

# Visualization



Your Key  
To  
Happiness

Lorane Gordon

<http://LoraneGordon.com>

# Dedication

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To Harry Gordon, my wonderful husband of over 33 years. Thank you for your continued unfailing support, patience and love

To Cameron Gordon, my remarkable son. Thank you for being my greatest teacher.



# Visualization- A Key to Happiness

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## About the Author – Lorane Gordon

**Inspirationalist Lorane Gordon, a major manifester herself and an expert in the fields of Law of Attraction and Present Moment Awareness is once again bringing her dynamic, loving and inspirational teachings to the world.**

Lorane Gordon is a wife, a mother, a teacher and a seeker. Since the age of thirteen, she has traveled the world studying and meditating with enlightened masters.

She made the transition from “seeker” to “finder” when she realized that all spiritual paths lead to the present moment: NOW.

After a 10 year period of perfecting her message, she has burst back on to the scene stronger than ever. Lorane gives you the tools you need to manifest the life of your dreams and to live in joy in the only moment there is, the present moment.

Deepak Chopra MD, Distinguished Scholar, professor, lecturer, author and founder of the Chopra Foundation; was moved to write

***“Lorane Gordon is a teacher of infinite possibilities”.***



## What this book will help you to achieve

This guide to visualization is your first step on a journey of self awareness; empowerment and happiness. Many of you may have heard or read about visualization techniques but felt they were difficult, or a lot of mumbo jumbo. In fact; visualization itself is really quite simple to achieve, by following the process outlined in this guide.

## What is visualization?

In its simplest terms; visualization means to form a mental image of something. This can be as basic as a picture of a ball or as complex as you running a marathon and crossing the finishing line in under 5 hours! Those proficient at visualization can create Technicolor HD movies of success in their heads; the rest of us may need a little help to achieve that level.

So, it's all about mental images then? Well, yes, and no. Visualization is twofold; a process and a tool for self development and success. Simply seeing pictures in your mind's eye, although helpful, isn't all that is needed to move you to your goal; using those pictures and enabling all your senses to focus your energy in a positive fashion towards your goals; that is the true power of visualization.

Spiritualists, healers, shamans, Buddhist, Hindus, gurus, coaches and teachers have been using the technique of visualization to tap into the power of the mind for centuries. It is not a new idea but it has evolved over time. Over the past few decades even medical doctors have been using the power of visualization to conquer disease and to help the body to heal. Modern day use of visualization is perhaps best known in the field of competitive sports and is increasingly used by business as a tool for motivation and success.

This is not some vague idea of "thinking and it will happen" it is a far more scientific and structured approach towards harnessing the mind's ability to influence your future and improve your performance. It is not about dreaming or hoping but more about "seeing" quite clearly what you want, and feeling yourself having it, being it, as well as believing you have the power to make it happen which will motivate you to achieve those goals.



**The key to Success is  
to focus on your  
GOALS, not the  
obstacles!**

If the catcher isn't focused on the ball how can he catch it? It's simple, he can't. In other words "Keep your eye on the ball".

## Why Visualize?



We all have hopes and dreams and most of us are trying to obtain something, get somewhere or accomplish a goal, be it emotional, spiritual or material. We all have experienced some type of loss, failure or disappointment in life. The desire to improve is present in most human beings; as is the desire to succeed.

Eminent psychologists have recognized the power of visualization and completed studies on its effectiveness.

Richard Suinn, Ph.D., of Colorado State University, became the first psychologist to serve on a U.S. Olympic sports medicine team in 1972. In an interview with Psychology Today, he explained;

*"Modern sports psychology, which dates from around the early 1970s, is focused on psychological training, on exercises that strengthen the mental skills that will help athletic performance. Those skills include stress management, self-regulation, **visualization**, goal-setting, concentration, focus, even relaxation."*

<http://www.psychologytoday.com/articles/199905/helping-athletes-go-the-gold>

We may not all want to be Olympic athletes, but I know many of you would like to buy your dream house, attract that loving relationship, get that degree or raise, make that deal, improve your golf swing or even lose weight! Who doesn't want to reduce the stress in their lives and reach their ultimate goals? Visualization can help you achieve any and all of this.

## How does visualization work?

Scientific studies show that the brain is a powerful instrument. Through the process of visualization we activate neurons in our brain to perform the movement or action we are visualizing. In effect we create a new neural pathway; clusters of cells working together creating learning, memories and behaviors. These neurons are interpreting images as equivalent to real life actions and training us to be better at them. Our bodies see this as a learned action and studies show that performance improves; even without physically performing the action we



have imagined! When visualizing correctly, the brain doesn't differentiate between performing the action and visualizing performing the action.

*"What the mind can conceive and believe, the mind can achieve." - Napoleon Hill*

## How to visualize

There are two types of visualization; outcome visualization where you are focused on an end result and process visualization where you see yourself doing the steps needed to achieve that end result. You need to develop the techniques for both of these. However, for a start, you need to understand some basic steps in the process so we are going to walk before running!

Most of us in this busy world are all too often seduced by "quick and instant" techniques; promises of the "get rich quick" schemes and instant approaches for immediate results. Visualization techniques require some time and patience but are not all that difficult. We've been seduced into expecting results right now, and if we don't get them it can lead to disappointment which negatively impacts the way we feel about ourselves. If we compare our rate of success to others who may be moving more quickly than we are, that can lead to feelings of failure. It's important to note that these negative thoughts and visualizations will have a negative effect on your success. Thinking and seeing your "failures" only serves to create them!



*"If you want to reach a goal, you must 'see the reaching' in your own mind before you actually arrive at your goal."*

Zig Ziglar

## Objections to visualization

Trying something new can be daunting, but if you're looking to create your life in a new way and reach your goals it's necessary to get out of your comfort zone. You can do it; just take one step at a time. Some of you reading this guide may feel uncomfortable understanding that the mind is this powerful. So, ask yourself; all those stories you read about cancer patients overcoming their illness; the athletes that succeed against all odds; Oprah Winfrey's story of success; what do they have in common? They all "decided" to change their outcomes. Not one of them suddenly found a magic pill that once swallowed made them all powerful. They used the power of visualization to "see" their ultimate success. They practiced in their minds eye until their behavioral auto-pilot and bodies simply made the correct choices and responses. They understood and acted on the concept, that we can be and achieve anything we can conceive of. That we can do more and be more than we once thought and we're more than the product of our upbringing and the values and expectations that were put upon us.



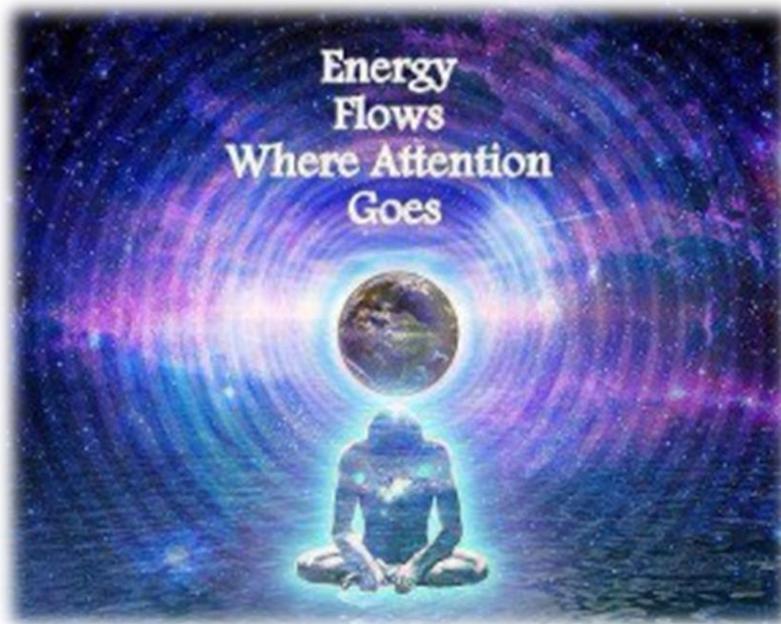
Believe it or not, the second obstacle to successfully using visualization is **you**. So many people are frightened to focus on themselves. They may feel it is somehow being selfish, self-indulgent, self-absorbed. It's imperative to give yourself permission to care about yourself. Think of it like this, on a flight we are instructed to put on our own

oxygen mask and then take care of our child. It makes sense then as a parent in order to take good care of our children we must be healthy and happy ourselves. If not we won't have the mental, physical and emotional energy we need to take good care of our families. We have to be aware of the example we are setting. Children living with an unhappy parent will grow up to be unhappy. Keep your attention and your thoughts on what you DO want, not what you DON'T want. You will create or manifest whatever you are putting your attention on and giving emotion to in one way or another.

The potential for happiness is inside all of us. If we've conceived of it, we do have what it takes to make it happen, but we need to go for it!

You need to give yourself permission to focus on yourself regularly, without distraction, even if just for a small amount of time.

Be aware of your importance to your family and the people close to you. If you are not doing well, others will suffer. It is healthy and necessary to spend time on your own well-being. It will make you a better parent, spouse, partner and everyone around you will benefit.



Invest time in yourself and believe me, you'll be happier. The wonderful thing about happiness is that it has a domino effect, so others will be happier too. I hope that has covered any conflicting feelings, or thoughts you may have about using visualization. Feel free to contact me if you have other objections or questions to this. I love to respond to readers' views and thoughts and I'm here to help!

<http://yourhappinessway.com/contact/>

<http://LoraneGordon.com>

## Starting Visualization

Before deciding on your goal, you need to understand the process of visualization and get comfortable with the technique that works best for you.

Follow the instructions below to start your visualization journey – this is an example visualization- you need to choose the images that work for you and are easily called to mind. Right now you are learning how the process works.

### Step one

Find a quiet place and get comfortable – it's best to be away from distractions. If you have a busy and noisy household you may want to go somewhere else; anywhere in nature can be a perfect choice. Try visualization at the park; the beach; even your own back yard, if you can be there by yourself. You can even just take a walk down a tree lined street to experience a sense of peace. The point is to **do it**.

You can choose to play soft music, but be sure it's an instrumental as words can be distracting.



## Step two

Take some deep cleansing breaths, in through your nose and out through your nose or mouth. I find they both work well, just do what you feel most comfortable with. Advanced breathing techniques take some mastering; at this stage simply breathe deeply and slowly. Simply watch and be aware of your breathing; this helps to slow your heart rate and helps you to relax and quiet the mind.

Now, close your eyes (read the rest of the instructions first!)

## Step three

Imagine that you can see the inside of your forehead as a blank movie screen. The first time you do this you may find it cluttered with thoughts that want to jump out at you. Your to do list, judgments about the process, you may doubt your ability to do it right. Just accept and watch your thoughts and realize you don't have to engage them. Now, paint the screen black. Just imagine you have a paint can filled with black paint and a big brush and you paint the screen black until the screen is totally blank.

## Step four

Place something on the screen; a simple object such as an apple, an egg in a frying pan, your lunchtime sandwich. Relax and focus on that simple object until you can see it clearly; the color and even the texture. Relax, this takes some practice, so don't give up. If you find yourself getting nervous and making the process too serious then take a break. Try and approach this as a game or even a science experiment. That will take the pressure off and make it fun. Remember you get as many chances at this as you need.



## Step five

Replace the image with a scene from your childhood, maybe you, in the school yard, or getting dressed before school. Be sure to use a benign image and one that has no adverse emotion associated with it.

The next step is to color in the picture – what color is your shirt, your pants or skirt? Are your shoes lace-up, Velcro or loafers? Are you wearing socks or tights? Do you have a belt? What length are your sleeves, what type of neckline is there on the shirt or blouse?

What was your hairstyle? Who else is around you?

Maybe you're playing basketball or skipping rope. What is the color of the yard? Are you playing on dirt or pavement?

Can you see the basketball hoop? Is anybody else playing with you or are you alone? Simply fill in the picture with as much detail as you can.

This is a STILL picture – in COLOR. Take some time to imagine all the detail and the colors. Stay at it until you can see the image clearly. Don't get discouraged if it doesn't work perfectly for you the first time or two you try this. Just try again and you'll eventually get it.

If you're playing ball see yourself holding the ball or throwing the jacks or holding the jump rope. See your friend, if one is with you, and notice how they are dressed; in a skirt or jeans? Fill in the picture with as much detail as you can. You may even notice the metallic smell of the jacks, feel your hand being scraped by the jump rope, the texture of the ball under your hands and fingers. The more detail the better.



## Step six

NOW – you are going to start to create movement

See yourself holding the ball, getting ready to shoot; the ball in your hands, leaving your hands, moving up in the air, directly proportional to the hoop, going through the hoop and then hitting the ground.

You need to see the ball's trajectory and at the same time be aware of your body moving to achieve this. SCORE! THE BALL GOES THROUGH THE HOOP! Remember this is your visualization and you can do it over and over until you get it right. Don't get discouraged if the picture you see isn't the one you planned, just take a breath and try again. You'll get it right.

## Step seven

Adding sound and feeling

Now do that visualization again. This time you are aware of the physical feel of the ball and the sound of your actions.

Position yourself to take the shot. Can you hear the sound of your feet as you get ready to aim the ball? The ball is in your hands; what does it feel like? Move your hands into that position; can you feel the texture of the ball? Basketballs are dimpled and large. Feel the ball in your hands, move to the position you use to shoot. You are doing this in your mind's eye, projecting this onto your movie screen; often though, your hands will move up in front of you as if taking the shot. This is good; it means that your body is immersed in and responding to the visualization.

Now you are listening *and* feeling; your eyes are closed, and this is running on the screen in your mind.

Can you feel the ball leave your hands? The ball hits the backboard, softly, but you can hear it. It goes perfectly through the hoop and you hear it bounce on the ground. Adding sound is the next layer of the visualization and increases its intensity. You are beginning to engage all your senses in the experience.



## Step eight

Now, you are going to add emotion.

FEELING – do the whole visualization again, this time adding your feelings. How are you feeling as the ball hits the backboard? You **want** it to go in and it does!!!

Move your body with the feeling and experience the TRIUMPH! You may feel goose bumps on your skin, a rush of excitement may fill your body and you may feel flushed and find a smile on your face. All of these physical sensations are good. Appreciate yourself for having them, you're doing it right!

Cheer yourself on and, if there are others there, the audience cheers with you... Hear them cheering, see their smiles; feel the pride of impressing the crowd.



## Step nine

Allow yourself to slowly come back from your mental image. Take time to really feel the emotions, the feelings of success. If it was basketball or golf for example; then go out and practice doing exactly what you experienced in your visualization. If it was another type of goal simply keep it in mind. Remember the feelings, do the visualization over and over again and feel the success. Soon you'll find yourself doing in real life what you've done in your visualization.

*Eventually as you get more advanced at this you are so completely immersed in the process that there is no screen. There is only you and your cast of characters and you're feeling as if you are actually doing and being what you've been visualizing. It becomes that real.*

Note- this visualization is about success and experiencing that feeling. If you don't have success the first time that you visualize; take it easy and just try again. You can do it. Don't be too serious and play at it at first until you get the hang of it.

As you become more experienced your focus will improve. Once you have felt that feeling of success in a simple visualization; you are able to transfer that technique and create that feeling when visualizing your desires and goals.

If playing basketball or sports isn't an experience that you feel comfortable with; replace this with something you feel positive about. Basketball is just an example.

Many of us dream of promotions; finding love; buying that dream home; running our own business. Don't dream; visualize!



See your boss giving you that raise, see and feel the check in your hand. Smile as you see your bank statement reflecting a bigger balance. If you want an engagement; see the ring on your finger and yourself happily looking up into your new grooms eyes, or see her smiling, laughing with tears in her eyes as she proclaims YES, I'll marry you! If it's business or a transaction of any kind see yourself closing the deal and signing the papers, or opening the door of your brand new home or driving your new car. It doesn't matter what it is; the process is the same. Just be sure to fill in the details, complete with color, texture, emotion and sound. The more vibrant and alive your visualization the more successful you will be, and most importantly see and feel your sense of happiness, of success.

## Developing visualization

At this early stage you are learning the visualization technique; not setting yourself up to fail, so remember to have fun and keep at it. Don't make it a "do or die" activity and realize that you can do it until you get it right.

It's best to start with visualizing an activity that doesn't cause you too much stress. After you conquer that you can move on to visualizing your most important goals.



You can learn to create anything and achieve great success through visualization but only once you have mastered the techniques on something you're very familiar with; so start small and build up. Remember, your goals and desires are valid and realizing your dreams is within your own power.

There will be times when you feel discouraged; when the noise of the everyday world intrudes and you struggle to visualize

your desires. Do not despair or give up. Visualization is like any skill; it takes practice and occasionally there will be setbacks. Relax; try again later; practice deep breathing and trusting in yourself.

*When you are in the valley, keep your goal firmly in view and you will get the renewed energy to continue the climb.*

Denis Waitley

Once you can visualize the more everyday activities in your life you can learn to add your desires to your visualization and harness the mind's true powers. You may benefit from coaching in this and it could be a one on one session with a personal coach, or a recorded visualization tape targeting your specific desire.

***If you would like some help with this, then contact Lorane Gordon via her website;***

<http://yourhappinessway.com/coaching-for-happiness/coaching-with-lorane/>

***Lorane can create a powerful visualization/meditation just for you, targeting success with your particular goals and desires.***



## Summary of visualization techniques

Visualization is a process that engages each one of your senses, one at a time. It's actually the opposite of how we experience life and consume media; all at once in loud Technicolor, HD fast, full of movement in instant bite sized chunks designed to bombard our senses with the "full experience". The problem with this is that we tend to miss the most important detail, **the feeling** behind it all. It's difficult if not impossible to digest rapid fire information completely in a way that you can effectively use it.

Once you are experienced at visualization you can start your movie almost immediately, but you are still experiencing and using of all your senses in a controlled fashion. It is most effective if you allow the picture, the mental imagery to build up and engage each sense in a logical order. Some people are more auditory than others and find that different senses demand attention; so they may start with sound before feeling. As you practice this technique you will figure out what works the best for you.

Visualization can be used as a stand-alone technique but it also helps you move towards understanding the [Inner Observer](#) which opens the doors to other helpful and even life changing practices.

Visualization can be a first step on the road to meditation and works for those experienced at meditation as well. Meditation resources can be found on my site;

[www.yourhappinessway.com/welcome-to-my-page](http://www.yourhappinessway.com/welcome-to-my-page)

In summary; you learn to relax; you observe images from a third person point of view; you move to a first person point of view; you experience your mental image and train your brain to learn the skill you want to strengthen and the desire you want to achieve; you then put what you have learned into practice.



## Conclusion

We live in a busy noisy world often driven by the need for material satisfaction; yet many people are not happy. Most of us focus on the external and forget to nurture our inner selves. Many of us have lost touch with the power of our own minds and have forgotten our innermost desires; the things that really make us happy and instead go after what we think we're supposed to want or what we've been taught to want without even questioning it.

Life is precious, and it is your life. You owe it to yourself to make it as fabulous a life as possible; this is only achieved by focusing on what you want and believe in. Don't live

your life through other people's expectations; not your parents, nor that of society. They are not living your life, you are! *Your* life should reflect *your* hopes, dreams and values, not those of others.

If you truly want to be happy you may need to ignore the worlds' noisiness at least for the moment. Finding your own power can be daunting but exhilarating too. Do not be afraid to go deeper into yourself, for at least a few minutes a day.

Practice visualizing small, simple things to start with. Maybe you would like to be better at getting up in the morning? Picture yourself as an early riser over a few visualizations; see how your mind instructs your body to change your habits. Notice how you can actually set your built in alarm clock to get you up at a particular time each day. It works!

*"Picture yourself in your minds' eye as having already achieved this goal. See yourself doing the things you'll be doing when you've reached your goal."*

Earl Nightingale

Finding life rather stressful? There are times in your life when you have been calm and at peace. Visualize those times, recreate that feeling of peace and your mind will instruct your body to reduce your stress. ***Try some stress reducing meditation [here](#)***



You may not be a world class athlete or a rock star, but you deserve to be happy, to achieve your dreams. Perhaps the first person you need to convince of this is you!

***"Live Your Life in Happiness"***

**Lorane Gordon**

# Let me help you...

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If you want to know more about developing visualization techniques and the Happiness First Riches Will Follow... program then visit my website,

<http://LoraneGordon.com>

I am committed to helping you to;

*"Learn to live your life with happiness, health, love, inner peace and wealth."*

*Lorane Gordon*

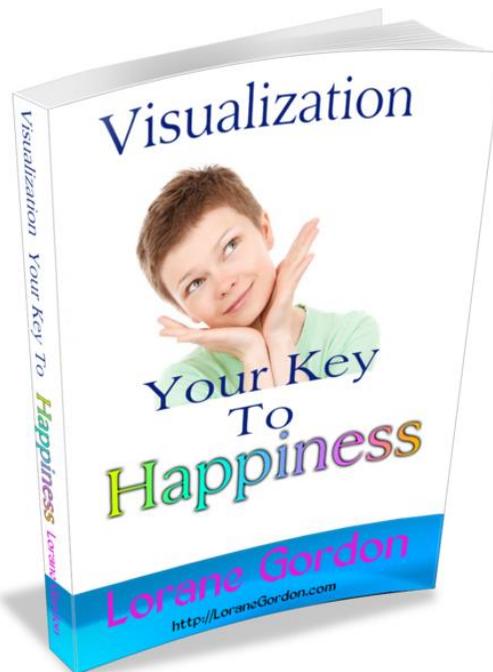
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