

HAPPINESS FIRST

The Power of
Visualization...NOW



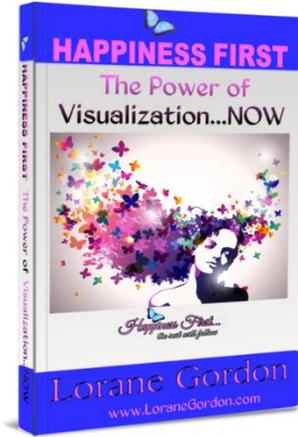
*Happiness First...
the rest will follow*

Lorane Gordon

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HAPPINESS FIRST The Power of Visualization...NOW

Lorane Gordon



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The Power of Visualization...NOW

Lorane Gordon

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Paperback Edition

Manufactured in the United States of America

DEDICATION

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.

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.

This book is in three parts

Part One is a quick start guide to visualization- covering why use visualization, what is visualization and how to visualize.

Part two goes into techniques of visualization in more detail and prepares you to get the most from your visualizations.

Part three gives you guidance on visualizations for specific situations.



VISUALIZATION – 10 REASONS WHY YOU SHOULD LEARN TO VISUALIZE

1. Anyone can do it

Many people are under the impression that creative visualization takes a lot of skill and is reserved for athletes that have been trained to visualize by their coaches, or just those who are naturally visual. Those people are good at visualizing but that certainly doesn't mean that you can't learn to visualize. It just takes the desire to learn and then practicing it just like you'd practice anything at which you want to become proficient.

2. You're already doing it

How many times have you imagined a scene from a movie or from an earlier time in your own life? Have you ever recollected a scene from a play, or remembered what a photo looked like? Have you drawn something from memory or even tried to do your make up the way you saw a professional do it? Well, all of that takes creative visualization. If you've done any of that, and I'm sure you have, then you're already visualizing.

3. You have a built in screen in your mind

You can close your eyes and imagine the inside of your forehead as a blank screen. It's the natural placement of your eyes and actually quite comfortable. Just close your eyes and

imagine the inside of your forehead is a blank screen. Then you learn to project a picture onto the screen.

4. Creative visualization is a powerful tool for manifestation

It's long been said that the key to bringing something into your life is to see it first in your minds' eye. First as imagined, then you begin to feel it and to believe it. Visualizing is a powerful tool to bring what you're visualizing into your real life.

5. Your brain doesn't know the difference

Science has discovered that the brain doesn't really know the difference between visualizing doing something and actually doing it. It's been used as a training tool with athletes for decades now to improve their performance. It was found to be especially useful after an injury when an athlete couldn't use their body, so instead, intensely used visualization techniques to keep and even improve their performance. Creative visualization literally creates a training schedule in the mind. It's been tested and it works!

6. Your Brain is Receptive to Visualization

The brain accepts the picture you're having as the real thing when you put rich details into your visualization. Have fun with it and while you're picturing something just fill it in with colorful details. Allow your imagination to run wild as that is an integral part of creative visualization techniques. Simply ask yourself what types of things you would see or notice in real life. Then, attempt to add them to your picture.

7. It is Good For Developing Your Auditory Sense

Do you remember the sound of your alarm clock for example? I'll bet you do, or the sound of the school bell when you were a child. How about your mom insisting you get up for school when you just wanted to sleep for ten more minutes. That's what I mean, just add the memory of sound to the picture. Sound adds reality to your creative visualization.

8. It Stimulates Your Memory Center

Do you remember the smell of freshly baked cookies, or even burning toast? You just close your eyes with the intent of remembering. The idea is to fill in the picture using all of your senses. When you engage all your senses in your creative visualization it becomes a complete picture.

9. You can bring anyone you want into the picture with you.

Close your eyes for a moment and remember back to sitting around the table with your family on a holiday, or even a Sunday night dinner. Notice how you can remember where everyone sat, or even the jokes they might have shared with one another? Notice the first one to dig into and hog the mashed potatoes? Yep, that's what I mean. It's that simple when you allow it to be.

10. You can fully experience a more desirable reality

Now as you're seeing that family dinner or occasion notice where you were sitting. Who was on either side of you and what you may have been viewing from your vantage point.

OK, now take a deep breath and simply imagine for a moment that you can step into that scene as you were at that time. Just take it very easy, have fun with it and soon enough you may even taste those mashed potatoes.

Part 1: A Quick Start Guide to Visualization

CHAPTER 1: 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 but it can be learned.

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, spiritualists, healers, shamans, gurus, coaches, teachers and more have been using the technique 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".



CHAPTER 2: 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.”*

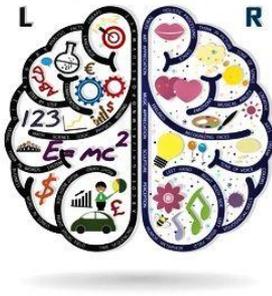
<http://www.psychologytoday.com/articles/199905/helping-athletes-go-the-gold>

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*

CHAPTER 3: 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

CHAPTER 4: 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.

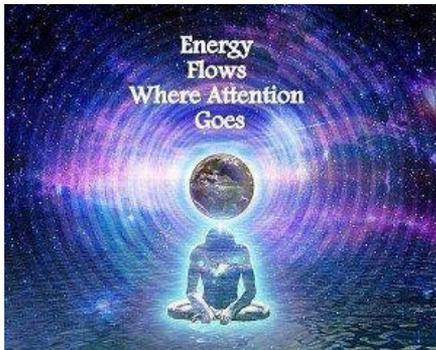


Believe it or not, the second obstacle to successfully using visualization is **you**. So many people are frightened to focus on themselves. They may feel it is somehow being selfish, self-indulgent, self-absorbed. It's imperative to give yourself permission to care about yourself. Think of it like this, 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://loranegordon.com/contact/>

CHAPTER 5: 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 just 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!)

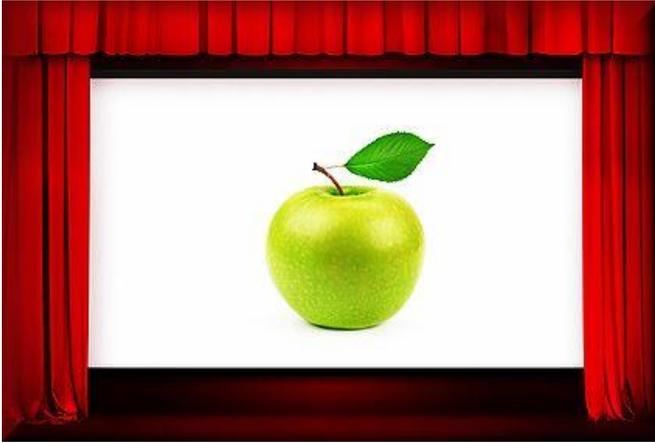
Step three

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.

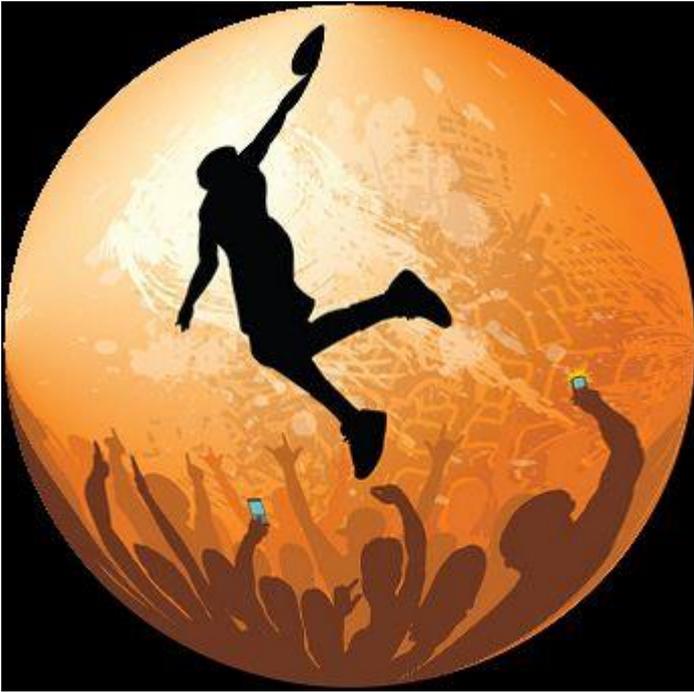
Can you feel the ball leave your hands? The ball hits the backboard, softly, but you can hear it. It goes perfectly through the hoop and you hear it bounce on the ground. Adding sound is the next layer of the visualization and increases its intensity. You are beginning to engage all your senses in the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

CHAPTER 6: 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

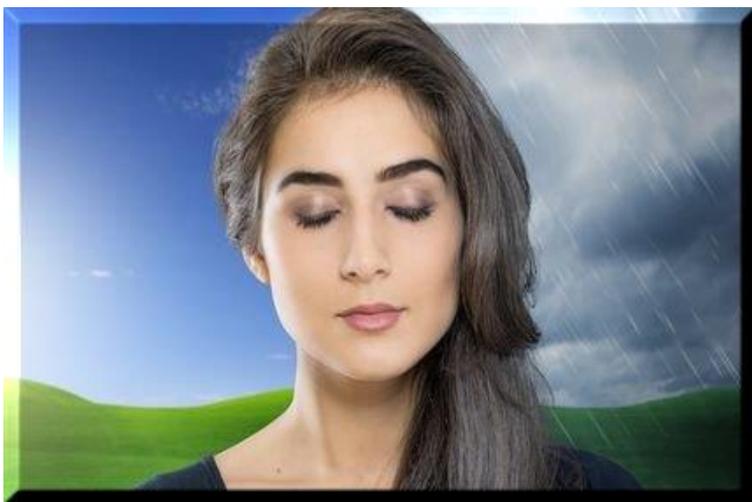
Once you can visualize the more everyday activities in your life you can learn to add your desires to your visualization and harness the mind's true powers. You may benefit from coaching in this and it could be a one on one session with a personal coach, or a recorded visualization tape targeting your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

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

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

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

CHAPTER 7: SUMMARY OF VISUALIZATION TECHNIQUES



Visualization is a process that, when you are first learning, 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. Until you become proficient and confident, 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

Happiness First...Visualization

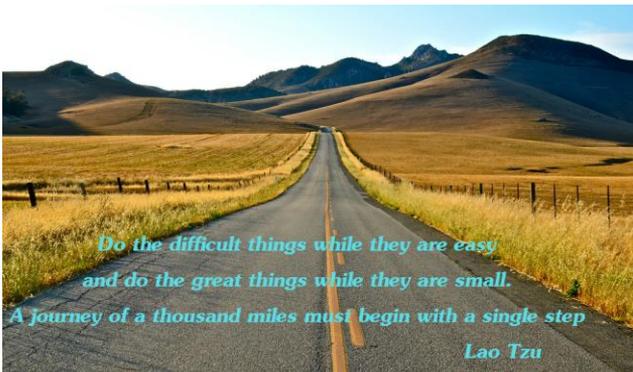
than others and find that different senses demand attention; so they may start with sound before feeling. As you practice this technique you will figure out what works the best for you.

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.loranegordon.com/yourhappinessway/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.



Part 2: ADVANCED TECHNIQUES IN VISUALIZATION

This section goes into more depth and teaches you more detailed approaches to visualization.

It covers understanding your goals in order to use visualization effectively and ethically.

It also explains the importance of breathing and relaxation – techniques you should use before every visualization.

Later chapters look at visualization for specific situations such as stress and weight loss.

Have fun while you are learning- set your default emotion to Happiness and your visualizations will bring you closer to your goals.



CHAPTER 8: GETTING STARTED WITH VISUALIZATION.

Before you use visualization to help in specific areas of your life you need to understand your starting point. Many of my clients come to me for coaching without a clear idea of what their goals actually are. This is something we go over in detail, examining their values and passions until their goals, their true desires become apparent and with them the direction they need to take. Before you manifest what you want through visualization, or any method for that matter, you need to know what that is.



If you're feeling lost and as if too many aspects of your life aren't going the way you want them to for you ever to be happy; then you may feel overwhelmed when trying to choose your goal. You don't want to jump from one idea to

the next, never completing anything and ultimately feeling as if everything you try, fails.

Once you have a goal in mind you can start from where you are now. It is all too easy to make sweeping statements such as, “My life is a disaster and everything is going wrong.”

Though you may feel that way now, among the things in your life that you’re not thrilled with there are other parts that are good. These are the things you don’t want to change. Once you’re clear on your goals you’ll find that some of the perceived disasters lose importance. Simply giving your attention to what you do want takes the focus off what you don’t like about your life. Getting clear on your goals helps to take the negative emotion out of it.

This may sound simple, but, in the words of the outrageously successful Jack Canfield;

“All you have to do is decide what it is you want (and) believe you deserve it...”

The Success Principles, Jack Canfield

Remember, simple does not mean easy! Achieving your goals, whether that be losing weight, finding a lifelong partner, running your own business or simply improving your golf swing; all takes work and focus. You may feel adrift right now as if you have lost direction, or worse, are being pulled in the wrong direction. Perhaps life is not an absolute disaster but it feels pretty unsatisfactory.

It is now time for some serious thinking and reflection. You can use visualization not only to achieve your goals, but also to help identify what they are.

Most goal setting exercises work on a step by step plan. Many will tell you to think 5 years, big plan then break it down into more achievable chunks, ending up with a weekly or even daily task list of activities. There are two problems with this approach when you feel overwhelmed by life and dissatisfied and unhappy with your present circumstances. The first problem is that your goals may end up being such a long list as you try to “fix everything” that you will feel defeated before you start. The second problem is, for many people, they don’t actually have any idea of a 5 year plan, as they are too busy just surviving this week!



IS FOR GOALS

Visualization can help with this feeling of overwhelm and also give you an idea of the direction you want to take.

VISUALIZATION FOR GOAL SETTING

A good way to get accustomed to using visualization is to first imagine a blank screen inside your forehead. Be sure to breathe while you’re doing this to help you stay relaxed. Remember this is not a test, only practice. You don’t have to do it perfectly the first time. Visualization like anything else becomes easier and better the more we use it. Now place yourself on that screen, your ideal self, at some time in the future satisfied and happy with life. What do you look like, what are you wearing, fill in the detail. Don’t get ahead of yourself and imagine anything more than, just you, in the center of the screen. Don’t get distracted by what goals you

have achieved, just for now, focus on you feeling happy with yourself and your life. What would that look like? What do you look like? What are you wearing? See your eyes, are they sparkling? Can you hear anything, smell anything, or feel anything? What emotions go with this picture? Are you excited or maybe you are very calm, tranquil, serene, and content?

When you are very clear about yourself in this picture you can allow others to join you on the screen. Perhaps a partner, colleagues, children? Notice who arrives first. In your relaxed state, happy and content with who you are, which other people do you want with you?

We all need human connection, but sometimes our jobs and commitments mean that the very human interaction we need becomes burdened, rushed, and unsatisfactory. It is important to take time to reflect on our relationships and make an intention to nurture them or we could find ourselves leading a very lonely life. Successfully attaining our goals becomes empty if there is no one with whom to share our happiness.



Now, you can clear the screen and go back to just you in the center. You are now going to visualize your perfect, happy life, full of success and achievement. What is in that life?

Often with visualization we have a specific focus, an improved golf swing, a happy interaction with a loved one, a more fit body. This time you are going to attempt to access your true desires rather than what you think you're supposed to want. It may take practice as the "things" we regard as successful can be colored

by what our parents said, what the media and society tells us. In many cases these ideas are not our true hearts' desire, more what we think we want because they symbolize success. So, do you really want a Ferrari that will guzzle gas, need a high security garage and cost a fortune to repaint if it gets scratched?

Material things may be the trappings of success, but should only be a part of what we want. Think of it this way. Why do you want those material things? It's most likely because you believe they will make you happy. A more effective way to go about this is to focus on how you imagine success feels; the emotions associated with it. This could appear as hearing yourself being congratulated by your boss on a brilliant job completed on time, with the offer of promotion following. You feel validated, appreciated and, yes, successful and happy!

Perhaps in this imaginary successful world you live in, in the future, your strongest feeling is one of being loved, feeling secure and happy in your relationships.

Visualize the best you

By imagining and visualizing the best version of yourself and your life you will get clues as to what you really want. The natural result of this is you now know what you must change first. There may be several areas in your life you feel dissatisfied with but to tackle them all at once can be overwhelming.

Focus on the area of your life that has the strongest emotion associated with it, be it positive or negative. It's okay and actually desirable to think about the negatives for a moment, knowing this is simply the beginning of weeding that part out of your life. For example if you're in your garden you must

open your eyes to see just what needs to be done. You have to first see the weed in order to get rid of it.

What wakes you up at night and what provokes your strongest emotional reaction? Is it dissatisfaction at yourself when you look in the mirror? Is it constant arguments with a loved one or family member? Is it dread about going into work every Monday morning and anxiety about coping with your workload?

Whichever area stands out the most in an unhappy or negative way is the first thing you must change. As I always say, Happiness First... the rest will follow. It's very important to be kind and encouraging to yourself. Celebrate each positive step you take and don't expect to change everything at once. The magic here is that as you experience success in the area of most concern, other problems seem to melt away.



To be effective with visualization you need to be very clear about what you want to accomplish. Take it one step at a time, because if you try to change your whole life all at once, your visualization is likely to become crowded with conflicting desires which means you're not giving your subconscious a clear picture of what you want.

Be clear on your goals

Visualization works best when you are clear on where you are now and where you want to get. That does not mean you cannot accomplish both weight loss and improved relationships. Just be clear and you may even find a great way to visualize success in both areas in the same visualizing session. For example you see yourself looking physically great at the perfect size and your ideal partner looks at you with desire and appreciation. When seeing that slimmer, healthier, comfortable with your body version of you, in your minds' eye, it may well be that the picture is accompanied by an adoring partner, but it's important that you want your goals for the right reasons. Be certain that your goals are to make you happy, to accomplish your hearts' desire, not the desires of anyone else. If that's the case they're not really your goals.

To set your goals you need to start with your most pressing "pain point", the area of your life you most want to change. You also need to be very clear on where you are now, in the journey towards changing your life. You have to be realistic and honest with yourself. Every journey has a starting point which is neither good nor bad, it is simply where you are now, but not where you ultimately want to be. Don't judge or criticize yourself, you have made an intention to change and you should congratulate yourself for taking that first and all important step. Learning to appreciate yourself and encourage yourself is a very important part of reaching your goals. Where you are now is also to be appreciated as it is part of who you are at this moment.



An example of how we make our lives less happy is the golfer who loves playing golf but because he is not very good at it, somehow feels as if he's a failure. So, instead of enjoying playing the game, he worries about and actually visualizes playing the game wrong. Just as visualizing works to create what you do want it also works to create exactly what you don't want. Nine times out of ten, when we worry about failing, we create failure. It's very important to notice if and when you do this and instead put your focus on how you love playing golf, how much you enjoy it, and intend to be better at it.

Striving and wanting to improve is a good thing and it's the human condition to want to succeed. However, you sabotage your efforts if you're constantly criticizing yourself. You must notice if your own self-talk goes something like this: "I am so bad at this, I'm just not good enough and I'm never going to get that promotion, meet the love of my life, or ever please my mother-in-law"! That type of thinking is very effective at giving you exactly what you don't want.

Instead of devaluing where you are now just decide to accept it without judgment. You are where you are and it's neither good nor bad, it just is. Be clear on what area is most important, to

you, to improve and then you will be ready to harness the power of visualization to change your life.

THE INVISIBLE COUNSELORS VISUALIZATION TECHNIQUE

Another technique to help you get clear on your goals and desires.

Imagine you could ask anyone in history, past or present a question, who would you choose? You may be familiar with that game where you are asked to pick the 10 people you would invite to a dinner party. If you could choose anyone either living or from the past, who would come to your dinner party?

Go ahead, write down the names of the people you would most like to talk to at the dinner table. Who has the knowledge, the talent and the expertise that would help you to achieve your goals?



Now, think about the people who you would love to have around you if faced by a problem you needed to overcome. Who would you seek counsel from and who do you think would give the best advice?

These are not trick questions, there are no right or wrong answers. The answers you come up with now can lead you in the right direction for resolving your problems and achieving solutions and success.

Perhaps you admire Oprah Winfrey. Certainly she had a tough life before becoming the mega star she is today. Imagine being able to have a chat with Oprah about a particular issue. What do you think she would say and imagine how “right on” her advice would be!

This technique was used by Napoleon Hill, world famous author of “Think and Grow Rich”, still selling strongly and ranking in bestseller lists decades after he wrote that book in 1937. The technique is known as, the “Invisible Counselors” Visualization Technique.

Essentially what Hill did was to mentally assemble a group of people to act as an advisory group, to help him to develop his own character. You can invite anyone to this group, seating them around a council table with you, in charge, as the Chairman.

Hill imagined these people sitting around the table as he asked questions, listened to their answers and learned from them. Now there is no restriction as to who is sitting there with you, young, old, alive, historical figures, from any country. This can be anyone you want. Imagine Eckhart Tolle giving you advice on how to let go of the past and live in the present moment. Or, the Buddha helping you to understand your soul’s purpose? Or Sir Richard Branson giving you business advice?

You must have, what Hill called, a “definitive purpose” for the council meeting. This is where your visualization can help you with goal setting and understanding the direction you want to take.



Let me give you an example. You feel lost and have a nagging sense that your job is not really stimulating or even what you really want to do but you feel fearful at the thought of changing jobs. Who among the great and the good would you ask for advice in this area?

Your definitive purpose for the meeting is to get clear on what field you would be happiest working in, and how to make that change. Perhaps a simple change in your present position could make the difference you need to find the fulfillment you desire. You do not decide beforehand what the answer is, after all the reason for the council meeting is you are looking for advice and direction. A good way to go about this is just before you go to bed, you assemble your “Invisible Counselors”. You are in charge of this meeting and you decide upon a question to ask each member, related to your current and potential job situation. You then imagine the answers they give and then you sleep on it! The mind is a very powerful instrument and often in our sleep ideas filter through from our subconscious, ready to surprise us as we wake.

SUMMARY OF STEPS TO TAKE BEFORE VISUALIZATION

So, in summary before you start any kind of visualization exercise for a specific area you need to be clear on your goals.

Step 1- Accept where you are now and who you are now without judgment

Step 2- Don't let yourself go towards self-hate or blame about your current situation – be kind to yourself and try to stay neutral

Step 3- Use visualization to “see” what areas of your life you need/want to change

Step 4- Take counsel, ask the invisible counselors for some help

Step 5- WRITE DOWN YOUR GOALS! The act of writing down your hearts' desires and your goals helps to embed them firmly in your mind

Step 6- Choose your most meaningful goal to visualize first.

PLEASE NOTE- The following first steps should be followed EVERY time you start a visualization – for whatever reason you are using visualization techniques

CHAPTER 9: PREPARATION FOR USING VISUALIZATION

Get your breathing right and learn to relax!

Each time you start a visualization your body and mind need to be ready. You want to be focused in order to make the Law of Attraction work for you. Your mind will visualize far more easily if you are relaxed, calm, and breathing correctly. So, the first part of your visualization session should be deep breathing and a relaxed body.

BREATHING

One of the simplest things you can do to help your general health and lower your stress level is to use deep breathing techniques. Start with just breathing slowly and deeply into your belly, in and out to a count of four.

Once you have established a slow breathing pattern you need to quiet down the distractions around you, including those coming from your own mind.

If you are at work, or home and there is a lot of noise, this can be distracting. However, if you do feel stressed at work and cannot find a quiet place, a few deep cleansing breaths can really help to clear your mind!

You now need to focus on your breath. This helps to quiet the noisy thoughts and creates a kind of silent bubble around you. Focusing on your breath, be aware of each inward and outward movement of your chest and diaphragm.

If thoughts try to force their way in, notice the thought and simply refocus your attention on your breath. Don't let this discourage you as it happens even to long time meditators. Sometimes relaxing music can help and a guided meditation is also beneficial.



Deep belly breathing (also called diaphragmatic breathing) is a slightly more advanced breathing technique which can help to calm your mind. It basically means breathing using your diaphragm and it's much more effective when we are using the correct posture.

Happiness First...Visualization

a). Sit with your back in a straight upright position. It can help to imagine a string lifting up your chest. You should feel the area between your chest and your navel lengthen.

b). As you try to improve your posture, you may find your muscles tensing up, especially around the abdomen. Consciously try to release any tension from your body.

c). Place one hand flat against the abdomen. Your pinky or ring finger should be near your navel. Breathe in through your nose at an even rate. Allow your abdomen to expand, rather than your upper chest. You should feel the hand on your abdomen being pushed away from your body as your abdomen rises.

d). Count silently to four.

e). Breathe out slowly and evenly through your mouth. Again, count silently. Ideally exhalation should take about twice as long as inhalation but don't worry if it doesn't. If you can count to four while exhaling that is just fine.

f). Repeat this sequence four times in total. This is what I call the four by four breath.

If you feel light-headed at any time, you may be breathing too quickly. When you're not accustomed to deep breathing it may cause you to feel dizzy at first, but as you continue to practice your body will become acclimated to it and the dizziness will no longer affect you. If you are standing, try practicing while sitting down and do not try this while driving until your body adjusts.

BODY RELAXATION

Now, you are ready to learn how to relax your body so that you can create a visualization for health.

You may need to do these breathing exercises several times until you are able to allow yourself time to truly relax. When you are worried and stressed it is difficult to allow yourself “time off” and you may feel guilty and as if you’re wasting time simply sitting there breathing! Trust me, the health benefits of this quiet time are immeasurable. We so often rush in our lives that we literally forget to breathe properly! We tend to breath in a very shallow manner and haven’t been taught the value of taking nice deep breaths, thus we’re often not getting enough oxygen into our systems. Shallow breathing usually accompanies stress, so it’s very important to be aware of your breath.

Once you are comfortable with your breathing you need to learn to relax those tense muscles.



It is usually most effective to start with your feet and work your way up your body. The most tense muscles in the body tend to be neck and shoulders when you are stressed or ill and

Happiness First...Visualization

if you start there, by the time you get down to your feet your neck may have tensed up again!

The brain is the hardest organ to relax so let's start with the less resistant parts of your body.

As you breathe you start by focusing on your feet. Simply put your attention there, the toes, the arch, the heels. Imagine them as very heavy, sinking into the bed, the carpet, wherever you are. They are heavy, relaxed and pleasantly warm.

You then move slowly up your legs, but it is important to mentally travel slowly through each part of your limbs. So, focus on your ankles, your shins, your calf muscles then your knees, front and back thighs. Feel your thighs upon the chair and notice how that feels.

Each part of your body feels warm and heavy as if a sun lamp is shining on it, or gentle hands are massaging away the tension.

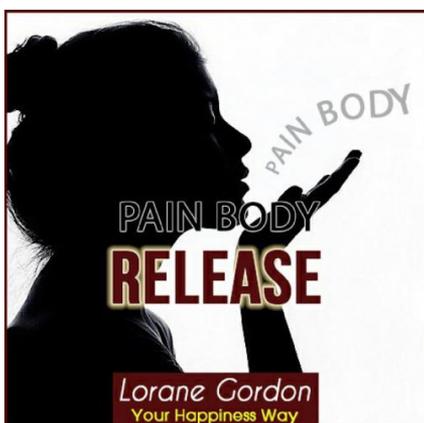
Move up your body, focusing on each part, imagining it very relaxed and warm as if bathed in a gentle light. When you reach the high tension points such as lower back, neck and shoulders you may need to spend a little more time. Sometimes it helps to imagine yourself in a warm scented bath or even lying on a beach listening to the sound of the waves, feeling the soft sand beneath your fingers and the warm sun shining down upon you.



Now, do not allow yourself to get discouraged if you find this challenging at first. You're not alone in this. Relaxation, although important to your health, is not something you may be accustomed to doing, so don't give up just because you feel uncomfortable. Noticing those negative thoughts is a very important step towards body awareness and will help you in all areas of your life. You may find that you feel "silly" focusing on yourself? Is it that you don't like to think about your body? Is it that you "have better things to do"? That awareness is an important step to becoming more "conscious", so instead of giving up because of those feelings congratulate yourself on having noticed them and continue with the process.

For now, you need to simply say to yourself, "I am improving my health. I deserve to feel better and allow myself time to relax" and simply bring your attention back to focusing on your breath. If you are still struggling and need some help redirecting those negative thoughts or feelings; read my blog post on the [Inner Observer](#). This will help you to notice when you are drifting into negativity and that awareness alone can get you back on track.

The focused breathing and relaxation works by putting your mind into a calm state in order to make the process of visualization more effective.



Sometime during this exercise you may come across a part of your body that seems especially tense and possibly painful. You may have noticed the pain and been perplexed because you can't remember damaging

or hurting that part of you. This pain could be a reflection of an event, a worry a particular concern you have with your life. It is a pain that is different from your normal body aches and pains. This is known as the pain body and interestingly; if you work on releasing the pain body, often the event causing the pain is dealt with! For a more detailed meditation dealing with the pain body, go to <http://loranegordon.com/store/pain-body-release/>

All of us have had negative events in our lives and this energy has transmuted itself right into our cellular structure. The stress has manifested itself physically and when the mind cannot face and deal with it effectively at the moment of stress, we store it in the body. By practicing deep diaphragmatic breathing and mentally directing the breath into the site of the pain you can also alleviate the mental stress.

Once you have mastered your breathing and are relaxed you can start your visualization to release the stress in your life; improve your energy and achieve what you want. You're well on your way and you've probably noticed some positive changes already.

The next chapters show you visualization for specific situations.

Part 3: Visualization techniques for specific situations

A stress free you through visualization

Did you know that work related stress accounts for an estimated 1 million American workers absent every day due to stress? Work-related stress is defined as a harmful reaction people have to undue pressures and demands placed on them at work.

In the UK the figures are not much better.

The total number of cases of stress in 2011/12 was 428 000 (40%) out of a total of 1 073 000 for all work-related illnesses.

Are you one of those people struggling with work related stress, or are other aspects of your life causing you anxiety?

Are you struggling to get through the day; are you longing for the weekend and dreading Monday mornings? Headaches, sickness, aching limbs, exhaustion and continual bouts of a “flu-like” illness can often be attributed to stress.



It makes sense to address your health before making any other changes in your life; but many people tolerate a level of poor well-being without realizing the potential long term damage it could be causing.

So, how can visualization help you to handle stress and poor health?

The concept of work related stress is often confused with challenge, but these concepts are not one and the same. Challenge energizes us psychologically and physically, and it motivates us to learn new skills and master our jobs. When a challenge is met, we feel a sense of accomplishment and satisfaction, possibly even euphoria. Thus, challenge is an important ingredient for healthy and productive work. The importance of challenge in our work lives is probably what people are referring to when they say "a little bit of stress is good for you."

Some challenges may worry us, but we still feel that we can "rise" to them. Stress on the other hand makes us feel down, listless, unable to handle even our ordinary job, let alone challenges. You need to deal with stress before it causes further long term health issues.

CHAPTER 10: USING VISUALIZATION TO ALLEVIATE STRESS

Visualization for Stress

For many people stress is linked to their work environment. In fact, some studies put work related stress as high as 85% of people experiencing stress in the workplace! Other studies show the following:

One-fourth of employees view their jobs as the number one stressor in their lives.

-Northwestern National Life

Three-fourths of employees believe the worker has more on-the-job stress than a generation ago.

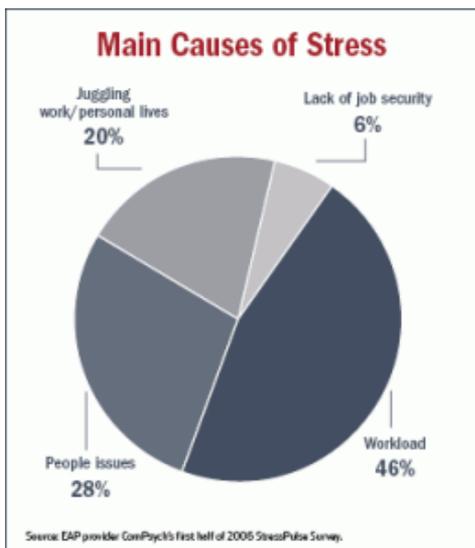
-Princeton Survey Research Associates

Problems at work are more strongly associated with health complaints than are any other life stressor-more so than even financial problems or family problems.

-St. Paul Fire and Marine Insurance Co.

(source: <http://www.cdc.gov/niosh/docs/99-101/>)

There are a range of stressors in our lives and certainly, many would argue that the 21st century has become the century of stress!



When you use visualization to release stress you need to identify the area of your life that is causing the most tension as this will then become the focus of your visualization.

I am going to use the workplace as the example for this chapter.

Now, close your eyes and imagine you're at work just going about your daily routine. Notice how you feel as you imagine being in the different locations of your office or workplace. Notice the physical feelings that may accompany different activities at work. Become aware of how you feel at the desk, on the phone, speaking with other employees, the boss. The more you notice how your body feels the easier it becomes to relieve the pressure. Awareness comes first, then you can deal with the stress.

What you need to do now is to replace the images that cause you anxiety with ones that represent, for you, calm, success and feeling in control. Most of us get stressed when we feel under pressure to meet a deadline, complete a report, or deal with difficult clients or colleagues, or doubt our ability to accomplish a task.



Close your eyes and imagine you have a screen, as if it's on the inside of your forehead. At first it is empty, no clutter, no negative images, just a blank screen. You are now going to project a single image onto that screen. Choose a simple image of something you like. A bunch of your favorite flowers, an apple, or a loved one's smiling face.

Now you replace that image with a more challenging picture. Perhaps a colleagues' face, your boss' face...if you believe a person is causing you stress you *can* decide to change your view of that person! Your visualization is, always, under your control and in your visualization that person cannot harm you or cause you anxiety. You are in charge of their expression and their behavior. Now

imagine you see them as smiling; as pleased with your work; congratulating you on a job well done.

Your visualization is there to replace the pressure associated with work with images of you achieving your goals; handling your workload, meeting those deadlines. You literally imagine and see yourself succeeding at the tasks that are causing you so much anxiety. You practice in your mind the steps needed to succeed. At first much of your imagery will be projected in silence; you need to determine what success at your job looks like. As your images become stronger and clearer, you can add sound. This could be the sounds of praise from colleagues as you complete a challenging task. A “Thank You” from the boss at meeting the deadline. If nagging negative voices or images creep into your visualization, just notice them then return to your deep belly breathing until you have calmed them down and you can refocus on successful thoughts and images. Remember also, that sometimes the voice you hear is your own self-doubt, your inner ogre criticizing you. It is best not to try and shut this hurtful voice down as fighting it doesn’t work. Simply acknowledge the voice realize it’s your inner ogre talking, don’t believe what it has to say and return to your visualization. (For more on the inner ogre, read my post, here...[“Conquer Your Inner Critic”](#))

These types of visualizations do take practice but are well worth the effort! They can be accessed when you are actually at work and a challenge arises. With practice you can briefly shut your eyes and conjure up a positive image to replace the negative situation you are encountering. It

will not make the situation disappear; however, your reaction to it will more likely be one of calm confidence. You will find yourself able to handle the request; the deadline, the challenge without the usual stress associated with that situation.

Visualization to deal with stress cannot remove the situation causing you stress but can help you to meet the challenge with calm and control. Ultimately you must decide whether your job or workload is too much for you to handle and if it is then go about changing it. Try, [“The Invisible Counselors Visualization technique”](#) on page 45

Using visualization can clear away the petty worries, the over-reaction because you are tired. It will allow you to reflect on your situation and often shows you a solution that is not clouded by the emotions you experience at the time. It is a good way to learn to step back from a situation and evaluate it objectively.



CHAPTER 11: VISUALIZATION TO KICK A BAD HABIT!



Are you a smoker? Do you bite your nails? Do you over eat when anxious? Do you drink far too much coffee and end up feeling agitated and unable to sleep? Many of us have bad habits; things we do we know we shouldn't but we feel compelled and may lack the will power to stop the behavior. In our hearts we know we may be damaging our health and well-being but sadly try as we might we can't seem to change our habits.

Visualization techniques can help you to banish your bad habits and thus improve your well-being. Maybe you have tried programs to stop smoking but in your mind still see yourself as a smoker. Perhaps you bite your nails unconsciously or reach for the cookie jar after an argument or a really tough day, almost without noticing?

Perhaps you see that first cup of coffee that leads to a second and a third as the only way to start your morning.

A good start to using visualization to stop these unwanted behaviors is to identify the triggers that come just before you give into whatever habit you are trying to change.

A journal is a good way to raise your awareness. Many of our habits and behavior are ingrained and unconscious. You need to become conscious of your habits before you can change them. Start by making an intention to notice what you're doing. So, the next time you reach for a cigarette, another latte, a cookie, or start chewing on your nails, you'll have the awareness and therefore the power to stop and think to yourself, what just happened?



Are you actually hungry? Maybe you are thirsty? Strange as this may seem; we often reach for something to put in our mouths when actually what our body is asking for is some hydration! Humans need at least 8 pints of fluid a day or else we function poorly, get headaches, or feel

listless. However, our interpretation of our own body signals can get scrambled. While our body is asking for water, we give it double chocolate chip cookies! Even coffee can be a response to thirst, but most of us know that too much caffeine can be distinctly harmful and that pure water is a much healthier and smarter choice to quench thirst and hydrate our bodies.



The next time you find yourself reaching for a snack, a cigarette or something to chew on; try getting up and pouring yourself a glass of water and drinking that instead. It certainly will not harm you; it acts as a delay mechanism for the bad habit and it may actually be what

your body is asking for. If a hot drink is really what you crave, try green tea or decaf coffee as alternatives.



Substituting your bad habit with a better one is a well-known technique for kicking bad habits, but it often fails. Why? Because although we know this is what we are

supposed to do, that knowledge has not reached our subconscious. We need to retrain our brain so that it reacts to triggers differently. All the good advice about how to stop smoking; cut back on caffeine and anything else we want to change must become deeply ingrained in our unconscious.

Visualization techniques can significantly improve your success at changing bad habits. Because with visualization you are accessing your deeper consciousness; any instructions you implant there are more likely to stick.

It is still a good idea to join a program helping you to quit smoking, for example, as studies have shown we tend to succeed more often if we have support and others around us trying to do the same.

However, if you have tried these programs before and failed; then visualization will help you to succeed this time.

So, how do you use visualization to change bad habits?

Having identified your habit triggers you are going to work on replacing the action following those triggers with something more beneficial.

To begin, follow the deep breathing and relaxation steps outlined at the beginning of Part2.

[GO to page 49 – Preparation for using visualization](#)

HOW TO USE VISUALIZATION TO KICK BAD HABITS

Having identified your triggers you are now going to visualize the behavior you want, not the habit you fall back on.

Close your eyes and bring up your visualization screen.

Now, imagine one of your trigger situations and see yourself reaching for that cigarette, coffee or cookie. Discover how you are feeling at this point. What is your body feeling, what are you saying to yourself? Why do you need that cigarette? What has made you seek comfort food or the adrenaline kick of the caffeine? Examine that emotion as if you were an outsider, what would you say to yourself?

Now, slowly and deliberately see yourself putting down that cup of coffee, closing the cookie jar, stubbing out that cigarette.

Visualize yourself reaching for a glass of water, a piece of fruit or a handful of nuts instead. Enjoy the sensation of drinking or eating your chosen substitute. Really savor the moment. Try and see the water as cleansing, as rehydrating you and helping your brain to work better, flushing out any toxins and making you feel able to take on the challenges of the day.

You may well struggle with this in the beginning but with practice you will be able to recall the more positive sensations of your substitute over the ingrained reaction that has you reaching for your bad habit.

A good visualization to go with this is you picturing yourself without this habit. Project an image of you on your screen with perfectly manicured nails for example; not bitten and torn cuticles! See yourself running up a hill with no loss of breath because you are no longer a smoker. Imagine an activity that you currently cannot do because of your current habit and then substitute a picture of you; healthy and happy doing this activity because you have kicked that habit.



CHAPTER 12: VISUALIZATION TO IMPROVE YOUR GAME

Whether you are a golfer, a tennis player or just enjoy an occasional game of softball in the park you can improve your athletic ability through visualization. Many of us don't want to become champions at the sports we love but would definitely like to play better! Others may take their sport more seriously and be quite competitive; finding it frustrating when they have a bad game.

Whatever your motivation – if you would like to improve your ability in your chosen sport you can!

Visualization is a powerful tool.

“Visualization is used primarily as a training tool, one that improves the quality of athletic movement, increases the power of concentration, and serves to reduce the pressures of competition on the athlete while building athletic confidence.”

Source: <http://www.faqs.org/sports-science/Us-Z-and-bibliography/Visualization-in-Sport.html>

If you want some figures on the effectiveness of this – Psychology Today published an article looking at this very subject. An example of the power of visualization in improving physical fitness was found in a study on people going to the gym.

“For instance, in his study on everyday people, Guang Yue, an exercise psychologist from Cleveland Clinic Foundation in Ohio, compared “people who went to the gym with people who carried out virtual workouts in their heads”. He found a 30% muscle increase in the group who went to the gym. However, the group of participants who conducted mental exercises of the weight training increased muscle strength by almost half as much (13.5%). This average remained for 3 months following the mental training.”

Source:

<http://www.psychologytoday.com/blog/flourish/200912/seeing-is-believing-the-power-visualization>



Tiger Woods is a notable athlete who uses this technique and the Russian Olympic team coaches use it regularly to train their athletes.

So how can you use visualization to improve your game?

Firstly in you need to master the breathing and relaxation techniques outlined at the beginning of this section.

[GO to page 49- First steps to using visualization](#)

In order for visualization to work you must be relaxed and receptive while you are visualizing.

If the game you are trying to master is complex it would be helpful to get some actual professional coaching in the various techniques. One of the important aspects of visualization is that you are using the correct imagery. You need to know what, for example, a good golf swing, looks and even feels like. A professional can show you this. If, however, coaching in your sport is expensive, you

can find other ways to “see” the correct techniques. This is where technology can be very helpful.

Before creating your visualization, watch some videos of professionals demonstrating the correct technique for your sport. Select a particular aspect of your game that you want to improve- focus is more effective than a general desire to, for example, “get better at tennis”.

Let’s use tennis as an example. Maybe you choke on your serve, and never quite seem to get the ball high enough for that elusive ace.

Step one

Watch some videos on good tennis serve technique.

I searched “improve your tennis serve” on YouTube and found lots of really good videos that actually show you common errors and easy corrections.



What you are doing by watching these videos is “seeing” the best technique. This will help implant that positive image in your mind as you practice visualizing a successful serve.

Step two

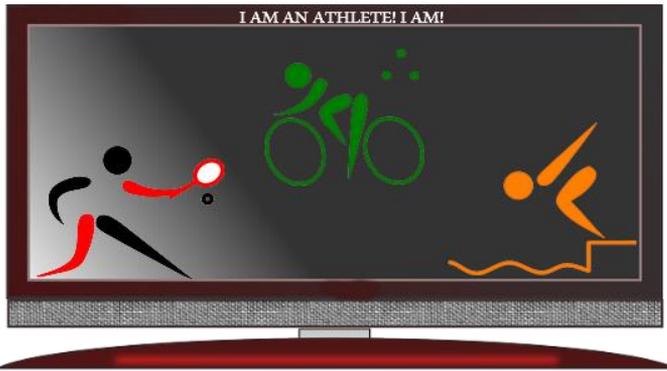
Focus on a series of images that you feel will help with your particular game and remove your own stumbling block to success.

Once you’re familiar with how the proper moves look you can now put them in your visualization.

YOUR VISUALIZATION TO IMPROVE YOUR GAME

Complete your breathing and relaxation exercises. You should sit, or lie down comfortably, but if you like you can do this visualization standing up as you may want to make some of the movements you are visualizing. Be sure you are in a clear space if you are doing this standing, as you will need to keep your eyes closed to avoid distraction. Obviously we don’t want you hitting or falling over anything!

In a relaxed state with your breathing steady you are going to start with the blank screen on the inside of your forehead.



Now place an image of yourself, appropriately dressed for your game, on the screen. Become aware of the context, your surroundings; the feel of the sun or wind on your face. If your game requires that you warm up beforehand, which is a good practice, be aware of how loose and ready your muscles are. Mentally imagine yourself ready, happy, relaxed and looking forward to the game.

Now focus on the aspect of your game you have chosen to improve. Recall the images and video of the professional performing that technique accurately. Transpose yourself onto that image.

Feel your body going through the same actions as the professional. Feel your body fluidly moving through the actions and the triumph as you execute the move perfectly. For many people this visualization actually triggers a physical reaction. So, if you are standing or sitting your arms, body, legs may physically mimic the action you are imagining.

Scientific studies have shown that the muscles you are mentally using actually respond to the visualization and

strengthen over time. Visualizing a movement can actually create muscle memory!

You will need to practice this visualization regularly to gain full benefit from the technique.

Over time you can add more detail to your images. Your tennis serve can become that un-returnable ace in your visualization and you can add the sounds of cheering or triumph that accompanies the winning serve.

What your visualization is doing is mentally training your body to execute the correct technique for any aspect of your game. With practice you're body and mind is able to recall that imagery & that new muscle memory goes to work causing you to use that new technique.

So, using the tennis or golf analogy. You are about to serve and you close your eyes briefly and conjure up the image of you delivering the perfect serve. You are about to drive off at the tee and in your mind's eye your body is correctly aligned; your swing is fluid, no slice or hook and the ball flies perfectly.

Regular visualization will train your muscles and your body to follow the correct techniques for your game. The other major benefit of visualization to improve your game is removal of the psychological blocks we all carry when playing any competitive sport, however mild that competition.

As human beings we are all too aware of potential failure and that is heightened when we are playing games. It is a

natural desire to want to win; to want to succeed; to want to “play our best game”.

Much of what prevents us from succeeding is our own fear of failure or of making a fool of ourselves. Learning to laugh at that missed basket, that bungled pass, that sliced shot or miss-hit is part of being a grown up. However, if when trying to enjoy a sport or game we find ourselves constantly messing up then we lose confidence and stop enjoying the game.



Visualization can restore that confidence, shift your mind set when approaching any game or sport. If you are able to close your eyes and see and feel success you'll have much more fun playing the game because you will anticipate and feel yourself playing your best.

Visualization will not necessarily turn you into a professional player; that takes years of practice and natural talent needs to exist. However, what visualization will do is to make the whole process of playing your game

or sport that much more enjoyable. You are much less likely to make silly mistakes and your actual ability at the sport or game will improve.

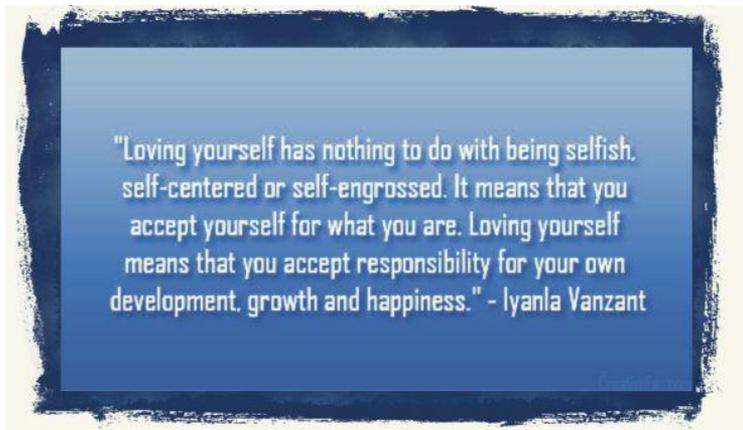
Enjoy your game and see in your minds' eye just how much fun it can be!

CHAPTER 13: VISUALIZATION FOR WEIGHT LOSS

Weight can be a real problem for so many of us, and losing weight a huge challenge; but that problem can sometimes be distorted by our own body image. You may feel overweight where others see a normal healthy sized person.

So, before we look at how you can use visualization to help you achieve the body you want; let's start with the body you currently have!

You cannot do anything that requires willpower if you hate yourself! That negative thinking will cause you to lose energy, and you will inevitably fail.



To get where you are going, you have to start from where you are. You cannot deny where you are- resistance of what is and non-acceptance of your current weight and

shape is counter-productive towards using visualization to create a slimmer more healthy body.

You need to start now by accepting yourself where you are. Blaming and criticizing yourself will not get you where you want to go.

You can actually use visualization to help you accept your current body shape and weight. In case you're thinking that acceptance of the status quo will keep you there I can assure you that is not the case. You need self-acceptance and even forgiveness before you embark on changing your body. Often when we gain weight, we feel ashamed of our bodies and angry at ourselves. We find it easy to forgive our best friend for putting on weight yet cannot seem to muster the same acceptance and compassion for ourselves. Allow yourself to feel grateful that overeating was able to meet some deep need within, knowing full well that now you are finding a better way. So forgive yourself for having gained the weight.

Accepting and embracing what is, is the first step to changing it.

If you are seriously overweight, perhaps what is termed clinically obese, you certainly can use visualization to help change your eating habits and achieve a healthier you. However, I would strongly advise that you also check out and follow a proper health plan along with the visualization. You should consult with your doctor. Where you may feel overweight your doctor is much more likely to give you an unbiased view of how much

weight it would be advisable to lose. This will also help you to put your weight issue into a realistic perspective!

What is a good weight or size?

Yes, that is a trick question! Society's view has skewed our view of what is actually overweight. Let's get honest. Be realistic about where you sit on the weight range. At one end of the scale is the impossibly thin size zero model who frankly is not human! Men are not immune from these unrealistic expectations of body image either. To be a model man you must have a sculpted torso, ridiculously defined cheekbones a full head of hair and shoulders broad enough to carry a harem of beautiful women!

At the other end of the scale is the worrying increase in clinical obesity even among very young children. If your doctor has warned you that your weight is putting your health at risk then, yes, you owe it to yourself and your family to follow a diet plan. Find out what your BMI is now in order to have a clearer idea of your weight.

Here is a nice simple and easy to use calculator to check your BMI

<http://www.bmicalculator.org>

Most of us fall somewhere in between impossibly anorexic and morbidly overweight. What is important is to truly look at yourself, accept what you see and make an intention to change this, from a starting point of acceptance of what is.

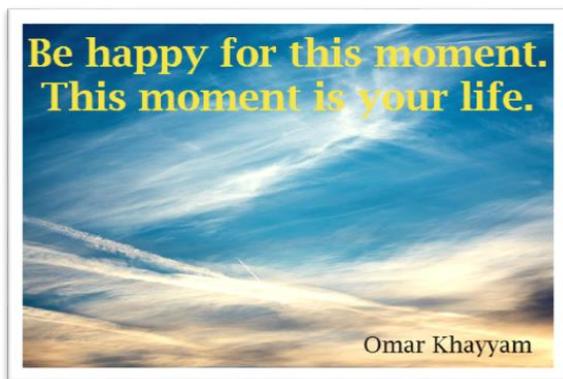


Each step of the way on this journey towards a healthier slimmer you needs to be accompanied by self-encouragement rather than blame and self-hatred. You must appreciate yourself first and by so doing you will enjoy the journey.

When you get in your car to go somewhere you have to start from where your car actually is. You have a destination in mind and chances are you need to get gas first. You don't look at getting gas as an interruption. You simply accept that, in order to get where you're going, stopping for gas comes first. Maybe on your journey you stop to rest, or take a leisurely look at the beautiful scenery. You enjoy doing those things and don't think of them as a waste of time. Sometimes you stray from your route because you want to visit another place along the way. There are a number of possible routes to your destination and they are equally valid as choices.

Much in the same way when you are following a diet plan; there are diversions, occasions when maybe you don't stick entirely to your plan. Perhaps you have a party to go to and you have an extra glass of wine or a few hors d'oeuvres or even a piece of cake. If, at that point you beat yourself up over the additional calories and punish yourself for the lapse you are likely to give up on your eating plan. You need to accept that this time you had some extra calories, and enjoy the occasion. The next day you just go right back to your plan and yes, maybe it might take an extra day or two to get back to losing weight, but that's okay. You must allow yourself to enjoy your life. Blaming and hating yourself for any reason creates a negative energy field which in turn makes you a magnet for more negative things to appear..

If you treat yourself with respect and care you will make progress, but if you embark on a weight loss program thinking, "I'll be happy **when**...I lose 30 pounds, or 20 pounds, or look like a model" etc. your happiness when you reach that goal will be short lived. Also you are very likely to just pile the pounds back on very quickly as you realize that having a slim, healthy body is great and adds to your happiness, it alone will not create happiness where there is none.



The habit of putting off happiness until this or that happens is just that, a habit. Make a decision to break that habit now; Happiness first...the rest will follow. Accept who you are and treat yourself kindly. Make the decision to lose weight from the right perspective, e.g. "I want to lose weight to feel better, be healthier, to enjoy my life without breathlessness, to wear my favorite clothes again" and celebrate each achievement along the way. So, each pound lost is worthy of celebration. This is a celebration that doesn't need food to enhance it, but instead is filled with confidence and joy and the people you love.

The formula to lose weight is, first be clear on your goals and start with acceptance and understanding of where you are now. Yes, you will need a plan of some sort, but don't get stressed or discouraged if there are deviations from your plan. Visualization, seeing your success, will help keep you on track but you must also accept the fact that you are human and should be enjoying life and all its journeys.

HOW DO YOU VISUALIZE GETTING YOURSELF INTO SHAPE?

Do the breathing and relaxation exercises before starting your visualization.

[GO to page 49- First steps to using visualization](#)

Having decided consciously that you want to lose some weight you need to start with a goal of some sort. So, for example, say you are 160 pounds and want to lose, say 30 pounds.

Step 1

Get on the scale! Be honest with yourself, saying, “I weigh 160 pounds I intend to weigh 130 pounds”.

Now, if you are lucky enough to have the old style scale where you can change the reading, then do so. Just slip the scale weight to reflect 130lbs and keep it there when you get on it. Rejoice in what you see. This adds to your visualization and can make it feel even more real. Now, if like most of us your scale doesn't adjust you simply imagine this.

This is the visualization you create.

You imagine yourself going into the room with the scale. You step on the scale, with your eyes closed, in anticipation. Now, look at the numbers and see that scale move to 130 pounds and see it in bright lights, color, maybe you hear triumphant music! You have reached your goal.

Perhaps you are in front of the mirror as you do this and you look up and see joy and euphoria in your face. You feel slim and sexy and wonderful. You reach down and feel your new found waist. You check out your hips, you love the way you physically feel, you love the way your hands feel on your body, you love the way you look in the mirror, and most of all you love the number on the scale! You celebrate it, you see yourself jump off the scale and maybe do a little happy dance because you have accomplished your goal and you feel wonderful.



Step 2- Visualizing using clothing

Another way of doing a visualization for weight loss is the clothing way. Perhaps there is a pair of jeans in your closet you can no longer wear. You have this image in your mind of struggling to get the zipper shut, being unable to pull those jeans over your hips. It makes you feel sad and miserable.

The visualization that replaces this negative image is as follows.

Now you see yourself walking into the closet and disrobing. You feel the pajamas slipping off your body, easily and comfortably. Reach for that pair of jeans. See yourself putting your left foot in the jeans, then the right foot. As you do this, there is no wriggling to get them on, these pants pull on easily and comfortably and slide up

over your thighs and hips and you button them with ease. Actually you have enough extra room to put your fingers between the waistband and your stomach as the zipper slides up beautifully and easily.

You step out and look at yourself in the mirror and your bottom is nice and well proportioned, you are sleek and slim and feel comfortable in your jeans. You see yourself walking around in these jeans feeling free and confident. You can select any item in your wardrobe for this or anything you want to have in your wardrobe. Maybe there is a type of clothing you want to be able to wear but up until now feel it wouldn't suit your body as it is. This can be especially effective where there is an emotional connection with a piece of clothing. A dress or suit you loved and wore for a special reason that you would love to be able to fit into again. Visualizing yourself in this clothing, happy and comfortable is an especially powerful way of using visualization as it increases your motivation and you feel so good seeing yourself this way.

Using a vision board

If you find imagining yourself at your goal weight to be difficult you can use a vision board to help you.



There are a number of things you could put on your vision board. You could find the perfect dress or outfit in a picture of *an ordinary, real person you like*. Do not use a size zero model! That is unrealistic and I can't help you to become unhealthy. You are looking for a real image of a normal sized, healthy person that you appreciate, wearing clothing you like, maybe with an attitude you like; carefree; powerful; happy.

You take a picture of your face and put it on the picture of the person wearing those clothes you like, in a situation you aspire to. It could, for example be someone wearing a great looking suit at a business meeting, looking stylish and in control. It could be your face on the body of a bikini wearing woman having fun on the beach. This vision board, of your face on the body you want, wearing clothes you like, in a situation you aspire to can be a powerful tool for visualization and your board is limited only by your imagination.

Notice how you feel while you are selecting these images. If you feel envious and bad remember that you can do this and that's exactly why you're picking out these pictures.

Give yourself a pat on the back and tell yourself you are moving forward towards your goal. Try to have a feeling of appreciation, and an attitude of “I am capable of looking like that”. When you appreciate others attributes it is also telling the universe that you deserve the same. When we look at others with envy and feelings of inadequacy it creates negative energy. It literally pushes away the possibility of us achieving the same therefore using the Law of Attraction against yourself. You cannot have true success without appreciating it in others.

If you feel it helps you, you can create a vision board of yourself in a number of situations and clothing. The idea is that you create such strong images that when you close your eyes you are able to conjure those images to your mind's eye. You create the vision board to get those images very clear in your imagination. A vision board is not a substitute for visualization but an aid, a reminder of what you want. The visualization is not the board hanging on the wall it is the imagining you are able to do when you close your eyes and see yourself having achieved your goal.

If you like doing things like this the high tech way, there is a free program you can use to create a vision board. You can find it at <http://www.visionboard.me/concept/>

Get moving in your visualization!

An additional technique to help you visualize your newly slim you is to add movement to your visualization. An example for women to use is to imagine yourself in a beautiful dress being picked up by your partner and swung round, perhaps on the dance floor! You are light and svelte and you can feel your partners' hands on your



newly slim waist. You feel comfortable with your partner touching you and feel feminine as he easily picks you up. You look in his eyes and you feel wonderful and he reaches down to you and you tilt your head up for that deep, warm, fabulous kiss. This visualization adds movement, touch and emotion, which is very

powerful not only for your motivation, but strong emotion behind your desires actually powers the Law of Attraction.

It works for men too! You are on the beach and you are taking a walk. Each footfall plants a comfortable step in the warm sand by the waters' edge. You catch a glimpse of your shadow and see with gratitude and appreciation that your back is straight and your stomach is flat. As you walk there is a bounce in your step and a confidence knowing that you are healthy and masculine and strong. You feel the power in your legs, the strength in your core and the

freedom of your trim body as you move. You can feel the spray of the salt air hit your tight skin on your comfortably muscled body. A nearby woman catches your attention and you can see her eyes rake your body with appreciation. You walk a little taller and feel even more desirable and happy in your body. You know you are as good as you can be. Do you see how fun this can be as well as fabulously effective?!

Step 3: Visualization, Food and Weight loss

For most of us, losing weight will involve some change in what we eat and this can be the most challenging part. Food can have a lot of psychological meanings for many people, plus food that is often unhealthy can also taste too damn good!!

Exercise helps with weight loss but 80% of what we weigh is linked to what we eat. It is always best if you have at least an outline of a sensible and healthy diet plan. The best plans, if your health allows are those where no foods are actually “forbidden” as long as they are eaten in moderation. We tend to crave those things we are not allowed! A good start, nevertheless, is to cut out those foods that will create cravings and sabotage your efforts to eat more healthfully and therefore lose weight more easily. On that list are most white foods, white flour products, most processed foods, white sugar and alcohol to name a few. If you can cut those out in the first weeks it removes the body cravings and allows you to focus on the emotional and psychological attachments many of us have for food. Then you can more easily use visualization to help change your relationship with food and eating.



It's best to choose an eating plan that contains well balanced healthful food that nourishes your body and keeps your metabolism moving. Remember, if you are hungry you will eat and often you will grab something that is not helpful for weight loss to satisfy those pangs. Starving yourself is not the way to achieve sustained weight loss.

A good place to start your visualization is when you think of going to the grocery store and buying food. Changing how you view food shopping helps set your mind on the right path to weight loss.

Food Shopping Visualization

So, imagine you are going food shopping. Before you go you make a list of food that you are going to buy; this also helps to avoid impulse buying of processed junk food and things you don't need!

Think of lean sources of protein; fish, chicken, lamb, beef; you do need the iron in red meat. You need some fat as it helps with brain function but, for now it's a good idea to avoid overly fatty cuts.

You go to the store and see yourself really wanting that lean steak, or fish. You choose complex carbohydrates such as winter squash, brown rice and sweet potato; think of colorful foods and as mentioned above avoid white foods at this stage. Wholegrain foods, such as quinoa are nutritious and filling as well as loaded with protein.



See yourself at the grocery store looking for and happily putting those healthful, colorful, good foods in your basket. See yourself dancing down the aisle choosing food and feeling good about yourself. You feel calm, relaxed; knowing that if anyone were to look at the contents of your basket you would not feel any pangs of guilt! The whole food shopping experience is positive, you are having a great time. Your basket is the colors of the rainbow; red apples, yellow squash, oranges, blueberries, eggplant, curly kale and spinach; your food is gorgeous! You know that you are treating yourself well.

Snacks are important- healthy snacks

Don't forget to buy yourself some healthy snacks when



you are shopping- so in your visualization you need to see fruit, nuts, seeds; food that you can snack on without guilt. If you really want a candy bar understand that you can have it, but also know that in the

beginning it won't help to put sugar in that form in your body as it can set off cravings for even more sugar. If you must have candy choose a small wrapped piece of candy and put that one piece or bar into your shopping basket.

When you eat it really enjoy it and revel in the taste. Don't make the mistake of choosing to eat candy and then punishing yourself while you do. That will cause you to want more because you actually didn't derive any satisfaction from the candy because of the way you felt while eating it. Once again at first you're better off not having any simple sugars such as candy as these are trigger foods and cause your body to want even more. Remember protein and even fat is your friend when you decide to lose those extra pounds. Both are satiating and you will naturally stop when you feel full as they don't add to those uncontrollable body cravings.



A good source of protein and minerals are nuts and yet they've gotten bad press because of their fat content.

Cashew nuts although high in fat, contain the good fat, unsaturated fat. As a craving blocker they are helpful because they are high in manganese which helps control



blood sugar levels. They are also high in copper and zinc which boosts cell growth and strengthens your immune system. An ounce of unsalted, raw

cashews is a satisfying snack with the side benefit of potentially improving your mood as they contain magnesium for improved mental health; tryptophan, an essential amino acid, which you have to consume as your body cannot make it, and can boost your brain's production of the feel-good neurotransmitter serotonin.

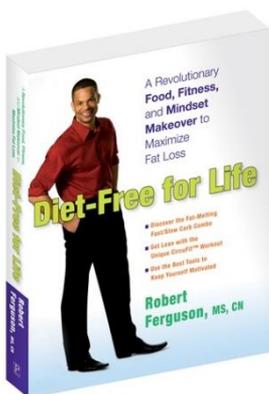
Go ahead and choose a handful of the nuts you enjoy for a snack and notice how comfortable your mind and body feel after eating them.

For more information on this and the medical references see <http://www.livestrong.com/article/527752-cashews-anxiety/>

Above all your food shopping visualization should be a positive and happy experience. Food is no longer the enemy and shopping no longer is full of guilty decisions.



It may be helpful if you find diet plans confusing to check out "Diet-Free For Life" by ROBERT FERGUSON. It is actually a diet plan I have followed and it is a comfortable plan that is realistic both about what you eat and also the cost of healthy eating. It is based on three good meals plus lots of snacks throughout the day every two to three hours. It helps you to avoid cravings and you never feel hungry and best of all it boosts your metabolism which aids you in losing those extra pounds.



So, if you don't have a diet plan in mind, I like the Diet-Free For Life plan. My weight has fluctuated a lot over the years and this plan always works for me. It is very sensible, practical and delicious. You can eat, and eat what you like without guilt! This will work for you whatever your income level. It is easy to follow and accommodates different people's needs and

tastes in foods. What I especially like about this plan is that it allows you to EAT! Actually insists that you eat. It recognizes that when you feel hungry you should eat and not feel guilty about it.

You can find the plan, here, [DIET-FREE For LIFE](#)

It is absolutely crucial that you don't hate yourself for eating. When you're really hungry it is your healthy body's signal to eat. Visualization supports this new view of food, but first it's best to get rid of those sabotaging body cravings that can so often mess up your diet.

If you want to increase your exercise levels as part of your weight loss plan, you can use my visualization to improve your game and apply it to any exercise routine you can imagine!

CHAPTER 14: VISUALIZATION FOR RELATIONSHIPS

In this chapter we are going to cover three areas; visualization for those of you who have not yet found the love of your life; using visualization if you are struggling with your present relationship and a visualization for those of you are struggling with a family relationship. **Do the breathing and relaxation exercises before starting your visualization.**

[GO to page 49- First steps to using visualization](#)

VISUALIZATION FOR ROMANTIC LOVE

Firstly you have to determine the kind of partner you want. This does not mean you are looking for the guy who happens to have great blue eyes and a six pack! You want to sit down and get really clear on the qualities and values that matter to you in a relationship. Does the partner of your dreams make you laugh? Are they hardworking; highly intelligent; treat their mother well? Are they diligent, patient, kind and generous? Or maybe you want someone with a sense of adventure, a bit of a risk taker rather than someone who makes you feel safe and comfortable. It is important to be honest with yourself. No judgment; you are not describing the "perfect partner" according to other's views or society's standards. You can choose do a visualization that only focuses on the physical

requirements of a partner but ultimately that will end in disappointment if their values do not match what you need.

Start with the values and the way you want to feel in that romantic relationship. Do you want to feel safe and cared for? Do you want to feel as if whatever you say is really being heard and appreciated? Do you want to feel supported and respected? You should also consider how you want the bedroom relationship to be as it is an integral part of love. So, you sit down and you figure out what's really important to you and then you work up to the looks. You make a list!

Now, you've made that list of the things that are important to you and you think to yourself, "How would I see myself when I am happily in love?"



You could choose to start visualizing that first exciting meeting of this wonderful partner, or you could choose to

"see" yourself in that relationship, doing ordinary things together? There is no reason you cannot do both.

Let's assume you are going to start by seeing yourself in that comfortable and loving relationship doing something ordinary. It can be something as mundane and simple as driving in the car together going to the supermarket to buy food for a meal you are planning together. It is just that every day, but because it is so every day, it feels so real and so comfortable. The reason I really love the "ordinary" type of visualization is because this is mostly what life is made of. It's more realistic than those dramatic moments and easier to relate to. So go ahead and visualize both. Have fun with it.

Try the following and fine tune it for your needs.

You see yourself getting out of the car and you look at each other, you hold hands as you walk through the grocery store doors. One of you takes the basket and together you happily go about picking out that nice dinner. You are laughing, you are sharing secret smiles



and looks at each other. You are by the wine counter, choosing the wine that suits your fancy. You are having fun being together, connecting to each other whether at the supermarket or at the gas station. Your hands brush each other, and it gives you a warm

sense of connection. It may be you feel a little rush of excitement when you touch each other, even accidentally and you notice goose bumps appear on your arms.

It is the everyday visualization that makes a real difference in your life. It works because you can truly see these types of situations every day of your life. The more rooted in reality your visualization is the more effective it is. Imagine waking up in the morning next to your wonderful partner. You roll over and see their face and it gives you a sense of belonging, of feeling comfortable and happy, safe and warm.

Now your values and view of a relationship may differ from this but whatever you choose to visualize yourself doing with your partner, make it real and accessible to you. The universe is listening and will send you what you want, but you need to be sure this is what you want and it must resonate with your core beliefs. Otherwise in the long term; the hip guy with the flashy car and fancy restaurants every night may be fun for a while but it may not bring you the happiness you think it will.

VISUALIZATION FOR COMMUNICATION

For most of us, feeling safe, secure and appreciated are key values. Trust is very important as is communication. So, let's do a visualization based upon communication. Say you have bought the ingredients for that meal you're

going to make together. You are now sitting at the table across from each other, perhaps opening a bottle of wine to go with the food.



You see yourself talking about each other's day. You ask each other questions, simple questions that show you care. You see and feel yourself interested in what your partner says and see and feel how they are also genuinely interested in what you have to say. You feel blessed and happy to be talking about each other's day. You're deeply grateful that you care about each other in this seemingly

simple way and yet you know that your life is mostly made up of simple things and regular days. Days that, strung together, amount to your life. You are grateful that at the end of the day you are sharing a meal and sharing your day with each other. You feel the sense of connection and comfort, knowing you have each other's back and that you're truly a partnership.

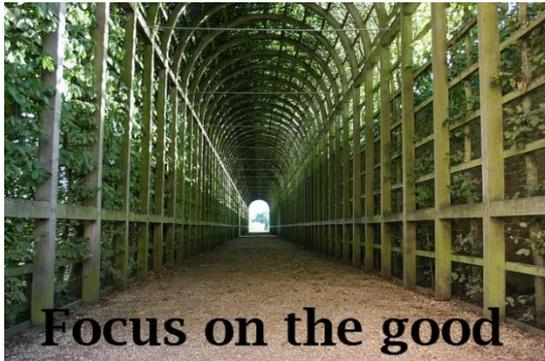


A very romantic visualization is the imagining of a meeting where time actually feels like it stands still. An example is being picked up from the airport by your partner and as you set eyes on each other it feels as if the rest of the world disappears almost in a blur of disappearing color. You run towards each other in what seems like slow motion and the deep kiss that follows blocks out the world around you.

VISUALIZATION FOR A PARTNERSHIP THAT HAS LOST ITS ROMANCE AND BECOME UNCOMFORTABLE

Often a partnership becomes stale, is full of petty annoyances and has lost its glow. You may feel that the love is still there but seems to have become overshadowed by life and the business we all experience.

Firstly you have to determine what you want before you create a visualization to make that situation what you want it to be. It's best to start by making a list of everything that you love about your partner, absolutely everything you appreciate about them. This could be very small things such as they always remember when it's time to take out the trash!



As you make this list you may realize that you have been focusing on all of the things you don't like about your partner. This is the beginning of accepting responsibility for your part in the relationship you find yourself in now. Maybe you have been nagging or criticizing because you are tired and fed up with the day you've had. If you put your attention on the bad; you will get more of that bad! Once again, this is a perfect recipe for the Law of Attraction, the only problem is you are attracting exactly what you don't want!

Appreciate your partner's good points. Close your eyes and visualize yourself smiling and telling your partner how much you appreciate the good things they do. Tell them you appreciate them remembering to call you when they are going to be late and how lucky you are to have someone that is so considerate. The interesting thing about this is that giving attention to what you like and want and then complimenting them for doing that naturally causes your partner to do more of the same.

You can imagine them calling you to say, get dressed in something special, we are going out to your favorite restaurant. See your face light up during the call. See yourself getting dressed up and then getting in the car and going to a fabulous restaurant. Imagine your partner telling you how much they appreciate YOU, how much they love you and how they fortunate they are to be with you. Imagine and visualize, your feelings of happiness at being appreciated. This is a good way to get more of the things you want from your partner, such as appreciation, attention and love. You focus on the good things that they

do for you and how happy that makes you feel. This acts as a great reminder for you to put your attention and show appreciation for those things when you are not visualizing. So, don't give undue attention to the muddy footprints from the back yard; appreciate the cut grass and leaves swept away!



Put your attention on the good and you get more of the good. Visualize what you would like more of and respond positively, show gratitude and you will get more of what you want.

You cannot go into this visualization with a negative mind set of blame. If you think, "It's my partner's fault our relationship is unsatisfactory" you will feel conflicted during your visualization. You need to approach the visualization from a place of acceptance. Acknowledge to yourself and even to your partner as well that a relationship requires two people and that you accept your part of the responsibility when things are not going well. You must acknowledge where you are now in order to move forward.

Remember the basic fundamentals of the Law of Attraction; we get what we put our attention on most often with feeling and belief. This is our default emotion,

or the emotion we feel most of the time. If your default emotion is one of anger or if you're feeling like a victim that is exactly what your relationship will reflect. When you put your attention on what you love about your partner, you get more of that in return. You need to focus on appreciating your partner, whether verbally or not; although I would encourage you to actually say it! We all like to be thanked and shown appreciation. Be sure to do the simple things like thanking them when they do something nice, however small. Tell them you appreciate their good qualities and be specific, say; "I love the fact you always remember when it is trash day; I do appreciate that!"

One small health warning; if your relationship is with a destructive or abusive partner, visualizing isn't what I would recommend. The advice given in this book is for those of you with partners who are basically trustworthy, non-violent and sober. If your partner isn't desirable you have three simple choices; you accept that this is the relationship and deal with it without complaints; you try to change it, directly, through conversation and counselling; or you remove yourself from the relationship. Visualizing will bring back the good aspects of your partner and create even more, it will not create good qualities where no good exists.



Where visualization will work is to put back the spark in a relationship that has become predictable. It will help you rediscover buried love that has become overwhelmed by the drudgery of everyday life or the responsibilities of family and work. It will work when you are in a relationship that has settled into an uncomfortable routine almost without you realizing.

VISUALIZATION FOR FAMILY RELATIONSHIPS

If you have a problem within your family dynamic, (and let's face it, who doesn't?), it can be very challenging to handle. Maybe you have a moody teenager that will not communicate. Perhaps it is the interfering mother-in-law that is upsetting the harmony of your family. Either way, you may find yourself getting tense, over reacting, feeling victimized by their behavior and in despair that you will never be able to deal with the impact this relationship is having on the family and their well-being.

Let's start with a common issue in many families; the troubled teen. Firstly you must acknowledge that, frankly, no teenager is truly in their right mind through puberty! The hormonal change their bodies are going through during adolescence can make them moody, unpredictable, rude and mouthy! The brain of a teenager is also going through rapid change, especially in the areas that control emotion and impulse control. This can lead to them "acting out" as they struggle to identify what is adult and what is child behavior. Your teen wants to be seen as an adult but still needs the reassurance any child wants; to feel safe and loved. Boundaries are crucial, even if they push against them, they need to know they are there. During adolescence they are not yet mature enough to define all the boundaries they need to survive in this rapidly changing world; for that they need your guidance. You can find more information on your teenagers' mood swings, here,

<http://teenhealth.about.com/od/emotionalhealth/a/moodyteen.htm>



From your point of view, what you need to handle is your own emotional reaction to your teenagers' unpredictable behavior. The aim, here, is to minimize the chances of you aggravating their bad behavior with your own poor or inappropriate response. You may well know that even as you are reacting to their rudeness, you are making it worse, but somehow you cannot help yourself!

Understand something, your teenager does not enjoy their own behavior. Their mood swings make them feel unsafe and trying to control their anger can be very frightening for them. They need you to provide a life preserver as they swim those shark-infested waters.

Visualization can help you to feel less upset by your teen and more able to manage your emotions and reactions to their outbursts.

So, your starting point is simple acceptance and understanding of their age. A teenager is an adolescent experiencing a rollercoaster of emotions they struggle to understand and control. ALL teenagers are going through this, not just yours who at the moment is driving you crazy.

If you are really experiencing dislike of your teen because of their behavior and the daily confrontations, you have to find a way to reconnect with the love you have for your child. That feeling of not liking your own child is enough to make any parent feel badly and most likely, even guilty. A good thing to do is to remember them as a baby; as a small child. Remember them hugging you, riding their bike without stabilisers, that sweet baby smell of them as they snuggled up to you right after a bath.

Look at your teens' face and transpose that adorable baby face onto them. In your visualization recall that closeness

you had with your child and find that loving emotion that was triggered each time you looked at them; or that special moment when they made you so proud. In your



minds' eye you toggle back and forth between that image, so full of love, and your teens face now, until you can associate that gush of emotion from the past with your child of the present.

Visualize yourself at the dinner table in a situation where your teen tries your patience; they roll their eyes at you for example. In your visualization you see yourself looking at them with understanding, with wisdom, compassion and with the knowledge of their age and its impact. You may notice a look of irritation cross your face, it happens, but you see that look replaced by one of understanding at where they are at in this time of life. As you see your attitude shift, it will shift the dynamic between you.

Your teenager is not suddenly going to turn into a Disney character overnight, but the tension between you will lessen as they respond to your love and respect. You, certainly, will feel better, less angry, and more able to handle their outbursts. This technique helps you to avoid confrontations that just add fuel to the flames.

Visualization is not a substitute for discipline techniques; if your teen does something dangerous or criminal, obviously you need to deal with it. What visualization does is remind you of the love you have for your teen and

communicates that love to them through your reactions. They will be calmer if you are not jumping down their throats at every little or even big thing they do!

Your energy now is one of love rather than one of, "You're pissing me off and I can't stand you; this is my house; how dare you behave that way! You are treating me like...don't you understand? Who the hell do you think you are?"

All those thoughts that come out of our head, even if we don't say them, they fire out of our body and our teenager feels it. If your teenage child comes up against love and no negative resistance they stop pushing, because they have nothing to push against. This attitude of acceptance and understanding turns down the temperature.

Understand all teenagers go through this. They have to do this, it is part of their evolution and it's actually healthy. They have to find their way; it is part of their growing up and you cannot change this. All you can do is change how you react and minimize the fallout from their confusion and their struggle. You visualize yourself handling a situation which puts you into a negative place, of upset, anger, yelling and shouting. You see yourself behaving in a calm and unruffled manner because you understand and accept this stage in their life. You see and feel yourself peaceful and loving towards your child and that in turn gives them peace. That attitude, those feelings of peace love and acceptance speeds up the process for them. They will be grateful for this and it will increase the love between you.

DEALING WITH A DIFFICULT RELATIVE.

Does it feel as if there is someone in the family who behaves as if you can never do the right thing? Is there someone interfering, criticizing, judging and undermining you?

Most families have this person. They are often just on the edge of the family, interfering and making the family unit feel uncomfortable. You may feel so angry or resentful of this person that you perceive them as a witch or even somewhat evil. If you can look at this person from a position of love, using visualization, you can at the least, lessen their impact on you. Remember, you're doing this for yourself but the fallout is beneficial for everyone.



Now, hard as this seems you are going to first make a decision to love their good qualities. It may mean you have to really look hard to find the good, but remember you find what you look for. Up until now you've most likely just been giving the qualities you don't like about them your attention. Now it's time to look at them differently. Think long and hard about this person; what about them do you appreciate? This is not the time for listing their faults! Perhaps it is your mother-in-law who

nags at you and makes you feel inferior. Well, you love your partner, did she do a good job of raising them? Perhaps this person is an amazing cook, or great at DIY, or very generous with their time for charity. Choose to look at their achievements with appreciation and respect, after all not everyone you meet has those particular good qualities. Now make a list of those qualities. In your visualization you see them doing this activity that you respect or appreciate, see it in full color and make it clear and bright. You need to be able to trigger an emotion of appreciation, perhaps even love, but genuine admiration



or appreciation of this quality they are displaying.

Another approach is to think of this person as a child. Imagine back to them as a small child, what was their life like? How

do you see them being treated? They are a toddler in your visualization and you reach out and pick them up and put them on your knee. They feel soft and smell good and they are so sweet and innocent. In the visualization you tell them you love them. They take their chubby little arms and put them around your neck. They feel sweet and you feel a surge of affection and love. You need to work on this to refine the images but the truth is that this "witch" or "devil" was once a sweet small child.

Now you do a visualization in the usual combative situation; perhaps they are looking over your shoulder and criticizing you. Perhaps they are at work making you feel small and inadequate, or making hurtful remarks at the dinner table in front of the family.

Then, you see yourself in this visualization remembering back to them as that small sweet child. As you do this you feel yourself shift from anger to acceptance and love. It will have an amazing impact; the situation will magically change. It may be that somewhere in this person's background they had a rough time and you have to acknowledge that. When you reach that place of acceptance you naturally send that vibration out and the person who has been tormenting you has nothing to attach their behavior to. In fact, you lessen their impact massively and they in turn will find themselves responding more positively toward you and perhaps everyone else. You sent the good positive energy out into the universe and it returns to you. Even, if, at first this relationship is still combative, you'll feel better as compassion, understanding and acceptance are peaceful feelings whereas anger and resentment are not. As they have no anger of yours to feed on, and are only receiving acceptance and appreciation, their power to affect you dissipates.



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 from my site***

<http://loranegordon.com/store/transformational-meditations-teachings-2/>



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”

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Inspirationalist, Lorane Gordon, a major manifester and expert in the fields of Law of Attraction and Present Moment Awareness is bringing her dynamic, loving and inspirational Happiness 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

Lorane gives you the tools you need to manifest the life of your dreams and to live in Happiness 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”.

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Lorane Gordon

