

Visualization Made Easy

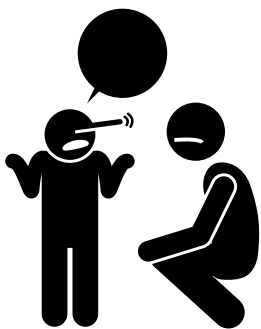
How to visualize:

Some people visualize differently. In fact, many can't see things clearly when they try to visualize.

It's totally normal and OK. Visualization is a muscle that needs to be trained. Some people train for years and still don't see super clearly. That is also OK. It's like the difference between a bodybuilder, a Shaolin monk, and a Navy seal. All are super strong. All have different areas where they are stronger than the other ones & that's OK.

First, Let's figure out your baseline. Try to remember what you had for breakfast yesterday. Can you see it clearly? Can you taste it? Smell it? Are the colors vivid or muted?

Remembering is a sort of Visualization, so use it as your baseline to know what is "normal" for you. We can then work to improve these muscles.



The Visualization lies

- For Visualization to work, You must see clearly and vividly
- If you can't see it, you cant manifest it
- There is a right and a wrong way to visualize
- All you have to do to manifest is see it in your mind's eye.
- You must visualize at specific times of the day.

Note that Visualization is really a "marketing term" because many of us don't "see" we feel, hear, or have a general "knowing." this doesn't fit perfectly in the term visualization, but it's how many of our brains work!

The absolute worst thing you can do when visualizing is doubting yourself and asking yourself if you're doing it right. Why? Because the moment you do so, you just kill it. Even if you had a perfect visualization, if you doubt whether you did it right or not, it will never happen. So trust that the universe understands your messages.

Why? Because Visualization is more about the feeling than the seeing. It's about feeling that what you visualize is real. If, when you open your eyes after visualizing, you are confused as to where you are ... you've definitely done it right.

However, you can visualize perfectly, but you still mess it up. How? By doubting yourself and not living up to that ideal self in your day-to-day life.

If you visualize being a multi-millionaire and feel terrible for spending \$20 on some clothes for yourself, or you keep saying and feeling: "I can afford this and that," or you tell yourself, "I don't want to work." If your actions and belief system don't slowly but surely align with your Visualization, it simply won't work. This isn't something you have to force; this is something you have to be conscious of. If you don't have the \$20 to spend on clothes, it's ok! But instead of feeling bad, reframe it using the confirmation bias principle.

How to Increase Visualization Powers?

- Remember what you had for breakfast yesterday.
- Do your best to remember the smells, the textures, the sounds, the tastes.
- Rate yourself honestly from 1-10 on each sensory component. If you can feel and remember the taste, then that's a 10. If you know the taste but can't taste it when you try to remember, that might be a 5.
- Once you have your sensory baseline, it's time to train your memory to remember small details like this. Every day at night, try to remember/visualize your breakfast.

After a few days/week, you will see a significant difference in your recall of sensory information.

At that point, you can start designing your ideal Visualization and embed all the elements of reality, such as smell, sounds, and textures.)

Putting it all together

- Feel great, feel happy, and excited to have accomplished your goal in your Visualization.
- Keep that feeling with you during your day. Every time something goes wrong, remind yourself of your goal and feel good.

- Remember, 1 bad day or 30 doesn't mean your Visualization isn't on its way; it simply means life needs to rearrange itself for you to get there.
- Reframe Reframe Reframe using the confirmation bias principle!

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