

Helping you get from where you are now  
to where you want to be.

## Seven Tips for Successful Visualisation

Below are seven quick visualization tips to help you put this awesome power to work in your own life. If you follow these tips and put them to use every day as outlined, you will see results. The things you think about repeatedly will in fact come about in your life.

- Tip #1: Choose the one thing you want more than anything else right now. Of all the tips that follow, this one seems to be the most challenging for people. Most of us want so many things that we can't decide on what to accomplish first. As a result, we end up spinning our wheels and getting nowhere. You must have a dream if you want to make your dream come true. Set the target - that's step number one.
- Tip #2: Describe your goal in detail. This is another important tip. Don't just say 'I want a new house in a nice neighbourhood.' Instead, you must be able to describe the house in detail. Include everything about it like the overall styles, size, the number of bedrooms and bathrooms, and specific design and decorating details. The more vivid and detailed your description, the better because that's what fuels your desire.
- Tip #3: Keep your goal to yourself. Make it your personal mission to quietly go about your business, knowing that you're moving towards exactly what it is you want. Talking about your goals and plans weakens the bond. It's when you keep it to yourself that your goal is highly energized. As Bob Proctor says, "This deal is strictly between you and yourself. No one else is involved." Sharing details about what you're moving towards leaves you susceptible to the doubts and negative reactions of others. It's just not worth it. Keep it personal until it manifests. Then you can share the details of how you did it, if you so desire.
- Tip #4: Commit to your goal. Once you've taken the time to describe your goal in detail, vow to do whatever it takes to achieve it. It's this kind of resolve that will help you pick yourself up after the inevitable tumbles life throws your way. If you remain committed to your goal no matter what, you will accomplish it in due time.
- Tip #5: Relax and breathe deeply while visualizing your goal. Relaxation is the key here. Avoid feeling anxious to reach your target as that only seems to push it away. Instead relax and visualize the entire Universe collaborating on your behalf to bring you what you want. The more relaxed you are while visualizing, the more effective the session will be.
- Tip #6: Concentrate on your target. See only your goal. Visualize it intensely and you bring it to life. Make it real in every possible way and then release it out into the Universe. Know that it is yours because you've placed your order with the Universe and you believe in the power of your visualization. You've created the spiritual prototype and therefore physical manifestation in on its way.
- Tip #7: Be open and attentive to the suggestions you receive. The Universe often nudges us in unexpected ways. Be alert to these messages and go wherever they lead. Listen to that voice inside and act on the advice it conveys. Your inner voice will never lead you astray.

There you have it - seven powerful visualization tips that will change your world in a positive way if you take them to heart. Go to it - your dream life awaits.

If you would like to know more about using visualisation or feel you need some help to make the most of this technique just [click here](#).