



**“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.” –Albert Einstein**

**“See things as you would have them be instead of as they are.” – Robert Collier**

## **All About Visualization (Plus Tools to Support You)**

Understanding the principles in this section is crucial to your success with the Law of Attraction. You see, everything I’ve taught you so far has been in preparation for this section, where I will teach you the nitty-gritty about using visualization in your own life.

I will also be sharing the most effective tools to supercharge your visualization skills, so that you can achieve results faster than you thought possible.

As I’ve mentioned, visualization is hands-down the best way to re-invent your personal vibration so it matches the life you want to lead.

Once your mental state and vibration match your dream life, people and events will start appearing in your life to make that life become your reality. It’s almost as if the Universe ‘pitches in’ to give you the life that you expect. This is also why people who are constantly driven by negativity always only seem to attract more negativity in their lives.

Now, visualization is an extremely powerful mental tool that is used by more than just Law of Attraction students.

People from all walks of life use visualization to improve their lives and performance, including athletes, lawyers, politicians... even musicians!

In this section I will be teaching you all about how to use visualization to achieve your goals, plus I’ll be sharing ALL the tools that you can use to visualize more effectively.

**“When I get a new idea, I start at once building it up in my imagination, and make improvements and operate the device in my mind. When I have gone so far as to embody everything in my invention, every possible improvement I can think of, and when I see no fault anywhere, I put into concrete form the final product of my brain.”**

**- Nikola Tesla**

### [Quick Introduction to Affirmations](#)

An affirmation is simply a statement that is stated to be true.

As far as the Law of Attraction is concerned, affirmations are used to ground and center your visualizations. As you visualize each day, you can say or think your affirmations to help you feel like you have already achieved what you want to achieve.

Therefore, it is recommended that you create affirmations in the present tense, and create them to be as **specific** as possible.

Let me give you some examples of specific vs. non-specific affirmations.

A non-specific affirmation would be “I have money” or “I am happy.” Affirmations like these are not specific enough. It’s also hard to emotionally get behind them because they are just so vague.

Ask yourself: What does having money mean to you? What does being happy mean to you? The answers to those questions will bring you closer to powerful affirmations.

You see, affirmations work about a millions times better when you get specific, such as “I effortlessly earn \$10,000 each month with my consulting buisness” or “I cheerfully find something to be happy about every day.”

One of the most important things you need to understand about affirmations is you can’t focus on what you DON’T want. You instead have to focus on what you DO want.

For example, the affirmation “I don’t have any debt” is focused on what you are avoiding. In this case, by focusing on debt, you may actually be attracting more debt to you!

You could re-state that affirmation to something like, “I gladly pay my bills every month with plenty left over.”

So as you make affirmations for yourself, remember that they should always be stated to describe the state that you would like to achieve.

## Incredible impact of emotion

Lastly, in addition to visualizing your picture-perfect life with the help of affirmations, the last main key component of using the Law of Attraction has to do with getting your emotions involved.

This is the part that people have the most trouble with, but there are some techniques and tools that are easier to use than others.

Luckily, I've tried them all and I know what works and what just doesn't. I'll help you skip through the fluff and get straight to the stuff that's effective.

One of the keys to becoming emotionally attached is to **choose goals that get you excited**. If you just can't get excited about something, are you sure it's something you really want?

For example, one of my original goals was to exercise more.

I originally tried to visualize with the affirmation, "I run every day." But, no matter what I tried, I just couldn't get myself excited about running, which made it extremely difficult to visualize. I eventually began to realize that I actually didn't even like running.

I found that a better affirmation for me (one that I *could* get excited about) was, "I use exercise to get completely energized each morning while I tone my body."

By keeping my mind's eye on my ultimate goal, which was to exercise more and get toned, I was able to pinpoint an affirmation that I could get emotionally charged about while visualizing.

What's funny is that suddenly it seemed like everyone was talking to me about his or her favorite exercise machine. With their help, I realized that what I *did* enjoy was listening to inspirational audio while on the elliptical machine, and for weight training I do a combination of yoga and body-weight exercises.

You see, it was easy for me to get attached to the idea of becoming energized and achieving a toned body. I originally thought that the way to achieve that was with running, but once I focused on the end results itself, even though I didn't know the exact 'how,' I was suddenly presented with all the opportunities I needed to figure out how to get there.

As you can see from this simple example, sometimes what you *think* you want isn't what you *really* want.

Earlier, I walked you through the process of becoming clear with what you want, but remember to always keep searching yourself to make sure you still feel like you're on the right path.

One of the amazing things about the Law of Attraction is you will gain the intuition to correct your course at any time by focusing on how your visualizations are making you feel.

### Visualization tools to make it easier to use the Law of Attraction

Not all of these tools work for everyone. However, each tool has its own group of fanatic followers. I will share the ones I hear people having success with, as well as let you know which ones I use.

- **Vision boards (Include Picture)**

A vision board is simply a collage of pictures combined with affirmations. You simply cut out pictures from magazines or print pictures from the internet and paste them to a board. You then optionally add supporting text to each picture.

The idea behind any vision board is to give you something visual to focus on as you create the mental picture of your dream life in your mind. In order to use one effectively, you must regularly look at the board and visualize yourself in a state where you've already achieved everything you've laid out.

A famous example of someone who has had incredible success with vision boards is John Assaraf. He created a vision board with a picture of a beautiful modern house with the affirmation, "My home." A few years later, he was opening up old boxes and rediscovered the vision board. He was shocked to realize he'd actually moved into that **exact** house!

Vision boards are great because they're simple and can be made with common items around the house. One of the problems with vision boards is they are static and unchanging. With the way the brain works, it can be hard to get emotionally invested in something that looks the same every day.

Changing up your vision boards regularly will help tremendously, but unless you love craft projects, it may start to feel like a chore after a while.

- **Digital vision boards like Mind Movies**

A Mind Movies is a digital vision board, which combines the power of images and affirmations with movement, and adds emotionally charged music.

If you've ever seen a dramatic movie scene with the sound on mute, you may appreciate how, without the music in the background to set the mood, many scenes are significantly less emotionally gripping.

Mind Movies are created with a simple-to-use online software that walks you through a process of getting clear with what you want and writing affirmations that have personal meaning to you.

Then the software lets you simply drag and drop pictures and affirmations onto a digital film strip. It's easy to create a new Mind Movies whenever you want, or change an existing one with a few clicks of a mouse.

While Mind Movies makes it a lot of fun to create vision boards that move you, you still have to commit to viewing your 2-minute movie at least 1-2 times a day to make the biggest impact on your personal vibration.

However, once your Mind Movie has been created, you can watch it online whenever you'd like, or download it to your computer or phone for viewing on the go.

If you'd like to learn more about Mind Movies (and download 6 free pre-made Mind Movies to test it out for yourself), visit <http://MindMovies.com>

- **Very short intro to tapping/EFT** (show a video of someone tapping)

This tool is often referred to as "tapping," or "EFT," the Emotional Freedom Technique. Now this is a psychological acupressure technique that many people routinely use to stay focused while visualizing as well as optimize their emotional health.

Tapping techniques are based on the same energy meridians used in traditional acupuncture. Simple tapping with the fingertips is used to add kinetic energy onto specific meridians on the head and chest while you visualize and voice positive affirmations.

If you'd like to learn more about EFT, visit <http://eft.mercola.com/>

- **Gratitude** – I know this is a feeling, but gratitude is also a tool I use every single day to bring myself up to a more positive vibration. When you feel gratitude, it becomes impossible to feel depressed, in fact, being grateful kick-starts whole process in your brain that floods you with positive thoughts and emotions.

I highly recommend taking 5 minutes each day to write down 5 things that you are grateful for. The trick is never repeating the same thing twice. After

you get through all the obvious stuff, this practice forces you to always be looking for new things in your life to be grateful for.

- Meditation

Meditation is process that allows you to quiet your mind and become more mindful of your thoughts. Meditation can be an ornate affair, or it can be as simple as sitting still in a comfortable position and closing your eyes.

Through the process of mediation, you can come closer to a state of well-being and natural joy.

I certainly cannot teach everything about meditation in a few short pages, but basically the way I do it is I sit still in my bedroom for 30 minutes each morning.

I try to think of nothing, though I am accepting of thoughts that pop up. I simply acknowledge them, and go back to thinking about nothing.

By practicing daily mediation, especially in the morning, people are often able to accelerate the process of manifesting through the Law of Attraction.

