

Title:

The Law Of Attraction & The Truth About Visualization

Word Count:

1338

Summary:

Visualization is a Law Of Attraction tool that has been used for thousands of years by initiators.

Keywords:

law of attraction, visualize, visualization, mental imagery, personal development, self improvement

Article Body:

Visualization is a Law Of Attraction tool that has been used for thousands of years by initiators.

Today, it is incorporated into top athlete's daily routines and is used in business affairs from the CEO's office.

If you answered 'yes' to the above question then you know how powerful this technique can be.

The trouble with visualization is simple - its in its name!

When studying and contemplating the Law Of Attraction and the art of visualization most people are confused.

This type of visualization is almost impossible to sustain and luckily it is not at all necessary.

If all you had to do was just imagine stuff and your world automatically changed to reflect your thoughts.

Let's try a little experiment. Remember a scene from your past that has a lot of good feelings associated with it.

Now we are going to create an imagined event in our lives that has the same strength and potential as the memory.

Imagine something that you do everyday, something that you did yesterday, today and will do tomorrow.

You will find that the imagined event is very similar to the memory with probably one key difference.

Now imagine doing your future event a week from now, then a month from now, then six months from now.

Ok, let's imagine something that is very unlikely to happen and see where it differs from the memory.

Imagine you are sitting somewhere familiar which is extremely comfortable and relaxing to you.

Ok open your eyes. What was the difference between the two images? Can you spot any? Did you use your imagination?

Have you identified how the future event differs from the fantasy one? If you have then its time to move on.

Take a goal that you have been working on or would like to achieve. Nothing too far-fetched at this point.

Ok how does it differ from the scene of waking in the morning? Can you identify the difference between the two?

Now there will be one other key thing that differs in the images- it is very simple but often
Once you know what the differences are in each image begin to change the goal image so that it
Place it in the correct position on your time-line. You may already begin to feel that the goal
Visualise in this way everyday and you will condition your subconscious mind to manifest the goal
One more thing to remember: During the day think about your goal often. This reinforces the vision

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