

Visualization Practice

This is a great practice to turbo charge your manifesting.

If you have a Vision Board, you can look at it and use it to inspire you, before you do your daily Visualization practice (that is in the Journal section).

You can visualize anything that you want, and you can visualize it anyway that you want. I have listed several examples below to help you get started.

You can visualize yourself living in your new reality. Visualizing yourself as if all of your desires are happening now. That everything that you want has manifested. That you are living, being, doing, and experiencing all of your desires. That they are here now, and this is your reality. It is important to feel the feelings and emotions around it. To feel the excitement and to feel the joy. To feel all of the amazing feelings and emotions that these desires elicit in you.

Another way is to imagine that you are sitting on the beach watching the sun rise. You are crying happy tears because of all of the amazing things that are happening in your life. You feel so overjoyed because you are making a difference in other people's lives including your loved ones. That their lives are now enhanced because of you.

You can, also, visualize a scene that makes you feel joy, excitement, inspiration; one that makes you feel good. An example of this may be one where you are walking on the beach. You can feel the sun shining down on you, warming your skin. You feel the breeze cooling your skin. You feel the sand squishing beneath your feet with every step you take. The waves lapping up around your calves. You see the sea gulls diving overhead. The waves rolling in, The vastness of the ocean. You smell

the sea salt in the air. You are taking it all in as you stroll down the beach. And you are feeling so good!

Before you do the Visualization Exercise, it can help look at your pictures and feel like it is you NOW. Then go and lay down and close your eyes and make those pictures come alive. If you do not have a Vision Board or visual representation to look at, that is okay, you can still do the Visualization Exercise. You do not have to have this. Just close your eyes and visualize your desires as already having manifested. While you are doing this, feel the feelings and emotions around it. Remember that this is a turbo charger for your manifesting.