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Seeing is Believing: The Power of Visualization

If you want to let go of the struggle and learn to live a life of miracles, you must learn to use the tools of creation God has provided for each one of us. In truth, we are powerful spiritual beings creating the life we experience.

Unfortunately, many of us have never learned of our true identities or how to use the gifts God has provided to help make our lives joyful. Visualization is one of these gifts. Visualization is easy to use. Like all the other tools of creation, we use visualization every day to create our experience of reality. Daydreaming, fantasizing, mental rehearsals, and imagination are all examples of visualization. We have all daydreamed about an upcoming vacation or a visit with a favorite friend. Many of us have fantasized about winning the lottery or getting a better job.

Unfortunately, due to lack of knowledge about the power of our images, we also often use visualization to create experiences we do not want in our lives. We mentally rehearse our greatest fears over and over in our minds.

Have you ever imagined how you would respond if you were robbed or attacked, mentally rehearsed an imagined argument with your co-worker, had a daydream about the death of a loved one, or imagined the worst possible outcome to a situation you were experiencing?

If you answered yes to any of the above questions, you are using the powerful force of mental imagery to create things you do not desire in your life. Although humanity has always used some form of mental imagery, it has only been in the last few years that the power of visualization techniques have been taught widely in our society.

Businesses train their employees to use visualization to improve performance and production. Coaches use visualization with athletes because research has shown that mental rehearsal is an effective way to increase athletic performance. Students use visualization to improve test scores while therapists use imagery to enhance relaxation skills.

Dieters are taught to imagine a thin and beautiful body. Medical scientists have watched the power of mental imagery increase the immune system as well as lower a person’s blood pressure and heart rate; therefore, medical professionals often teach patients visualization techniques to assist in their healing process.

Positive Visualization

Visualization techniques can be applied to many areas of your life, and if you will use them to consciously create what you want to experience, these techniques will assist you in soaring above the crisis.

The two components of an effective positive visualization technique are a clear image of what you want to create combined with a strong positive emotion. Mental images do not always
come in the form of a picture. Some people use words, thoughts, or sensations to create a mental image.

You can determine what components you use to create mental images by observing your daydreams or fantasies. Do you see clear pictures, or do your daydreams consist of blurred images with clear thoughts?

Visualization Process

The first step in doing a positive visualization is determining what you want to create in your life. If you do not know specifically what it is you want to manifest in your life, you can create with "broad brushstrokes."

Broad brushstrokes define the general events in your life while omitting the specific details. For instance, you may not know the particular person you would like to have as a life partner, so you visualize yourself in a relationship that is harmonious, joyful, and romantic. You imagine yourself and your future partner sharing a fun and fulfilling life. You generate the feelings of love and joy as you create these images in your mind. Once you have created the broad brushstrokes, you patiently wait as the God force fills in the details of the picture you have created.

If you are certain of the specific details you want to manifest, you can clearly imagine these events in your minds eye. There is nothing wrong with creating something specific; however, manifestation often comes more quickly if you leave the details of your creation to your Spirit Self.

If you need a new car, you can trust that God will bring you the very best car possible. Visualize yourself driving a beautiful car without seeing a particular model or color; then wait for God to surprise you with something better than you could have imagined.

Visualization is a powerful tool of consciousness. Combine visualization with prayer, faith, or love to assist you in letting go of the struggle and creating a life of miracles. Have a great day and remember to think positive thoughts.

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