feel wonderful. You see your balance in black writing, \$10,000. Place the statement back into the envelope and walk over to your couch. Lie down, close your eyes, take several deep breaths and repeat the following affirmations:

I am financially secure.

I have more than enough money in the bank.

My income is constantly increasing.

I love being able to afford whatever I want.

I am a money magnet.

I am financially abundant.

I pay all my bills with ease.

I love money and money loves me.

I am so grateful for my financial freedom.

I accept there is enough money in the universe for everyone.

I deserve to be financially abundant.

I manifest money in easy, simple ways.

Money comes to be easily and effortlessly.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Receiving a Large Check



When you visualize receiving your large check, make sure you always image the same amount. Don't change between amounts as this will create confusing results. If you want to receive a check for \$2,000 then continue to visualize that amount. Also, visualize an amount that is realistic to you. You may believe that receiving a check for \$2,000 is more likely to happen as opposed to a check for \$1,000,000. If, on the other hand, you can easily imagine being handed a check for \$1,000,000 then go for it!

A Guided Visualization for Receiving a Large Check

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in". On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

As you continue to hold your attention on your breath, begin to breathe in a golden, bright light. Imagine this light filling every crevice of your body, feel your energy rise. Feel your hands begin to tingle as the golden light exits your fingertips and wraps itself around your body.

Engulf yourself in a golden bubble of bright light. As if on a cloud, imagine drifting through the sky in your golden bubble. Your body feels warm and safe, you feel protected in every way.

The longer you are drifting, the more deeply relaxed you become. While you continue to focus on your breathing, begin to repeat, on every inhale..."I am light, I am love." Hold the inhale for 2, exhale and repeat "I am light, I am love."

Inhale for a count of 4

"I am light" (2)

"I am love" (2)

Hold for 2

Exhale for a count of 4

"I am light" (2)

"I am love" (2)

Feel yourself falling into a deep state of relaxation. All is quiet and still. Your body feels heavy, timeless, relaxed.

For the next few minutes, enjoy these moments of solitude and inner silence. When thoughts arise, simply let them go and return your awareness to your breath.

Now imagine sitting at your desk at home. You hear the postman pushing your mail through the letter box.

On your way to fetch the mail, you notice how great you are feeling today. Your body feels healthy, you have lots of energy, and your mind is happy and positive. You notice the beautiful day outside and smile to yourself.

There is just one letter, it is addressed to you. You pick up the envelope and open carefully. Feel the paper between your fingers, feel the envelope as it rips open. You take out the letter and see a check attached to it for \$2,000. You are ecstatic. Your heart starts to race and your skin starts to feel warm and balmy. The check is a refund from the IRS for extra tax you paid in the previous tax year.

Please note: the check can be for anything you like: a bonus from your boss, money owed to you that you had forgotten about, a refund due to an insurance overpayment, a winning lottery check, a premium bond win etc. If you cannot think of a reason for the check then just imagine an anonymous check written out to you by the universe.

You feel so happy. Take the check and hold it in your hands, see your name in print on the left hand side. See *Two Thousand Dollars* written in the line below your name. Look to the right of the check and see the figure in clear, black print \$2,000.

Call your wife/husband to tell them. Hear them saying "Congratulations honey that is great!"

You are beaming with happiness. With the check still in your hand, lie down on the couch and rest the check on your heart. Repeat the following affirmations:

I regularly receive unexpected checks through the mail.

The universe delivers exactly what I need at exactly the right time.

I am manifesting more and more into my life every day.

I always receive money in fun, surprising ways.

I manifest miracles in my life.

My life is blessed with abundance.

I have more money than I will ever need.

I am a very lucky person.

I am being divinely guided along my path to pure abundance.

I am rich beyond my wildest dreams.

Thank you, thank you, thank you for my wealth and abundance.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize an Abundance of Money



The only thing I would advise about this exercise is to stick with the same bill denomination each time you visualize. If you decide to use \$50 bills, then continue with this size. If you feel more comfortable visualizing \$10 or \$20 bills then use either one of these. Always make sure you feel comfortable.

A Guided Visualization for an Abundance of Money

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out."

As you continue to breathe, on the inhale breathe in a warm air that flows throughout your body providing energy to your chakras. With each breath notice how your muscles are becoming more relaxed and your mind is slowing down.

Breathing deep from your tummy, inhale a soft, glowing red and bring it down towards your root chakra, at the base of the spine in the tailbone area. Imagine the red light glowing brightly in this area, keeping you grounded and encouraging feelings of balance and security.

Moving up towards the belly button, breathe in a soft, glowing orange color and send it to your sacral chakra. Imagine this bright, radiant light energizing this area, about 2 inches below the navel. You feel your emotions becoming more balanced.

Moving up towards your upper abdomen, about 1 inch above your navel, breathe in a vibrant, glowing yellow and send it to your solar plexus chakra. This chakra is about self esteem, confidence and self-worth so spend some time here if these are areas that you would like to improve in your life. Imagine the sunshine yellow, energizing your solar plexus.

Moving up towards your heart, breathe in a beautiful green color and send it to your heart chakra. This chakra enables us to feel love and open our hearts so with each breath in, imagine filling your heart with pure love and energy. Open

your heart and allow yourself to be loved and to love others. Feel at peace as the green energy transforms your heart.

Moving up towards the throat, breathe in a deep blue color into the throat chakra. This area enables our ability to communicate and express ourselves. Imagine the beautiful blue energizing this area. Spend some extra time here if this is an area in your life that you would like to work on.

Moving up towards the forehead, in between the eyes, breathe in a vibrant indigo colour and send it to your third eye chakra. This represents our ability to focus, to see and solve problems and to foresee what the future holds. Allow the energy to grow stronger as you breathe in more indigo and feel your intuition and insight become stronger.

Finally, move up towards your crown chakra at the top of the head. Breathe in a glowing violet color and send it to your crown chakra. The highest chakra represents spirituality and our ability to be one with the world. It is the center of pure bliss and nirvana. Feel the violet grow stronger while you become more aware of your body, mind and the world around you.

Take some time to be present in your body. Feel the different sensations of positive energy that are flowing through your feet, legs, trunk, arms, hands, chest, neck and head.

Now I want you to imagine being surrounded by money. Picture \$50 bills everywhere. They rain down from the sky, they are on every surface area of your house, they are in every cupboard. Imagine stacks of money on all the shelves in your house. Imagine opening your bag and seeing it bulge with money. Imagine opening your thick wallet and seeing it full to the brim with \$50 bills.

Notice how the money feels in your hands, it feels crisp and new. Imagine how the money smells. Continuously repeat to yourself, "I love money." I want you to feel the money as it gently falls on your face; hear the crisp notes land on the floor.

Take a walk out to your garden and see money everywhere, stacks of it. Sitting on your desk chair, pick up a handful of \$50 bills, count them.....

50, 100, 150, 200, 250, 300, 350, 400, 450, 500, 550, 600, 650, 700, 750, 800, 850, 900, 950, 1,000.....look around you; there are thousands more \$50 bills just

like these. It would take you years to count them. Money surrounds you, it protects you, and it makes you feel secure.

Lie back on your deck chair, close your eyes and thank the money for being here. Tell the money that you love and appreciate it. Then repeat the following affirmations:

I love money.

I am surrounded by money.

Money comes into my life in so many surprising ways.

I feel safe and secure knowing that I have more money than I'll ever need.

I am rich beyond my wildest dreams.

I love and respect money, and it loves and respects me.

I share my wealth with those who need it, and it comes back to me multiplied.

I am always grateful each time my income increases.

I am a kind, generous person.

I understand money.

More money flows into my life every day.

With each passing day, I become richer and richer.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Your Vacation Home



As I explained in the exercise "Visualize Your Dream Home", you must have a clear image of your vacation home before you begin this visualization. If you already know exactly what home you would like, then organize to view the house so you become familiar with its floor plan and layout. Get a copy of the floor plan so you know exactly where each room is, where the windows and doors are located and how many rooms the house has.

If you have no idea of the type of house you would like, but you know the setting, then make it up. Draw your own floor plan; put everything exactly where you would like it. Build it yourself!

A Guided Visualization for Your Vacation Home

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out."

Now I want you to imagine you are standing on a soft, white sandy beach, looking out to the ocean. You have the beach to yourself, the sun is beginning to rise, and you can feel a beautiful warm air surround you. You feel more and more relaxed as you continue to take deep breaths.

Gently sit down and cross your legs into a comfortable position. Feel the softness of the sand between your toes. Become balanced and imagine the sand grounding you as it connects you with Mother Earth. Close your eyes and take in the sounds of the ocean, listen to the waves gently reaching the shore.

Continue to breathe deeply, feeling your tummy inflate on the inhale and rise up towards your chest. This time on the exhale, breathe out through your lips, slowly and steadily.

Breathe in warm air on every inhale. With each exhale, breathe out any tension from your body, feel the shoulders relax down, feel your jaw relax, let go of your tummy, relax your thigh muscles, relax your buttocks, relax your arms and

hands.

As you continue to listen to the waves crashing in from the ocean, feel your body becoming more energized and light. Your hands start to tingle, your legs are tingling. Feel yourself deeply rooted to the sand, unmoving.

Now begin to imagine your perfect holiday home from the front. Walk up your driveway and make your way inside through the front door. Take in the different colors and scents of the flowers in your garden; notice how clean the windows are.

As you step into your house, look around the hallway and notice how bright and airy it is. You feel safe and comfortable. Make your way to the main living area. The first thing that hits you when you open the door is the spectacular view of the ocean from your house. You are right on the oceanfront and can see the whiter than white sand just after the edge of your garden. You immediately feel completely at ease and let go of any tension that you may be holding in your body. The living area is bright with everything you need to enjoy perfect family vacations.

As you step outside, you feel incredibly lucky to have such a beautiful vacation home. The surrounding area is simply paradise. You look to the left and see the barbeque area which will be perfect for get-togethers when your family and friends join you.

You take a walk through your garden and down to the beach. Feel the soft, warm sand between your toes. As you get to the water's edge, turn around and look back at your house. Notice how your vacation home is the perfect size for you. Look up to the veranda that opens out from the master bedroom. It is stunning. The color of the house against the deep blue, cloudless sky is absolutely beautiful and makes your heart beat faster with pure gratitude and joy.

Walk back to your garden and lie down on the deck chair. Feel the warm breeze on your face. You are feeling deeply relaxed and very content. Thank the universe for bringing you such a perfect vacation home. Repeat the following affirmations:

I own my perfect vacation home.

My vacation home is exactly where I want it.

I deserve to have a vacation home.

My vacation home is in the perfect setting for me.

My family and I have so much fun on our vacations.

My vacations are filled with joy and laughter.

My vacation home is in a beautiful neighborhood, I have delightful neighbors.

My vacation home fulfils my every need.

I own my vacation home outright.

I have enough money to buy my perfect vacation home.

I always feel safe and at ease in my vacation home.

My vacation home is safe and secure.

I am a very lucky woman/man.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize a Dream Vacation



Like every visualization exercise you need to be specific. Before beginning to visualize your dream holiday, research the destination and hotel you would like to visit. For example, if you wish to travel to Paris for a city vacation, choose the hotel you wish to stay in, pick out the room, buy a travel guide book and find out what places and attractions you would like to see while there. Find out as much detail as possible so you have a clear idea of what images to visualize.

A Guided Visualization for Your Dream Vacation

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now I want you to focus on how your feet are feeling and start to imagine a heavy, white sand fill every part of your feet and toes, the bones of your feet, the joints in your ankles, in between the toes, underneath the toe nails. Now dissolve any tension you may be feeling in your feet and toes and allow it to soak into the sand. Make sure you get every last bit of tension. When your feet are tension free and completely relaxed, open the double doors at the bottom of the feet and allow the sand to slide slowly out, taking all the tension with it.

Fill your lower legs, knees and thighs with the pristine, white sand and feel the tension soaking into the sand as your legs become more relaxed and heavy. Open the doors behind your knees and allow the sand to drift slowly out, bringing any tension with it.

Now move the sand up to the groin area, engulfing your buttocks and hips. Our buttocks are the strongest muscles in our body and hold a lot of tension so make sure you spend some time here feeling each muscle fiber as it relaxes and let's go of any tension. When this area feels heavy and deeply rooted to the ground, open the doors on your hip and let the sand drain away.

Gently fill your lower back, stomach area, digestive organs, heart, lungs, ribs,

chest, upper back and shoulders with this cleansing sand. Starting from your lower back, feel each vertebrae of your spine relax, spread out to your shoulders and concentrate on dissolving any knots of tension you might be holding in this area. Make sure the sand dissolves any tension you may be feeling in your bones. Open the doors in your lower back and release all the sand.

Unwind and let your tummy go, feel the sand melt any toxins and tension you may be holding in this area. Let go off any pain or tension in the heart area. Gradually feel your chest become more and more relaxed. Now open the doors on your left side and let the sand flow out of your body.

Allow the sand to fill your neck, lower jaw, face and head. Pay particular attention to the back of the neck where you may find knots of tension, feel these melt away into the sand. Your head and neck feel heavy; your shoulders are relaxed and sink down. Feel the tension behind our eyes and forehead evaporate into the sand. Now open the doors at the back of the head and let the sand and any tension you were holding in this area to dissipate into the ground.

Now fill your body with a pristine, bright, white light, starting from the tips of your toes to the top of your head. Your mind is clear and at peace.

Now imagine yourself sunbathing on the deck of your villa. You look to the left and see your wife/husband/boyfriend/partner lying in a deck chair beside you; you reach out and hold his/her hand. You feel so happy in this moment. You have wanted to stay at the St. Regis Resort in Bora Bora for as long as you can remember; your wish has finally come true.

You look up to see a beautiful deep blue sky and feel the warm breeze on your face. It is a perfect day. The water is an exquisite turquoise color with pristine, white sand on the shore. You can hear the gentle sounds of the water as it splashes against the shore.

As you gaze out to the water, you see a small cluster of beautiful islands in front of you. You have the perfect view from the villa you chose. You are so lucky to be staying in the Royal Overwater Villa with your own private pool. The interior is very luxurious and makes you feel on top of the world.

You turn to your partner and remind him that you have a meal booked in the lagoon restaurant in 1 hour so you both go and get ready. You slip on something comfortable and as you look into the mirror you notice how well you look. You

look happy and carefree.

You make your way along the wooden walkway down to the restaurant. The sun has set so the candlelit restaurant looks very inviting and cosy. You are shown to your table, right on the waterside. It is perfect. As you sit there and order your food, you laugh and enjoy each other's company, saying what a wonderful vacation you are both having.

As you look out into the ocean, feeling the warm breeze on your face, repeat the following affirmations:

Thank you for allowing me to experience this magnificent vacation.

I am grateful for all the good that continues to come my way.

I have unlimited energy during my vacation.

My vacation is filled with love and laughter.

I am the happiest I have ever been.

My vacation offers exquisite scenery and service.

I am so comfortable in my luxurious surroundings while on vacation.

I deserve to have my perfect vacation.

I love planning my dream vacation; it fills me with excited anticipation.

I can easily afford my dream vacation.

I can afford to stay in the most luxurious hotels and resorts around the world.

I love traveling and always feel safe and secure.

My vacations are becoming more and more luxurious.

Now take a moment to feel gratitude and joy for your wonderful life and the

continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Confidence with Public Speaking



Visualization for successful public speaking has been used by performers and public speakers the world over, and is still being used today. It is a very effective way to improve performance, reduce nerves, and relieve anxiety. Having a clear, mental image of how you would like your presentation/speech to go and be received by the public is key to successful visualization for public speaking.

A Guided Visualization for Public Speaking

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

As you continue to hold your attention on your breath, begin to breathe in a golden, bright light. Imagine this light filling every crevice of your body, feel your energy rise. Feel your hands begin to tingle as the golden light exits your fingertips and wraps itself around your body. Engulf yourself in a golden bubble of bright light. As if on a cloud, imagine drifting through the sky in your golden bubble. Your body feels warm and safe, you feel protected in every way.

The longer you are drifting, the more deeply relaxed you become. While you continue to focus on your breathing, begin to repeat, on every inhale..."I am light, I am love." Hold the inhale for 2, exhale and repeat "I am light, I am love."

Inhale for a count of 4

"I am light" (2)

"I am love" (2)

Hold for 2

Exhale for a count of 4

"I am light" (2)

"I am love" (2)

Feel yourself falling into a deep state of relaxation. All is quiet and still. Your

body feels heavy, timeless, relaxed. Allow this feeling of relaxation to grow as your body and mind continue to become even more calm and peaceful. You are feeling grounded and centered.

See this grounded, relaxed feeling as a bright light and imagine it surrounding your body, cocooning you in a protective, confident shield. Now think about speaking in public. In the past, these thoughts may have been a cause of concern to you; they may have brought up feelings of worry or anxiety. I want you to release those feelings now, you don't need them anymore. Imagine these negative feelings as a darker light, slowly drifting out of your body melting into the cosmos as you become completely enclosed in a brighter, more dazzling light.

I want you to hold onto these new, positive feelings and imagine you are waiting to go into a room to give a presentation. You are standing there breathing deeply, you are completely calm and at ease. You are 100% confident in your ability to give the presentation knowing that you are fully prepared. Repeat to yourself, "This is easy, I am calm, everything will run very smoothly."

Before you go into the room, picture the people that will be in there, picture their happy faces, smiling, accepting of you, and nodding their heads in agreement. You know in your heart and soul that you will do great.

You are actually feeling excited; you are really looking forward to giving the presentation.

When you step into the room, feel confidence oozing from every fiber of your being. You see the friendly faces before you. As you begin your presentation, step outside of yourself to view this confident new you.

See a very confident public speaker before you. You are dressed immaculately; your hair is neat and tidy. You have a friendly smile. See yourself give your speech and presentation with absolute confidence, you have memorized every single word with ease, you make eye contact with each and every person in the room....you see their friendly faces, you see them nod their heads in agreement. Your words are clear and concise. You are breathing calmly. Your words flow so easily, it feels great.

You feel so comfortable in front of an audience, you are a natural. You stand tall. At the end of the presentation you invite your audience to ask some

questions. You answer their questions easily and effortlessly and with excellent attention to detail. Everyone is so impressed, you look at their faces, and they love your presentation. It has been a massive success.

When you finish off your presentation, notice a huge sense of accomplishment flood your body. You have done it. You were brilliant. You are a winner.

Picture the people in the room come up to congratulate you on such a great presentation. You hear, "Well done _____ that was fantastic." Somebody else says, "Congratulations _____ that presentation blew me away."

You did it. You knew you could do it. Feel how excited you are. Feel how happy you are at achieving such a feat. You feel exhilarated. You feel such pride.

After you leave the room, go to your quiet, meditative place and repeat the following affirmations:

I am a confident public speaker.

I easily connect with every audience.

My words flow easily and effortlessly.

My words are clear and concise.

My message is clear and is always well received.

I speak with clarity and conviction.

My public speaking skills are always complimented by my audience.

I can easily remember facts and figures.

I choose to be calm and relaxed in front of an audience.

I always feel relaxed in front of an audience.

I am a successful public speaker.

My voice is powerful and confident.

My public speaking skills are improving every day.

I have the ability to be a great public speaker.

I find public speaking easy and enjoyable.

I am a natural when it comes to speaking in public.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Being a Successful Salesperson



Whether you want to be a successful sales person, win a big order or increase the number of paying customers through your door, then visualization can be a very effective tool to use. The key to its success is in the preparation, before the actual sales meeting. You must decide on the desired outcome of the sales call, what steps you will take during the call and any possible questions your prospective buyers may pose. All of this needs to be done before you attempt the actual sale.

For the purpose of this exercise I am visualizing a successful real estate sale. For those of you in different careers, this script can be easily adapted to suit any sales meeting or call.

A Guided Visualization for a Successful Salesperson

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now I want you to place all your attention on your feet. Our feet work so hard for us throughout the day, so thank them for all that they do. Imagine a bright, silvery, white light flow into both your feet, feel your feet relaxing. You may start to feel a tingling sensation, but don't panic if you don't feel this straight away, it will come with practice.

Bring the bright light up towards your knees, feeling your lower legs and knees relax. Bring the bright light slowly up towards your groin area, feel your thighs relax. Imagine your thigh muscles completely letting go, becoming loose and soft.

Allow the bright light to travel up towards your hips, letting go of any tension in the groin and hips. Feel the bright light travelling up towards your heart, past your stomach and navel area. Let go of your stomach muscles completely. We often clench and hold a lot of tension in this area so it is important to release and

let go.

As the bright light travels up towards the tip of your head, feel your chest relax, your shoulders, neck and lower jaw muscles relax. Release any tension you are holding in your cheeks and forehead.

Now bring the bright light down your arms, past the elbows out through your hands. You may feel a tingling sensation in your hands.

Remain in this state of total relaxation, while continuing to focus on your breathing. Feel your entire body unwind and let go.

Now imagine you are standing in the hallway of a house you are about to show. The house is on the market for \$2m, it is the most expensive house you have shown so selling it could be the start of a very lucrative and successful real estate practice.

The house stands beautiful in all its glory. It has recently been renovated so you can still get the faint paint smell throughout the hallway, it smells clean and fresh. The house is perfectly prepared, it is spotless, the temperature is just right. The decor really makes this house something special. You have full confidence in the fact that it will sell easily and quickly.

On the way to answer the doorbell you can hear the soft sound of your heels against the wooden floor. You are looking very smart and professional. As you open the door, you know you are showing this couple their very own house for the first time. You know they will buy it.

They are a lovely couple, they have friendly faces. You firmly shake their hands while looking into their eyes. Smile, introduce yourself and welcome them to the showing.

You feel so confident in your ability as a sales person. You have fully prepared and know exactly where each room is, you know the facilities the house has, you know the decor of each room and you know where each piece of furniture came from. You are also very knowledgeable about the neighborhood.

As you show your clients around, you speak in a clear, concise manner. You give your clients time to ask questions if they need to. You answer every question perfectly. It is obvious from your client's reaction that they are

impressed with you and the house. They keep saying how much they love it.

When you are finished showing them around, imagine standing in front of them. You give them some information on the surrounding neighborhood....stores, distance of the schools, nice restaurants, and public transport if they need it.

Now give your client's time to look around themselves. Tell them that you will be sitting in the back garden while they look, and you are there to answer any questions they may have.

As you are sitting there, close your eyes. You can hear the birds singing in the trees, smell the freshly cut grass. You are feeling so blessed today. You have a fantastic job and your sales are continuing to increase. You know that you make a great real estate agent.

As you look at the house, you are feeling calm and at ease. You know the couple are planning where to put their belongings as they look around.

You rise from your seat when you see the couple walk toward you. You know they are going to make an offer, you are feeling really excited.

They both thank you for showing them around the house and proclaim how much they love it. The gentleman then turns to you and proclaims they would like to buy the house and are willing to pay the asking price. It will be a cash sale so there will be no delays. They want the sale to go through as soon as possible so they can move in quickly.

Be aware of an immense sense of achievement flow through your body. You are so proud of yourself. Your heart is beating faster than usual, you are very excited.

You congratulate the couple on their choice of house and arrange to meet them at your office this afternoon so you can exchange paperwork. They thank you again and leave.

As you close the front door, turn around and look back at the hallway, you can see smell the paint. You are so happy. You have made a lot of commission today. You know this is the start of it; there will be an abundance of successful sales from now on, just like this one. As you stand there, close your eyes and repeat the following affirmations:

I am so happy and grateful to be a successful sales person.

I instinctively know how to get buyers to buy.

I am a skilled and talented salesperson.

I am very knowledgeable about the products I sell.

I am always able to answer my prospective buyer's questions with ease.

I love being a salesperson.

I am a persuasive and convincing salesperson.

I am a confident communicator.

People feel comfortable when they are around me.

I am naturally in tune with my customer's needs.

My mind is focused on success.

I always achieve my sales quotas.

I make a lot of commission from my sales.

My sales continue to increase every week.

I am the top salesperson for my company.

I love making a sale.

I am naturally good at selling.

My sales career is extremely satisfying.

I am caring and respectful towards my customers.

I have great relationships with my clients.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Sitting & Passing an Exam



Whatever exam you may be sitting, whether it is the bar exam or your high school history exam, visualization is a valuable tool to use. It can promote concentration and memory, reduce nervousness, increase confidence, and eliminate any stress or anxiety. When you have a clear, calm mind, information and knowledge flow freely, allowing you to sit any exam and succeed.

A Guided Visualization for Sitting & Passing an Exam

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. Feel your muscles letting go, becoming soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Focus your attention on your feet and say to yourself:

"My feet and toes are relaxed".....now follow this relaxing feeling upwards, while continuing to say the following: "My lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

You are feeling comfortable and tranquil. Become aware of how heavy your muscles feel, you feel as if you are sinking into the ground, becoming one with the universe.

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Your body and mind are relaxed. Focus on your breathing, following the air on its path as it expands your stomach and ribs....and then slowly leaves your body.

Allow this state of relaxation to drift through and around your body. You are calm. Your mind is still, your mind is calm.

Imagine sitting in the exam room, you have just received the paper. You are feeling really confident, you are actually excited to do the exam, you have prepared well. You hear the shuffle of the exam papers as they are turned by everyone in the room, including yourself. You read through the questions and smile to yourself. You have covered all the answers to each of the questions. You know you will do very well.

It is very quiet in the room; you are finding it very easy to concentrate. Your heartbeat is calm, your nerves are calm, and your brain is calm. Continue to take deep breaths. You don't need to panic or rush; you have ample time to answer every question.

See yourself writing out the answers, feel how easy it is to recall the information you have learned. You are very capable of getting an excellent grade in this exam. You answer each and every question, knowing you are right. You can smell the ink as you continue to write. You have all the time in the world, you calmly continue with the exam.

You are feeling calm, composed and totally in control. You are breathing calmly throughout the entire exam. Your shoulders are loose and your stomach is unclenched.

Now imagine you have finished the exam. As you read over the answers, see your neat handwriting, notice how clear your answers are. You are 100% confident in the answers; you know you have passed the exam.

Now move time forward a little and imagine receiving your exam results. You are standing holding the envelope in your hand. You are excited, your heart is racing. You see your name clearly printed on the envelope. Open it up and take

out the letter, the paper feels crisp and soft in your hands. You passed and received the highest grade! As you continue to read, a great feeling of accomplishment sweeps over you. You are so proud of your achievement. You did it. You are a winner. You feel very excited. You breathe deeply; you believe in yourself, you can do absolutely anything you put your mind to.

As you read those beautiful words.....you passed.....say "Thank you, thank you, thank you."

Repeat the following affirmations:

I am prepared for my exam.

I can easily recall information I have learned.

Studying comes easily to me.

I am capable of passing any exam.

I remain calm and composed during my exams.

I enjoy sitting exams.

I am disciplined when it comes to studying.

My memory is sharp.

Any information I need to recall comes easily to my mind.

Exam answers come to me quickly and easily.

I absorb and remember everything I learn in school.

I always get excellent grades on my exams.

I am able to learn things easily.

I am an A student.

I am getting smarter every single day.

I am motivated to study for any exam.

I always remain focused while I am doing an exam.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

7

Love & Relationships



Visualize a Romantic Proposal



Before beginning this exercise, make sure you have the perfect ring picked out. Have a look at different diamond rings online, go into stores and ask to try on engagement rings. Get your ring finger measured. If you can, take a photo of the perfect ring on your finger while you are in the store.

If you are already in a relationship with someone, imagine your romantic proposal with this person. If, on the other hand, you are single and looking to meet your perfect partner, then imagine what he/she would look like, how tall, how thin, hair color, eye color *etc.* Be specific on the personality traits you would like your partner to have, and continue to focus on this person. You don't have to see his/her face specifically, if you can only see an outline of somebody, that is perfectly fine.

A Guided Visualization for a Romantic Proposal

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are standing in front of a white smartboard, like one you would see in a classroom. With a color marker, whatever color you choose, write the number 10 on the board. See the number 10 very clearly and continue to breathe in and out. Feel your body becoming more and more relaxed, feel any tension melting away.

As you continue to breathe deeply, erase the number 10 from the board and as you do, feel yourself falling deeper and deeper into relaxation.

Now write the number 9 on the board in large, color print. See the number 9 in your mind's eye and feel yourself relaxing further. Continue to breathe deeply.

As you erase the number 9 notice how heavy your legs feel, you may even start to feel them tingle. Focus on your legs and feel them becoming more relaxed.

Continue to breathe deeply and write the number 8 on the board. Feel your hips start to sink into the ground, let go of any tension you are holding in your buttocks. Breathe deeply and erase the number 8 from the board.

Write the number 7 on the board, feel how easy it is to just relax and let go. See the number 7 vividly as you continue to breathe deeply.

Now write the number 6 on the board and notice how relaxed your tummy and lower back feel. They are open, receiving the relaxing energy you inhale on each breath. Erase the number 6 and go deeper. Let go of your body.

Write the number 5 and feel deeply relaxed, notice how your hands and fingertips are tingling with the swirling energy from your breathing. Erase the number 5, relaxing even more. Continue to breathe deeply and softly, erase the number 5. Feel how relaxed your shoulders feel, imagine any knots of tension simply melt away and evaporate into the universe.

Write the number 4, you are even deeper now. See the number 4 clearly in your mind's eye as you erase it from the board. Now write the number 3 on the board. Notice how relaxed your jaw, forehead and eyeballs feel. Go deeper.

Erase the number 3 and write the number 2 on the board. You are completely relaxed now. Your mind is calm and quiet. Your body is heavy.

Erase the number 2 and write the number 1 on the board. Focus on the number 1 and feel your body fall even deeper. You are surrounded by a glowing energy, dancing around you as it fills your body from head to toe.

Inhale for 4, hold for 2, exhale for 4. Breathe deep.

Now I want you to imagine you are staying at your favorite hotel with your boyfriend for the weekend. You are both having dinner in the beautiful candlelit restaurant. The food is beautiful and there is slow, romantic music on in the background. You are both laughing and joking about your day, saying how wonderful it was and how both of you feel so relaxed and peaceful.

When the meal is over, you both make your way up to your room to relax and enjoy the rest of your evening. When you get to the hotel room door, you enter first. Inside, the room is full of beautiful red roses, dozens of them; there is a

bottle of champagne laid out on the table to your right.

You look back at your boyfriend and he is down on one knee. You are feeling very emotional, your heart is beating, you are starting to feel yourself shake and become warm and balmy. He is holding the most beautiful diamond ring you have ever seen, he looks into your eyes and says "I love you _____, you are the most important person in my life. Please make me the happiest man alive, will you marry me?"

You can hear those words so clearly in your head. You see his beautiful smile and his loving, warm face.

You immediately say yes. He slips the ring onto your finger, jumps up and swirls you around while you are kissing. You are both so emotional, so happy. Your dream man has asked you to marry him. Your wish has come true.

Hugging him, you close your eyes and thank the universe for sending you this wonderful, honest, loving man. You look at your engagement ring, it feels secure on your finger and looks breathtakingly beautiful.

You repeat the following affirmations to yourself:

I am engaged and it feels amazing.

I am so lucky to have such a romantic, thoughtful fiancé.

I love my fiancé very much; we have a truly wonderful relationship in every way.

My engagement ring is stunning, I love it.

My engagement ring fits my finger perfectly, it was made for me.

My fiancé is the love of my life; he makes me feel happy and content.

I love planning our wedding day, it is so exciting.

I am wearing the engagement ring I always wanted.

I am very blessed in my life.

My life is full of miracles and blessings.

My fiancé and I are in a harmonious, loving relationship.

I am surrounded by love and happiness.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Your Wedding Day



When doing this exercise, I recommend focusing on one aspect of your wedding day. You couldn't possibly visualize the entire day, you wouldn't have time and it would be very difficult to remember all the specifics. You could focus on walking up the aisle, the meal, your first dance, after the ceremony or the party.

For this exercise to be successful, be as specific as you can, know what wedding dress you would like to have on, know your color bridesmaids, know the color and type of suit your husband is wearing, know what color your Mom is wearing, know where you are getting married, where the ceremony is *etc.* If you are male, then it is also important to know the above details.

A Guided Visualization for Your Wedding Day

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4, hold for 2, and so on. With each breath, feel your body becoming more relaxed. Let go on the tension in your large muscle groups such as the thighs and buttocks.

With every inhale, inflate your tummy and feel the breath rise into your chest. Relax your jaw and let your shoulders drop.

Continue to focus on your breathing, noticing how your chest rises and falls each time. You are now going to count backwards from 50 to 1, synchronizing the counting with each breath.

On the next inhale for a count of 4, repeat the number 50, hold for 2, exhale for a count of 4 and repeat the number 49. Continue this sequence until you reach number 1. If your mind wanders at any stage during this meditation, it's ok. Don't force it, just acknowledge the thought and bring yourself back to the meditation.

While you continue to count backwards, be aware of how relaxed your body is feeling. The closer you get to number 1 the more relaxed you are becoming. You are falling deeper and deeper into a state of relaxation.

Absorb the stillness, absorb the silence.

When you reach number 1, continue to breathe normally and just observe the breath.

Now I want you to imagine you are waiting with your Dad or Mom to walk up the aisle at your wedding. Your bridesmaids have all gone ahead of you and now it is your turn. You have never felt more beautiful and happier in your life. You imagine your fiancé waiting for you at the top of the aisle and it fills your heart with an immense feeling of love and joy.

You look at your Mom or Dad, they smile at you and say "Ready?", you smile back and say, "Absolutely." As you both walk slowly up the aisle you can hear the beautiful music surrounding you, it is one of your favorite songs, the one you picked especially for this moment. You notice the beautifully decorated room, the flowers, the candles. You can smell the beautiful floral scent coming from the flowers.

You see your fiancé at the top of the aisle; he has his back to you, waiting for you. People are smiling at you, some with happy tears, some taking photos of you; you can see the flash a few times.

Your heart is beating fast, you are so excited. You're a little nervous but you know the day will be perfect and that feeling of nervousness is completely normal.

You stop just alongside your future husband, he turns and he is smiling from one ear to the next. Your Dad/Mom shakes your fiancé's hand and gently lets you go after kissing you on your cheek.

Your fiancé takes your hand, he looks into your eyes and tells you how stunning you look. He is beaming with pride. You look up into his face and are overwhelmed by how much you love him. You close your eyes and take a moment to feel gratitude for the great gift that you have beside you.

You both enjoy the ceremony, it has gone smoothly. You now hear the words "I now pronounce you husband and wife, you may kiss the bride." His sweeps you up into his arms and kisses you gently. You hear the applause from your family and friends. There is a strong energy in the air, it is full of love and romance.

You turn to face the crowd and everyone is cheering; you are both laughing and kissing each other. Your Mom and Dad are the first up, they hug and congratulate you. You see their beautiful, happy faces.

As you look up to your husband's face, you close your eyes and repeat the following affirmations:

My wedding day is perfect.

Everything went smoothly on our wedding day.

Our wedding day is surrounded with love, joy and laughter.

My wedding day is a complete success.

I can easily afford the wedding of my dreams.

My wedding day menu is very successful.

I adore my wedding dress, it is exactly what I wanted and fits me beautifully.

My hair and makeup turned out perfectly, I look stunning.

Everybody comments on how beautiful I am looking on my wedding day.

The guests love the band at our wedding, they are dancing all night.

My family and friends are overjoyed for me on my wedding day.

I am getting married in my dream venue.

I love being married to my husband/wife; he/she makes me so happy.

My husband/wife and I have a harmonious, loving relationship.

My husband/wife and I share similar interests and love spending time together.

My wedding day is the best day of my life.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize a Romantic Stroll along the Beach



Repetition is the key to successful visualization so visualize the same scenario each time with this exercise. Visualize yourself and your partner wearing the same clothes, saying the same things to each other, walking on the same side each time, seeing the same tree or flower in the same spot *etc.*

It might be a good idea to write your visualization out before you start so you have specific pictures in your head.

A Guided Visualization for a Romantic Stroll along the Beach

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are alone in a movie theatre. You are sitting right in the middle in a big, plush, comfortable chair. Your legs and back are fully supported. The movie screen is directly in front of you. You are feeling warm, safe and secure.

On the screen directly in front of you, you see the number 20 in large, black print appear on the left hand side of the screen. As you look at the number 20, see it move slowly across to the right hand side and slowly disappear.

Feel your muscles start to let go and imagine any tension begin to gently melt away.

The number 19 appears on the left side of the screen and moves slowly along to the right, disappearing at the edge. Your jaw is relaxed, your eyeballs are relaxed, and your mind is quiet.

Continue counting down, seeing each number travel across the screen from left to right. See the number vividly.

18, 17, 16, 15, 14, you are feeling very relaxed now, 13, 12, 11, 10, 9, 8, 7,

6.....

Your body feels like it is sinking into the chair. If your mind wanders, don't fight it; gently bring it back to the movie theatre.

See the number 5 slowly make its way across the screen. You are going deeper and deeper.

Follow the number 4 as it travels across the screen. Your muscles feel heavy, you are aware of the silence and stillness around you.

The number 3 appears on the left screen and drifts slowly across to the right. The number 2 appears, it too travels slowly across the screen.

The number 1 appears on the left and eventually disappears to the right. Your body is completely relaxed, it is grounded into the earth.

You feel a wonderful tingling sensation throughout your body.

Now imagine you are on a beautiful, white sandy beach with your wife/husband. Your husband is standing to your left, you are holding hands.

Listen to the rhythm of the gently crashing waves. The sun has just set but you can still feel a beautiful warm breeze on your face. Your toes and feet feel warm against the sand. Your husband/wife's hand feels warm and secure.

As you walk along the beach, you look out into the beautiful ocean; the sky has a beautiful dark orange glow, the sign of another beautiful day tomorrow.

Looking over to your left past your husband/wife, you comment on how beautiful the palm trees look with the fairy lights on. In the distance, you notice the dim lighting of the restaurant you will be eating at later.

Your husband/wife wraps his/her arms around you; you reciprocate and cuddle into them. He/she smells good. The ocean smells good. The air smells good.

As you walk further along the beach, you are both laughing at how great your day was. Your husband/wife stops, turns to you, pulls you in towards them, looks into your eyes and says "I love you _____, I wouldn't want to be anywhere else right now, this is perfect, you are perfect." You smile and gently

kiss him/her on the lips and say "I love you too, you are right, this is perfect."

You both continue walking, and further along sit down on the sand and look out to the ocean. You run your fingers through the warm, pristine white sand.

You both cuddle into each other; your husband/wife kisses you on the cheek as you are looking out to the ocean. You feel the warmth of the embrace and kiss. Close your eyes and thank the universe for this very special moment and repeat the following affirmations:

I am lucky to have many special moments in my life.

My partner and I love going on romantic trips together.

My husband/wife/partner always surprises me in the most romantic ways.

I feel safe and content.

My partner is affectionate towards me.

I have a wonderful life filled with love and romance.

I feel so alive in my relationship/marriage.

My partner and I are in a compatible relationship.

I love my partner's romantic gestures.

My partner and I feel comfortable in each other's company.

Romance is very much alive in my relationship with _____.

I am grateful every single day for having _____ in my life.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and

take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Relaxation during Pregnancy



Visualizing throughout pregnancy is an effective way to reduce any unpleasant experiences you may go through such as restlessness, back pain, indigestion and swollen limbs. It is recommended to start visualization as early into your pregnancy as you can.

When settling into a comfortable position, make sure you use the bathroom first. Have plenty of pillows around you. If you are lying down, place 2 pillows under your knees to tilt your pelvis forward. If your lower back is sore, place a hot water bottle on the sore area and feel the pain drift away.

A Guided Visualization for Relaxation during Pregnancy

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now I want you to place all your attention on your feet. Our feet work so hard for us throughout the day so thank them for all that they do. Imagine a bright, silvery white light in both your feet, feel your feet relaxing. You may start to feel a tingling sensation but don't panic if you don't feel this straight away, it will come with practice.

Bring the bright light up towards your knees, feeling your lower legs and knees relax. Bring the bright light slowly up towards your groin area, feel your thighs relax. Imagine your thigh muscles completely relaxing.

Bring the bright light up towards your hips, letting go of the tension in the groin and hips. Feel the bright light travelling up towards your heart, past your tummy and belly button. Let go of your tummy completely. We often hold a lot of tension in this area so it is important to release and let go.

As the bright light travels up towards the tip of your head, feel your chest relax, your shoulders, neck and lower jaw muscles. Release any tension you are

holding in your cheeks and forehead.

Now bring the bright light down your arms, past the elbows out through your hands. You may feel a tingling sensation in your hands.

Relax into the feeling, focusing more on your breath. Feel your entire body relax and let go.

Now bring the bright light down your arms, past the elbows out through your hands. You may feel a tingling sensation in your hands.

Relax into the feeling, focusing more on your breath. Feel your entire body relax and let go.

Become aware of how your body is feeling. Feel the peace, calm and serenity shared by you and your body as you relax in this moment. Focus on increasing this feeling of pure relaxation, and direct it towards your baby.

As you continue to breathe deeply, breathe into your stomach and pelvic area. Surround your baby with a golden light. Feel your pelvic muscles relax, feel your stomach muscles relax.

Focus on your perineum, the area between your vagina and anus, breathe deeply into this area and let go. Breathe into your vagina, feel the muscles surrounding this area become softer.

Now focus on your lower back and buttocks. Feel a numbing relaxation flow to this area with every breath you take. You are feeling more and more relaxed.

Gently allow this numbing feeling to travel up your spine towards your shoulders and neck. Allow your back to relax completely. Imagine any knots of tension melting away into the earth.

Enjoy this wonderful feeling of relaxation. Imagine your baby feeling warm and protected. Your baby is happy and peaceful.

Imagine the golden light surrounding your baby flow out to all parts of your body. You are one with your baby. You are connected on a spiritual level; your baby can feel the love flowing from your heart.

Link your heart to your baby using a glowing, golden tube. Love flows along this tube every minute of every day. He/she is nourished with your love.

Feel the sensations of your relaxed body. Feel your hands and feet tingle, feel your breasts tingle.

Feel your healthy breasts producing milk so you can easily nourish your baby when he/she is born.

When different thoughts arise, acknowledge them and let them pass. Return to your place of serenity with your baby.

Trust that the labor will go smoothly, you will be relaxed and calm. You will feel comfortable and at ease with the doctors around you. Your cervix will dilate easily; your vagina will stretch effortlessly. The labor will be a very natural, flowing process.

As you continue to breathe deeply, repeat the following affirmations:

My pregnancy is easy and stress free.

I love being pregnant.

My pregnancy brings me joy and happiness.

I feel at one with my baby.

My baby is safe and happy in my womb.

I send my baby love throughout the day.

I think only positive thoughts about my pregnancy.

I am glowing throughout my pregnancy.

My skin and hair are radiant and healthy throughout my pregnancy.

I am going through an easy pregnancy.

I am experiencing a healthy, joyous pregnancy.

I eat healthily throughout my pregnancy and nourish my baby with everything he or she needs.

I feel physically fit and healthy throughout my pregnancy.

I enjoy every minute being pregnant.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Enhancing Fertility



Trying for a baby can be a joyous occasion for some, but for others it can be a stressful and somewhat heartbreaking time. The idea behind visualization is to bring your mind and body into a most positive state, an essential prelude to successful fertility.

As hard as this sounds, let go of the negative feelings and disappointments as much as you can. If you get your period while you are practising visualization, accept it and trust in your heart that it will happen for you...imagine that your baby's cells are still developing and are on the way to you. Don't lose faith; repeat this visualization 2, 3, 4 times a day if you can.

A Guided Visualization for Enhanced Fertility

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are at the foot of a staircase, there are 20 steps in total. In your mind's eye, imagine the figure 20 in clear, large print. Step down to the 19th step; as you do, feel yourself going deeper, see the number 19 in your mind's eye.

Continue to descend the stairs and with each step, feel yourself becoming more relaxed.

Feel the muscles in your thighs relaxing, let go of the tension in your tummy, relax your jaw. Release all the tension in your body.

....18, 17, 16, feel yourself going deeper...15, 14, 13, 12, 11, notice how heavy your body feels....10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

You are completely relaxed now; your mind is calm and quiet.

Imagine breathing in a golden, glowing light down to your ovaries. Imagine this

light surrounding, engulfing and protecting your ovaries. Now move this warm, fertile light down to your fallopian tubes, building strength as it flows. Through your fallopian tubes, gently move the light towards your uterus where it creates a warm, strong, safe environment for your baby to grow and develop healthily.

Imagine the walls of your uterus strong and capable of bearing life. Your womb feels strong, it feels healthy.

Direct your attention back to your ovaries and visualize a follicle being guided from your left ovary into your fallopian tubes. Imagine the egg being propelled further along the fallopian tubes. Here it comes into contact with sperm and becomes fertilized. Imagine the egg and sperm fusing together, strong and solid.

Now imagine the fertilized egg traveling to the uterus where it implants itself into the strong uterine wall. See your nourished fertilized egg develop into an embryo, and then see it develop into a fetus and become stronger and stronger. Feel the baby grow inside you, feel the gift of life grow inside your womb.

Thank the universe for the precious baby you are carrying. Repeat the following affirmations:

I trust my body.

My body is a healthy, strong temple.

My hormones are perfectly balanced.

My productive organs work in perfect harmony with my body and allow me to conceive easily.

My eggs are healthy and are open to be released during ovulation.

I accept the gift of life within myself.

I deserve to have a healthy, happy baby.

I believe in my ability to become a mother.

I choose a healthy lifestyle that enhances my fertility.

I trust in the universe to bring me a healthy, happy baby.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Attracting Your Soul Mate



Before you begin this visualization it is important to be specific about the type of man or woman you would like to meet. What do they look like? What personality traits do they have? What specific characteristics are you looking for? Most people have been in an unhappy relationship at some point in their lives so take out a piece of paper and write down the exact characteristics and traits you did not like about your last partner. This will give you an excellent idea of what you DO NOT want. Now beside what you have listed, write the exact opposite, for example;

Mean = kind.

Stingy = generous.

Boring = great sense of humor.

Non believer in marriage = strong beliefs in marriage.

Unhealthy diet = healthy and fit.

Controlling = secure.

Watched too much sport = similar interests.

High maintenance = emotionally and mentally secure.

Foolish, stupid = Intelligent.

Unattractive = sexy, attractive.

Once you have a clear picture of the type of person you would like to meet, from the color of their eyes and hair, to how tall they are and what size clothes they wear, then you can begin your visualization.

A lot of people find when they start off, their partner's face is fuzzy. This is absolutely fine. If you can imagine the outline of the person, along with their good energy then your visualization will be successful.

A Guided Visualization for Attracting Your Soul Mate

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times

while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. Feel your muscles letting go, becoming soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Focus your attention on your feet and say to yourself:

"My feet and toes are relaxed".....now follow this relaxing feeling upwards, while continuing to say the following: "My lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

You are feeling comfortable and tranquil. Become aware of how heavy your muscles feel, you feel as if you are sinking into the ground, becoming one with universe.

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Your body and mind are relaxed. Focus on your breathing, following the air on its path as it expands your stomach and ribs....and then slowly leaves your body.

Imagine you are sitting in a park on a beautiful summer's day, reading a great book. You are lying on a blanket with a cushion supporting your head. The sun feels warm on your face, the grass is a healthy, deep green and the beautiful scent coming from the flowers is a smell that always reminds you of summertime.

As you are lying in this perfect place, breathe in the exquisite smells of summer.....the grass, flowers, air, soil. You can hear the slight chirping of the

birds in the trees as they sing to each other; you can hear the distant laughter of others enjoying their day out in the park.

Now imagine a soft, small ball come rolling up and stopping just at your lower right leg. You look up and see a man running towards it with a smile on his face. You think to yourself, "Wow, nice smile." He apologizes, explaining that he is minding his friend's dog for a few days so decided to take him out to the park for a run around.

You say "Hey, no problem, it looks like you are having a good run around too!" You both laugh. He kneels down to pick up the ball, stays there and starts talking to you. He has the most beautiful smile and eyes you have ever seen. His hair is dark and styled really well.

The dog waddles over, tired from his workout and flops down beside his friend. The man says to you, "looks like he's sleeping this off, do you mind if I sit here with you?" You reply, "No, of course not." He formally introduces himself and sits down beside you.

Your stomach starts to tingle in an excited, nervous way. You love the way he looks at you and smiles. You are definitely getting a good vibe from him; the butterflies in your stomach start to get stronger. He makes you feel really comfortable and at ease. He is a funny guy, he makes you laugh, he's open enough but not too pushy.

You think back to your "list" and you smile. He definitely has the look you wanted, and so far he seems to have the characteristics and traits. He is ticking a lot of the boxes, for sure!

After a few minutes of chatting to each other, he says to you, "Do you fancy getting an ice-cream with me?" His smile makes your knees wobble. You reply, "I'd love to."

You have a really good feeling about this. He wants to be with you, you want to be with him. Today is a wonderful day.

You both get up and walk towards the ice cream parlour, the cute dog in tow.

You are experiencing a feeling, one you haven't felt before.....he is the one.

Allow this joyous feeling to fill every crevice in your body. Become aware of the glorious energy that is gently flowing throughout your body. Repeat the following affirmations:

I trust in the universe to manifest my soul mate.

My soul mate and I have a fantastic relationship.

I thank God every day for allowing me to experience life with my soul mate.

I am already deeply connected to my soul mate.

I deserve to have a loving, kind soul mate.

I radiate a loving energy.

My soul mate is strongly attracted to me.

I love, respect and appreciate myself.

I strongly believe in the power of love.

I allow the magic of love to flow into my life.

Every cell of my body radiates beauty and love.

My heart is open and welcoming.

I attract the love I desire.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Positive Parenting



Because successful visualization requires momentum, it is sometimes difficult to focus on a specific event or day during parenthood, there are so many. For positive parenting as a whole, focus on sending your children love and support every day.

Most importantly, you need to focus on loving yourself. You cannot expect to be a loving, kind parent, if you do not have the ability to love yourself. All love radiates from you, so you must make sure that your mind, body and soul is a loving, nourishing place.

A Guided Visualization for Positive Parenting

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now I want you to focus on how your feet are feeling and start to imagine a heavy, white sand fill every part of your feet and toes, the bones of your feet, the joints in your ankles, in between the toes, underneath the toe nails. Now dissolve any tension you may be feeling in your feet and toes and allow it to soak into the sand. Make sure you get every last bit of tension. When your feet are tension free and completely relaxed, open the double doors at the bottom of the feet and allow the sand to slide slowly out, taking all the tension with it.

Fill your lower legs, knees and thighs with the pristine, white sand and feel the tension soaking into the sand as your legs become more relaxed and heavy. Open the doors behind your knees and allow the sand to drift slowly out, bringing any tension with it.

Now move the sand up to the groin area, engulfing your buttocks and hips. Our buttocks are the strongest muscles in our body and hold a lot of tension so make sure you spend some time here feeling each muscle fiber as it relaxes and lets go of any tension. When this area feels heavy and deeply rooted to the ground, open

the doors on your hip and let the sand drain away.

Gently fill your lower back, stomach area, digestive organs, heart, lungs, ribs, chest, upper back and shoulders with this cleansing sand. Starting from your lower back, feel each vertebrae of your spine relax, spread out to your shoulders and concentrate on dissolving any knots of tension you might be holding in this area. Make sure the sand dissolves any tension you may be feeling in your bones. Open the doors in your lower back and release all the sand.

Unwind and let your stomach muscles go, feel the sand melt any toxins and tension you may be holding in this area. Let go of any pain or tension in the heart area. Gradually feel your chest become more and more relaxed. Now open the doors on your left side and let the sand flow out of your body.

Allow the sand to fill your neck, lower jaw, face and head. Pay particular attention to the back of the neck where you may find knots of tension, feel these melt away into the sand. Your head and neck feel heavy; your shoulders are relaxed and sink down. Feel the tension behind your eyes and forehead evaporate into the sand. Now open the doors at the back of the head and let the sand and any tension you were holding in this area to dissipate into the ground.

Now fill your body with a pristine, bright, white light, starting from the tips of your toes to the top of your head. Your mind is clear and at peace.

Now imagine sitting in a beautiful meadow, covered in grass and flowers, the sky is blue, the air is warm, the leaves are swaying in the trees.

Visualize your child when she/he was a baby. You are cradling your baby in your arms. You are looking deep into the beautiful face of your baby, and he/she is looking back at you. Your baby smiles at you. You lift him/her up over your shoulders and back down. You are both giggling and laughing.

You have a deep connection with your baby; he/she is very much a part of you. You have a close bond that will never break. Kiss your baby and whisper into his/her ear, "I love you _____, I promise I will be a good parent to you, always." Smell the beautiful baby smell from her/his face, feel her/his soft hair brush against your face.

See your baby gazing up into your eyes, trusting you with their love and life. You respect that trust, you hold onto it, knowing that you will always do right by

your child.

Now imagine sitting in the meadow in front of your child as they are today. You gaze into the same beautiful face, the same beautiful eyes. You smile, gently brush the back of your hands against their soft cheek. He/she smiles back at you. That smile lifts your heart and fills it with a golden pink light.

Imagine that light radiating from your heart, surrounding both of you like a pink bubble.

You both lie down in the pink bubble and hold hands as it lifts you up and slowly sweeps you across the meadow. You feel your child's hand in yours. You look at her/him, you trust your child. Your child trusts you. You are both safe and secure in the pink bubble.

Let your body become completely aware of your child's presence. She/he is so happy and content. She/he is smiling. Imagine your child turn to you and say, "I love you Mom." Your stomach starts to tingle, you feel emotional. Those 4 words sound amazing. You hear your child say it over and over again in your mind.

As you both float happily together, you trust in yourself as a parent, you trust in your child. You trust that you will be able to handle any situation that arises in your child's life, with patience, understanding and most importantly, love. Now thank the universe for bringing this precious human being into your life and repeat the following affirmations:

I am a confident parent.

I love and support my children in every way.

I am aware of my children's needs.

I always set positive examples for my children.

I allow my children to be independent.

I listen to my children when they speak.

I treat my children with kindness and respect.

I encourage my children and praise them for their accomplishments.

I always find quality time to spend with my children.

My husband/wife and I share the same values when it comes to our children.

I allow my children to grow into beautiful human beings.

I teach my children manners and respect.

I have a great relationship with my children.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize a Happy, Healthy Relationship With Family & Friends



This visualization exercise can be used in one of 2 ways, to either strengthen existing friendships or to attract new friendships. If it is the latter, what type of people do you want to have a friendship with? What are their qualities? What do they stand for? What are their values?

If you find it difficult to imagine what it would be like, or how it would feel to be in a happy friendship with someone, then just aim to feel happy. You don't have to see your new friend's faces, just imagine their outline and how you feel when you are with them.

A Guided Visualization for a Healthy, Happy Relationship with Family & Friends

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are alone in a movie theatre. You are sitting right in the middle in a big, plush, comfortable chair. Your legs and back are fully supported. The movie screen is directly in front of you. You are feeling warm, safe and secure.

On the screen, directly in front of you, you see the number 20 in large, black print appear on the left hand side of the screen. As you look at the number 20, see it move slowly across to the right hand side and slowly disappear off the screen.

Feel your muscles start to let go and imagine any tension begin to gently melt away.

The number 19 appears on the left side of the screen and moves slowly along to the right, disappearing at the edge. Your jaw is relaxed, your eyeballs are

relaxed, your mind is quiet.

Continue counting down, seeing each number travel across the screen from left to right. See the number vividly.

18, 17, 16, 15, 14, you are feeling very relaxed now, 13, 12, 11, 10, 9, 8, 7, 6.....

Your body feels like it is sinking into the chair. If your mind wanders, don't fight it; gently bring it back to the movie theatre.

See the number 5 slowly make its way across the screen. You are going deeper and deeper.

Follow the number 4 as it travels across the screen. Your muscles feel heavy, you are aware of the silence and stillness around you.

The number 3 appears on the left of the screen and drifts slowly across to the right. The number 2 appears, it too travels slowly across the screen.

The number 1 appears on the left and eventually disappears to the right. Your body is completely relaxed; it is grounded into the earth.

You feel a wonderful tingling sensation throughout your body.

See yourself in a room with 3 other people. These people are your loving friends. As you look around the room you see people that you can share joy, fear, success, love and companionship with. You feel a sense of belonging.

You are all laughing together. There is a sense of trust around the room; you can all depend on each other when you need it.

One of your friends turns to you and says "Do you want to go to the movies later? That new movie with Leonardo DiCaprio is out, fancy it?" You enthusiastically say yes.

As a male, your friend could ask you if you'd like to go to the game later or to the bar for a game of pool and a couple of beers.

You are safe, you are secure. You are so happy to be surrounded by positive

people. Your friends empower you to be a good person.

You all talk about what you will do at the weekend together. Saturday will be a sunny, hot day so you all decide amongst yourselves to go to the beach and hang out.

The best thing about your friends is that you have the confidence to express yourself and speak your mind. They never judge you, only encourage and support you.

You feel supported.

Now imagine yourself in a room surrounded by your parents and siblings. You are laughing and joking with each other. You have a great relationship with your family; you each let the other have their own space. There is an understanding amongst you.

Imagine smiles on all of their faces as they look at you. You feel a strong sense of belonging.

See your Mom come up to you, wrap her arms around you and kiss you on the cheek. Feel the warm, soft touch of her lips, smell the scent of her perfume, feel her loving embrace.

Now take the time to look into the eyes of each member of your family and each one of your friends. Thank them for being in your life and repeat the following affirmations:

I am surrounded by loving, positive friendships.

My family loves and supports me.

My friends encourage and empower me to be a good person.

I give thanks for my wonderful family and friends.

I love my family and friends unconditionally.

I treat my family and friends with love and respect and it is returned to me

multiplied.

My family and friends inspire me to be the best I can be.

I love spending time and having fun with my friends.

I have loyal, trusting friendships.

I love spending quality time with both my friends and family.

My family supports my goals and dreams.

My family and I enjoy a peaceful, harmonious relationship.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

8

Health & Physical Body



Visualize Your Ideal Weight



Picturing yourself with your ideal body can be very difficult, particularly if you have been over/under weight for a long time. The best way to imprint your subconscious with this image is to cut out a photo of the body shape you would like, and replace the face with a cut out image of yours. You will then have a clearer image of what you would look like when visualizing.

A Guided Visualization for Your Ideal Weight

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out."

As you continue to breathe, on the inhale breathe in a warm air that flows throughout your body providing energy to your chakras. With each breath notice how your muscles are becoming more relaxed and your mind is slowing down. If your mind wanders to a thought, gently bring it back and continue to focus on your breathing.

Breathing deep from your tummy, inhale a soft, glowing red and bring it down towards your root chakra, at the base of the spine in the tailbone area. Imagine the red light glowing brightly in this area, keeping you grounded and encouraging feelings of balance and security.

Slowly moving up towards the belly button, breathe in a soft, glowing orange color and send it to your sacral chakra. Imagine this bright, radiant light energizing this area, about 2 inches below the navel. You feel your emotions becoming more balanced.

Moving up towards your upper abdomen, about 1 inch above your navel, breathe in a vibrant, glowing yellow and send it to your solar plexus chakra. This chakra is about self esteem, confidence and self-worth so spend some time here if these are areas that you would like to improve in your life. Imagine the sunshine yellow, energizing your solar plexus.

Moving up towards your heart, breathe in a beautiful green color and send it to your heart chakra. This chakra enables us to feel love and open our hearts so with each breath in, imagine filling your heart with pure love and energy. Open your heart and allow yourself to be loved and to love others. Feel at peace as the green energy transforms your heart.

Moving up towards the throat, breathe in a deep blue color into the throat chakra. This area enables our ability to communicate and express ourselves. Imagine the beautiful blue color energizing this area. Spend some extra time here if this is an area in your life that you would like to work on.

Moving up towards the forehead, in between the eyes, breathe in a vibrant indigo colour and send it to your third eye chakra. This represents our ability to focus, to see and solve problems and to foresee what the future holds. Allow the energy to grow stronger as you breathe in more indigo and feel your intuition and insight become stronger.

Finally, move up towards your crown chakra at the top of the head. Breathe in a glowing violet color and send it to your crown chakra. The highest chakra represents spirituality and our ability to be one with the world. It is the center of pure bliss and nirvana. Feel the violet grow stronger while you become more aware of your body, mind and the world around you.

Take some time to be present in your body. Feel the different sensations of positive energy flowing through your feet, legs, trunk, arms, hands, chest, neck and head.

As you continue to breathe deeply, imagine filling your lungs and body with a nutritious air, one that nourishes each and every one of your cells with everything they need to multiply perfectly.

Allow this air to filter throughout your body, bathing your cells with all the nutrients they need.

Now I want you to imagine seeing a photo of yourself on a large cinema screen. Imagine your body healthy, fit and vibrant. Look at your flat, toned stomach, your toned arms, toned legs. Look at the beaming smile on your face. Look at your healthy, shiny hair, your glowing complexion, and your clear, bright eyes.

Hold this image. Be aware of how alive you feel, how confident and beautiful

you feel. You feel so happy, you look stunning. You are at your ideal weight and you feel fantastic.

Feel your cells radiating with pure love for yourself and your body.

Now imagine you are standing in front of a full length mirror. Transfer the image on the cinema screen to the mirror. See your reflection looking back at you. Admire your body. Look at your flat, toned stomach, your waist, your toned hips, your toned legs, toned arms. Turn to the side and look at how perky and lifted your butt looks.

Notice how radiant your skin looks, it looks healthy. You have a beautifully, tanned body.

Now imagine trying on a dress or suit that you have wanted to wear for a long time. Feel the fabric against your skin. Notice the clothes fitting you perfectly. Be aware of how confident you feel. Hold onto the image you have of your new body.

Now picture yourself on a beach wearing your new bikini/swim trunks. Rub your hands across your tummy, feel how slim and toned it feels. Notice how warm and soft the white sand feels in between your toes. Feel how soft your skin feels to the touch. Look down at your toned legs. You are feeling very confident.

Your body is completely energized; you are feeling strong and healthy. Walk along the shoreline and be aware of how confident you are feeling. Hold your head up high; you are proud of the way you look. Feel the warm breeze against your body as you walk along. Repeat the following affirmations to yourself:

I love and accept myself.

I love my body.

My body is healthy, strong and fit.

I am capable of losing weight.

I deserve to be my ideal weight and I accept it now.

I choose to be my ideal weight.

I am feeling great at my ideal weight.

I believe in my ability to lose/gain weight.

I believe in myself and acknowledge my greatness.

I allow myself to make good decisions for my body.

I now choose to eat healthy food.

I am getting closer to my ideal weight every day.

I am honest and open with myself.

I love my body, I love my life and I feel great.

I am strong in mind and body.

My mind is completely focused on reaching my ideal weight.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Enlarging Breasts



This exercise will obviously be very personal to you if you choose to practice it. In order for it to be successful, you need to follow this exercise at least once every day for a duration of 3 to 4 months. You will also need to eliminate any negative self-talk about your breasts or body image. Repeating positive affirmations throughout your day works well with this visualization.

A Guided Visualization for Enlarging Breasts

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4, hold for 2, and so on. With each breath, feel your body becoming more relaxed. Let go on the tension in your large muscle groups such as the thighs and buttocks.

With every inhale, inflate your stomach and feel the breath rise into your chest. Relax your jaw and let your shoulders drop.

Continue to focus on your breathing, noticing how your chest rises and falls each time. You are now going to count backwards from 50 to 1, synchronizing the counting with each breath.

On the next inhale for a count of 4, repeat the number 50, hold for 2, exhale for a count of 4 and repeat the number 49. Continue this sequence until you reach number 1. If your mind wanders at any stage during this meditation, it's ok. Don't force it, just acknowledge the thought and bring yourself back to the meditation.

While you continue to count backwards, be aware of how relaxed your body is becoming. The closer you get to number 1 the more relaxed you feel. You are falling deeper and deeper into a state of relaxation.

Absorb the stillness, absorb the silence.

When you reach number 1, continue to breathe normally and just observe the breath.

Now imagine there is a warm towel draped across your breasts. Feel the towel warm and hot across your chest. Your breasts are becoming warmer and warmer, they start to tingle. Blood circulation increases to your breasts with each passing moment.

You can feel your breasts beginning to swell with the increased blood circulation. Your breasts are warm.

Now imagine how you would like your breasts to look. Stand in front of the mirror with your top off and see your beautiful breasts. See how round and voluptuous they look. Look straight ahead and see the beautiful shape of your breasts, they are lifted and full.

Now turn to the side, see how perky they look. Your breasts and nipples are in perfect proportion. Your breasts are the same size as each other.

Continue to feel your breasts swell, feel your breast tissue expanding to the size you want. Imagine cupping both your breasts, they feel full and firm. Continue to cup your breasts, imagine how sexy you feel. They feel firm in your hands, they feel voluptuous.

Repeat to yourself, "My breasts are growing." Feel your breasts continue to swell from the heat, becoming firmer and firmer.

Look in the mirror again and see your perfect breasts. You feel so confident and sexy. You love your body. Admire your breasts, look at their beautiful shape.

Feel the heat, feeling the tingling, feel the swelling.

Feel them growing into the size, shape and firmness you would like. Focus on how warm your breasts feel. Continue to feel the circulation to your breasts increase.

Visualize your breasts round and perky. You are sexy. You are confident. You have a positive body image.

Cup your breasts again and feel how firm they are.

Imagine your boyfriend/husband tell you how sexy you look.

Imagine yourself in a white bikini on the beach. You are tanned. You feel so sexy. Your breasts are perky, round and firm in your bikini. You can see your nipples through your bikini. Notice some guys glance your way, admiring you. You walk with your head held high, your shoulders back. You are beautiful and attractive. As you walk along the beach, repeat the following affirmations:

My breasts are full and voluptuous.

I accept and embrace my femininity and womanhood.

I am a beautiful, sexy woman.

My breasts are firm.

I allow my breasts to grow.

My breast tissue expands in a healthy way.

I can feel my breasts grow throughout the day.

My breasts are healthy and strong.

I love my body. I love my breasts.

I feel sexy and confident when I look at my breasts.

I have a positive self image.

My breasts are a firm 3_____.

My breasts are a beautiful, round shape.

My breasts are the same size as each other.

My mind is focused on my firm, voluptuous breasts.

I deserve to have bigger breasts.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualization for Healthy Hair



When it comes to practising this exercise, you need to focus your attention on the hair that you wish to have, not what you currently see in the mirror. I recommend you cut out an image of the length or type of hair you would like, and look at it often. It is important to feel your scalp tingling as you imagine extra blood flow in this area. This exercise will take time to manifest but regular visualizing will manifest beautiful results for your hair.

A Guided Visualization for Healthy Hair

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are standing in front of a white smartboard, like one you would see in a classroom. With a color marker, whatever color you choose, write the number 10 on the board. See the number 10 very clearly and continue to breathe in and out. Feel your body becoming more and more relaxed, feel any tension melting away.

As you continue to breathe deeply, erase the number 10 from the board and as you do, feel yourself falling deeper and deeper into a state of relaxation.

Now write the number 9 on the board in large, color print. See the number 9 in your mind's eye and feel yourself relaxing further. Continue to breathe deeply.

As you erase the number 9 notice how heavy your legs feel, you may even start to feel them tingle. Focus on your legs and feel them becoming more relaxed.

Continue to breathe deeply and write the number 8 on the board. Feel your hips start to sink into the ground, let go of any tension you are holding in your buttocks. Breathe deeply and erase the number 8 from the board.

Write the number 7 on the board, feel how easy it is to just relax and let go. See the number 7 vividly as you continue to breathe deeply.

After erasing the number 7, write the number 6 on the board and notice how relaxed your stomach and lower back feel. They are open, receiving the relaxing energy you inhale on each breath. Erase the number 6 and go deeper. Let go of your body.

Write the number 5 and feel deeply relaxed, notice how your hands and fingertips are tingling with the swirling energy from your breathing. Erase the number 5, relaxing even more. Continue to breathe deeply and softly, erase the number 5. Notice how relaxed your shoulders feel, imagine any knots of tension simply melt away and evaporate into the universe.

Write the number 4, you are even deeper now. See the number 4 clearly in your mind's eye as you erase it from the board. Now write the number 3 on the board. Notice how relaxed your jaw, forehead and eyeballs feel. Go deeper.

Erase the number 3 and write the number 2 on the board. You are completely relaxed now. Your mind is calm and quiet. Your body is heavy.

Erase the number 2 and write the number 1 on the board. Focus on the number 1 and feel your body fall even deeper. You are surrounded by a glowing energy, dancing around you as it fills your body from head to toe.

Now picture your hair bulb, a pouch-like area beneath your skin, responsible for generating new hair cells. Imagine the millions of hair bulbs below your skin on your scalp, each one producing healthy, new cells.

Imagine these cells being nourished and protected, surrounding them with a golden, bright light. As the cells grow larger, imagine them moving up the root towards the surface of the skin. Imagine the hair protruding through your skin and growing to your desired length.

I want you to imagine how it would feel to have a full head of healthy, thick hair. Run your fingers through your hair, feel how thick it is. Feel how soft and strong it is.

Imagine standing outside on a windy summer's day. Feel the breeze through your hair, feel your hair gently brush against your forehead and cheeks from the breeze.

Send love and positive energy to each hair follicle on your scalp.

Shake your head from side to side, feel the weight of your hair. It is heavy and full. Run your fingers through your hair and feel how thick and strong it is.

Stand in front of the mirror and look at your full head of hair. It is the length you desire. It feels soft, it feels silky smooth. It looks healthy and shiny.

You feel confident and attractive. You love your hair, you love your scalp. Feel a sense of worthiness, you deserve to have a full head of hair, you deserve to have long, luscious hair.

Now bring yourself back to your breathing, just relax. Breathe length into your hair, with every breath you take imagine your hair growing longer and longer, becoming healthier and healthier.

Repeat the following affirmations:

I have the ability to grow the hair I want and deserve.

I deserve beautiful hair and I accept it now.

I deserve to have a full head of hair and I accept it now.

My hair is healthy and strong.

I produce thousands of new hair cells on my head on a daily basis.

My hair bulb is healthy and nourished.

My hair grows stronger every day.

I am so grateful to have a full head of hair.

My scalp is healthy and strong.

My hair is full and abundant.

I have the hair I desire, I love my hair.

I have healthy, vibrant, manageable hair.

I have soft, silk, luscious hair.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Healthy Cells



This visualization exercise can be used in times of sickness or when you just want to maintain a healthy life. If there is any one area that you would like to focus on specifically, then alter the exercise to focus on this particular part of your body.

A Guided Visualization for Healthy Cells

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now I want you to focus on how your feet are feeling and start to imagine a heavy, white sand fill every part of your feet and toes, the bones of your feet, the joints in your ankles, in between the toes, underneath the toe nails. Now dissolve any tension you may be feeling in your feet and toes and allow it to soak into the sand. Make sure you get every last bit of tension. When your feet are tension free and completely relaxed, open the double doors at the bottom of the feet and allow the sand to slide slowly out, taking all the tension with it.

Fill your lower legs, knees and thighs with the pristine, white sand and feel the tension soaking into the sand as your legs become more relaxed and heavy. Open the doors behind your knees and allow the sand to drift slowly out, bringing any tension with it.

Now move the sand up to the groin area, engulfing your buttocks and hips. Our buttocks are the strongest muscles in our body and hold a lot of tension so make sure you spend some time here feeling each muscle fiber as it relaxes and let's go of any tension. When this area feels heavy and deeply rooted to the ground, open the doors on your hip and let the sand drain away.

Gently fill your lower back, stomach area, digestive organs, heart, lungs, ribs, chest, upper back and shoulders with this cleansing sand. Starting from your lower back, feel each vertebrae of your spine relax, spread out to your shoulders

and concentrate on dissolving any knots of tension you might be holding in this area. Make sure the sand dissolves any tension you may be feeling in your bones. Open the doors in your lower back and release all the sand.

Unwind and let your tummy go, feel the sand melt any toxins and tension you may be holding in this area. Let go of any pain or tension in the heart area. Gradually feel your chest become more and more relaxed. Now open the doors on your left side and let the sand flow out of your body.

Allow the sand to fill your neck, lower jaw, face and head. Pay particular attention to the back of the neck where you may find knots of tension, feel these melt away into the sand. Your head and neck feel heavy; your shoulders are relaxed and sink down. Feel the tension behind our eyes and forehead evaporate into the sand. Now open the doors at the back of the head and let the sand and any tension you were holding in this area to dissipate into the ground.

Now fill your body with a pristine, bright, white light, starting from the tips of your toes to the top of your head. Your mind is clear and at peace.

Imagine this bright light bathing each one of the cells in your feet; imagine it penetrating your cells, surrounding the cells, filling each cell with love and light.

Move this energy up towards your legs and allow your cells to fill up with this energizing love. Imagine the structure of each cell becoming stronger and stronger.

Focus on the cells in your knee and hip joints. Feel the bright light infuse every cell, repairing any cells that are damaged. Notice the strength of each cell. See your bone cells build and repair strong bone tissue. Allow any tension in these areas to lift and break away, flowing out of your body.

Slowly move the healing light up to fill the trunk of your body. Feel the light soaking in through every cell in your stomach, intestines, pancreas, kidneys, lungs, heart, ribs, spine, back muscles, and shoulder blades. Pay particular attention to any area that may be of concern to you.

Imagine the cells of your spine; see each one glowing with strength and radiance. Feel your spine become stronger and stronger.

Fill up each one of your nerve fibers with this energizing light. Release any tension from your nerves and feel it melting away. Your nerves are strong and function perfectly well.

Bring the light up to fill your neck, face and scalp. Imagine the cells in this area becoming stronger and stronger; see the DNA structure repair easily.

See each one of your healthy cells multiplying perfectly. Your body is strong and healthy; your cells are strong and healthy. Repeat the following affirmations:

I am well.

The cells in my body multiply in a healthy, balanced way.

My organs are healthy and strong.

Every cell in my body is an expression of perfect health.

All of the cells in my body are working in perfect harmony with one another.

Every cell in my body functions properly.

Cells in my body repair themselves easily and effortlessly.

Every cell in my body is surrounded by love.

My body is strong, vibrant and full of energy.

I have strong and healthy bones.

I love and nurture my body.

I listen to my body and pay attention to its needs.

I treat my body with the respect it deserves.

I allow my body to relax and unwind.

My body's cells multiply perfectly.

My strong, healthy body is a reflection of my strong, healthy mind.

I send positive energy to each cell in my body on a daily basis.

I am so grateful to the cells of my body for keeping me healthy and strong.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize a Youthful Appearance



Considering that most people consider aging as a negative experience, it is not surprising that we become obsessed with finding the next miracle lotion or potion. If you can change your mind set to believe that youthfulness is simply a state of mind, then searching for a miracle cure will not be important to you, because you will possess the secret to a youthful appearance in your mind. We are as young or as old as we feel, and as a result, our appearance will reflect our current mind state.

A Guided Visualization for a Youthful Appearance

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. Feel your muscles letting go, becoming soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Focus your attention on your feet and say to yourself:

"My feet and toes are relaxed".....now follow this relaxing feeling upwards, while continuing to say the following: "My lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

You are feeling comfortable and tranquil. Become aware of how heavy your

muscles feel, you feel as if you are sinking into the ground, becoming one with universe.

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Your body and mind are relaxed. Focus on your breathing, following the air on its path as it expands your stomach and ribs....and then imagine it slowly leaving your body.

Now I want you to focus on your skin cells, throughout your body. See them producing collagen and elastin to keep the skin plump and resilient. Imagine the collagen keeping the skin strong, firm and plump.

Focusing on any wrinkles you may have, picture that area with increasing amounts of collagen and elastin. Imagine the wrinkle being erased from your face; erase it yourself with a cloth if you need to.

Now focus on any dilated capillaries or age spots you may have. Using the cloth, gently erase these skin imperfections. See a glowing, radiant complexion underneath.

Now I want you to focus completely on the muscles in your neck and face. Let go of your jaw muscles, relax your shoulders and let them drop, relax your forehead, eyeballs, and back of the scalp.

Beginning at your neck, imagine your neck muscles lifting up towards the top of your head, and as they do, your skin is stretching back to its youthful appearance. Moving up to the area of your neck just below your tongue, imagine that muscle moving upwards, creating a smooth contour around the chin and neck region.

Now imagine your jaw muscles lifting and becoming more firm. Raise the muscles at the corners of your mouth. Feel the corners of your mouth lift upwards. Now imagine your cheek muscles lifting up towards the top of your head.

Erase the nasolabial folds from the corners of your mouth to the outside of each nostril. Imagine little collagen and elastin men behind that area plumping

collagen and elastin into the layers of skin to keep it plump and firm.

Now imagine the muscles around the eye rising up towards the top of your head, become more and more firm. Lift the forehead muscle so your eyebrows naturally rise.

Use your cloth to erase any lines around the eye and forehead area. Imagine the little collagen and elastin men working hard in this area to smooth out the skin.

Now imagine every single cell in your neck, face and scalp start to light up, they are sparkling, shimmering in a magical glow. Your skin's complexion is glowing. You can feel your skin becoming more youthful. You can feel your skin tingle.

Each time you inhale, imagine your facial muscles lifting and becoming tighter and tighter. Feel your skin cells repairing and radiating life. See your face glowing, your neck glowing, your skin glowing.

Imagine standing beside a friend or family member; hear them admire your skin, saying how young you look. Imagine them complimenting you on your radiant complexion, telling you, you look beautiful and healthy.

Notice how confident you feel with your youthful appearance, how young you feel. Repeat the following affirmations:

I have a youthful appearance.

Each day I become younger and healthier.

Every cell in my body grows younger every day.

My body has all the collagen and elastin it needs to stay young and healthy.

My neck and facial muscles are firm and toned.

I feel young in body and mind.

I am an ageless being.

I know that age is just a number, I feel and look young.

I have radiant skin and a glowing complexion.

I am full of radiant health and youthful energy.

I look 20 years younger than my age.

I look and feel young, healthy and strong.

I am looking younger and healthier every day.

My positive mind keeps me looking and feeling young.

I welcome eternal youth into my life.

My skin cells replenish themselves perfectly every day.

My skin is youthful and radiant.

I love getting compliments on my youthful appearance.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Clear Skin



Similar to the exercise for visualizing a youthful appearance, clear skin can be achieved in the same way. You must concentrate and focus on the end result. Looking in the mirror every day and feeling bad about what you see will interfere with your results and hinder any hope of your skin becoming clearer. Imagination can be a powerful thing, and if used correctly, you can achieve whatever it is you desire; clear skin is no different.

A Guided Visualization for Clear Skin

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling say to yourself "breathing in." On the exhale say "breathing out." Repeat this sequence 6 times while focusing on your breathing.

Now I want you to place all your attention on your feet. Our feet work so hard for us throughout the day, so thank them for all that they do. Imagine a bright, silvery, white light flow into both your feet, feel your feet relaxing. You may start to feel a tingling sensation but don't panic if you don't feel this straight away, it will come with practice.

Bring the bright light up towards your knees, feeling your lower legs and knees relax. Bring the bright light slowly up towards your groin area, feel your thighs relax. Imagine your thigh muscles completely letting go, becoming loose and soft.

Allow the bright light to travel up towards your hips, letting go of any tension in the groin and hips. Feel the bright light travelling up towards your heart, past your stomach and navel area. Let go of your stomach muscles completely. We often clench and hold a lot of tension in this area so it is important to release and let go.

As the bright light travels up towards the tip of your head, feel your chest relax, your shoulders, neck and lower jaw muscles relax. Release any tension you are holding in your cheeks and forehead.

Now bring the bright light down your arms, past the elbows out through your hands. You may feel a tingling sensation in your hands.

Remain in this state of total relaxation, while continuing to focus on your breathing. Feel your entire body unwind and let go.

Now start to feel a warm glow around your skin. Imagine this warm feeling penetrating every pore on your face, feel it swirl around, cleansing your pores of any toxins. As your pores absorb this beautiful warm glowing feeling, your skin feels so clean and fresh.

You can feel your skin becoming warmer as if you were blushing, each time this warm energy diffuses through your pores.

If you have any blemishes on your skin, see these blemishes from underneath your skin and imagine the warm, glowing energy slowly covering the blemish. See it disappear before your eyes and see a pink, strong, healthy patch of skin in its place.

Do the same for any brown spots or dilated capillaries you may have. Imagine the warm energy gradually conceal the blemished area, unveiling a radiant complexion underneath.

Continue to feel the warmth of your skin, knowing that your complexion is becoming more radiant each time you do this exercise.

See your face in the mirror. Notice how clear and clean your skin looks. Smile and visualize a beautiful energy around your face, protecting it and keeping it looking radiant.

Your skin is glowing more and more, it is becoming healthier with each passing day. You love your new skin. As you gently rub your fingers along your face from your chin up to the area below your eye, you feel how soft and clear your skin is, notice how warm your fingers feel against your skin.

When your pores have been cleaned, feel them closing and becoming tighter. Imagine a clear protective sheet covering each pore, protecting it from the elements.

As you continue to breathe deeply, inhale cleansing, healing oxygen into the skin, feel it penetrate every layer of your skin, oxygenating and regenerating each one of your skin cells.

It is an amazing feeling to know that your skin basks in an energizing glow throughout your day. Repeat the following affirmations:

Every day my skin becomes more and more radiant.

My skin is clear and healthy.

I deserve to have healthy, beautiful skin.

My skin is blemish free.

I always take great care of my skin.

I eat healthy food that is great for my skin.

I nourish my skin cells with plenty of water.

I am proud of my skin and complexion.

My skin is able to heal itself easily and effortlessly.

My pores are healthy and clear.

I have radiant skin and a glowing complexion.

My skin is clear and beautiful.

I always get compliments on how clear my skin looks.

My skin feels supple and smooth.

The more I love myself, the healthier my skin becomes.

I surround my skin cells with love.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualization for Successful Athletes



Used by thousands of athletes around the world, visualization can be used to imprint the successful outcome of a race or competition, or can be used to instill a feeling of calm and relaxation before an event.

Always have a clear, specific picture of how you would like to win the race, score the winning goal, get a hole in one, or get a touchdown. To boost your results, make sure to engage as many of the five senses as you can - touch, smell, taste, hearing and sight.

A Guided Visualization to Win a Race

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are alone in a movie theatre. You are sitting right in the middle in a big, plush, comfortable chair. Your legs and back are fully supported. The movie screen is directly in front of you. You are feeling warm, safe and secure.

On the screen, directly in front of you, you see the number 20 in large, black print appear on the left hand side of the screen. As you look at the number 20, see it move slowly across to the right hand side and slowly disappear off the screen.

Feel your muscles start to let go and imagine any tension begin to gently melt away. The number 19 appears on the left side of the screen and moves slowly along to the right, disappearing at the edge. Your jaw is relaxed, your eyeballs are relaxed, your mind is quiet.

Continue counting down, seeing each number travel across the screen from left to right. See the number vividly.

18, 17, 16, 15, 14, you are feeling very relaxed now, 13, 12, 11, 10, 9, 8, 7,

6.....

Your body feels like it is sinking into the chair. If your mind wanders, don't fight it; gently bring it back to the movie theatre.

See the number 5 slowly make its way across the screen. You are going deeper and deeper.

Follow the number 4 as it travels across the screen. Your muscles feel heavy, you are aware of the silence and stillness around you.

The number 3 appears on the left of the screen and drifts slowly across to the right. The number 2 appears, it too travels slowly across the screen.

The number 1 appears on the left and eventually disappears to the right. Your body is completely relaxed; it is grounded into the earth.

You feel a wonderful tingling sensation throughout your body.

Now imagine you are standing on the track, minutes before the 400 meter race. You are feeling deeply relaxed, you have absolutely no doubt in your ability to win the race. You can feel confidence in your heart, in the rhythm of your heartbeat, in every fiber of your being.

Your body feels supple and strong. Your mind is calm and strong.

Look around the track, see people happy and excited about the race. Pick out your support in the audience, see them waving at you. You smile back, a winning smile.

You start to warm up. Your muscles feel lengthened and strengthened, they feel loose and relaxed. You feel 100% prepared for the race, you are fit and strong. Your training has paid off, you feel composed and at ease.

Get into your track outfit, put your spikes on, they feel comfortable under your feet. You feel secure and grounded. Walk confidently towards the blocks, getting into the right lane. Everything around you goes quiet, you are totally focused. Your breathing is relaxed; your heart rate is relaxed.

As you settle into position against the blocks, you imagine the blocks are like a

rocket, exploding your forwards towards the winning line. Your breathing is calm, you are feeling composed.

The shot goes off and you explode off the blocks like a power rocket. See your fast twitch muscle fibers fire up, as you sky rocket towards the finish line.

Feel how light you feel, you are almost being carried to the finish line. This is easy. You remain focused on the finish line, it is getting closer. Your body feels so powerful; your leg muscles are strong. You reach 100 meters with ease.

You continue to build up speed as you get closer to the finish line. You build more and more momentum. You practically fly past the 200 meter line. You are soaring down the straight. You feel even more powerful, you are so focused on winning. As you hurtle past 300 meters you feel as if you have been catapulted forward, like a slingshot towards glory. You feel almost as if your legs have a mind of their own. They are going to win no matter what.

Your fast twitch muscles fibers fire up, they sore, you can see the finish line. You are leading. You don't need to look behind; you know you are going to win.

Suddenly you become aware of the people in the arena, they are cheering, shouting excitedly, and applauding you to the finish line. You remain focused on crossing the line. You can see the finish line now. This race is yours for the taking....and that is exactly what you are going to do. Your fast legs burst you through the line, you have done it.

You start to slow down, your arms are in the air, you are celebrating, you are laughing, you are punching the air. You are the winner, you are a winner in the race, you are a winner in life. You can do absolutely anything you set your mind to. You are exhilarated. You look to your friends and family in the arena, they are jumping up and down, applauding and screaming your name. You feel so proud.

You slow down to a stop, your heart rate is beating fast. You take several deep breaths, you feel great. Your body still feels strong, it feels so energized.

You place your hands over your heart beat; you can feel it against your hands. Your competitors are coming up to you congratulating you on your win. You are laughing, you are so happy. Your body is a power house. You are a winner. Repeat the following affirmations:

I am a winner.

My muscles are strong and lean.

I can achieve anything I put my mind to.

I always strive to go faster and further.

I can run like the wind.

My mind is completely in tune with my body.

I run fast.

I always perform to the best of my ability.

I know I can do it.

I love training.

My body performs perfectly during every race I run.

I am a great athlete.

I am in control and remain focused throughout the race/game.

I am able to completely focus my mind during the race/game.

I feel confident in my ability to win races/games.

I remain calm, relaxed and at ease before every race/game.

I am on top of my game.

I learn and improve every time I race/play.

My body is in excellent shape.

I am courageous, I am powerful.

I am mentally strong.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize a Positive Body Image



Having a positive body image is something most men and women struggle with on some level. Regular visualization can change this, and refocus your attention on loving and accepting yourself. When you visualize a positive body image you simply must eliminate all negative self talk. Replace 'can't' with 'can.' Replace 'I am useless', 'I'm not intelligent enough', 'I don't deserve happiness' with 'I am a wonderful person', 'I am intelligent and confident', 'I deserve happiness and success.'. This may be a difficult exercise at the beginning but with regular practise it will start to feel more comfortable and easier.

A Guided Visualization for a Positive Body Image

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out."

Now I want you to imagine you are standing on a soft, white sandy beach, looking out to the ocean. You have the beach to yourself, the sun is beginning to rise, you can feel a beautiful warm air surround you. You feel more and more relaxed as you continue to take deep breaths.

Gently sit down and cross your legs into a comfortable position. Feel the softness of the sand between your toes. Become balanced, and imagine the sand grounding you as it connects you with Mother Earth. Close your eyes and take in the sounds of the ocean, listen to the waves gently reaching the shore. Smell the salt water as it splashes against the shore.

Continue to breathe deeply, feeling your stomach inflate on the inhale and rise up towards your chest. This time on the exhale, breathe out through your lips, slowly and steadily.

Breathe in warm air on every inhale. With each exhale, breathe out any tension from your body, feel your shoulders relax down, feel your jaw relax, let go of your stomach muscles, relax your thigh muscles, relax your buttocks, relax your arms and hands.

As you continue to listen to the waves crashing in from the ocean, feel your body becoming more energized and light. Your hands start to tingle, your legs are tingling. Feel yourself deeply rooted to the sand, unmoving.

Now see yourself as a toddler surrounded by your family. They are saying how cute you are, how adorable and beautiful you are. Your Mom lifts you up over her head, she is giggling at you, commenting on how perfect you are.

You are perfect....just the way you are. You are loved.

Now imagine yourself as a teenager. See your teenage self in front of the mirror, look into your eyes and repeat, "I love you _____, exactly the way you are." Understand that certain pressures were put upon you as a teenager but now, choose to let them go.

Realize that nobody has the answer about how a man or woman should look. Release the envy when looking at magazines, the images are not real, they are computerized. You are unique, along with everybody else, you are beautiful. You decide that you are beautiful, take the power back into your own hands.

Repeat to yourself, "I am beautiful; my body is beautiful, my mind is beautiful, I choose to see my beauty now."

Focus on your body right now, how is it feeling? Just acknowledge how much your body does for you every day.....it enables you to walk, talk, see, breathe, hear, taste, feel, touch, move, love, and so much more. Feel a deep gratitude towards your body for everything it does. Thank your body.

Decide now that you choose to deeply love yourself and your body, choose to accept yourself exactly the way you are. You are beautiful, amazing, special, a good person. You deserve to see those characteristics in yourself because they are real.

Repeat to yourself, "I choose to love myself, deeply and unconditionally, I choose to see myself as the wonderful person I am."

I allow my light to shine through my body, I choose to open my heart and give love to myself and others. Imagine your heart opening with a beautiful, vibrant green light expanding out, permeating every part of your body. Allow this light

to shine brightly. You are allowing your heart to open; you are allowing yourself to feel the love you so righteously deserve.

I feel all my cells responding to this light. They easily open and allow this new love to gently flow in. They are vibrating with love. My body tingles all over. Notice how satisfying and free it feels to love yourself. You may start to feel emotional, this is ok, allow the emotion to flow. Work with your body.

Repeat to yourself, "I love my body, I love my life, I love myself, I am love, love radiates from my heart."

Allow any feelings of guilt or fear to flow from your body. Your body feels pure. It is pure with love. Surround your heart with light and love. Repeat the following affirmations:

I truly love and appreciate myself.

I now choose to love and accept myself.

I am a wonderful person.

I feel more love for myself every day.

Pure love radiates from my heart every day.

I am surrounded by love.

I am grateful for my wonderful body.

I am grateful for the amazing things my body does for me on a daily basis.

Every day in every way I am learning to love myself more and more.

I deserve to feel love for myself.

I send love to my bones, muscles, organs and cells.

My cells radiate love.

My mind is focused on loving myself.

I have a positive, loving mind.

I am a beautiful person.

I love and respect my body.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Healing



Whether you need to heal emotionally or physically, visualization and creative imagery are excellent tools to help overcome a shift in attitude. By imprinting positive images and affirmations on the mind, emotions will eventually change for the better which will subsequently result in an improved physical body. Always remember that the mind and body are connected; what you think about and believe in the mind will impact on how our body performs.

A Guided Visualization for Healing

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are standing in front of a white smartboard, like one you would see in a classroom. With a color marker, whatever color you choose, write the number 10 on the board. See the number 10 very clearly and continue to breathe in and out. Feel your body becoming more and more relaxed, feel any tension melting away.

As you continue to breathe deeply, erase the number 10 from the board and as you do, feel yourself falling deeper and deeper into a state of relaxation.

Now write the number 9 on the board in large, color print. See the number 9 in your mind's eye and feel yourself relaxing further. Continue to breathe deeply.

As you erase the number 9 notice how heavy your legs feel, you may even start to feel them tingle. Focus on your legs and feel them becoming more relaxed.

Continue to breathe deeply and write the number 8 on the board. Feel your hips start to sink into the ground, let go of any tension you are holding in your buttocks. Breathe deeply and erase the number 8 from the board.

Write the number 7 on the board, feel how easy it is to just relax and let go. See the number 7 vividly as you continue to breathe deeply.

After erasing the number 7, write the number 6 on the board and notice how relaxed your stomach and lower back feel. They are open, receiving the relaxing energy you inhale on each breath. Erase the number 6 and go deeper. Let go of your body.

Write the number 5 and feel deeply relaxed, notice how your hands and fingertips are tingling with the swirling energy from your breathing. Erase the number 5, relaxing even more. Continue to breathe deeply and softly, erase the number 5. Notice how relaxed your shoulders feel, imagine any knots of tension simply melt away and evaporate into the universe.

Write the number 4, you are even deeper now. See the number 4 clearly in your mind's eye as you erase it from the board. Now write the number 3 on the board. Notice how relaxed your jaw, forehead and eyeballs feel. Go deeper.

Erase the number 3 and write the number 2 on the board. You are completely relaxed now. Your mind is calm and quiet. Your body is heavy.

Erase the number 2 and write the number 1 on the board. Focus on the number 1 and feel your body fall even deeper. You are surrounded by a glowing energy, dancing around you as it fills your body from head to toe.

Continue to concentrate on your breathing, and as you do, imagine thousands of small molecules flowing into your body. These molecules shine brightly and radiate love. They bring a profound sense of well-being to each and every part of your body.

Imagine the molecules moving in and through your blood vessels, your arteries, veins, capillaries.....unblocking any areas that need attention, they are purifying every cell in your blood, enriching them with oxygen and nutrients.

These molecules bring with them, a sparkling energy, one that lights up your entire being.

Now imagine these molecules entering your glands, your spleen, your thymus, your lymph nodes. This nurturing energy ignites miraculous healing, creating hormonal balance throughout the body.

Imagine the molecules penetrate and permeate every organ in your body,

bringing love and healing to every cell. You are at one with your body. Your body is responding with great love and appreciation.

Feel your bones and muscles become surrounded with these healing molecules. Imagine them penetrating through to your bone marrow, healing any abnormalities in your joints. Become aware of how alive your body is beginning to feel.

See these magnificent sparkling molecules travel deep into your immune system, bringing with them a profound sense of healing and well-being. Imagine your liver free from toxins, see the molecules cleanse and bathe your liver with their healing energy. Your immune system feels strong. Your body feels nourished.

As you drift deeper and deeper into a state of well-being, your molecules are healing you in miraculous ways, easily and effortlessly. You feel in perfect harmony with your mind and body.

Repeat to yourself, "My skeletal system is cleansing and purifying, my muscular system is cleansing and purifying, my urinary system is cleansing and purifying, my endocrine system is cleansing and purifying, my nervous system is cleansing and purifying, my reproductive system is cleansing and purifying, my digestive system is cleansing and purifying, my respiratory system is cleansing and purifying."

"My bones are strengthened, my muscles are lengthened and strengthened, my immune system is strong, my liver is cleansed."

This wave of healing energy is flowing through your body, from the top of your head to the tip of your toes, strengthening and enhancing each of your body's systems. You feel rejuvenated, refreshed. Your body feels strong. Know that these molecules continue to heal and protect your body throughout your day. Repeat the following affirmations:

I choose to be healthy.

My body is healthy, strong and empowered.

I naturally make choices that are good for my body and mind.

I take loving care of my body and my body responds with health and vitality.

I have an abundance of energy and a wonderful feeling of well-being.

My immune system is strong.

My body rids itself of toxins easily and effortlessly.

My body heals quickly and easily.

I feel more healthy and stronger every day.

I can feel my body becoming healthier with each passing day.

I trust in my body.

I let the power of love heal me.

I let go of any worry and enjoy the process of healing.

I support and respect my body.

My mind is completely focused on healing my body.

I allow new life to flow throughout my body.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Pain Relief



When we focus on pain our body tenses, we do not breathe correctly, and our muscles tighten. Learning to relax our body and reduce tension will ultimately reduce pain. Visualization coupled with meditation are excellent pain relievers.

A Guided Visualization for Pain Relief

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out."

As you continue to breathe, on the inhale breathe in a warm air that flows throughout your body providing energy to your chakras. With each breath notice how your muscles are becoming more relaxed and your mind is slowing down. If your mind wanders to a thought, gently bring it back and continue to focus on your breathing.

Breathing deep from your tummy, inhale a soft, glowing red and bring it down towards your root chakra, at the base of the spine in the tailbone area. Imagine the red light glowing brightly in this area, keeping you grounded and encouraging feelings of balance and security.

Slowly moving up towards the belly button, breathe in a soft, glowing orange color and send it to your sacral chakra. Imagine this bright, radiant light energizing this area, about 2 inches below the navel. You feel your emotions becoming more balanced.

Moving up towards your upper abdomen, about 1 inch above your navel, breathe in a vibrant, glowing yellow and send it to your solar plexus chakra. This chakra is about self esteem, confidence and self-worth so spend some time here if these are areas that you would like to improve in your life. Imagine the sunshine yellow, energizing your solar plexus.

Moving up towards your heart, breathe in a beautiful green color and send it to your heart chakra. This chakra enables us to feel love and open our hearts so

with each breath in, imagine filling your heart with pure love and energy. Open your heart and allow yourself to be loved and to love others. Feel at peace as the green energy transforms your heart.

Moving up towards the throat, breathe in a deep blue color into the throat chakra. This area enables our ability to communicate and express ourselves. Imagine the beautiful blue color energizing this area. Spend some extra time here if this is an area in your life that you would like to work on.

Moving up towards the forehead, in between the eyes, breathe in a vibrant indigo colour and send it to your third eye chakra. This represents our ability to focus, to see and solve problems and to foresee what the future holds. Allow the energy to grow stronger as you breathe in more indigo and feel your intuition and insight become stronger.

Finally, move up towards your crown chakra at the top of the head. Breathe in a glowing violet color and send it to your crown chakra. The highest chakra represents spirituality and our ability to be one with the world. It is the center of pure bliss and nirvana. Feel the violet grow stronger while you become more aware of your body, mind and the world around you.

Take some time to be present in your body. Feel the different sensations of positive energy flowing through your feet, legs, trunk, arms, hands, chest, neck and head.

With your mind's eye, look into your body and focus on the area of pain. Focus on the muscles around that area...the bones, the blood vessels, the cells, the nerves. I want you to imagine this area of pain as a certain shape...whatever that may be. Highlight the shape.

Now I want you to imagine stepping into that shape, it is perfectly safe to do so. As you are standing there, look around and smile. You rub your hands along the shape. You feel nothing but love and compassion for the shape. Feel your heart open and send rivers of love and light to this shape. Feel the shape become warmer....you are becoming warmer.

While standing in the shape, close your eyes and repeat, "I forgive you, I forgive you." Notice how the shape is becoming brighter; see this in your mind's eye. It begins to sparkle. There are sparkles all around you, it is raining bright, shimmering sparkles. They are dissolving into your muscles, bones, blood

vessels, nerves and cells.

As you hold your hands up and gently feel the sparkles against your skin, tell your shape that you love it. Open your heart, feel immense love radiate towards your shape. Tell your shape that it is ok to let go and feel love. In your mind's eye, place your hands on your heart and repeat, "I love you, I love you, I love you."

See your shape become even brighter as it shimmers with love. See the shape dissolve around you. See the sparkles dance away, full of a loving energy. See the sparkles dance out of your body and gradually disappear into the universe.

As you look back at where the shape used to be, see a place of renewed vitality and health. Notice how pink and healthy the area looks. See your cells function perfectly; see your blood flow perfectly. Step back out of your body.

Now I want you to imagine a warm water flush through your body. With it come security, compassion and forgiveness. Feel your body let go. Allow your body to be free, to feel alive. It is ok to be you. It is ok to feel healthy. You are in control of your life. You are empowered to be the beautiful person to have always been. Repeat the following affirmations:

I am patient with my body.

I trust in the power of love to heal my body.

I allow my body to feel love.

I let go of any past grievances and forgive others.

I am learning to forgive more every day.

It is easy for me to let go and relax my mind and body.

The more I let go, the healthier I become.

My body is feeling better and better with each passing day.

Every cell of my body is bathed with a loving energy.

I am one with my inner child.

I receive healing energy from my inner child.

I deserve to be pain free.

I deserve to have a body that functions perfectly.

It is safe for me to be open to love.

I receive perfect health into my body and mind.

I find it easy to let go.

My body fully supports and guides me with love throughout my healing journey.

I am a magnificent, radiant being.

I give myself permission to be healed.

It is ok for me to be me.

I love and accept my body exactly the way it is.

Healing flows into my body easily.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Exercise Motivation



Visualization has been used for many years by athlete's and sport's people to enhance their strength and stamina during exercise. Creative visualizing can help to prepare the muscles for more efficient movements; it can also build an athlete's confidence in their performance, and it can boost a muscle's recovery time.

A Guided Visualization for Exercise Motivation

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. Feel your muscles letting go, becoming soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Focus your attention on your feet and say to yourself:

"My feet and toes are relaxed".....now follow this relaxing feeling upwards, while continuing to say the following: "My lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

You are feeling comfortable and tranquil. Become aware of how heavy your muscles feel, you feel as if you are sinking into the ground, becoming one with universe.

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Your body and mind are relaxed. Focus on your breathing, following the air on its path as it expands your stomach and ribs....and then slowly leaves your body.

Now I want you to think back to a time when you completed a workout, whether it was at a gym or at home, or even just a long, brisk walk. Focus on the feeling you felt when you were finished. Notice how good it felt. Notice that sense of accomplishment you felt. Notice how satisfied you felt.

Now hold onto those feelings and bring them with you each time you workout.

Each and every time you workout know that you will feel a glow from the inside out as soon as you have finished exercising. Repeat to yourself, "I feel good about going to the gym."

Imagine you are standing in the gym now. You feel comfortable being there, no matter who is working beside you. Stand with your head held high. You deserve to be there. Repeat to yourself, "Every time I workout, I am getting closer to my ideal body shape and it feels great."

Feel your body becoming healthy and alive. Feel your muscles loosen, feel them lengthen and become stronger. Imagine your muscle fibers fire up and provide you with ample energy. You can feel the motivation coursing through your veins.

I want you to notice how energized and refreshed you feel after each workout, keep that feeling with you and focus on your body. See your body shape change before your eyes. Notice the positive impact exercising is having on your body. See your body shrink, see your muscles lifting and becoming more and more toned.

Regular exercise empowers you to make positive changes in your life. You are beginning to choose foods that promote your health and make you stronger. You feel healthier, physically, emotionally and mentally.

Repeat to yourself, "It is fun to exercise. I always find fun and exciting ways to

exercise."

Feel your mind becoming sharper and more focused each time you exercise. It feels so rewarding when you have finished. You feel so so proud of yourself.

Notice how confident exercise makes you feel. It gives you confidence in all areas of your life. You feel encouraged and motivated whenever you think of working out. You feel good about working out. Repeat the following affirmations:

I enjoy my daily workouts; they make me feel energetic and healthy.

Every day in every way I am become fitter and healthier.

I enjoy working out, it feels rewarding and satisfying.

My daily exercises make me stronger and more toned.

Every day in every way my body is becoming more toned.

Every workout brings me closer to achieving my perfect body shape.

Exercise empowers me to be a better person.

I choose foods that make my body stronger.

My body responds well to exercise.

I love exercising.

My fitness routine is energetic, easy and fun.

I always achieve excellent results whenever I workout.

I believe that I can achieve my fitness goals.

I continue to grow stronger in mind, body and spirit.

I create time in my schedule to work out every day.

I love how I look and feel after I finish exercising.

I choose to honor and respect my body.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Freedom from Depression



The number one factor to managing any form of depression is the mind. Continually thinking negative thoughts and imagining the worst can keep your mind and body in a constant state of depression. Visualization can help to distract the mind, training it to become more positive. It can help to relax the heart rate, reduce stress, and improve moods. In order for successful relief from depression, all negative self talk must be replaced with positive, constructive statements.

A Guided Visualization for Freedom from Depression

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Now imagine you are alone in a movie theatre. You are sitting right in the middle in a big, plush, comfortable chair. Your legs and back are fully supported. The movie screen is directly in front of you. You are feeling warm, safe and secure.

On the screen, directly in front of you, you see the number 20 in large, black print appear on the left hand side of the screen. As you look at the number 20, see it move slowly across to the right hand side and slowly disappear off the screen.

Feel your muscles start to let go and imagine any tension begin to gently melt away.

The number 19 appears on the left side of the screen and moves slowly along to the right, disappearing at the edge. Your jaw is relaxed, your eyeballs are relaxed, your mind is quiet.

Continue counting down, seeing each number travel across the screen from left to right. See the number vividly.

18, 17, 16, 15, 14, you are feeling very relaxed now, 13, 12, 11, 10, 9, 8, 7, 6.....

Your body feels like it is sinking into the chair. If your mind wanders, don't fight it; gently bring it back to the movie theatre.

See the number 5 slowly make its way across the screen. You are going deeper and deeper.

Follow the number 4 as it travels across the screen. Your muscles feel heavy, you are aware of the silence and stillness around you.

The number 3 appears on the left of the screen and drifts slowly across to the right. The number 2 appears, it too travels slowly across the screen.

The number 1 appears on the left and eventually disappears to the right. Your body is completely relaxed; it is grounded into the earth.

You feel a wonderful tingling sensation throughout your body.

Now imagine you are surrounded by a soft, glowing light. This light represents peace and tranquility.

In your mind's eye, see your body completely fill up with this calm light. Notice how relaxed and secure the light makes you feel. Your sense of peacefulness is growing with every passing minute.

Now imagine this calm light seep into your feet and legs. See this light as a shield, one that protects every part of your body from harm. You feel safe and secure.

Feel how heavy your legs are; just let them fall off to one side if they need to. Gradually move this calm light up towards your chest...through your groin, hips, stomach, lower back, spine, lungs, heart and spine. Focusing on your stomach, take several deep breaths and allow your stomach to completely relax, letting go of this area if you are clenching it. Breathe deep into your lower back.

Feel a sense of relaxation at your core, expanding out towards your upper and lower body. Sense your body becoming warm, you may feel some tingling, this

is perfectly normal.

If your mind wanders at any point during this exercise, don't fight it or feel bad about it....just let the thought drift past your mind's eye and bring your attention back to the tranquility of the light.

Allow this glorious light to continue upwards, filling your neck, head and back down towards your fingertips. The light now surrounds and permeates every crevice in your body. You feel completely secure.

If you find your mind wandering too much, just continue to focus on the path of this light while repeating to yourself, "I am calm, I am peace, I am calm, I am peace, I am calm, I am peace."

Your body is basking in the tranquility of the bright light. Your body feels heavy, it is so relaxed. Your mind is focused on remaining calm and peaceful.

Now I want you to imagine a beautiful antique bath beside you. It is filled with rose petals of every color you can imagine, pink, white, yellow, red, orange, lilac, blue. The petals are soaking in beautiful warm water. You can smell the delicious scents coming from the petals.

Undress and step into the bath. The light is still surrounding you, protecting you in every way. The smell of the rose petals is magnificent, it fills your nostrils. The water feels warm and safe. As you lie there, feel the rose petals surround your body. They slowly absorb into the light, making the light change color continuously from red to green, green to orange, orange to white, white to pink, and so on.

The rose petals instill a sense of happiness throughout your body. The different colors fill your cells with warmth and peace. Your body feels warm in the water. You are feeling very safe and very secure.

Feel your heart open, see the different colors radiating from your heart, growing larger and larger. The whole room is filled with these beautiful colors. You can feel your heart radiating joy and happiness; it is growing stronger with every second. Allow these feelings plus the feelings of peace and relaxation to fill your entire body.

You feel contentment, joy and peace. You know it is going to be ok. Repeat the

following affirmations:

The turning point in my life has come; I now know it will be ok.

I release all demands made by myself and others.

I choose to be happy.

I deserve to be happy and I accept happiness now.

It is ok to be me.

I accept that I am responsible for my own happiness.

I am safe and secure in life.

I am valued and needed.

I am life, love and joy.

Every day in every way my mind is getting stronger and stronger.

Every day in every way I am becoming more and more positive.

I choose to change.

I can change.

I can do it.

I am ok that way I am.

I am ok where I am.

I only focus on the positive areas of my life.

I am grateful for each day that I am given.

I am finding it easier to be happy.

I am learning to love and accept myself for who I am.

My willpower is growing stronger with each passing day.

People are starting to see me as someone who enjoys life.

I accept and experience all of my feelings.

I have the freedom and power to create the life I deserve.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize Freedom from Smoking



Creative visualization will mentally prepare you to become a non-smoker by focusing the mind to take control of the situation. Using positive affirmations throughout your day will also help to keep your attention focused on becoming a non-smoker.

A Guided Visualization for Freedom from Smoking

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

As you continue to hold your attention on your breath, begin to breathe in a golden, bright light. Imagine this light filling every crevice of your body, feel your energy rise. Feel your hands begin to tingle as the golden light exits your fingertips and wraps itself around your body.

Engulf yourself in a golden bubble of bright light. As if on a cloud, imagine drifting through the sky in your golden bubble. Your body feels warm and safe, you feel protected in every way.

The longer you are drifting, the more deeply relaxed you become. While you continue to focus on your breathing, begin to repeat, on every inhale..."I am light, I am love." Hold the inhale for 2, exhale and repeat "I am light, I am love."

Inhale for a count of 4

"I am light" (2)

"I am love" (2)

Hold for 2

Exhale for a count of 4

"I am light" (2)

"I am love" (2)

Feel yourself falling into a deep state of relaxation. All is quiet and still. Your body feels heavy, timeless, relaxed.

For the next few minutes, enjoy these moments of solitude and inner silence. When thoughts arise, simply let them go and return your awareness to your breath.

As you continue to take deep breaths, imagine breathing in a healing light expanding into your lungs. Imagine your lungs expand and fill up with air; breathe life into your lungs.

Now see yourself sitting in a beer garden with friends. You are laughing, joking and really enjoying each other's company. 2 of your friends at the table are smokers, one turns to you and offers you a cigarette. You say, "No thank you, I don't smoke anymore." Your friend congratulates you on the length of time you are off the cigarettes and comments on how well you look.

Even though you are outside, you can still smell the smoke slightly, it bothers you. You are feeling so strong and motivated lately, you know with complete certainty that you will never smoke again. You are smoke free.

As you watch your friend smoke, you remember how your hair and clothes used to smell after you had a cigarette. You take a chunk of your hair and smell it. Smell the delicious fruity, fresh smell of your shampoo. Smell the perfume off your wrist and clothes.

Now bring your awareness to your lungs. Each time you breathe, imagine inhaling a beautiful bright white light into the lungs. White is the healing color for our lungs. Fill each lung completely with this white light; see the light permeate through the lung tissue. See the cells in your lungs become stronger and stronger, see their structure becoming whole.

Imagine this white light swirling around your lungs, surrounding and melting away any toxins. Continue to breathe deeply, inhaling a white, healing light and exhaling any toxins and tension. Repeat to yourself, "My lungs are healing, my lungs are healthy, my lungs are healing, my lungs are healthy."

See your lungs start to change color; they are becoming a light pink, fleshy color. This is the color of healthy organs. Picture your lungs as a baby....pale pink, healthy, strong and robust. Your lung cells are continuously renewing and

replenishing themselves to become the lungs you had as a baby.

Take a step back from yourself and look at your lungs. Notice how healthy they look. They are pink and moist. They stand tall and proud. Your lungs are healthy.

Surround each lung with a golden, shimmering light. This light acts as a constant protector for your lungs. It protects you from any chemicals or passive smoke you may encounter during each day. Repeat the following affirmations:

I am in complete control of my life.

I am disciplined and have strong willpower.

Because I am a non-smoker, my body is free to return to its healthy state.

I am addiction free.

My lungs are becoming healthier with each passing day.

My body is a temple and I choose to treat it as such.

I am calmly and confidently letting go of smoking.

Every day I notice more positive changes in my body.

I am learning to take control of my habits.

I deserve to be a non-smoker and I accept it now.

I am the master of my mind and body.

I breathe fully and deeply.

I choose to live a healthy lifestyle.

I know that all urges will pass with ease.

It feels fantastic to be in control of my life.

I love being a non-smoker.

My blood is oxygenated and full of nutrients.

My lungs are clean and healthy.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.

Visualize to Reduce Anxiety & Worry



2 very common symptoms of anxiety and worry are a busy mind and fast heartbeat, both of which can be reduced through the use of regular visualization. If there is a particular event in your life that you are worrying about, such as a driving test or an important meeting, use this exercise while affirming your desired outcome. Alternatively, if you are an anxious person or an avid worrier, use this exercise regularly to help calm and relax your mind.

We are really going to focus on our breathing in this exercise. As funny as this may sound, most of us do not breathe properly, we breathe from our chest area, completely eliminating the abdomen. A complete deep breath starts at the lower abdominal region, rising up to expand the lungs and lift the clavicle area. Not doing this on a regular basis can increase stress, fatigue, anxiety, worry and moodiness. Learning to breathe correctly can reduce these symptoms and significantly improve how to react and cope with stressful situations.

A Guided Visualization to Reduce Anxiety & Worry

Settle into a comfortable position, making sure you will not be disturbed. Close your eyes and take a deep inhale for the count of 4....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out."

Now I want you to imagine you are standing on a soft, white sandy beach, looking out to the ocean. You have the beach to yourself, the sun is beginning to rise, you can feel a beautiful warm air surround you. You are completely safe and secure. You feel more and more relaxed as you continue to take deep breaths.

Gently sit down and cross your legs into a comfortable position. Feel the softness of the sand between your toes. Become balanced and imagine the sand grounding you as it connects you with Mother Earth. Close your eyes and take in the sounds of the ocean, listen to the waves gently reaching the shore.

Continue to breathe deeply, feeling your stomach inflate on the inhale and rise up towards your chest. This time on the exhale, breathe out through your lips,

slowly and steadily.

Breathe in warm air on every inhale. With each exhale, breathe out any tension from your body, feel your shoulders relax down, feel your jaw relax, let go of your stomach muscles, relax /your thigh muscles, relax your buttocks, relax your arms and hands.

As you continue to listen to the waves gently crashing against the shoreline, and feel the comfort of the warm sand beneath you, concentrate completely on your breathing.

To begin this deep breathing exercise, bring your conscious attention down to your navel. As you inhale feel your stomach swell as it fills up with air, feel your stomach move forward and outward. Now move this breath up toward your chest. Concentrate on your rib cage, imagine it comfortably expanding outwards as it fills with air. As the air reaches the top of your chest, feel your chest and collarbone rise towards your neck, if you are sitting upwards then you will also feel your shoulders rise slightly.

On the exhale, feel your collarbone fall, your chest muscles relax and your abdominal muscles tighten to expel all the air.

Continue breathing this way, inhaling for a count of 4, hold for 2, exhale for a count of 4. If your mind wanders, let the thought go and bring your attention back to your breathing with the sound of the waves in the background.

Feel your body becoming more and more relaxed. Deeply inhale, feeling your stomach expand, your rib cage expand and your collarbone rise. Hold, and slowly exhale by dropping your collarbone, relaxing your chest muscles and finally, your abdominal muscles.

Follow the breath as it travels into your nose, down your nasal cavity (stomach expanding), down through your respiratory passages (rib cage expanding and lifting) and into your lungs (collarbone lifting). Exhale.

As you continue to breathe this way, bring your awareness to a large cinema screen in your mind's eye. On the screen are the words, I am calm. Repeat this sentence to yourself. As those words fade away, more words appear, I am relaxed. Again, repeat. See these words in large, dark print. They are so clear in your mind's eye, you can read them perfectly.

Visualize a Quiet, Calm Mind



Persistent mental chatter in the mind not only causes tension and stress in our bodies but it can lead to unnecessary worry, fatigue, anxiety, depression, feeling overwhelmed and emotional outbursts. Quietening the mind will restore balance and develop a calm, inner understanding and create homeostasis in our bodies.

Developing a quiet mind is a learned skill, particularly if you have had an overactive mind for a long time. Visualization and meditation can help but it needs to be practised on a regular basis. Even 5 minutes a day can lead to significant improvements in both mind and body.

Before we begin this exercise, take out a candle (don't use a candle in a jar). Make sure the candle is safe and supported underneath. Light it and place it in front of you. I recommend doing this exercise daily for no more than 5 minutes at a time. Anything longer than this and our minds start to wander.

A Guided Visualization for a Quiet, Calm Mind

Choose a dark room and settle into a comfortable seated position on the floor, making sure you will not be disturbed. Ensure that your back is supported and that you are sitting on a comfortable pillow or cushion. Place the candle in front of you, making sure it is level with your eyes.

Firstly, close your eyes and take a deep inhale for the count of 4.....hold for 2 seconds, and exhale for a count of 4. While you are inhaling just say to yourself "breathing in." On the exhale say "breathing out." Repeat this breathing sequence 6 times while focusing on your breathing.

Feel your body fall deeper into a state of relaxation. If your muscles are clenching, gently let them become soft and loose. Feel your body becoming light and weightless. Let go completely and trust in the safety of the universe. Start focusing on your body, beginning at your feet and repeat to yourself:

"My feet and toes are relaxed, my lower legs are relaxed, my knees are relaxed, my upper legs are relaxed."

"My groin area is relaxed, my hips are relaxed, my lower back is relaxed, my middle back is relaxed, my upper back is relaxed, my spine is relaxed, my shoulders are relaxed."

"My stomach is relaxed, my belly button is relaxed, my mid section is relaxed, my chest is relaxed, my breasts are relaxed, my upper arms are relaxed, my elbows are relaxed, my forearms are relaxed, my hands are relaxed, my fingers are relaxed."

"The back of my neck is relaxed, the front of my neck is relaxed, my lower jaw bone is relaxed, my ears are relaxed, my cheeks are relaxed, my nose is relaxed, my eyes are relaxed, my forehead is relaxed, my scalp is relaxed."

Now give your full attention to your breath. Inhale for a count of 4, hold for 2, and exhale for a count of 4. Repeat this 6 times.

Open your eyes and look into the flame of the candle. Feel the soft glow of the flame warm the inside of your body. Imagine this warm feeling expanding outwards covering every part of your body.

You are drawn to the center of the candle. It represents a quiet mind. Notice how the flame gradually grows larger as its soft glow surrounds and protects you. The flame's illumination moves deep within you.

Continue to breathe deep as you focus your attention on the flame. Your intention is simple awareness, nothing else. If a distracting thought arises, don't fight it, just bring your attention back to the flame and continue to focus on your breathing. If you find that repeating "breathing in" as you inhale and, "breathing out" as you exhale, stops your mind from drifting away, then do this.

There is a calming quietness around you.

While focusing on the flame, repeat to yourself over and over again, "I am quiet, I am quiet, I am quiet, I am quiet, I am quiet."

Allow the sensation of a quiet mind to remain and grow larger.

Now gently close your eyes and repeat the following affirmations:

My mind is becoming quiet and relaxed.

I am quiet.

I can let go of my thoughts when I need to.

I am calm and relaxed.

My mind is clear and focused.

I let go of any worries.

I am at peace with myself.

Meditation is becoming easier each time I practice it.

I am tranquil, I am serene.

Serenity surrounds me.

I have a peaceful mind.

I allow myself to just be.

I allow my mind to let go.

I am becoming more at ease every day.

Now take a moment to feel gratitude and joy for your wonderful life and the continuous miracles it produces. Take several deep breaths and slowly count down from 5 through to 1. Starting at 5, you begin to wake up from the meditative state.....4, you are becoming more alert.....3, stretch your arms up and take a deep breath.....2, slowly begin to open your eyes.....1, open your eyes fully. You are now fully awake, feeling refreshed and energized.