

Visualizing Tips

Once you create your vision and can visualize it in your mind, you need to keep visualizing it and repeating it over, and over again in your mind. When you do this, you will bring it into your vibration. And you will then start to see evidence of it. And when you start to see the evidence of it, you believe that it is true.

Remember that when you visualize, you want to always see your desired outcome. And then begin to live from that place. To live from the reality that it has already been achieved. You want to picture it, and incorporate all of your senses into it. Feel it as if it is happening right now, that you are living it. Remember, that your brain does not know the difference between what is real and what is imagined. What you visualize, it accepts it as being real.

If you keep telling your new story, the story that you want to live. And you keep your focus on it, you will eventually live it. Try to get so fixated on what you do want, that you drown out anything that you do not want.

Visualization gives you a sense of control and helps you get your power back. Your attention is placed on your positive future, and your mind is focused on your positive outcome. It can provide you with a feeling of pure joy. It feels good and causes real chemical and structural changes in your brain. These changes, when repeated consistently over time, create new neural pathways in your brain, which leads to the creation of new positive habits, which are creating your new life. A life where you are living in a higher vibration, and where you are becoming who you want to be.

It is your vision, and you have soul ownership of it. And the Universe will give you what you want within your vision. Just try not to muddy your vision with “reality”. When I say reality, I am referring to your current reality which is your old reality. The reality that you are stepping away from because you are now creating a New reality for yourself. You also can lose sight of your vision by doing what everybody else wants you to do instead of what you want.

You want to make sure that you are clear on your vision so that you are focusing on what you want in your life and not on the things you don’t.

Some visualizing practices that you can put into place to help you manifest what you want into your life are:

- Place dream photos or statements on your computer, refrigerator, mirror, or in your car.
- Start performing simple acts of faith or belief every single day. Where you are acting as if your dreams have already come true.
- Create a vision board. Where you cut out pictures and words of the things that you desire and want to attract into your life.
- Do a daily Visualization practice where you sit or lay in a quiet spot and visualize your ideal life and what you want. See it vividly in your mind. Incorporate all of your senses into it.

And lastly, -Start telling a better feeling story and continue to tell that story. We all tell ourselves stories of how things are all day long. Be cognizant of that story you are telling yourself. Tell the story that you want to live, and you will eventually live it.