

# *Creative Visualization*

*10 Fabulous ways to create what you want*



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# *Creative Visualization- A guide*

## *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 mind's 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. The more detail you add to the picture the better*

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. Being creative 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. You can imagine sounds along with your visualization*

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. You can imagine smells*

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 step into your visualization*

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.

For a more detailed teaching and explanation of Visualization a Key to Happiness be sure to download my free 16 page guide that clearly walks you through the process so you can become proficient at this creative visualization tool for manifesting your desires. It ties right in with the Law of Attraction and will be available soon.

Go here <http://yourhappinessway.com/welcome-to-my-page/> to receive my free 5 minute guided meditation for peace and clarity. MP3 immediate download.