



FOUR STEPS FOR CREATIVE VISUALISATION

Taken from “Creative Visualization” by Shakti Gawain

1. SET YOUR GOAL

Decide on something you want from any area of your life. It is best to start with a goal that is fairly easy to believe in, that you feel is possible to realize in the near future. This will allow less negative resistance as you are learning the process. Later, with more practice, you can take on more challenging goals

2. CREATE A CLEAR IDEA OR PICTURE

Create a mental picture exactly as you want it to be and think of it in the present tense as *already* existing the way you want it to be. Include as many details as you can.

3. FOCUS ON IT OFTEN

Bring your idea or mental picture to mind often, both in quiet meditation periods and also casually throughout the day when you happen to think of it. It becomes an integrated part of your life and more real for you.

Focus on it clearly, yet in a light, gentle way. It’s important not to feel like you are striving too hard or putting an excessive amount of energy in to it.

4. GIVE IT POSITIVE ENERGY

As you focus on your goal, think about it in a positive, encouraging way. Make strong positive statements to yourself that it exists, that it has come or it is coming now. See yourself receiving or achieving it. Use these affirmations to practice getting the feeling that what you desire is real and possible.

NOTE

Remember that goals can change before they are realized, so don’t prolong the process, as it might be time for you to look at what you want again. It is perfectly natural to have a goal change, so don’t feel you have “failed” but instead acknowledge that you are no longer focusing on the previous goal.

It is common to achieve things we have desired but forget to notice we have succeeded. Make sure you give yourself some appreciation for what you have achieved. Celebrate yourself for making progress by sharing this with others or rewarding yourself in some way. It helps to reinforce the success.