VISUALISATION

Tips Report

EMPOWERING HEALTH

By Anne Barratt

This report includes powerful tips related to Visualisation Tips.

*It also includes 3 actionable steps you can take **right away** and a list of suggested reading for those people who are looking for even **more information.***

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WHY VISUALISE

The most powerful reason to practice Visualisation is because we get what we focus on. What have you been focusing on? What we focus on we give energy and attention to, and help attract more of it into our lives. Are the things you are focusing on positive or negative? Most people want more positive things and feelings. Is it time to start focusing on what it is you do want in your life, rather than focusing on what you don't want?

Visualisation is a great tool to help you to start focusing and giving more energy to what you do want in your life.

The subconscious mind doesn't know the difference between what is real and what's conceived. This is why you may feel anxious while watching a scary movie, or why you may cry while watching a romance show on tv. Consciously you know it's on the screen, however to the subconscious it thinks its real.

What the mind can conceive the mind can achieve.

We use visualisation in many of the techniques I practice with you my clients in the context of my business Empowering Health, helping people to heal themselves and achieve their goals in life resulting in long lasting change.

Before starting some clients have expressed concern about their ability to Visualise so I have prepared some tips to help in this practice.

TOP TIPS

We dream with images. While we may have some talking in our dreams, it is mostly visual. So much more can be said with an image than can be expressed with words. If you saw an image online, in many cases, you would not need a caption. However, to describe the same graphic without the ability to show it may require many words, and there's no guarantee you'll get it completely right.
It should come as no surprise that visualisation can work in our conscious lives, too. When we create mental images of the life we want or situations we desire, it helps to solidify how to bring them about.

1. **Internal vs. External Visualisation**

   Try to imagine what you want internally, within your own mind. Think of this as a first person exercise. When you have a clear picture of that internal vision, imagine the situation as if you were someone else watching you, like in a movie or on television.

2. **Create an Image of the Whole Picture**

   Instead of thinking about getting a promotion, think about the tasks of the job you'd like to get promoted to. Also, think about the people whose lives would be affected by you getting promoted. If you are going to get your own office, picture what that would be like and what you want in it. Tie back the tasks so that you can match that up with what is needed in your new office. The more detailed you can get with this, the more likely it will happen. Are you going to get an assistant? Imagine who that would be and how you are going to lead him or her.

3. **Picture a Realistic Situation**

   You are not going to be president of your company next month if you just started in an entry-level position. While it's perfectly feasible to become the president one day, imagining that scenario in your early stages is a waste of

time. It's okay to dream and to dream big, but set your sights on intermediate targets and build up from there.

4. Visualise the Small Things

We focus much of our energy dreaming of the big things we want. Often, the big accomplishments require smaller accomplishments to happen. We should try then, to imagine or visualise how those smaller accomplishments will play out.

5. Bring Back Your Imagination

When we become adults, we lose most of our imagination. For instance, if kids want to captain a spaceship, they simply imagine it. If adults publicly declare they want to captain a spaceship, and they don't work for NASA, they are given a one-way ticket to a mental hospital. This causes adults to repress their ability to use imagination. Imagination can be a great way to make new discoveries, no matter how far out they may seem.

6. Learn What Others Visualise

We cannot think of every possible scenario, whatever it is we seek to achieve. When we learn what others are envisioning, we can bring that into our own visualisations, assuming they fit with what we want.

7. Use all of your senses

While visualising an image or scenario also include all your senses to make it all the more real for your subconscious, especially feel what you'd feel in that scenario you're visualising. Also hear what you'd hear: sounds, what people will be saying to you having achieved your goal; music; etc. Smell what you'd smell; Taste what you'd taste having achieved your goal.

ACTIONABLE STEPS

1	2	3
Use your imagination. For this task, let yourself picture anything out of the ordinary. It can be something you envisioned as a child or perhaps it is something your own child imagines. Write your imagery on paper.	Create a vision of your ideal society. Call it Your World. How would the people in this society act? What kinds of jobs would they have? What would a typical neighborhood look like? When you make visions like this, they are more likely to become reality, especially if others can see your vision.	Participate in forums geared towards visualisation and the achievement of dreams. Read through what others have success with and ask questions, especially when new to the forums. Be an active participant and you will learn about the art of visualisation.

FURTHER READING

1. **Creative Visualization: Use the Power Of Your Imagination to Create What You Want in Your Life:**
   https://www.amazon.com/gp/product/1577312295/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=toolformoti-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=1577312295&linkId=76f28c10bc37f293c23393b70ba8cddf

2. **Visualization: The Fastest Way to Succeed: Setting Goals, Inspiring Others, and Achieving Victory:**
   https://www.amazon.com/gp/product/B017FWN9O4/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=toolformoti-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=B017FWN9O4&linkId=10b3538298f3922bd2ce95240ac4fd50

3. **The Creative Visualization Workbook: Second Edition:**
   https://www.amazon.com/gp/product/1880032759/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=toolformoti-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=1880032759&linkId=6693cbf3386181dc4f5979b8e66b9628

4. **Visualization Power:**
   https://www.amazon.com/gp/product/0998076430/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=toolformoti-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=0998076430&linkId=c69a966534d0a693ef432b13730207cf

5. **Psycho-Cybernetics: Updated and Expanded:**
   https://www.amazon.com/gp/product/B00SI02BW4/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&tag=toolformoti-20&camp=15121&creative=330641&linkCode=as2&creativeASIN=B00SI02BW4&linkId=7d5e7955de931f945897cbb9c027a16d