INTRODUCTION TO VISUALIZATION

Yes, you *can* get what you want! It's just a matter of using a power that you already possess – the power of your mind.

By learning to really make your mind work for you, you can change your whole future. You'll discover how to:

a. Get a Raise  
b. Reduce Stress  
c. Get Healthy  
d. Lose Weight  
e. Attract Love  
f. Enrich Relationships  
g. Master Emotions  
h. Improve Your Self-Image

*Sound too good to be true?* It isn't, you can actually achieve all of these things – and more. The secret? Creating powerful mental pictures. It's called *visualization, and that* is the key to success – whether you want a new car, a new job, a new relationship or a new attitude. *Visualization* allows your mind to work for you instead of against you.

*What is visualization?*

Visualization is a system of focused, creative mental images that are maps to your inner worlds. Just as you navigate through the physical world using landmarks, you can navigate through your mental world by using specific mental pictures, or “mind marks.”

The mental imagery maps guide you to your right mind, which contains a wealth of information about the state of your being and how best to get to where you want to go. Your right mind uses mental pictures to more accurately and fully communicate this valuable information, because a picture is indeed worth 1,000 words.

As you upgrade the quality of actions you take in your mental world, you will feel empowered to upgrade the quality of the actions you take in your physical world to improve the quality of your life.

*Can anybody do it?* Certainly! Just as you flip a switch to turn on a light, visualization is the switch you flip to make your mind power flow.

*Is visualization complicated?* Not at all. It's simply the ability to see or sense, images in your
mind. It's actually a lot like daydreaming! The difference – and it's a crucial one – is that while daydreaming is casual and random, visualizing is structured and directed.

Find out how well you visualize by answering these questions.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
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<tbody>
<tr>
<td>I can picture the front door of my home.</td>
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<tr>
<td>I can picture the bed I sleep in.</td>
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<tr>
<td>I can remember my favorite TV character.</td>
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<tr>
<td>I can picture my best friend’s face.</td>
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<td>I can find my way home from the grocery store.</td>
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<td>I can remember what I was doing yesterday morning at 10.</td>
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<td>I can imagine something I'll be doing tomorrow evening.</td>
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<tr>
<td>I can remember something nice that happened when I was a child.</td>
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<tr>
<td>There is a special event I'm looking forward to attending.</td>
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Even if you only marked one "YES", you can visualize.

Different people visualize in different ways. Some see mental images by sensing, rather than seeing them. Others see them as if they were looking at photographs. You might even both sense and see an image at the same time.

The picture might be vague and blurry, or clear and sharp. It doesn't matter how you get it. What matters is that you can recognize what you're seeing.

Bear In mind:
1. The pictures you see with your mind's eye are called mental images.
2. When you direct mental images toward specific goals, you are visualizing.
3. Visualization activates the power of your mind to help make your goals a reality.
4. When you take charge of your thoughts, you take charge of your life!

Ethics in visualization

When visualizing, remember the basic ethical guideline: Harm None. This is deceptively simple. Obviously, physical harm, emotional harm, slander, theft, and other crimes are not acceptable. But what about other, more subtle forms of harm?

Most practitioners agree that curses, hexes, and harmful spell craft is more trouble than it's worth. Hand in hand with the above ethical guideline goes something called the Law of Returns. In general terms, this Law states that all energy you send out into the Universe comes back to you. It may not come back right away, and it may not come back in the form you're expecting, but it does come back. Different traditions put their own twist on the Law of Returns, saying that the energy comes back threefold or fivefold. We aren't picky about the math, but we have seen the Law in action, and respect it highly.

Practitioners continue to disagree over other grey areas. For instance, does visualizing something involving another person without consulting them first constitute harm, even if the intentions are good? What about actions taken in self-defense?

We strongly recommend that you avoid all actions – whether mundane or esoteric – that can cause harm to, or bend the will of another being without their knowledge. Acts of ha-
tred and vengeance are best countered with actions of love and kindness. Never ask for anything that is not for the highest and best of all concerned.

Working your will on another person without their consent constitutes harm. To that end, never attempt to bend the will of another person without obtaining permission first. Manipulative spells or visualizations designed to make someone else fall in love – whether with you or with a third party – to move away, or to leave a job ultimately backfire on the person who originates them. This policy also extends to more beneficial actions, such as healing, prosperity, or other kinds of blessings. Only the God(dess) has the power to know what is best for another person. No matter how noble your intentions, it is presumptuous and ultimately harmful for you to meddle in someone else’s affairs.

That's not to say that most practitioners haven't done some prayer work or visualizations for their friends. Far from it; most have prepared charmed sachets for newlywed couples, given suggestions on how to attract jobs, held a healing circle for their friends or lover, and even suggested visualization to help a friend open him- or herself up to the possibility of a love affair. But the main ingredient in all that is consent. Get the permission of the person whom the visualization is meant to benefit, and never forget that you should do nothing that is not for the highest and best for all concerned...
The College of Metaphysical Studies
MIND OVER MATTER

We've all heard the expression "mind over matter". When you're nervous about going to the dentist, but go in spite of your fears, that's mind over matter. When you clean the house, feed the kids and do the laundry even though you're too exhausted to move...that also is mind over matter.

So the words actually mean that what's in your mind really matters, often more than what we think of as "reality".

There's nothing new about using the power of the mind. In 19 B.C.E., the classical poet Virgil wrote in The Aeneid: "Mind moves matter".

More than 10,000 years before those words were written, experts say, cavemen in the region that is now France used visualization to help them on their hunts. They painted pictures of the animals they sought on the walls of their caves, to make every hunter focus on the prey. By the light of the tribe's fire, the images seemed to be actually moving.

In fact, these images became so clear in the caveman's minds -they got so fired up -that some of them actually threw spears at the drawings! The marks are still there to this day.

In just the same way today, sports stars may spend hours -even days -before a big game getting "psyched up" by forming an image in their minds of performing well.

Doctors have established beyond any doubt that your mind has an effect on your body. People who worry too much get ulcers. Their agitated mental state has a dramatic effect on the otherwise normal production of acid in their stomachs.

And how many times have you heard that people who have high blood pressure should take care not to get overexcited? Recent studies show a link between repressed anger and heart disease.

If negative thoughts can have such an impact, imagine what the power of positive thinking can do!

Consider high blood pressure. Patients are instructed to picture themselves in a peaceful setting and to think of calming, uplifting things. In case after case, their blood pressure decreases.

Visualization has also proved to be a first-rate healing tool for cancer patients. More and more, doctors are finding that a positive outlook increases the effectiveness of treatment.

Cancer patients can use visualization in a much more dramatic way, as well. In a truly "mind-blowing" technique, they picture the cancer cells in their body. Then, using that picture as a guide, they actually destroy them. One approach instructs patients to think of cancer cells as the "bad guys" -dressed in black. Then the good guys, dressed in white, ride in on tiny white horses and shoot the bad guys. Sound crazy? Maybe, but many patients on "hopeless" lists have used it...and made complete recoveries!
One visualizer thought of her cancer cells as black rocks in a garden. She pictured herself digging out the rocks with a shovel and loading them on a horse-drawn cart that carried the black rocks out of her body. In the holes where the rocks had been, she planted beautiful, healthy red roses. And - you guessed it -her cancer went into complete remission.

Visualization isn't only handy in matters of life and death, of course. A woman in her 30s came to us with a different sort of weighty problem. She felt that her extra poundage was interfering with her sales career. I helped her throw out the image she had of being overweight and replace it with a vivid mental image of herself at her ideal weight.

In no time at all, a healthy diet and exercise regime became easy and enjoyable for her. She lost the weight she wanted to, almost without trying, and her confidence (and her sales!) doubled.

As we've said, athletes now put as much emphasis on their mental preparation as their physical fitness. That's because they've discovered that when they visualize themselves performing well, they perform well - and win.

We saw this work when a young tennis player who practiced the technique of visualization suddenly began winning.

That sort of visualization falls under the realm of "psyching yourself up". Besides enhancing your abilities, this technique also opens the door to opportunities by opening space in the mind to receive them.

Still a bit bewildered? Well, have you ever tried to do something nice for someone who really needed help, but they were in such a snit about their lives that they couldn't accept it? Or even if they did accept it, they were so ungrateful that you didn't want to ever do anything nice for them again?

In either case, the end result is the same: The person who needed help sent it packing because his or her negative attitudes got in the way.

*Your mental attitude about yourself and your life can either prevent good things and good people from coming to you, or it can welcome opportunities with open arms, a smile and a thank you.*

It's up to you, because you're the one in charge of your thoughts. Your thoughts are generated by *your* brain, not anybody else's. And even if you've never been in charge of them before, you can be now.

Using the power of your mind to create positive mental images of yourself and your life has two important results.

The first is that the *vibration frequency* of positive thoughts creates an electromagnetic field that draws people and situations of like frequency to it. Think of powerful and positive thoughts as magnets that really do attract opportunities.

The second is that you create room in your mind for success, which in turn creates room in your life to receive and contain it.
Think about it, without creating the mental space for success, bigger opportunities have no room to enter your life.

The size of each person's success space varies, of course, but say that the amount of space you have for success is equivalent to a quart of water. What happens if you try to pour a gallon of water into a quart container? It spills over, of course, and eventually just evaporates.

The same thing happens if you try to pour more success into your life than you're ready for. Success spills over and out of your life. Or new success displaces the old, so that one success is sacrificed for another.

Then the excess success – some new, some old – spills over and eventually evaporates. Tough to imagine such a thing as too much success?

Think of people who win the lottery, or singers and actors who suddenly become stars with a hit record or movie. If they aren't mentally prepared, it's "too much, too soon", and too often their lives become a blur of drugs, alcohol, accidents, lawsuits and divorces.

A struggling single mom asked for help to change her negative attitude about money. She got rid of the old self-image of not having money and created a new, expanded image of having enough cash to take care of both herself and her child. The next day someone unexpectedly gave her $500!

Then there was the businessman who wanted to increase the number of accounts he had. He created a visualization sequence for himself that communicated that message to his subconscious in a powerful way.

In six weeks, the number of accounts he handled had increased by an astonishing 17 percent!

The lesson is clear: Unless you expand the space for success in your mind to handle more, you'll be stuck with just a quart's worth of success.

And you deserve gallons, don't you?
HOW DREAMS BECOME REALITY

One way to understand how your mind operates is to think of it as a computer. Your conscious mind puts information into the computer and retrieves it as needed. Your subconscious is like the computer itself, storing all the data it receives from your body, your environment, your mind and your emotions.

Say, for example, that your conscious mind wants you to be wealthy. That desire is very clear to you. Your conscious mind then turns to the subconscious for information about being wealthy.

**But what's this?** There's no relevant data in your subconscious. There might be information about other people being wealthy – but not you! Your subconscious “file” has you with very little money. (It also has a lot on feelings of inadequacy and disappointment). You may even come across an idea that says you don't deserve to be wealthy.

**What happens to you and money under these conditions?**

You guessed it! You're out of luck and out of money.

But this is where visualization saves the day.

Visualization is the language your subconscious speaks. It speaks in words too, but they're its second language.

"Image-arese" is its native language. And not only does your subconscious mind speak in images – it hears and understands images, too.

Visualization allows you to discover images stored in your subconscious that prevent you from achieving your goals. It also lets you get rid of them (and replace them with new, positive images.)

The process is similar to clearing old files out of a computer and replacing them with new ones. You delete the imagery file in your subconscious computer that says "no money" and create a new file called "YES, MONEY!"

When you use visualization to replace mental obstacles with positive mental images, you tap directly into the power of your subconscious mind. It is this mental power that enables you to create success in your life.

**Set a goal:** Before we get started, it's important to remember that whether you're trying to communicate with a person, a computer, or your subconscious mind, you must be clear about what you want. If you want someone to help you move a piece of furniture, but all you tell them is when and where you bought it, and for how much, the piece of furniture isn't going to budge an inch.

**Skip the details:** Your subconscious is only interested in the goal you want to accomplish. You don't have to figure out the details of how high to lift the sofa or what angle to turn it going through the door, your subconscious will take care of that. You only have to show your subconscious a picture of the sofa resting in the place you want it to be. All the steps needed to realize the goal will be taken care of. Whether your goal is to move a sofa, get a new job or move
Be clear about your intention: Create images that are as clear and accurate as you can make them. This means putting yourself in the picture. For instance, if you want a new car and give your subconscious an image of a car that belongs to a friend of yours, with the friend in the driver's seat, your subconscious won't get the message that that's the kind of car you want for yourself.

You have to put yourself in the driver's seat of every visualization. Your subconscious is very literal. It only knows what you tell it. It can't second guess you. If you tell it "red", and you mean "orange", it thinks red. It can't fill in the blanks either, although it does handle small details.

If you want a new house and only picture the front door, you'd probably wind up with a new door, but not necessarily a house!

Be as accurate and complete as possible about what you want out of life.

Be vivid: Your subconscious responds to images that are bright and colorful. Vivid colors grab the attention of your subconscious and make more of an impression than drab ones. Along with using bright colors, make the images memorable.

You see, to your subconscious, the images it receives from your physical world and your mental world are equally real. Whether you are looking at a tree, or close your eyes and create a picture of a tree in your mind, your subconscious will receive each image as being valid.

Again, it's similar to a computer. You can feed a computer a photograph of a real tree, or you can use the computer to draw a picture of a tree. Both pictures are valid information as far as the computer goes. The difference is that when you create a mental image in your mind that is vivid and alive with details, colors, scents, sounds, tastes and textures, your subconscious will think that it's more real than a comparable physical image.

Consistency is one of the primary directives of the subconscious. This means that physical and mental images of the same thing must match. When you consciously erase the mental image of being overweight and store a new image of you at your ideal weight, your subconscious will support the new image.

Make it fun: An atmosphere of fun and playfulness loosens up subconscious energy and frees it to help make your goal a reality. Working hard at your images and making them serious stifles your subconscious energy instead of expanding and enlivening it.

Struggling with the images also gives your subconscious mind the message that getting what you want should be difficult, and you certainly don't want to do that! Give your subconscious the message that having what you want is fun and easy.

Time counts: There's one more characteristic that your subconscious shares with a computer. All data is stored as existing in the present. You might date one computer document August 26, 2006, and another July 18, 2005, but all information exists in the computer in the present. In the same way, your conscious mind labels an event as happening five years ago, or tomorrow, or next year, to your subconscious it's all happening now.
**No judgments:** Your subconscious doesn't assign value judgments to the images stored in it. Your conscious mind does that. For instance, your subconscious doesn't think you're either a good or a bad person if you're overweight. It simply observes the image and supports it by influencing you to overeat in order to maintain a physical image that's consistent with the mental image it holds.

What does this have to do with the power of your mind? A lot, when you visualize how you want a particular aspect of your life to look in the future, making it clear, bright and fun, your subconscious receives that information as happening right now. It also records the mental image as real and valid. Your subconscious mind supports the images stored in it. It likes mental and physical images to be consistent, so it will influence your physical reality to match the new mental reality. Get the picture?

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**Bear in mind:**
1. Images are the language of your subconscious.
2. Visualization harnesses the power of those images.
3. Be clear about your intention when speaking to your subconscious.
4. Your subconscious will figure out the intermediate steps.
5. Put yourself in the picture.
6. Your subconscious responds best to vivid, colorful images.
7. Make your images fun.
8. Your subconscious doesn't judge images as good or bad.
9. Your subconscious strives for consistency; physical and mental images will strive to match.
TWELVE STEPS TO MIND POWER

This course is filled with specific, step-by-step visualizations that deal with goals such as increasing your cash flow, improving your self-image, losing weight and attracting love.

You might want to glance over all of them, and then choose the one you like best. If no single goal is especially pressing, you can open the booklet at random and read whichever visualization you come to. Or you can pick a visualization from the table of contents that meets your immediate needs.

In any case, read the visualization you choose a couple of times before you visualize so that you become familiar with the sequence of images.

Don't worry if you forget a point or two, with time you'll know the procedure by heart.

You may be tempted to tape the visualization or have someone else read it to you, but it's better to read it in advance and then put it aside.

That way you have the advantage of working at your own pace and varying the images as you see fit. (Just reading a visualization helps communicate the images to your subconscious mind.)

Once you have a visualization in mind, you're ready to get started.

a. *Find somewhere quiet where you won't be interrupted.* If an ideal place isn't available, even the car or bathroom will do — as long as you're able to concentrate. After all, when you have something important to say to someone, or you're doing work that requires deep thought, it's generally best to have a quiet environment, free of distractions and interruptions. The same holds true for talking with your subconscious.

(1) It's often hard to find the ideal times and places to visualize. Don't worry; they can be done almost anywhere you can concentrate for a minute or two. Here are some times and places we have found that work well:

   a) First thing in the morning while still in bed
   b) Riding the bus or subway
   c) Waiting in line at the supermarket or post office
   d) Exercising
   e) Being on hold on the telephone
   f) Last thing at night before falling asleep
   g) Stopped at a red light
   h) Taking a shower
b. **Wear comfortable clothing.** Loosen your belt or your tie.

c. **Sit comfortably, spine straight, hands loose, feet flat on the floor.** This allows your blood to circulate and eases body tension.

(1) Some people like to visualize while lying down, but I find that it's too easy to fall asleep! Stay conscious to help your subconscious.

d. **Try closing your eyes.** It's not that you can't visualize with your eyes open. You daydream with your eyes open. But most people find it's easier to focus on their mental world when they're not looking at their physical one. Try closing your eyes gently, don't squint them. You may even find that your eyes will close naturally as you begin to really focus on the images.

e. **Listen to yourself breathe.** You don't have to breathe deeply, count your breaths, or hold your breath. Breathe normally, allow the rhythm of your breathing to relax you.

(1) It only takes a minute or two, but relaxation helps the images flow. Think of yourself as a hose with clear water running through you. If you're kinked with tension, the water won't flow. Relax!

f. **Begin to create the key images of the visualization you've chosen.** Sometimes it is easier to begin with a color. Focus on the color. Then form the shape.

(1) Add the colors and shapes of the other elements of the imagery sequence. You may sense them, or you may see them with your mind's eye. Bring the images into focus as clearly and sharply as you can, as if you were focusing a camera in your mind.

g. **Now put yourself into the picture you have created.** It is extremely important to see yourself in the picture so that your subconscious knows that this particular goal is meant for you and not for your neighbor across the street, or for your mother-in-law...

h. **As soon as you can see yourself, change your perspective so that you are actually inside the picture as a participant.** Look around from this inner perspective and see how the environment you have created looks and feels. "Experience the visualization with all your senses". Look at it and hear it. What sounds do you hear? Smell it, what aromas are wafting through the air? What temperature is the air? Touch something in the visual. What texture is it? Break off a piece of something in the image and taste it. Is it sweet, tart, fruity, minty?

i. **After you've felt the visualization with your senses, feel it with your emotions.** Experience the images in the present, just as your subconscious does. How does it feel to have achieved the goal you want? Let the excitement and happiness of success flow through you. Let it build, Feel joyful, Feel exuberant.

(1) Your emotions play a very important part in visualizing. They're like the flash of light in a camera that illuminates the image you're photographing. Your subconscious is like the film in the camera that the image is imprinted upon.
j. **Steps one through nine might take anywhere from two to 10 minutes.**

(1) When the image is in clear focus and your emotions are as bright as they can be, let your mind go blank as if you were releasing a camera shutter. If you hold the picture too long, it will be overexposed and the image will disappear.

(2) In this case, quality is more important than quantity. It’s better to focus and feel the image to the best of your ability for two minutes than to drag it out halfheartedly for half an hour. It’s also better to visualize two or three times during the day for a couple of minutes than to visualize once for a long time.

(3) When you let go of the image, you free the mind power you have activated. Your subconscious can then support the image and will help make your goal a reality.

k. **Give yourself permission to receive the goal you desire.** Say to yourself: “I deserve to succeed!” and “I gladly receive this success!” Allowing yourself to succeed is equivalent to picking up your photographic film from the developer. You literally get the picture.

l. **Feel free to be creative.** We’ve given you detailed guidelines to get you started, but you may want to tailor the visualization to your particular situation. After all, the more the images fit your specific needs, the more effective they’ll be. When you use the information in these explanatory chapters to visualize with a clear mind and a bright heart, you will be able to switch on the power of your mind at will. When you activate your mind power to achieve what you want, that’s what you’ll get! Remember, it’s the thought that counts!

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<tr>
<th>Bear in mind:</th>
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<tbody>
<tr>
<td>1. Choose a quiet place.</td>
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<tr>
<td>2. Wear comfortable clothing.</td>
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<td>3. Get into a comfortable position.</td>
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<tr>
<td>4. Close your eyes if possible.</td>
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<td>5. Relax.</td>
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<td>6. Focus the picture.</td>
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<td>7. Put yourself in the picture.</td>
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<tr>
<td>8. Use all your senses.</td>
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<td>9. Use your emotions.</td>
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<td>10. Let go of the picture.</td>
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<td>11. Give yourself permission to succeed.</td>
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<td>12. Be creative.</td>
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THE ROAD TO SUCCESS

There’s a certain amount of time between you and any goal you seek. The exact length depends on inner, as well as outer, circumstances. How well and how often you visualize influences the length of time it takes to realize that goal. And along with quantity, visualization influences the quality of time. It can also help make difficult tasks easier.

Although our measurements of time are concrete, the idea of time itself is hard to pin down. This visualization will make the concept of time more vivid to your subconscious, which will make it easier to achieve any goal you wish.

First create a picture of yourself achieving a certain goal. You might have more money in your bank account, or be healthier, or more loved, or sign a new business contract, or buy a new car, live in a new home, or enter into a new relationship.

Whatever the picture is, make sure you’re in it! Remember, if you’re not in the picture, your subconscious won’t know that this goal’s for you. Make the picture of you and your goal as bright and sharp as you can. See vivid colors, put in details. If you can't see it... sense it.

When the picture of you achieving your goal is as focused and vivid as you can make it, place the entire image in a ball of light.

What color is the light? As the light fills and surrounds every detail of you and your goal, the picture fills out, becoming round and three-dimensional. The light empowers and protects you and your goal.

Picture your goal, shining like a star, out in front of you. Then, between you and your goal, picture a path leading to the goal. Don't try to see it as looking any particular way. Just let an image of a path surface in your conscious mind.

Take a moment to look at the path with your mind’s eye, and notice details about it. What does the path look like? Is it wide or narrow? Does it run straight and true, or does it wind back and forth? What is the path made of? Earth, wood, brick, cement, or asphalt?

Is it in good repair, or is it overgrown with weeds and full of holes? What do the borders along the path look like?

How far away from you did you put your goal? A mile away? Twenty feet? Somewhere in between? Does the distance seem realistic? Are you comfortable with it? Would you like to change the distance between you and your goal?

Picture your goal, still surrounded in a bubble of light, gliding closer to you. Bring it as close that is realistic and that you feel comfortable about.

Obviously a goal that you've almost achieved will be closer than a goal that's two months away from completion, or one that hasn't even begun in your mind until you read this visualization. Even a long-distance goal shouldn't be so far away that it's out of sight.

Now that you've moved your goal closer to you, let's improve the path to it. The condition of the
path indicates the conditions you're apt to encounter as you take steps to achieve your goal. This is the way your subconscious tells you what stored positive and negative information is influencing your reaching this particular goal. By making changes in the image of the path, you make changes in the information your subconscious is acting on.

Say, for example, your path is crooked. Straighten it. There's no point in meandering around, wasting time and energy. A straight line is the shortest distance between you and your goal.

Erase any rough spots in your path so you don't trip and fall. Make your way smooth and easy. How about widening the path so that it becomes a road? That way your efforts aren't cramped, and you have room to maneuver. A road also gives you plenty of room to receive help. You can even picture people who would help you reach your goal traveling with you on the Road to Success.

Pave the Road to Success with any material you want. If you're practical, you can pave it with a regular road surface material. If you want to have fun achieving your goal, make it a yellow brick road. Or green, or pink, or any color you like. Make it striped like a candy cane, or polka-dotted.

If you want to send a powerful message of prosperity to your subconscious, pave it with gold.

Landscape the borders along the road. Carpet the earth with lush green grass. Plant full grown flowers, shrubs, and trees. Some of the trees could bear delicious fruit in case you become hungry on your way to success. And by all means feel free to plant money trees and diamond bushes.

Watch for signs of encouragement along the way. The signs – they might be billboards – are colorful and strong. They say things like: "YOU CAN DO IT!" "THINK SMART!" "ASKING FOR HELP SHOWS STRENGTH!" "HAVE FUN!" "SUCCESS IS YOURS!" "YOU'RE DOING GREAT!" "KEEP UP THE GOOD WORK!" "BRAVO!" "CONGRATULATIONS!" "HIP-HIP-HOORAY!"

Make all the improvements to your Road to Success that you want. Don't skimp; be kind and generous to yourself at all times. When you've made all the improvements you want, look over what you've done. Be glad for what you see, because you've just made achieving your goal a whole lot easier. Give yourself a round of applause or a pat on the back. Thank yourself for your efforts.

Stand where you are and look down the Road to Success to where your special goal is shining like a star.

As you near it, glide right into yourself, as you're pictured in your goal. You are in the goal you pictured. You experience it with all your senses. In addition to seeing it, you smell its aromas, and hear its sounds. You reach out and touch something in your goal. Lick something and see what it tastes like.

You have achieved your goal. You are already successful. How does being full of success feel? Let your happiness and excitement expand and soar. Let the light of your satisfaction over being successful make the light around your goal even brighter.
Your special goal is a reality right now to your subconscious, and your subconscious will help that mental reality become a physical reality. Use this visualization for any goal you want. When combined with other visualizations in this course, it can increase their power.
SAMPLE VISUALIZATION – HOW THE WEST WAS WON

To Embark On Your Adventure

a. Read the brief, interactive visualization below.

b. Sit comfortably at your computer, close your eyes, and take a couple of deep, relaxing breaths.

c. Mentally follow the directions until you arrive at your destination.

d. Open your eyes and think for a minute about your experiences.

e. The information you learn will upgrade you to first-class on your next trip. May All Your Travels Be First Class!

Note: To gain the most benefit from your mental trip, complete the visualization before moving on.

Imagine that you are in the American Old West, on a plain in Wyoming.
You track a herd of wild horses that is galloping across the plain. Your goal is to move the horses to a corral three miles away.
Move the horses into the corral using whatever strategies come to mind.

Note: If you move on before you and the horses have mentally arrived at the corral, you will diminish the power and fun of your Mind Adventure. AFTER you have mentally arrived move on…

A picture is worth 1,000 words!

The visualization you just experienced transported you to your right mind. As soon as you arrived there, the supra-conscious and subconscious dimensions of your mind began to convey information to your conscious mind about your inner self. These dimensions use mental images as a language, because they can communicate more information, more fully and more accurately, through pictures than through words. To discover what the dimensions of your mind are telling you, read the descriptions in the three boxes below

<table>
<thead>
<tr>
<th>HOW THE WEST WAS WON! – PART ONE OF THREE</th>
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<tbody>
<tr>
<td><strong>How did you feel towards the horses?</strong></td>
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<tr>
<td>Were you on a horse?</td>
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<tr>
<td><strong>Did you determine which was the lead horse?</strong></td>
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<tr>
<td>Horses symbolize your true personal power, which is your willingness and ability to take constructive action to enhance your well-being and the well-being of others. The degree to which you felt comfortable or uncomfortable with the horses is the degree to which you are comfortable or uncomfortable with your true power. (more)</td>
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<tr>
<td>If you were reluctant to get on a horse, you might be reluctant to connect with your power. Being on a horse reflects your willingness to connect closely with your inner</td>
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</tbody>
</table>
power and take charge of it.

Just as a group of human beings has a leader, so do groups of animals. Knowing whom the lead horse is shows that you are clear about your intention and willing to move forward.

### HOW THE WEST WAS WON! – PART TWO OF THREE

**How did you accomplish moving the horses into the corral?**

**Was the process easy and fun, or difficult and unpleasant?**

**Did you have help?**

An infinite number of possibilities are available in moving the horses. If you move the horses in a logical, pedestrian manner, you are probably thinking inside the box of your left brain, out of habit. If you move the horses using creative solutions, you are in your right mind.

If moving the horses into the corral was difficult, you are telling your subconscious mind that you want the process of succeeding to be difficult. If it was easy and fun, succeeding will be easy and fun.

Many people believe that to ask for or accept help shows weakness, but in fact the opposite is true, asking for and receiving help takes strength, courage, and confidence.

### HOW THE WEST WAS WON! – PART THREE OF THREE

**Did all the horses go into the corral?**

**Did you close the corral gate?**

**Did you feed and water the horses?**

**Did you thank the horses and your helpers?**

If some of the horses ran off, or balked at being moved into the corral, they indicate aspects of yourself that are unwilling to support your positive actions and goals. You can ask the uncooperative horses why they behaved the way they did. Their answers will provide insights and lead to solutions.

Closing the corral gate symbolizes completion of your goal. It also helps to focus and contain the energy of success.

By nourishing the horses, you tell your subconscious and supra-conscious that you are willing to nourish your goals.

Gratitude energizes all the elements of any goal you set out to accomplish. It also attracts good fortune and expands your capacity to experience success.

### HOW THE WEST WAS WON – SEQUEL

Keeping this new information in mind, move the horses into the corral again. Use what you have learned to:

Connect more effectively with your inner power

Travel outside the box of your left brain

Make the process easier

Have fun! Be grateful!
There actually is a Peace River flowing through the state of Florida, and for the most part, it is indeed peaceful. If you’ve been feeling stressed out lately, if there’s been pressure at work, or family problems to deal with, or you’ve been plagued with nagging worries, take a few minutes’ breather on your own Peace River. You’ll be glad you did.

If you’re familiar with the real Peace River you can picture it, and if you’re not, picture any particularly pretty and peaceful river you know. If you can’t think of a river you know, then use your imagination to conjure up one you’d like to know.

Whether or not you base the picture on an existing river, you’ll still have to imagine it. Its better if you can see the water running left to right between riverbanks, but if that’s uncomfortable, see it running right to left.

The water is clear and sparkles in the sunlight. Hear the sound of the water as it makes its way along in a peaceful, but purposeful manner. The river is at least 15 feet wide, but not so wide that it makes you uncomfortable.

The riverbanks are made up of earth and rocks. Is the earth dry or muddy, hard-packed or sandy? Kneel down by the riverbank and put your hand in the water. What temperature is it? Cup your hand and scoop some water into your mouth. It feels so cool and refreshing as you swallow it down.

To your left you notice a good-sized inflated rubber dinghy pulled up on shore, with a comfy cushion in it. What color is the dinghy? What color is the cushion? It looks inviting, so you walk over to it.

Attached to the side of the raft is a hand-painted sign that reads: RELAX-A-RAFT – Use as needed.

Need? Do you ever! This is just what you need. Take off your shoes and put them in the dinghy. Push the dinghy a little way out into the river, and then climb in. There are two sturdy oars that fit snugly in oarlocks, and each is secured with a safety strap so you can't lose them. The dinghy is made of exceptionally durable rubber so it's not apt to tear or leak. This is a dinghy you can depend on.

The water is deep enough for the raft to float easily, but not so deep as to make you nervous. You row out into the middle of the river and the gentle current catches the boat, sending it effortlessly downstream. You don't even have to row.

Once you've assured yourself that the dinghy will stay in the center of the current, you lie down on the comfy cushion, using the rim of the dinghy as a pillow for your head. This feels pretty darned good!

The sounds of the gently flowing water surround you soothingly. You drift along without effort. Graceful birds wheel lazily overhead. You watch them contentedly. The sun shines comfortably
warm on your face. A bit of a breeze tousles your hair. The wind brings the rich, earthy scent of
the country to you, mixing with the fresh clean smell of the river.

For the first time in a while, you begin to feel the meaning of contentment.

Then, just as you're about to doze off, that big problem reappears. It's gray and dismal and ugly
allover. It might pop up on top of your head, or press down heavily on your chest. How big is it?
How heavy?

Do you want this problem ruining your relaxation? Of course not! You don't want it ruin-
ing your life either. You want to get rid of it, but you don't know how. In frustration you
yell, "Help!"

Immediately the warm sun focuses on your gray ugly problem, and it begins to melt. And as it
becomes smaller and smaller, it changes color from black, to charcoal gray, to light gray, to
white. Then the breeze kicks up a slight gust of wind and blows what's left of the problem clear
out of sight. The sun and the breeze work together to eliminate any other problems that might
pop up.

This is a definite improvement! You lie back again on the comfy cushion, using the rim of the
dinghy as a headrest. The river supports you easily, and carries you along without any effort on
your part. You feel the sun melting tension in your body just as it melted your problem. Gray
tension turns to white, and the breeze carries them away. The muscles in your body relax, even
your brain relaxes. Your breathing slows and deepens. Your heartbeat is strong and stead-

Completely refreshed and recharged, you sit up. The first thing you
notice is that the banks of the river have changed from the earth
and rocks where you departed. Now, the riverbanks on both sides
are rich with green grass. Old and young trees offer shade. Bushes
bear ripe, juicy berries. Beautiful flowers blossom colorfully here
and there. Lily-pads are floating lazily in the river. You take it all in.
The calm and healthy scenery is a reflection of the inner calm and
sense of well-being you have at last achieved.

A short distance downstream, on the opposite side of the river from
where you boarded the dinghy, you see a large sign that reads:
RETURN RELAX-A-RAFT HERE. You row easily over to the sign.
Getting out onto the shore, you pull the dinghy out of the water. The
earth feels good beneath your feet, which reminds you to retrieve
your shoes from inside the dinghy. You lay the oars neatly inside
the dinghy, and give the side of the boat a nice little pat of appreci-
ation.

Sit down on a patch of grass or a comfortable rock. Put your shoes on, as you reach for the
second shoe, you notice that there's something shiny inside. Looking closer, you see that it's the
key to your problem. You are very pleased to have the key, and pick it up gladly. Your initials
are engraved on the key. How big is it? Is the key old or modern? What's it made of? Does
it have any particular design?

You can feel the coolness and weight of the key in your hand. Decide where you want to put the
key, and put it there. The RELAX-A-RAFT is available to you whenever you feel stressed out,
or need a solution to a problem.

Your Peace River is always there for you, flowing peacefully.
How often have you heard someone say, "Please don't give me any more money"? Probably never. There is always food to be stocked, clothes to be worn and rent or the mortgage to pay. Even when basic expenses are taken care of, there are plenty of other things you want or have and do. Whether you want to buy a new pair of shoes or a new car, or take an exotic vacation, it all takes money.

Do you want more money? Of course you do, the key question is: What do you think about having more money? Are you trapped in a net of negative thoughts, saying things to yourself like: "I'm never going to have the money to do the things I want," "Nothing ever goes the way I want it to," or "Money corrupts"?

Every time you think a negative thought about money, you reinforce your negative attitude toward it. And when your conscious mind tells your subconscious mind that you shouldn't have money, you won't.

Although your subconscious responds best to images, words are also a powerful way to tap into its power. After all, most of us talk to ourselves – in our minds, that is – quite often.

Many people respond well to strong, directed messages to the subconscious, called affirmations.

Choose the affirmations below that feel most relevant to your situation. Once you see how they work, you may also want to create specific, directed statements of your own:

a. "I always have enough money to do and have whatever I want."

b. "I deserve to have as much money as I want!"

c. "Money comes my way easily and often!"

d. "I handle money intelligently and responsibly."

e. "Having the money I need makes me happy."

f. "I enjoy being able to pay my bills on time."

g. "Having plenty of money gives me freedom."

h. "I like having money to do things for others."

These are the kinds of positive messages you want to communicate to your subconscious mind. Thinking such thoughts will have a positive effect on the amount of money that flows to you. Repeat these affirmations to yourself every chance you get.

And don't just say them to yourself in a limp little voice; yell them enthusiastically at the top of your (mental) lungs or out loud in the shower, car, basement – wherever you won't get arrested!

Here's a way to think yourself rich by combining positive affirmations with positive mental images of you happily having money. Remember, results are what count when it comes to the subconscious. It wants to know exactly what you want, the bottom line, the end result. A clear, vivid picture of you achieving the goal you desire.
An image that clearly communicates your money goal to your subconscious is the balance in your checkbook. Create a mental picture of your checkbook. You might see it as if you had taken a photograph of it, or you might just have a sense of it. Either way is fine, as long as it's recognizable.

What color is the cover of your checkbook? What texture is it? Is it smooth and shiny? Does it have a design on it? See the shape of it, how do you feel when you think about your checkbook? Do you feel pleased and confident about your bank balance? Or do you groan in dismay?

Do you experience a worried, sinking feeling in the pit of your stomach? Is that usually where your bank balance is – in the pits? What color is that worried, sinking feeling? Muddy brown? Dark gray? Black? Picture whatever that color may be hanging over your checkbook like a dark, depressing cloud.

What about all those negative thoughts you've had about money? See the negative thoughts like a net covering your checkbook, trapping it.

What color is the net? How large is it? Do your negative thoughts completely overwhelm your checkbook so that it looks like a guppy caught in a tuna net?

You can see how the cloud and the net get in the way of money entering your checkbook. Even when money comes your way, it's blocked by the cloud, or tangled in the net. The negativity prevents money from reaching you. **How can you get rid of the cloud and the net so your checkbook can be clear and free? Use the power of your mind!**

Pick the money affirmation you relate to the most. Put that positive thought in your mind and say it to the dark cloud. Say it with meaning, yell it with enthusiasm, and shout it with determination.

Each positive word pops out of your mouth like a little ball of sunshine. The warm, sunny words glide over and hang in the air just above the cloud. They shine upon it so incredibly brightly that the cloud simply evaporates right before your eyes.

**Now, what about the net of negative thoughts that your checkbook is trapped in?** Say the same affirmation or another one you especially like to the net, just as you did to the cloud. Again the positive words stream out of your mouth like balls of sunshine, and this time it is the net they melt. The entrapping strands of negative thoughts disappear right before your eyes.

Your checkbook is now completely free of negative thoughts. It's free to be filled with money, because now there is no cloud or net to prevent money from going into your checkbook. Good for you!

Now that the obstacles have been removed, picture streams of hundred dollar bills flowing into your checkbook. Money flows into your checkbook steadily and beautifully. Or maybe you see a waterfall of hundred dollar bills cascading down into your checkbook, creating a pool of money in your checking account. The sight of all that money pouring in fills you with joy.

Get ready to mentally open your checkbook, but before you do, think about the amount of money you would like to see as your balance. Make the amount more than you have now, but keep it reasonable.
If the amount you want is out of sight, you'll trigger the negative belief that says you can't have that much money, and the cloud and the net will reappear. So make the amount of your checkbook balance a size that's bigger than you have now, but still seems within the realm of possibility.

The balance you have in mind might be several hundred dollars, or several thousand dollars. Make sure it's a comfortable amount for you. What's comfortable for one person can be uncomfortable for someone else. If you sense any discomfort, lower the amount until you hit your comfort zone.

By the same token, if you feel really confident about achieving the amount you want, raise the number in small increments until you hit your level of discomfort. As soon as you feel even a little bit squirmy or tense about the amount, back off. Lower your desired bank balance just one notch at a time until you've reached your thoroughly confident level.

For example, you might feel absolutely confident about having $1000 in your bank account, so you raise it in $250 increments. Maybe you start feeling as if you're out on a limb around the $2750 mark. You lower it to $2500. Nope, still a little tense. It turns out that having $2225 in your bank account feels really solid. That's the amount you visualize and you've more than doubled your goal.

Once you have an amount in mind for your checkbook balance that you're comfortable with, mentally open your checkbook and picture that amount as your balance. See each number clearly, written in your own handwriting. The amount could even be written in gorgeous gold or silver ink.

Seeing the amount you've chosen absolutely fills you with glee. You experience it as if it were happening right now, just the way your subconscious is receiving the image. You feel so happy and relieved to have all the money you need. You can see yourself paying off all your bills, and even having some money left over for entertainment and luxuries.

The more you think about how happy you are to have money, the happier you find yourself becoming. Your happiness flows from you like sunshine and shines upon your checkbook. The sunshine of your joy makes your checkbook grow and grow.

As your checkbook becomes bigger and bigger, the amount of money in your checking account also becomes bigger and bigger. It increases effortlessly and smoothly. Cash and gold coins blossom on the pages of your checkbook, there for the gathering whenever you want them.

Your mind and body relax with the knowledge that you're ready to have the money you want and need. The more you think happy, positive thoughts about money and picture your checkbook showing the balance you want, the more easily you'll receive the money you want.

When you can see yourself prosperous in your mind, you'll soon see yourself prosperous in your life.
LOVE CONNECTION

Making a love connection doesn't only happen on TV. Connecting with love really takes place within your mind and heart first. When you are in touch with the love within yourself, then you can more easily and abundantly have all the love you want in your life.

Use your mind to picture your heart. You might see it as a biological, beating heart, as a felt Valentine heart, or a picture of love and contentment. Or you might visualize it in some symbolic form such as a house with four rooms or chambers. Or perhaps you simply sense it as an area in your chest.

Ask your heart how it's feeling. If your heart is feeling sad, or lonely, or disappointed, or abandoned, don't be angry with it. Instead, try to understand the way it's feeling, and be kind to it, forgive it. Then tell your heart that you're going to try to make it feel better.

What condition is your heart in? For instance, if you see your heart like a Valentine, is it bright red, or muddy-colored? Is it whole and healthy, or frayed and torn? Does the door open easily, or is it off its hinges, or worse boarded shut? You get the idea. It's difficult to love and be loved when your heart is sad and run-down.

If the image you see of your heart needs repairs – do it! Don't delay. You have all the tools and materials you need. You can even ask the miner from the "Picture of Health" visualization to help you.

Once your heart looks whole and healthy, fill it with light. What color is the light? Imagine it flowing into your heart like a stream, or a breeze. It seeks out every nook and cranny of your heart and fills it with wonderful, bright light.

Take a minute to thank your heart for beating for you, and keeping you alive. It performs for you thousands of times every day. Applaud those performances, as you thank your heart, it plumps up with pride, shining even more brightly.

Ask your heart how it's feeling now. It tells you that it feels much, much better. It feels healthy and strong, clear and calm. It feels appreciated and cared for.

Now that your heart is healthy and happy, it's ready to make a love connection. Picture a person whom you love or want to love. Or think of someone who loves you, or whom you want to love you. See the person as clearly as you can with your mind's eye. What color is their hair? Their eyes? How tall are they? What are they wearing? What is their body posture like? Do they have a special smile, or some gesture that's distinctly theirs?

See the person in front of you. How far away are they? If they're further than seven feet away,
bring them closer. When the person is at a comfortable distance, picture your healthy, happy heart connected to theirs. You might see a piece of thick white rope connecting your hearts, or a fine golden chain. Perhaps a colorful satin ribbon joins your hearts, tied in the middle in a big bow. You might see a tube of light stretching between them, or a glowing rainbow, making each heart the pot of gold at both ends.

However you see your love connection, it does indeed connect love to love. Love flows across the love connection in both directions. You might see it flow as pink light, or electricity, or as clear liquid like a stream of water. Or you might simply sense the energy flowing between your heart and theirs.

Picture yourself doing something loving with your love-connection person, whether the relationship is romantic, friendly or familial. You might see yourselves walking side by side, dancing, holding hands, hugging, cooking together, going to the movies, listening to music, painting furniture, laughing together, or doing anything else that people who love each other do.

The more you visualize the person connected to you, the stronger the love connection becomes. If you sense love starting to fade, or turning limp, or sagging under pressure, revitalize it by doing this visualization again.
The premise of this visualization is fairly simple to remember, so it won't be difficult to do after you've read it over a couple of times.

Once you have the key images in mind, begin the visualization by gently closing your eyes and becoming aware of your breathing. Breathing in a relaxed, natural manner, follow your breath into your lungs, then out again, and in again and out again.

After you've settled into a relaxed rhythm of breathing, imagine that you're surrounded by a bubble of light that is wider than you are wide, and taller than you are tall. The shape of the light might be round, or egg-shaped, with the wider part at the bottom, and the narrower part around your head.

You might see the light, or sense it – either way is fine.

**What color is the light?** It might be white, or golden, or any color of the rainbow. Whatever color you see is just the right one for you.

Welcome the light, thank it for coming. **What does the light feel like against your skin?** You might sense it on your face, or on the skin of your hands or arms. **Is it warm, or cool, or neutral?** If the temperature of the light is the slightest bit uncomfortable, ask it to please adjust the temperature.

**Does the light feel smooth or fuzzy to you?** Is it still, or does it vibrate? **Does it give you a tingling sensation?**

**Does the light make any sort of sound?** Does it hum, or whistle, or chime? **Or is it quiet? Check out the light. Would you like it to be brighter?**

When you ask it to please become brighter, it does. **Are there any patches that seem dim or weak?** Ask the bright, strong light to repair the dim or weak areas so that they become strong and bright too.


Swallow the light, feel it glide down your throat and slide into your stomach. **Doesn't it feel great in your stomach?** Inhale the light that surrounds you, and send it into your stomach until your stomach is full of light. The light absorbs any tension or toxins in your stomach, and brings
harmony and health.

One of the wonderful things about this light is that there is as much as you need, whenever you need it. You never run out of light. In fact the more light you use for healing and growing, the more light there is to use, so use it generously.

Breathe in more light so that the stomach light expands beyond the walls of your stomach. The light flows into your abdomen, filling your entire lower torso. You are filled with light from the bottom of your solar plexus to the tops of your thighs, from your right hip to your left hip, and from your lower back to the front of your stomach. All your organs – liver, gallbladder, pancreas, spleen, small and large intestines, kidneys, and bladder – are filled and surrounded with light which absorbs all tensions and toxins, making them disappear. The light restores harmony and health to every cell it touches.

Inhaling more light into your abdomen causes the light to flow downward from your hips, and pour into your thighs. Like a waterfall, the light cascades through your knees and into your lower legs. Then it splashes merrily through your ankles and flows outward through your feet to fill every toe – from your big toes to your little toes – with light. Along the way, the light both relaxes and strengthens your leg muscles.

Your entire lower body is now filled with light and health. You can sense the power of the light healing and strengthening every part of your lower body that needs a light touch.

As you breathe in again, you bring more light into your body. This time, the light expands upward from your abdomen and fills your heart with loving light. Every chamber of your heart lights up. Any pain in your heart, whether physical or emotional, is healed by the light. Your heart feels strong and steady. It feels open to love and light.

Your blood flows easily and efficiently through the chambers of your heart, and is also cleansed and invigorated.

After the light flows into your heart, it expands beyond the walls of your heart. Your entire heart becomes both filled and surrounded with love-light.

Additional breaths increase the light within you, filling your entire chest. Your solar plexus fills with light, absorbing any dark fears or negativity. The light makes your solar plexus strong and clear.

In your lungs, the light absorbs any toxins or debris that has been deposited there, whether from smoking, or simply from breathing polluted air. The light fills every fold and crevice of your lungs, making them clear and strong.

Flowing outward, the light fills your shoulders with light. In particular, it absorbs dark tension, restoring relaxation and ease of movement. The light flows downward through your shoulders to your arms. It cascades down your upper arms, through your elbows, and into your forearms. Then it splashes merrily through your wrists into each of your hands, flowing effortlessly into each of your fingers, starting at your thumbs and moving toward your pinkies.

The light absorbs the tension and enhances flexibility. It removes weakness and restores strength.
Each wonderful breath of light you take causes it to rise up into your neck. It removes tension from your neck muscles and allows them to be relaxed, yet efficient. The light also helps the blood to flow easily through your neck.

The light rises from your neck and begins to fill your head with powerful energy. First it flows into your chin and jaw. Any tension in your jaw muscles is absorbed, and your jaw drops slightly so your teeth are no longer touching. Next the light fills your mouth and lips. Your tongue relaxes, the light might taste the same as it did when you first put some in your mouth, or it might have a completely different flavor. The light then flows up into your ears, forward to your cheeks, and into your nose.

From there it rises and fills your eyes, balancing them and strengthening them. All that you see is illuminated. Even your eyelids are filled with light, and they, too, relax. Light flows into your temples, bringing you soothing relaxation. It flows up into your forehead, all the way to the crown of your head. At the same time, the light is filling and surrounding your brain with its power. It absorbs and heals dark, negative thoughts.

Positive thoughts are illuminated and shine like diamonds in your mind, strong and clear. The light enlivens and protects your mind.

Your entire body and mind are now filled and surrounded with powerful light. You feel alive with vitality, and at the same time you feel peaceful. You feel safe and secure. A sense of well-being flows through you. Thank the light for its gifts.

The light brings harmony where there was conflict, strength where there was weakness, relaxation where there was tension, love where there was bitterness, health where there was disease, compassion where there was need, calm where there was chaos, clarity where there was confusion, vigor where there was apathy, hope where there was despair.

Filling and surrounding yourself with light is powerful, healing and protective. It is a helpful and loving action to take for yourself any time you want or need light in your life. It's a nice thing to do first thing in the morning to start the day off right, and it will also help the day's events to flow more smoothly. Fill and surround yourself with light at night to clear yourself of the day's tensions, and to illuminate your dreams.

After you've done it two or three times, you'll find that it takes less time to do than it took you just to read the directions.

It's a good idea to surround yourself with light before doing anything important, like having a meeting, or confronting somebody, or taking a trip, or signing a contract.

Consciously and subconsciously creating the presence of light benefits any activity. Darkness cannot exist in the presence of light.

You may also want to do this exercise in conjunction with the "Picture of Health" visualization to make it even more effective. In fact, reinforce the light within and around you anytime you're going to visualize a goal you want to achieve. Light facilitates success.

Here are some affirmations you can use to help you lighten up:
a. "I am filled and surrounded with powerful light."

b. "I am protected by the light." "The light heals every cell it touches." "The light illuminates my days and nights."
PICTURE OF HEALTH

A powerful connection exists between your mind and your body. The result is that the quality of your thoughts affects the quality of your body.

What is the quality of the thoughts you usually have about your body? Are they high quality thoughts like: "I love my body" or "My body is strong and healthy"? Or are they downright negative, "I hate my body" thoughts?

Sometimes you develop a negative attitude about your body because you’re angry and frustrated. When you give your subconscious a negative body-image, your body accepts that image. It becomes sick or weak. Then the negative image is reinforced – and your body becomes sicker and weaker more often.

You can break this negative cycle with the power of your mind.

Even if you have a high opinion of your body, visualization will help relax your body and also sustain or improve its level of health.

Use the "Lighten Up" visualization to fill and surround yourself with light.

Then close your eyes and follow your breaths in and out for a minute, relaxing as you do so.

Next picture yourself standing in a bubble of light. Breathe in the light so it fills your body. Focus your awareness inside your body. See or sense a tiny light being somewhere in your body. It could be male or female. He or she is surrounded by lights. What colors are the lights? Greet the light being as a friend. Ask for a name, thank him or her for being there.

What is the light being wearing? What does he or she have on his feet? Ask the light being is he or she likes the clothing he is wearing. If he or she doesn't, let him pick a color he likes and the clothing will become that color. If he or he wants to change the style or color of anything, she can.

The light being is there to help you be healthy and has all the tools and materials needed to repair any part of your body – and the knowledge of how to use them!

Ask the light being to do a quick scan of your body and let you know whether or not the light has reached everywhere. If it hasn't, the light being takes you to the places where the light didn’t enter.

What is the first place that needs more light? It might be that bum knee, or an aching heart, an intestinal problem, a weak back or a sore muscle. The area appears dark, or overcast. It might look broken, or "gunked-up", or knotted.

Ask your light being to please repair the area. He or she sets to work removing the gunk, patching holes, massaging muscles, fixing what's broken. He has all his tools and materials right there to do whatever has to be done.

She places all debris in a beautiful bubble of light so none of it escapes, and sends it floating out of you into the universe.
After repairs have been made, your light being takes out what looks like a paint bucket, but which says on the side: "All-Purpose Healing Salve", and pries off the lid. What color is the healing salve?

The light being spreads the marvelous healing salve over the area just repaired. He or she might rub it on with his hands, or spread it with a trowel or paintbrush. You can feel the salve soothing injured areas and promoting health.

If you check on the area later and see that all the salve has been absorbed, ask the light being to apply more until health is completely restored.

**Don't worry about using up all the salve. There is an unending supply of it.**

The light being, with lights shining brightly, goes to every area of your body that needs fixing and does whatever needs to be done to restore health. He or she might sing a healing song, or hum something soothing.

After the light being has repaired your body, you feel whole and healthy. Your cells sing in harmony, and your body glows with vitality.

You offer your light being your heartfelt thanks. You ask if he or she needs anything. The light being replies that it is his happiness to help you achieve health. But he has given you so much, you want to give him something, so you hand him a gift wrapped box. He receives it with a smile and a thank you.

Your light being reaches into the light and pulls out a mirror. When you look into the mirror you see yourself and you are doing something that you love to do, or want to do, but haven't been able to because of a health problem. You look strong and energetic. Your smile is sunny, and even your eyes sparkle. You are the picture of health. Your light being hands you the mirror. You go to the place in your mind that regulates your health, and hang the mirror there. The light being spreads the light so the light shines on your picture of health, illuminating the mirror.

You're thoroughly delighted with the idea of being healthy, and again thank the light being for all his or her help. You tell him how good it feels to be healthy.

**You are a picture of health!**
DROWNING ANGER

Something has happened that made you angry. Traffic was snarled, something broke, someone let you down. Whatever the cause, the effect is that you feel angry.

Anger can motivate you to turn things around, but unfortunately, most of the time we become victims of our own anger, and say or do something foolish that causes harm to ourselves and others.

Visualization can help you make abstract anger more concrete, as well as provide a way of handling it.

The next time you’re angry, picture your anger as a ball of fire. The angrier you are, the bigger the ball of fire will be. It might be the size of a baseball, or maybe the size of a car.

How close or far away from you is the ball of anger? If it’s too close for comfort, put it at a safe distance.

Notice the flames. What colors are they? Yellow, orange, red, white? Feel the heat, how hot is your anger? Would it roast a marshmallow or could it burn down a house?

Anger is often our immediate response to a situation that makes us feel helpless. We feel powerless, so we turn to anger as a means of feeling powerful. True power is the ability to act constructively. Most of the time anger gives us a false sense of power.

Just in case there is some real power in your anger, ask the ball of fire to return to you any true power it contains. If you get no response, demand that all true power returns to you. You might see a ball of pure white or golden light emerge from the flames. It comes and hovers directly in front of you.

Ask it where in your body it wants to go. It might be your chest, or your mind, or your stomach, or some other area. Put the bright white light where it wants to go. Sometimes just separating the real power from the false power is enough to make the flames of anger dwindle and die. If there is still an angry ball of fire in front of you, mentally roll it (don't touch it with your hands and burn yourself) to some large body of water. It might be a lake, or an ocean.

Push the angry ball of fire into the water. Hear the hissing as the fire meets the water, and the water all around it starts to boil. Suddenly there is no noise or activity. The fire of anger is out. By drowning your anger, you cause harm to no one, including yourself. Say to yourself, "I AM POWERFUL WITHOUT BEING ANGRY."

You have your true power within you, and can now act constructively.
CONTROLLING FEAR

Have you ever been afraid? Sure. Anyone who says they've never been afraid is trying to fool you, and probably themselves as well. Certainly there are times when fear should be heeded as a warning. In those instances, it rightly protects you from harm.

Too often, however, fear inhibits us from taking action that could be of benefit. It prevents us from going to the doctor or dentist, or from talking to someone, or from asking for a raise, or going for an interview.

When we don't act, we feel victimized. We are victims -victims of our own fears. The following visualization enables you to picture fear and get rid of it so you can take action as the powerful person you are!

First, imagine that your fear is out in front of you. What color is it? It will usually appear gray or black, but it can be any color. How big is your fear? Is it the size of a black cat, or does it loom like a thunder-cloud? What shape is your fear? It might indeed look like a black cloud. Or it could be a square or rectangular block. Or it could be an irregular shape. What is it made of? Air? Wood? Rubber? Metal? Plastic? How close or far away is your fear?

If it's too close for comfort, push it back a bit. You are stronger than your fear. Tell your fear how you feel about it. Talk aloud, or quietly ask your fear if it has anything to say to you. Listen with your inner mental ears. Tell the fear it has to go. It's blocking you from something you really want to do. Instead of say to yourself that you're afraid, say, “I AM BRAVE!” “I HAVE!” “I HAVE POWER THAT WILL SAVE!”

If your fear whines and pleads, pay no attention, be firm. Think how positive you'll feel when you take action.

First, take positive mental action. If your fear is a big black cloud, see the sun come out and take it away. If it's made of a hard material, see that you have a taser gun in each hand, and you zap your fear into oblivion. Have a garbage truck come and haul it away. The possibilities for getting rid of your fear are endless. In the place where fear was, picture yourself achieving the goal you want to accomplish.

You can control success just as you controlled your fear. Well done!
## THINNER WINNER

Chances are that if you’ve been trying to lose weight, it’s been a horrible struggle. Getting the weight off in the first place has been a daily grind of deprivation and frustration. Then, just when you’ve actually succeeded in shedding pounds, the lost weight starts to find its way right back to you.

There’s a way to end the diet struggle – and it’s not another gimmick. It’s a bona fide technique that works.

Here’s how: Your subconscious stores a mental image of you being overweight. The fat image is very vivid because you’ve spent a lot of time focusing on it, and you’ve filled it with strong negative emotions - frustration and despair.

What happens when you lose weight? When you look at yourself in a mirror, your subconscious receives the image of a thinner you, and matches it for consistency against the mental image of a fatter you. Alarms go off and error messages – "Images do not match" – flash in your subconscious mind.

To make the thinner image of you in the mirror agree with the stored mental image, your subconscious influences you to overeat, and you’ve lost the battle of the bulge yet again.

Once you can erase the negative image of being fat, and replace it with a powerful, positive image of you being thin, your subconscious will support the thin image. Instead of wanting to eat a bag of cookies, you’ll find yourself eating salads and wanting to go for brisk walks.

Conjure up your worst picture of you at your absolute fattest. See the bulges? Notice what you’re wearing and how your clothes fit. How do you wear your hair? Are you well-groomed? What expression do you wear on your face? This picture probably has a gray or overcast look to it.

Mentally pick up a black marking pen and across the picture of you being fat write, NO! NO! NO! Then put a red, forbidden symbol over the picture – the circle with a diagonal line running through it that you see in "No Smoking" signs.

Then mentally tear up the picture. Rip it to shreds with your hands, or use sharp scissors. Place the pieces of the "tat" picture in a fire-proof bucket or bowl, and drop a lighted match into it. The picture goes up in flames. Dispose of the ashes. Dump them into the toilet and flush them away, or take them outside and scatter them to the wind.

You have now removed the old image from your subconscious. Give yourself a cheer for a job well done. Now create a mental picture of yourself at your ideal weight.

You’re wearing new clothes that flatter your thinner body. What color and style are they? Your hair has been restyled to match the new contours of your body. Everything about you is well-groomed because you feel proud of your body. You’re smiling a sunny smile in the picture. In fact, the whole look of the picture is gay, sunny and bright.
What are you doing in the picture? See yourself doing something that you can't or won't do when you're overweight. Maybe you're at the beach, or dancing, or playing your favorite sport. Maybe you're with someone special, or on a special trip.

Feel the picture as if you were inside it. Feel it with all your senses and all your positive emotions. Delight in the feeling of being at your ideal weight. Let happiness fill you. Congratulate yourself on your wonderful, healthy, fit, trim body. Put your hands on your stomach, or your hips, and feel how wonderfully firm they feel. Oh, this is great!

Now, take a look at the picture again as an observer. To your right you see two pens, one silver and one gold, and each writes in that color ink. Choose one of the pens, take off the cap, and sign your name in gold or silver across the picture. See your signature on the picture. Then pick up the pen you didn't use, and write, YES! YES! YES! across the picture.

Your subconscious now has a new and positive image of you to support.

You might have to delete the old and instill the new several times before it takes effect. You'll know when your subconscious has gotten the picture because you'll feel differently about your body, and will instinctively want to treat it with respect. You'll find yourself reaching for an apple instead of a brownie, and wanting to exercise.

When you achieve your ideal weight, and maintain it over a period of time, you'll know that visualization has helped win the battle of the bulge. You're a thinner winner!
How is your image shaping up these days? Is it dull and listless? Is it limp and sagging? Is it cloudy and gray? Are you feeling down on yourself? Do you wish you were someone else?

Everyone has moments, even days, when they don't feel good about themselves. Here's a simple but effective visualization that can help put the pep and vim back in your self-image.

See a picture of yourself as you look in your present state. Maybe your shoulders are hunched over, and your head hangs down. Your clothes are frumpy and somber. Your hair is messy and your nails are dirty. Your shoes are scuffed. Your eyes are glazed over.

Not a pretty or handsome sight, is it? You may have to go inside yourself to find something positive. Think of something you like about yourself, anything. It can be major or minor, but everyone has at least one quality they like about themselves.

You might like the fact that you are smart, kind, honest, creative, loyal, resourceful, or all the above. Maybe you're good at math, or doing the crossword puzzles, or you're a good parent. You might bake a great cake, or be a whiz at fixing things. Are you a good driver or tennis player? Do you feed the pet? Do you brush your teeth? Do you bathe on a regular basis?

Any of these qualities or activities are important. (It's not an ego trip unless you compare yourself to others and think you're better.) Find one thing you like about yourself, no matter how inconsequential it seems.

Look again at the picture of yourself and see that one good quality shining within your heart like a light. As soon as you honor one good thing about yourself, you think of another. The light within you shines brighter, and you straighten your shoulders.

Say: "I am a worthwhile person!" Think of a couple more good points about yourself, and you begin to hold your head up high. Light comes into your eyes. Your hair and nails are clean and shiny. You honor a few more things about yourself – hey, this is getting easier – and the style of your clothes becomes more flattering. Your shoes are shined. You are shined! You say: "I respect myself!"

To break the downward spiral of negative thoughts about yourself, just do this visualization. It sounds simple, but it works!

Change begins within, with a single positive thought. Shine your image once a day, because others will see you as you see yourself. You're worth the effort!
PAINTING PEACE

Sit with your back straight and feet flat on the floor so that your blood and energy can flow freely. Take three deep breaths: one into your lungs, the second into your heart, and the third into your belly.

Close your eyes and imagine yourself outdoors in daylight, in a beautiful place in nature that makes you feel safe and strong. It might be a beach, a mountaintop, a clearing in a forest, or a flower-filled meadow. Notice details. Smell the air. Listen to the sounds.

Looking in front of you (with your mental eyes), you see a large ball of bright golden-white light, symbolizing high-frequency energy. Welcome the light and ask it to help you heal yourself and the earth. The thought is barely out of your mind when your Guiding Angel steps out of the ball of light and stands before you. Welcome your Guiding Angel gratefully, noticing colors and details about them.

Your Guiding Angel reaches into the ball of light and pulls out a large can of paint and a paintbrush. On the side of the can you see the words, “Peace Paint.” The angel pops off the lid and you see the color of the Peace Paint. It might be any bright color, or clear, golden, or a rainbow of colors.

Your Guiding Angel explains that wherever you spread the Peace Paint, it has two effects:

a. **It absorbs tension, restoring peace and cooperation.**

b. **It invigorates loving energy, restoring health and well being.**

Dipping the brush into the paint, your Guiding Angel paints your whole body in just a few seconds, as the Peace Paint seems to spread itself. Wherever there is physical, mental, or emotional distress, you feel the energy begins to heal and flow.

Your Guiding Angel then gives you your own can of Peace Paint and paintbrush. They are as light as feathers. Your Guiding Angel takes your hand and up you fly, the ball of white light going with you.

Hovering over your home, you and your Guiding Angel dip your brushes in your cans of Peace Paint and paint your home with peace. You never have to worry about running out of paint, because the can is always instantly refilled.

Flying higher, you see below you the town and state in which you live. You paint them with healing peace.

Traveling at the speed of love, you and your Guiding Angel fly around the world, spreading Peace Paint everywhere. You give extra coats of paint to those areas where there is conflict or disaster.

When you are done, ask that Love and Light, Health and Harmony, and Prosperity and Peace
be lovingly manifest for the highest good of all life everywhere.

Thank the Creator, the Light, your Guiding Angel, and yourself.

Take a deep breath, then at the speed of thought return to your special place of strength and safety in nature, noticing details.

**Thank you for being you!**