Change Your Subconscious The Easy Way - “Sumliminal Videos”

"If You Can Harness Your Imagination... Then You Can Achieve Anything You Desire"

Copyright 2008 Noel Jones & New You Life Coaching
DISCLAIMER AND TERMS OF USE AGREEMENT

The author and publisher have used their best efforts in preparing this report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this report. The information contained in this report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this report, you are taking full responsibility for your actions.

EVERY EFFORT HAS BEEN MADE TO ACCURATELY REPRESENT THIS PRODUCT AND IT'S POTENTIAL. HOWEVER, THERE IS NO GUARANTEE THAT YOU WILL IMPROVE IN ANY WAY USING THE TECHNIQUES AND IDEAS IN THESE MATERIALS. EXAMPLES IN THESE MATERIALS ARE NOT TO BE INTERPRETED AS A PROMISE OR GUARANTEE OF ANYTHING. SELF-HELP AND IMPROVEMENT POTENTIAL IS ENTIRELY DEPENDENT ON THE PERSON USING OUR PRODUCT, IDEAS AND TECHNIQUES.

YOUR LEVEL OF IMPROVEMENT IN ATTAINING THE RESULTS CLAIMED IN OUR MATERIALS DEPENDS ON THE TIME YOU DEVOTE TO THE PROGRAM, IDEAS AND TECHNIQUES MENTIONED, KNOWLEDGE AND VARIOUS SKILLS. SINCE THESE FACTORS DIFFER ACCORDING TO INDIVIDUALS, WE CANNOT GUARANTEE YOUR SUCCESS OR IMPROVEMENT LEVEL. NOR ARE WE RESPONSIBLE FOR ANY OF YOUR ACTIONS.

MANY FACTORS WILL BE IMPORTANT IN DETERMINING YOUR ACTUAL RESULTS AND NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE RESULTS SIMILAR TO OURS OR ANYBODY ELSE'S, IN FACT NO GUARANTEES ARE MADE THAT YOU WILL ACHIEVE ANY RESULTS FROM OUR IDEAS AND TECHNIQUES IN OUR MATERIAL.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent professional should be sought.

The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this report. All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.
TABLE OF CONTENTS

Chapter One: UNCOVERING THE HIDDEN SECRET 4
Chapter Two: PHILOSOPHICAL IDEAS ABOUT MENTAL IMAGES 6
Chapter Three: PSYCHOLOGISTS’ TAKE ON MENTAL IMAGES 9
Chapter Four: WHAT IS CREATIVE VISUALIZATION? 12
Chapter Five: LIKE ATTRACTIONS LIKE 14
Chapter Six: HOW A HOLOGRAM IS LIKE THE BRAIN 17
Chapter Seven: WHO CAN VISUALIZE? 20
Chapter Eight: SPECIFIC STEPS FOR CREATIVE VISUALIZATION 21
Chapter Nine: WHAT IS AN EMOTIONAL GUIDANCE SYSTEM? 29
Chapter Ten: WHEN WILL MY WISHES COME TRUE? 32
Chapter Eleven: WHY DO PEOPLE COMMONLY FAIL TO MANIFEST WHAT THEY VISUALIZE? 33
Chapter Twelve: YOUR MIND CAN KEEP YOU WELL 37
Chapter Thirteen: CREATIVE VISUALIZATION AND MONEY 45
Chapter Fourteen: CREATIVE VISUALIZATION AND RELATIONSHIPS 47
Chapter Fifteen: CREATIVE VISUALIZATION AND SUCCESS 49
Chapter Sixteen: THEY DID IT --- AND SO CAN YOU! 51
Chapter Seventeen: PRECIOUS NUGGETS OF WISDOM 54
Chapter One
UNCOVERING THE HIDDEN SECRET

As you start to leaf through the pages of this book, you will be given a glimpse of a great secret that has been handed down to many generations throughout history.

This secret has been so effective that majority of the greatest people who have ever walked on the lands of this planet have known and implemented it in their lives.

This undisclosed detail, guarded zealously by some self-centered constituents of mankind, will give you anything you want – be it happiness, good health, loads of money, a soothing jaunt on a tropical island, better relationships with others—name it, you can have it.

Have you ever wondered why the majority of the world’s material wealth belongs to only 4% of the world’s population? And that the remaining 96% are going through the motions of their day-to-day activities trying to make the upper 4% wealthier? It is because those select few know how to control the power of this secret.

It enables you to have, do and be anything you want to be. It doesn’t matter how gigantic or miniscule your heart’s desire is, it will be given to you.

Just start by conjuring up the mental image of what you really want and everything will fall into place. It will happen because you will apply this wonderful phenomenon in your life and impress it deeply in your mind, heart and soul,
Noel Jones – Creative Visualization

thereby creating an upbeat stream of pure positive thoughts across the universe.

Are you deeply intrigued with the secret already?

The secret is creative visualization.

Everything that has happened in your life in the distant past, whatever is currently happening in the present state and even that which will be happening in the near future, have been created in your mind at one point or another. They were formed concretely by virtue of the mental images you generated. This seemingly simple exercise will bring you to greater heights and take you to places you never knew existed, or gave a mind to in the past.

So sit back, relax and fasten your seatbelt as you come along on this mind-blowing trip.
Chapter Two
PHILOSOPHICAL IDEAS ABOUT MENTAL IMAGES

Surely, you are very excited to know more about creative visualization. But first, let’s backtrack a little to the past so that you will gain additional insight on what prominent philosophers have declared to be true regarding mental images – those sometimes vague, sometimes distinct representations of ideas in a person’s mind. After all, as the only species in the whole animal kingdom to have this rare gift, the responsibility for developing and putting it to altruistic use lies squarely on our shoulders.

In the fascinating field of philosophy, mental images play an important role in the classical and modern viewpoints because they figure prominently in the study of knowledge.

Plato (428-328 B.C.)

The great scholar Plato, in his Republic (book VII,) used the metaphor of a prisoner in a cave, bound and powerless to budge. The prisoner sits with his back to the fire and gloomily watches the eerie shadows cast on the wall in front of him by people carrying objects behind his back. Supposedly, these objects that the people are carrying are representations of real things in the world. Plato’s esteemed teacher, Socrates, taught that the analogy is similar to a human being consolidating mental images from the sensory data he gathers.
Dr. George Berkeley (1685-1783)

Much later, leading Irish philosopher Dr. George Berkeley came up with an idea related to the theory of idealism. According to him, man's perception of reality is equivalent to his mental images; the mental images are not just copies of reality, but reality itself. However, he strongly emphasized that there is a huge difference between the images that constitute the external world, and the images of an individual's imagination. Only the latter are considered “mental images” in the contemporary sense of the term.

Dr. Samuel Johnson (1709-1787)

One of England’s greatest literary figures, Dr. Samuel Johnson, however, strongly argued against Berkeley’s point of view. One sunny day, while strolling along a tree-lined road in Scotland, Johnson was queried on his thoughts about idealism. He is said to have responded by saying “I refute it thus!” and kicked a rock so large that his leg rebounded. What he was trying to say was, the rock was much more than just an ordinary mental image with no material existence of its own. Though it was a pitiful elucidation of the agonizing data sense he experienced, Johnson got his point across.

David Deutsch (born 1953)

A contemporary view about the nature of mental images can be found in the works of quantum computer pioneer David Deutsch. Deutsch tackled Johnson’s opposition to idealism in his 1997 book The Fabric of Reality, when he said that if a...
man is to judge the worth of mental images in this world by the quality and quantity of the sensory data that he can explain, then the most significant mental image would be that the world has a real independent existence, with human beings having effectively evolved by building up patterns of mental images to explain it. This is in line with the widely accepted scientific thought known by ordinary men.

Experimental psychologists also have their assessment of the brain and its formation of mental images, which we shall see in the following chapter.
Chapter Three
PSYCHOLOGISTS’ TAKE ON MENTAL IMAGES

Experimental psychology has conducted tests and done much research on the process by which the human brain uses mental imagery in cognition. Let’s take a quick look at some of them.

Zenon Pylyshyn, Roger Shepard and Jacqueline Metzler

Leading psychologist Zenon Pyshylyn proposed that the human mind processes mental images into numerical propositions like a “serial computer”. However, Roger Shepard and Jacqueline Metzler argued that this is not the case. They justified their case by showing to test subjects a two-dimensional line drawing of groups of three-dimensional (3D) block “objects” and questioning them whether the “object” was the same as a second figure, some of which were merely rotations of the first “object”. The pair claimed that if they decompose and mentally re-image the objects into numerical propositions, which was the widely accepted and dominant view at that time, it should be expected that the time frame it took to figure out whether the object was the same or not would be independent of how much the object was rotated. Instead, Shepard and Metzler discovered the opposite; there was a linear or directly proportional relationship between the degree of rotation in the mental imagery exercise and the time it took the respondents to reach their answer.

The significance of this result has a lasting implication. It means that the
mind – and the human brain – manipulates images as topographical and topological wholes. This was immediately put to the test by psychologists.

**Stephen Kosslyn**

In a series of neuroimaging experiments, Harvard University psychologist Stephen Kosslyn demonstrated that mental images of objects, like the letter “F” are mapped, maintained and rotated as an image-like whole in areas pertaining to the human visual cortex. Kosslyn and his colleagues also showed irrefutable similarities between the neural mappings for imagined and perceived stimuli. They concluded that although the neural processes they studied rely on computational and mathematical underpinnings, the human brain also seems optimized to handle the type of mathematics that consistently solves a series of topologically-based images rather than analyzing a mathematical model of an object.

**Micheal W. Parsons and John Shwoebel**

“Human mental imagery is both visually and kinesthetically embodied.” This is what recent studies in neurology and neuropsychology have found out regarding mental imagery. Several studies produced evidence that people are slower at rotating line illustrations of objects such as hands in directions incompatible with the joints of the human body. This was the main idea of Micheal W. Parsons’ research. It was supported by John Schwoebel, a scholar at the University of Pennsylvania, who corroborated that patients with painful injured arms are slower at mentally rotating the drawings of the hand from the side of the
injured arm.

The findings enumerated above, along with numerous related studies, have led to a widespread consensus within cognitive science, neuroscience, psychology and philosophy on the neural status of these mental images. Agreeing that there is no homunculus inside the head viewing the mental images, prominent researches also assert that it is the brain that is forming and maintaining images as image-like wholes. On the other hand, the problem of how these images are stored and then manipulated by the human brain is still unknown, hence, the field remains a fertile area of study.

The following chapter takes you to a higher level as it discusses creative visualization. Let’s proceed.
Chapter Four
WHAT IS CREATIVE VISUALIZATION?

The advent of the 21st century coupled with the rapid and sophisticated influx of information technology has brought about numerous advances in the different fields of science. Modern science, more specifically quantum physics, has begun to accept and prove the fact that thoughts are emitted energy that can affect the surroundings. According to an increasing number of physicists, this energy, when used to observe a certain object, already changes that object somehow. This line of thought is similar to what Zen Buddhist masters have been claiming all this time: You create your own reality.

So if this type of thinking, that thoughts hold a potential amount of tremendous power, is true, does that mean that the mind, which produces the thoughts, can manifest whatever it wishes? Without a doubt, the answer is YES! And the key to this life-changing process is creative visualization.

Creative visualization is the process of forming a vibrant and detailed picture in one’s mind of whatever one wishes. Whatever one conceives, one can achieve. The mental images formed are essential in fueling the entire process of achieving your goals, dreams and aspirations. It is THE starting point.

Physical reality is the last to be produced in the order of creation. Whatever exists in the physical world has already existed on the higher planes, which are the mental and spiritual levels. Take for example a painting. It must first be conceptualized in the mind of a painter before it can exist as a magnificent work of
art on a canvass. The same is true with statues. Long before they are formed on the physical level, they have already been imagined in the realm of the sculptor’s artistic psyche. The lesson is simple: before anyone can achieve anything in physical reality, they must first have a vivid mental image of what they want.

You **SHOULD** have a detailed mental image or vision.
Chapter Five
LIKE ATTRACTS LIKE

Have you ever thought of yourself as a magnet? No? Well, you should. It is because the universal law of magnetism states that “like attracts like”, referring to the attraction of polarities. In simpler terms, when applied to mental images, this explains why it is important to hold onto thoughts with positive vibrations so that you will be able to bring about positive changes in your life. You become what you think about most and you also attract what you think about most.

Your thoughts become reality.

Most people don’t realize that every thought has frequency or vibration. According to researchers, thoughts can be measured. If you are thinking of a particular thought over and over again – a brand new mobile phone, a stunning luxury car, money that you desperately need, finding your soul mate—you’re
emitting that frequency on a consistent basis. You are emanating that magnetic signal that is directing the parallel back to you.

See yourself being prosperous and you will attract prosperity. It always works with every person. No exceptions whatsoever.

However, one big problem people often encounter is when they think of what they DON’T want. This applies to many people, not only pessimists, who think of worst case scenarios and terrifying or gut-wrenching episodes that may possibly happen. Then they wonder why such bad luck seems to show up again and again. This is really terrible because the law states that “like attracts like.” It doesn’t care whether you perceive something to be good or bad, or whether you want it or you don’t want it. It just attracts events with similar vibrations.

Was there a time in your life when you were deep in debt and you just desperately wanted to wave the white handkerchief as a sign of surrender? It wouldn’t be farfetched to say that you must have constantly been on the lookout for the sheriff’s appearance, especially when you avoided replying to the endless influx of letters of disconnection, overdue payments and notices of eviction. You wanted nothing more than to disappear off the face of the earth forever. If this was, or still is, your mentality, that is also the signal you’re putting out into the universe. If you feel this negative emotion down to the very core of your being, then that’s what you’re going to get more of.

But if you’re the type who sits down and take a long hard, looks at the list of your debts, makes plans to minimize those debts, and visualizes about checks coming into your mail (never mind where they come from), then you will be sending
to the universe those desires.

You should definitely be thankful that numerous studies conducted by scientists, have proven that affirmative thoughts are a hundred times more powerful than negative ones. Isn't that great?

This law should not be viewed as just wishful thinking or pure craziness. It has a deep basis, as evidenced by breakthroughs in the area of quantum physics. In fact, quantum physicists were the first ones to point to this discovery. It says you don't have a universe without mind entering into it. Mind is actually shaping the very thing that is being perceived.

Doubtful? Keep on reading.
Chapter Six
HOW A HOLOGRAM IS LIKE THE BRAIN

The human mind is the only faculty capable of reasoning and reflecting upon itself. It is also the only faculty capable of reaching out to other dimensions of reality beyond the merely physical.

Although biologists and medical doctors know very little about the human brain and how it works, there is no dearth of theories about its mechanics. The most exciting of these is the holographic theory of the brain as proposed primarily by neurosurgeon Karl Pribram of Stanford University.

Do you remember the popular science fiction film Star Wars? Ah, yes! You are probably reminiscing the good old days with Jedi knights Qui-Gon Jinn and Obi Wan Kenobi, as well as the doomed relationship between Queen Amidala and Darth Vader. Then there are also the attention-grabbing robots C-3PO and R2-D2. But did you remember that scene where a three-dimensional image of Princess Leia bearing a message was projected from the head of the robot? That image was a hologram. A holo—what? A hologram!

You may ask what a hologram is and how is it formed. A hologram, from the Greek words holos, “whole”; gram “message”, is a record obtained from three-dimensional images. Holograms are made by sending a laser beam to a photographic plate in such a way that it is divided into two parts carrying different information to the plate. When the film is developed and placed in front of another laser beam, it produces a hologram, that is, a three-dimensional image of the
David Loye, in his book *The Sphinx and the Rainbow*, describes several similarities between holograms and the way the brain functions:

The first similarity lies in the way human beings form images in their minds, which has puzzled psychologists and neurologists for years. There is this gap between what we see or feel and the emergence of a “disembodied, substanceless but incredibly powerful thing—an image.” The hologram has somehow duplicated this mysterious process.

The second similarity is in “the way information is spread throughout the hologram as a whole and not in parts.” One can never have half an image alone. It is always the whole picture. “Here then,” says David Loye, “at last was what Lashley had found in his search for memory – that the information was not localized but was rather spread throughout the entire brain. Each brain part, in some hitherto unfathomable way, contains the whole memory,” like a hologram.

The third similarity is this: “If you continue to slice up the hologram, each fragment would continue to contain the whole image, that is, the intact whole object in smaller and smaller fragments. The only difference would be that the image would get progressively less clear, more fuzzy.“ This is the same with memory. The more interferences are made in your memory, the less efficient it becomes.

The fourth similarity is in the hologram’s amazing storage capacity. According to Loye, “By slightly shifting the angle of the laser beam, it is possible to record many images on a single piece of receiving material. If one uses a small
crystal of lithium niobate, for example, one trillion bits of information can be stored within a single cubic centimeter or a piece about the size of a sugar cube. This would permit storing the entire Encyclopedia Brittanica in material the size of a single page."

Fifth, the hologram, like the brain, can also recognize words and objects by association. The hologram “can be used to scan a page in which a target word or image lies imbedded. When it detects its 'mate', it lights up in a way highly suggestive of how our own brains enable us to recognize words, faces, everything we confront“.

The concept of the hologram is the most exciting theory of the brain ever advanced by neuroscience because it clarifies a great deal about how the brain works in a manner not possible before. As David Loye puts it “Here was a new device that seemed to demonstrate how images are formed from perception; how they are combined in learning, how they are stored in memory; how they are recalled so that we may recognize or assign a meaning to everything we encounter in our lives, even how these images are flung ahead of us to shape the notions of the future that guide us onward, toward goals to be sought or away from pitfalls to avoid.”
Chapter Seven
WHO CAN VISUALIZE?

Everyone.

As in, every person who has a brain.

You might argue and say, “I cannot visualize.” That’s not a possibility because the brain, by its very nature, visualizes. You only have to replace the word “visualize” with the term “remember”. If you do this, the problem fades away. When you are told to remember the face of your favorite singer or actress, you find it a whole lot easier than being asked to “visualize”. Try it to believe it.

The human brain is an astonishing organ. It is capable of structuring and storing mental images in several ways. Sometimes, it produces clear, detailed pictures in full color. Then, there are also times when it generates only hazy or fuzzy results. In rare instances, you can’t see anything in your mind, no matter how hard you try to come up with something. Times like these, when you have no image, only an instinct that the object is there, you merely supplement it through feelings or flashes of ideas.

Now that you know the basis for creating reality, you are almost ready to begin with the process. Bear in mind that this requires the two essential D’s to succeed: discipline and determination. It is not merely a chore to be executed whenever you feel like doing it so prepare yourself for an intense but enjoyable workout. Are you ready?
Chapter Eight
SPECIFIC STEPS FOR CREATIVE VISUALIZATION

Preliminary Preparation

Know what you want

First of all, it may sound obvious, but you have to know what you want. Many people don't, and go through life feeling dissatisfied, but much more conscious of what they don't want than of what they actually want.

So now you are going to think about what you really do want, not just in a fuzzy dream-like manner, but in as concrete a way as possible. Ask yourself whether you are willing to accept all the consequences of having what you want. If you want a swimming pool, will you be willing to take care of it, and be vigilant to protect invited and non-invited visitors from the danger of drowning in it? If you want to be a pop singer, are you willing to practice for hours on end, go on grueling tours, sign hundreds of autographs with a smile no matter how tired you are?

Yes, everything has its up side and its down side. To eliminate the negative things in your life, you have to give up any hidden benefits – it could be nothing more that having the right to feel sorry for yourself – and to bring positive things into your life, you have to weigh the possible negative aspects, and say “I still want it.”

Next, you have to be clear about why you want it. Write down as many reasons as you can find as to how this will be of benefit to yourself and to those around you.
It's also important to make sure that this is your desire and not someone else's, or what you think others expect of you. Advertisers are masters at creating desires, and making us think that we can't be happy unless we have whatever they are promoting. And more than one graduate has woken up one morning with a diploma in their hands and the realization that they had been following a well-meaning parent's script instead of their own desires.

Sometimes our subconscious desires do not match our conscious ones. This is more difficult to discern, but if you consistently experience failure or feel blocked in areas where you feel that your desire to succeed is strong, there is a great chance that your subconscious mind has a different view of the matter. It may adhere to certain beliefs, perhaps left over from childhood, that you have consciously rejected, but that are still there under the surface. In that case, it may be necessary to get professional help or try a belief-changing method such as NLP before proceeding to the visualization. On the other hand, if you manage to persist in the visualization process in spite of a feeling of uneasiness or conflict, this process may help you to change those underlying beliefs and align them with your conscious desires.

**Decide what you want to visualize first**

You will most probably have a list of several or even many desires after completing the above step. If you are new to the visualization process, it would probably be better to start with something that is not too difficult or that does not take too long to attain. It's like physical exercise — you aren't going to start by running a marathon — you have to train for it.
I would also suggest that you choose just one thing and concentrate on it, or at least don't make your list too long; it will be more difficult to focus on several things.

**Prepare the Details**

**Be, have and do**

In our society, we tend to put a lot of emphasis on material things, and our desires are often directed at things that we want to have. And somehow we think that if we can just have “this thing”, then we will be able to do something else, and then that will prove that we are this or that.

But in fact, the reverse is closer to the truth. If we can see ourselves as being a certain way, then we can do whatever needs to be done in order to have the thing we desire.

So as you prepare your visualization session, write down what you desire to be first. What kind of person do you need to be for your desire to materialize? Do you want to have a best-selling book? Then you have to see yourself as being a writer. If you want your song to go to the top of the charts, then you have to see yourself as being a singer. Think of all the qualities involved in your desired situation, and write down, “I am organized, I am sensitive, I am shrewd, I am confident”, etc.

Then think of the things you are going to do. These activities will flow from the qualities of your being, and will feel much more attainable than if you start from the other end. Write these down too.
Now you can attend to the material aspect, and once again, thinking of what you will *have* at this point will be a natural outgrowth of what you *are* and *do*.

The word “visualization” refers to what we can see, and of course you want to have visual cues. Find pictures of what you want, or draw one yourself. Create a picture in your mind, and describe it in writing. Make it vivid, colorful, attractive and detailed. You can add to this picture during your visualization sessions, but this will serve as a basis. But don't forget the other senses. What will you hear when you attain what you desire? Perhaps words of praise, or the wind in the sails of your yacht? What pleasant smells are waiting for you? That new car smell of your shiny new car, the tropical plants in the countries you will be visiting on your cruise? What will you touch, or even taste? Write these down too.

Remember, you want to create vivid pictures related to being and doing as well as having. The *being* part may work better with auditory images, such as imagining yourself saying to someone “I am a writer”, or imagining someone saying to you “My goodness, how do you manage to be so organized?”

**Beliefs**

As mentioned above, it’s important that your beliefs be consistent with your desires. In general, there shouldn't be a conflict of values – you want to be sure that you think that what you want is good, both for you and for those around you. So it would be well to write “I desire this for my good and the greater good of all concerned”, or whatever wording feels right to you.

You also need to believe that what you desire is actually attainable, at least theoretically, even though you don’t yet see how it can come about for you. You will
necessarily be stretching your belief limits, because you don't yet have the thing you desire, and you want to be careful not to stretch them too far, or they might snap in you face like a rubber band. This is why the choice of what you want to visualize is so important, especially when you are starting out. Each success will increase your confidence in the process, and you can gradually become more daring.

The highest level of belief is expectancy, that is, you just know that it will happen. It's easier said than done, especially at first. But just doing the process is an expression of your positive expectation. Don't waste time wondering whether you have the right degree of expectation, just imagine that you do. This is visualization, right? So visualize yourself expecting it to happen.

**Emotions**

Emotion plays a crucial role in this process. If you really expected something wonderful to happen to you, you would naturally feel good about it. So if your visualization has no emotional content, your subconscious will say “Ho-hum”, and the Universe will say “Who are you trying to kid?” Well, they may not actually say that, but would you believe someone who told you about an extraordinary event in a monotone voice? Probably not.

So as you picture the desired result in your mind, as you convince yourself that this is going to happen, let the appropriate emotion come. It might be quiet contentment, or breathless excitement, or just loads of fun. This should be pretty spontaneous, and if you have a lot of trouble with this part, there may be something that needs adjusting in your above preparation. It could be a subconscious conflict,
or perhaps your reasons for wanting it are not really very strong.

The emotion of gratitude ought to be present. Gratitude to whom, you may ask? First of all, to God or the Universe, or if you don't believe in them, then gratitude to your subconscious mind and to all those who helped you come this far on your path. Gratitude implies a sense of connection. You probably already have that. If you were some kind of rugged individualist, you probably wouldn't even be reading this ebook. If you do feel uneasy with the idea of gratitude, then you might have self-esteem issues and doubt whether you really deserve to receive what you desire. As long as this is present, one way or another you (or rather your subconscious mind) will manage to sabotage the process, until you change that belief.

The final emotion is a sense of serenity. This is an outflow of your expectation that positive results will come. How unfortunate for you if stomping your foot and demanding immediate results worked for you when you were a child! They won't work here. They are the contrary of confidence and a spirit of cooperation. You cannot bully the Universe, or your subconscious mind, for that matter.

**Your mental state**

Many people have found that being in a relaxed state is helpful, perhaps even essential for this process. You could use a relaxation technique, or a hypnosis script, or a binaural beat recording. All of these help the brain produce alpha waves. Choose your technique and prepare it.
The visualization process

All of that preparation does seem a bit long, but now that it's all ready, your daily visualizations will go smoothly.

1 – Relax

Use the method you have prepared. If you're using binaural beats, you can keep listening to them during the rest of the process.

2 – Visualize

Using the pictures, images, and written notes that you have gathered, imagine the thing that you desire as if it was already realized in the here and now, in the order of being, then doing, then having. Enjoy the positive feelings. Note your physical sensations related to your feelings. Remember that these positive feelings come from anticipation of something that is on its way to your reality, not just idle dreaming. The physical support of pictures and written notes will help keep you from getting distracted, but if you do find your attention wandering, just bring it back gently.

Do it for about ten to fifteen minutes once or twice a day. One ideal time is just after you wake up, because you are likely to be in an alpha state then. Another good time is just before you go to bed. Here too, the alpha state will be easier to attain. Moreover, you can reinforce the effect by instructing your subconscious mind to continue working on this question while you are sleeping.

3 – Let go

Yes, when you've finished your visualization, just let go of the whole thing and turn your attention to your daily activities. If you have a spirit of serenity, as
discussed earlier, this will not be difficult.

4 – Take some kind of action

You can do this at any time of the day. Do something concrete related to your desire. Do an Internet search on the country you want to visit, clean out your clothes closet to make room for the new clothes you will be able to buy, start taking singing lessons to prepare for your singing career. You do not need to spend money at this time, and stretching your budget would be unreasonable and putting the cart before the horse. But doing something, even a symbolic gesture, will show that you mean business.

If you have negative thoughts at any time, shoo them out the door, as you would to a cat that was showing too much interest in the fish you're having for dinner. It's understandable to have negative thoughts, just as it's understandable that your cat will take advantage of a lack of vigilance on your part, but you're not going to let either of them get the upper hand.

However, if this process causes a great deal of anxiety, or if you find yourself forgetting to do it altogether, there is likely to be a subconscious conflict that has not been resolved, and you would do well to re-examine your beliefs, with outside help if necessary.
Chapter Nine

WHAT IS AN EMOTIONAL GUIDANCE SYSTEM?

……and how will it spur the process of turning my thoughts into reality?

The emotional guidance system is an illustration which helps you understand what you are thinking and consequently, feeling strongly about.

The Emotional Guidance Illustration

You know that thoughts cause feelings, right? Read the headlines on the papers and if you saturate yourself with articles reporting about terrorist activities,
genocide, hate crimes, poor political will or government inefficiencies, you will feel depressed, angry and desperate.

On the other hand, if you surround yourself with good news like astounding human interest stories, inspiring real-life tales and amazing feats or discoveries, you will be upbeat, projecting a certain glow sure to be noticed by people around you.

What the emotional guidance system does is to classify your feelings into two categories: the good and the bad. As you can see in the illustration, good feelings include hope, belief, abundance, prosperity, passion, love, enthusiasm and joy. The bad feelings, on the other hand, are comprised of despair, pessimism, fear, guilt, jealousy, hatred, anger and shame. Knowing your feelings will help you act in a way that is in alignment with your desired goal.

In the case above of the good and bad newspaper articles, what do you think should be done? Of course, this doesn’t mean that you have to disregard the negative news and focus solely on the good news. What you should do is to celebrate the worthy write-ups and spread them to other people. Like a pebble being tossed into a pond, this will create a ripple effect and many lives will be blessed with the knowledge of such good and wonderful news. For the bad news, consider taking positive action. Instead of lamenting about the war on terrorism, support peace campaigns. Enjoin others to participate in inter-faith dialogues to promote harmonious coexistence. Encourage your friends and relatives to attend interracial meetings to break down the barrier of animosity and suspicion. Do not allow stereotypes to hinder you from reaching your goals. Break it down with the...
power of visualization and positive gestures.

Always find ways to be in or around a positive force. If possible, be the source of positive feelings yourself. Start a gratitude journal. At the end of the day, list all the things that you are thankful for, no matter how trivial they may seem. If somebody offered you a cup of coffee in the workplace, or a friend dropped by unexpectedly just to say hi, or a neighbor volunteered to take your beloved Dalmatian for a walk, be grateful. You do not need earth-shattering miracles to jolt you into a thanksgiving mode. Little acts of kindness are what really matters.

You can also help out at a local charity. Leading a fund-raising committee, helping out at a local soup kitchen, putting your hobbies to good use – all these contribute to the attraction of positive vibrations towards you. Do good.

The universe merely corresponds to the nature of your inner feelings.

Always remember this: **What you think, what you feel and what manifests are always a match.**

Life can be absolutely phenomenal, and it should be.
Chapter Ten
WHEN WILL MY WISHES COME TRUE?

At this time, you have become familiar with the specific steps for creative visualization. Without a doubt you are curious to know when you will reap the results of what you have sown.

Let me make something clear. You live in a reality where there is a time buffer. Trust me; you don’t want to be in an environment where your thoughts are manifested immediately.

Imagine getting home from work one day and receiving a postcard from your brother who is vacationing in the exotic country of Thailand. When you flipped the card, you were entranced by the imposing sight of a grey elephant, with its wide expanse of leathery skin, muscular trunk and two, long curved tusks. So you immediately think, “What a remarkable idea it would be to have this humungous creature on my doorstep!” Now, if your thoughts were immediately converted into reality, what a big shock it would be to find yourself in the company of such an awe-inspiring animal. You would probably be in a tizzy, not knowing whether it was friendly enough to be petted or about to trample you to bits. Get my point?

Honestly, there is no rule book or guide which says it will take 10 minutes, or 30 days or five months to achieve your wishes. It depends upon your alignment with the universe. Again, you have to go back to the fundamental questions of knowing how much you want that thing and how committed you are to visualizing it.

Do your part and trust the universe to do its thing without any effort.
Chapter Eleven
WHY DO PEOPLE COMMONLY FAIL TO MANIFEST WHAT THEY VISUALIZE?

Why indeed? There are six possible answers to this important question.

Belief that success is nothing more than luck

If you continuously allow yourself to be in this state of mind, then you will end up with nothing great. You will remain at a lower level and perform mediocre acts. I can't emphasize strongly enough that “luck” depends on you. Do not be fooled by people who say that they achieved their greatness simply because of “good luck”. The truth is, they surely did their fair share of creative visualization and maintained positive thoughts and mental images in order to be on a positive frequency with the universe.

Never forget that your job is not to figure out how the universe will do its part in giving you the so-called “luck”. The how will show up as a result of your commitment and belief. The hows are the domains of the universe. It always knows the shortest, quickest, fastest and most harmonious way between you and your aspirations. The moment you turn your dreams over to the universe and its forces, you will be surprised and dazzled by what will be delivered to you.

This is where the magic happens.

Be open to the possibilities and wait with baited breath for the avalanche of good fortune.
Not being able to change their thoughts

This is a great tragedy. Recall that your thoughts turn into reality. If you always find yourself dwelling on the negative side of life saying, “I can’t earn more money”, “I am not ready to let go of (insert name of significant other)”, “I am so depressed”, “I can’t seem to lose weight”, etc, then that is what you’ll get.

NEGATIVITY!

It is part and parcel of human nature to focus on the negative aspect of life. This habit is a defense mechanism to protect you and help you cope with negative events, but too much focus on the negative side activates your fight-or-flight response and ends up causing excessive stress and reduces your ability to cope. So, in order to harness this ingrained reaction you must focus on the positive end of the spectrum. The moment you catch yourself starting to think of bad feelings, stop right then and there. Command your brain by saying “STOP” out loud. Change your mindset to a positive one. Say “The money is coming”, “The beautiful life goes on without (insert name of significant other)”, “The day will turn out perfectly well” and “I’m dropping off pounds and losing excess inches of flab slowly but surely”. This may take some time getting used to, but once you’ve developed the habit, it will come easily upon command.

Wasting attention on superfluous things

More often than not, the initial desires that popped into your mind when ask what you wished for would be those that involve immediate gratification, material things like a wad of cash, flashy cars, palatial abodes, prestige, privilege and fame.
While they are not inherently bad, they are not exactly the cure all to your personal problems in life. They may not even be congruent with your real outlook in life.

Try to examine the deepest recesses of your heart. Hear what it is trying to communicate. Seek those longings which would make you into a better person. Maybe what you really want is not in the form of a financial compensation. Maybe you crave to heal the rift with a friend whom you haven’t spoken to for years. Strive to think out of the box and discover what you really want.

**Being Clueless on Available Choices**

If there’s anything worse than not knowing what you want, it would be being clueless on your available choices. Sometimes, we have an image of what we would like to happen to our lives—it could be the addition or exclusion of a person, an animal, a thing or an event. But because media and society have conditioned us to attempt to fit in with the rest of the pack, we automatically disregard those that do not conform to society’s standards. This senseless rationalization of trying to belong by compromising their inner aspirations has made losers out of those who follow this path. Outwardly, they may look all sunny and gay, but delve further inward and you will see them writhing in heart-wrenching pain and agony because of the sacrifices they have to make.

Know your choices. Do not be blinded by the façade of what is happening around you. Open not just your eyes, but more importantly, your mind, heart and soul to the overwhelming variety of alternatives in your milieu.
Knowledge Deficit on Creative Visualization

The process of creative visualization is so simple yet effective that it comes as a huge surprise that not a lot of people know about this. This is the magical key which opens the door to great possibilities. You can wish for anything, ANYTHING you want and it will be given to you.

Remember the story of Aladdin? What was the genie’s famous statement? “Your wish is my command! Poof! And there you have it! Your mental image becomes your reality in a flash.

That is precisely what creative visualization is all about. It is like staring and drooling at the round-of-applause-inducing choices available in the catalog of the universe and having the freedom to pick out what you fancy at any point in your life. Unlike Aladdin, you are not restricted by three choices. You are free to wish and wish and wish. A word of caution though: make sure you really want what you aspire for and you have no uncertainties about it. Otherwise, it will just be another exercise in futility.
visualize yourself doing a particular action - say, lifting an object with your right arm - the muscles in that arm show increased electrical activity. Other scientists have found that imagining an object moving across the sky produces more eye movements than visualizing a stationary object.

One of the most dramatic applications of imagery in coping with illness is the work of Dr. Carl Simonton, a radiation cancer specialist in Dallas, Texas. “By combining relaxation with personalized images,” reports OMNI magazine, “he has helped terminal cancer patients reduce the size of their tumors and sometimes experience complete remission of the disease.”

Many of his patients have benefited from this technique. It simply shows how positive visualization can help alleviate - if not totally cure - various diseases including systemic lupus erythomatosus, migraine, chronic back pain, hyperthyroidism, high blood pressure, hyper-acidity, etc.

However, individual differences have to be taken into consideration when discussing each patient’s progress. It’s understandable that individuals have varying abilities to visualize or create mental images clearly; some people will benefit more from positive-imagery techniques than others.

Nevertheless, if visualization can help people overcome diseases, it could possibly help healthy individuals keep their immune system in top shape. Says OMNI magazine: “Practicing daily positive-imaging techniques may, like a balanced diet and physical exercise routine, tip the scales of health toward wellness.”
The Simonton process of visualization for cancer

Dr. Carl Simonton, a radiation cancer specialist, and his wife, Stephanie Matthews-Simonton, a psychotherapist and counselor specializing in cancer patients, have developed a special visualization or imaging technique for the treatment of cancer which is now popularly known as the Simonton process. Ridiculed at first by the medical profession, the Simonton process is now being used in at least five hospitals across the United States to fight cancer.

The technique itself is the height of simplicity and utilizes the tremendous powers of the mind, specifically its faculty for visualization and imagination, to control cancer. First, the patient is shown what a normal healthy cell looks like. Next, he is asked to imagine a battle going on between the cancer cell and the normal cell. He is asked to visualize a concrete image that will represent the cancer cell and another image of the normal cell. Then he is asked to see the normal cell winning the battle against the cancer cell.

One youngster represented the normal cell as the video game character Pacman and the cancer cell as the “ghosts” (enemies of Pacman), and then he saw Pacman eating up the ghosts until they were all gone.

A housewife saw her cancer cell as dirt and the normal cell as a vacuum cleaner. She visualized the vacuum cleaner swallowing up all the dirt until everything was smooth and clean.

Patients are asked to do this type of visualization three times a day for 15 minutes each time. And the results of the initial experiments in visualization to cure cancer were nothing short of miraculous. Of course, being medical practitioners,
Dr. Simonton and his psychologist wife were aware of the placebo effect and spontaneous remission of illness. As long as they were getting good results with the technique, it didn’t seem to matter whether it was placebo or spontaneous remission.

The Simontons also noticed that those who got cured had a distinct personality. They all had a strong will to live and did everything to get well. Those who didn’t succeed had resigned themselves to their fate.

While the Simontons were exploring the motivation of cancer patients, they were also looking into two interesting areas of research at that time: biofeedback and the surveillance theory. Both areas had something to do with the influence of the mind over body processes. Stephanie Simonton explains in her book The Healing Family:

In biofeedback training, an individual is hooked up to a device that feeds back information on his physiological processes. A patient with tachycardia, an irregular heartbeat, might be hooked up to an oscilloscope, which will give a constant visual readout of the heartbeat. The patient watches the monitor while attempting to relax…when he succeeds in slowing his heartbeat through his thinking, he is rewarded immediately by seeing that fact on visual display.

The surveillance theory holds that the immune system does in fact produce ‘killer cells’ which seek out and destroy stray cancer cells many times in our lives, and it is when this system breaks down, that the disease can take hold. When most patients are diagnosed with cancer, surgery, radiation and/or chemotherapy are used to destroy as much of the tumor as possible. But once the cancer is...
Chapter Twelve
YOUR MIND CAN KEEP YOU WELL

Did you know that it is only recently that medical doctors have accepted how important the power of the mind is in influencing the immune system of the human body? Many decades passed before these men of science decided to test the proposition that the brain is involved in the optimum functioning of the different body systems. Recent research shows the undeniable connection--the link--between mind and body, which challenged the long-held medical assumption. A new science called psychoneuroimmunology or PNI, the study of how the mind affects health and bodily functions, has come out of such research.

A psychologist at the University of Texas Health Science Center, Lean Achterberg, suggests that emotion may form the link between mind and immunity. “Many of the autonomic functions connected with health and disease,” she explains, “are emotionally triggered.”

Exercises which encourage relaxation and mental activities such as creative visualization, positive thinking, and guided imagery produce subtle changes in the emotions which can trigger either a positive or a negative effect on the immune system. This explains why positive imaging techniques have resulted in dramatic healings in people with very serious illnesses, including cancer.

OMNI magazine claims (February, 1989), in a cover article entitled “Mind Exercises That Boost Your Immune System”:

“As far back as the Thirties, Edmund Jacobson found that if you imagine or
reduced, we wondered if the immune system could be reactivated to seek out and destroy the remaining cancer cells.

The Simontons reasoned that since people can learn how to influence their blood flow and heart rate by using their minds, they could also learn to influence their immune system. Later research proved their approach to be valid.

For instance, according to the Time-Life Book *The Power of Healing*, "chronic stress causes the brain to release into the body a host of hormones that are potent inhibitors of the immune system". "This may explain why people experience increased rates of infection, cancer, arthritis, and many other ailments after losing a spouse." Dr. R.W. Berthop and his associates in Australia found that blood samples of bereaved individuals showed a much lower level of lymphocyte activity than was present in the control group’s samples. Lymphocytes are a variety of white blood cells consisting of T cells and B cells, both critical to the action of the immune system. T cells directly attack disease-causing bacteria, viruses, and toxins, and regulate the other parts of the immune system. B cells produce antibodies, which neutralize invaders or mark them for destruction by other agents of the immune system.

*The Power of Healing* concludes: “The idea that there is a mental element to healing has gained acceptance within the medical establishment in recent years. Many physicians who once discounted the mind’s ability to influence healing are now reconsidering, in the light of new scientific evidence. All these have led some physicians and medical institutions toward a more holistic approach, to treating the body and mind as a unit rather than as two distinct entities. Inherent in this
philosophy is the belief that patients must be active participants in the treatment of their illnesses.

**Using visualization for minor ailments**

Today, many scientific breakthroughs have proven that minor infections and viruses may be healed, or at least lessened in severity by employing mental techniques similar to those used by cancer patients who have successfully shrunk tumors through positive imaging or visualization.

The theory is that creative visualization can create the same physiological changes in the body that a real experience can. For example, if you imagine squeezing a lemon into your mouth, you will most likely salivate, the same way as when a real lemon is actually being squeezed into your mouth. Einstein once declared that, “Imagination is more important than knowledge.”

In the 1985 World Conference on Imaging, reports OMNI magazine (February 1989), registered nurse Carol Fajoni observed that “people who used imagery techniques to heal wounds recovered more quickly than those who did not. In workshops, the same technique has been used by individuals suffering from colds with similar results.” The process has been hailed as a positive breakthrough and is currently being used by more enlightened doctors, according to OMNI magazine.

Visualize that part of your body which is causing the problem. Then erase the negative image and instead picture that organ or part to be healthy. Let's say you have a sinus infection. Just picture your sinus passageways and cavities as

Page 42

*Change Your Subconscious The Easy Way - “Subliminal Videos”*

Copyright 2008 Noel Jones & New You Life Coaching
beginning to unclog. Or if you have a kidney disorder, imagine a sick-looking kidney metamorphose into a healthier one.

“In trying to envision yourself healthy, you need not view realistic representations of the ailing body part. Instead, imagine a virus as tiny spots on a blackboard that need erasing. Imagine yourself building new, healthy cells or sending cleaning blood to an unhealthy organ or area.”

“If you have a headache, picture your brain as a rough, bumpy road that needs smoothing and proceed to smooth it out. The point is to focus on the area you believe is causing you to feel sick, and to concentrate on visualizing or imaging it to be well. The more clearly and vividly you can do this, the more effective the technique becomes.”

Another method for banishing pain was developed by Russian memory expert, Solomon V. Sherehevskii, as reported by Russian psychologist Professor Luria. To banish pain, such as a headache, Sherehevskii would visualize the pain as having an actual shape, mass and color. Then, when he had a “tangible” image of the pain in his mind, he would visualize or imagine this concrete picture slowly becoming smaller and smaller until it disappeared from his mental vision. The real pain disappears with it. Others have modified this same technique and suggest that you imagine a big bird or eagle taking the concrete image of the pain away. As it flies over the horizon, see it becoming smaller until it disappears from your view. The actual pain will disappear with it.

Of course, the effectiveness of this imaging technique depends on the strength of your desire to improve your health and your ability to visualize well. But
there is no harm in trying it, because unlike drugs, creative visualization has no side effects.

Practice any of these visualization techniques three times a day for one week and observe your health improve.
Chapter Thirteen
CREATIVE VISUALIZATION AND MONEY

Are you familiar with the name Jack Canfield? Most probably you associate him with the bestselling book, *Chicken Soup for the Soul* because the inspirational stories struck a chord and resonated in your heart. Did you know that the book almost never made it to a publishing house? Thankfully, by learning the value of creative visualization, he was able to overcome the initial challenges that were thrown in his way.

This is what happened.

Growing up as a poor kid, Jack grew up imbibing the knowledge that money is hard to come by, that it doesn’t grow on trees, that it should be kept and stretched to its limit. The usual clincher that Jack would hear from his father whenever he asked for money to buy sweets is this: “Who do you think I am, Rockefeller?” Of course, that would shut Jack up and end the verbal tussle with his Dad.

Decades later, he learned the secret of creative visualization when a friend coached him. He wanted to earn extra cash to fund the needs of his growing family so he decided to take the plunge. One day, he declared his intention of earning $100,000 that year. He believed and accepted it to be true, so he visualized it every single day.

For 30 days, nothing happened. Then, while he was in the shower, a major idea hit him. He was struck by the knowledge that if he could sell the manuscript of
Chicken Soup for the Soul to a publisher who could sell it to 400,000 people at the price of a quarter each, then he would have enough cash to last for some time.

Take note that the manuscript was there all that time. He just did not notice it.

While doing grocery shopping that day, the newspaper rack of the National Enquirer jumped out at him. He imagined that if he were to advertise in that magazine, it would be read by millions of people, and out of those millions, hundred of thousands could be potential buyers of Chicken Soup for the Soul. Although he stored this fact in his mind, he was not able to pursue it as he was busy giving talks and symposiums on inspiring stories, some of which were in the book.

Coincidentally, after giving a lecture at New York University, he was approached by a woman impressed with his topic. She wanted to interview him and when he asked who she worked for, she replied, "I'm a freelancer, but I send most of my stuff to the National Enquirer. The proverbial light bulb lit on top of Jack's head, and the rest as they say, is history.

Though Jack Canfield wasn't able to rake in exactly $100,000, he did manage to earn $92,327 that year. Today, he publishes books which earn millions, receives the royalty checks and enjoys the good life together with his family. All this he achieved with the help of creative visualization.
Chapter Fourteen
CREATIVE VISUALIZATION AND RELATIONSHIPS

Are you a certified member of the NBSB organization? You know, the No Boyfriend Since Birth group who often wonder why they can’t seem to hook a guy. Or maybe your case is not that extreme. Maybe your problem involves difficulty in maintaining intimate relationships with your significant others, breaking off engagements, getting cold feet, filing for annulment or maybe even begging for a divorce. Or it could be that tumultuous relationship you have with your parents that you want to set on the right track.

Whatever it is, the secret can help you change this aspect of your life.

First, understand your part in the relationship. How can you expect others to enjoy your company if you cannot enjoy your company? It is essential that you treat yourself right. Do not neglect your inner needs or wants. Indulge yourself in little pleasures. If going to a spa is what will make your day, then go for it. If you just want a quick makeover and change in look, purchasing a few items at a trendy boutique could lift your spirits a few notches higher. Play with your little nephews and nieces. Surround yourself with things and people who can make you feel great.

Finding fullness in yourself will help you to gain a realistic perspective on your relationships. When you are filled with goodness, you will overflow and people will be attracted to you, like bees to honey.

Take note of your positive aspects and allow people to see them. Once you
have taken this step, the rest will just follow.

It takes two to tango, as they say. But if you are secure in yourself, in your capabilities and in your values, you will find it easier to deal with others who are on a different level.

Supposing you like someone. You can perform creative visualization that he/she will reciprocate your feelings. However, you have to be honest with yourself too. Do you like that person only because he is popular, or rich, or good-looking? Cultivate relationships not because they are to be used for selfish motives. Cultivate them to allow you to grow as a mature and levelheaded individual. Such selfless acts will thrust you to greater heights.

With regards to troubled relationships, it is interesting to point out that such trouble occurs when the people involved are both immature. So again, go back to what I’ve mentioned earlier. Fill yourself to completion first and when that happens, you will be in a better physical, psychological, emotional and spiritual condition to discuss the reasons for your conflicts. You may be surprised to learn that you can actually converse with the other person without raising your voice or losing your temper.

Trust me, it will be an easier time for both of you to make critical decisions in your lives.
Chapter Fifteen
CREATIVE VISUALIZATION AND SUCCESS

Let me guess. You are grinning like a Cheshire cat upon reading the title of this chapter, right? Sure, every person on earth wants to be successful, wants to be somebody that others can look up to and emulate. More often than not, if you are successful, you learn how to pursue your dreams and live life to the fullest. You also have the greater responsibility of “paying forward” everything that you have accumulated. There is nothing wrong with hankering for success. It only becomes a mistake if you let it go to your head and allow it to make you an arrogant fool.

In whatever field of endeavor you choose, success is the mark of excellence. It is the distinction which separates you from ordinary individuals. It is the delineation between the mediocre and the best.

If you want to be a smashing success, follow these tips:

Pay close attention to the thoughts in your mind. Try to distinguish whether the thoughts are mostly reflecting optimistic or pessimistic views. Are you happy with what you’ve discovered? If your often-repeated thoughts are constructive, well and good. If not, don’t fret. It’s not the end of the world yet. Review what you have learned earlier. Like attracts like. If you think of breakdowns in the workplace and a miserable life everyday, that’s what will come to you. Again, your predominant thoughts are the key to success or failure. Use this knowledge consciously and in a positive way.
Unlike most people, you already know that creative visualization is a portal to success. Use it to your advantage. Utilize certain traits of characters and skills that you have such as faith in yourself and in your abilities. Add to these limitless patience, perseverance, powerful concentration, willpower, intense discipline and strong ambition.

Success is within your grasp, if you believe it to be so. What you imagine is the seed of what you will experience. Every success starts in YOUR mind. The mental images you have attract the corresponding situations and circumstances into your life. Believe that you can impress the big boss. Trust your potential to meet the deadline. Carry on in completing the seemingly insurmountable paperwork. Do your work without hesitation. Use your faculties to bring out the best in every situation.

By following the tips given above, you will find out what your true goals in life are. You will have more joyful, more satisfying and rewarding experiences. Make the necessary changes in your life. Do not be afraid to prune the unwanted aspects because it will ultimately help you attain your goal of being successful.
Chapter Sixteen
THEY DID IT --- AND SO CAN YOU!

Do you need further proof that creative visualization really works? Here are some remarkable examples that will impress you with this awesome power.

Does the name Miracle Man ring a bell to you? He is none other than Morris E. Goodman. One of the most famous and classic examples of the phenomenal effects of visualization, Goodman proved that by the power of the human mind and dedication, one can do the impossible.

His story starts in 1981 when the plane he was flying crashed. The impact was devastating. He wound up in the hospital completely paralyzed. The doctors’ prognosis was poor, and they told him that he would be a vegetable for the rest of his life. His diaphragm and lungs were so badly damaged that he had to be hooked to a volume respirator to maintain airway patency and circulation. Many people in his condition might have wondered what they could really amount to when all they could do was blink their eyes. But being the fighter that he is, Goodman summoned all his strength and courage and, through the use of the alphabet and eye blinking, told the nurse that he would walk out of the hospital on Christmas day.

While the medical team commended his fighting spirit, they did not really believe that he could do it.

Day in and day out, Goodman visualized how he would be walking out of the hospital on his own two feet. He vividly imagined the details and the shocked faces of the people in the hospital, medical practitioners and patients alike.
One day, Goodman felt the sudden urge to breathe on his own. With all his might, he inhaled deeply. From then on, his progress amazed the people who knew his story. His full recovery was splashed on every tabloid and newspaper in town.

Today, he is a highly sought-after speaker who travels around the world sharing his success story. He exhorts people to believe that no matter what hand life deals them, they can still accomplish their goals, achieve happiness and have contentment in their hearts. His favorite saying, “Man becomes what he thinks about”, is what he leaves his audience to ponder on just before leaving the stage.

Jaime T. Licauco, an internationally mind development lecturer and author, has also some cases gathered from students in his mind development classes.

Lilibeth L, a successful businesswoman and mother of several young children, had a problem. Wanting her kids to develop a love for learning, and consequently, reach higher academic levels, she wanted to see them reading their books when she arrived home. She visualized the image in her mind every day for the following two weeks. One evening, she arrived home and found her kids doing their homework. She was really glad and astonished because the youngsters usually had to be prodded and cajoled into reading their textbooks and doing their projects. From then on, Lilibeth L. believed in the process.

For all those who want to lose pounds painlessly, here is an interesting story. Gary C., a stocky man bent on losing excess weight gained over the holiday season, decided to try creative visualization. Frustrated by the fact that he didn’t lose an inch despite his limited diet, weekly physical exercises and weight-loss pills,
he embarked on this somewhat unique journey. He pictured himself in his ideal body weight and shape. Three times a day, he did this. And, in order to test whether this technique really worked, he intentionally ate more foods that were rich in fat and sugar. After one week, he weighed himself and was dazed to learn that he had lost a grand total of seven pounds. Wow!

For Cathy S., who had a huge and still ballooning debt because of financial mismanagement, creative visualization was her only hope. She had less than a week to answer the warrant served by the court. A concerned friend taught her how to go through the process and the moment she tried it, she claims to have felt a sense of inner calm. Thanks to an unwavering belief in herself and the giving power of the universe, her wishes were granted. People she had helped in the past suddenly came out of nowhere and raised funds to help her pay off her debt. Relatives who had been helped by Cathy S. when they were younger also chipped in to settle her remaining accounts. All this happened in three days.

These are just some of the cases that show how people have put the power of creative visualization to good use. Do not hesitate to use this information and to make the most out of this course to your own advantage and for the benefit of mankind.
Chapter Seventeen
SOME PARTING WORDS OF ADVICE

Creative visualization is one important way in which the brain can be put to good use to obtain whatever we want in life. Be warned, though, and make sure that you really want what you visualize and that you have no unconscious reservations about it. Internal conflicts happen to most of us, which is why many of the things we pray for or visualize are not attained. We have to desire something deep in our hearts and minds to be able to actualize it.

Aside from really wanting what you visualize deep inside, you also need to put will and energy into your visualization. This means being open to accept whatever you need to do to get what you want. Otherwise, your visualization becomes an exercise in futility.

Most importantly, never visualize something that can be harmful to others, or it might boomerang on you. As Adelaide Bry, author of Visualization: Directing the Movies of Your Mind, said: “Visualization is a powerful tool and should be used with care. To abuse it is to abuse yourself and the world.”