



THE POWER TO VISUALIZE

The most extraordinary tool you have
to change your life

BY KALEY RHODES

Welcome to the first step in changing your life forever.

Within these pages lies information that I hope will leave you as astounded and inspired as it did me.

You are about to embark on a journey that will open your eyes and mind to a world and natural laws that most of us are never shown or taught. Those who realize this power within them are the most self confident, abundant and personally fulfilled people you will ever meet.

People so strong, that nothing can disturb their peace.

They think only of the best, work only for the best, and expect only the best. They forget the mistakes of the past and press on to the greater achievements of the future. They live in the faith that the whole universe is on their side, so long as they are true to the best that is in them. Now it is your time, your time to be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Welcome aboard; now let's start your adventure...

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packaged together in one revolutionary program!
Visit www.VisualizationPowerPackage.com to get yours
and start living the life you were meant to live!*

*You are here for a reason.
You were led, through one avenue or another to this point so that you could
take this information and incorporate it into your life.
You are here because today is the day you are choosing to take control of your life.
Today is the day you start creating the life of your dreams.
Today is YOUR day.*



Introduction

An old Hindu legend says there was a time when men were gods. But they abused their divine powers so much that Brahma, the master of all gods, decided to take these powers away and hide them in a place where they would be impossible to find. All that remained was to find a suitable hiding place.

A number of lesser gods were appointed to a council to deal with the issue. They suggested this: "Why not bury man's powers in the earth?"

To which Brahma replied, "No, that will not do because man would dig deep and find it." So the gods said, "In that case, we will send their divinity to the deepest depths of the ocean." But Brahma replied again, "Sooner or later man will explore the depths of the ocean and it is certain he will find it and bring it to the surface."

So the lesser gods concluded, "Neither land nor sea is a place where man's divine powers will be safe, so we do not know where to hide it." At that moment Brahma exclaimed, "This is what we will do with man's divinity! We will hide it deep within him because that is the only place he will not think to look."

From then on, according to the legend, man searched the world over; he explored, climbed, dove, and dug in search of something that was inside himself the whole time.

1



Visualization – What Is It?

"The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind."

WILLIAM JAMES

A wonderful power has been put within your control; a power so strong it has the ability to transform your health, wealth, love, passion, life and future – all you have to do is understand, appreciate and recognize it.

One method of consciously utilizing this omnipotent power is visualization.

vis·u·al·ize [vɪz-oo-uh-lahyz]

- to recall or form mental images or pictures
- to make visual or visible
- to form a mental image of
- to make perceptible to the mind or imagination

We all possess more power and greater possibilities than we realize, and visualizing is one of the greatest of these powers.

Visualization is the process of making mental images – these images will serve as the pattern from which your future will be sewn. Your job is to make the images, or your pattern, clear, big and beautiful. Make it big. Make it really big. The only limitations are those that are set by you. There are no limits! Create it in your imagination – make it clear and vibrant – hold it in your mind and you will gradually and constantly bring that ideal nearer to you. You are, ultimately, what you think about all day long!

Does all this sound a little foreign to you? Does the thought of using your imagination and thoughts to mold and shape your future sound a little, well, crazy?

Before you throw aside these thoughts and go back to your old way of thinking, stop – and realize that you cannot change your future by doing what you've always done –

that includes thinking all those conventional thoughts you have been taught and raised to think. Come back – give it a chance – we promise you won't be disappointed.

The first step in the visualization process is to see your ideal in its entirety, or idealization. It must be solid, firm and permanent because it is the plan on which you are going to build. Changing your mind, hopping all around in your ideals is not going to bring you the results you desire; mental labor is necessary if you are serious about creating the life of your dreams.

If at first you are unsure, or your vision seems to be a little hazy, don't worry – just focus on it daily until your picture becomes clear. There is no reason to hurry or anxiously try and "speed things up". There will always be enough time, and besides, why rush? This is your life and future you're planning!

Your vision may start out dim, but it will begin to take form, and more and more details will emerge. You will gradually develop the power by which you will be enabled to formulate plans that will eventually materialize in the objective world.

When you visualize, then you materialize!

When you have that picture in your mind, *always* and *only* think of the end result: the Universe always knows the fastest, most harmonious way to your dreams.

The Universe does everything it does with zero effort – it doesn't see requests as bigger than another or smaller than another.

Take a minute to visualize the next paragraph, after reading through; it may help to close your eyes.

You have been transported to a snow covered mountain side. Look around you at the beautiful, clean white powder, the snow covered evergreens and pines, the large rocks and breathtaking view of the range around you. Breathe in the fresh, cold air, smell the pine, the sap; watch your breath in the air as you breathe out. Feel the cold on the end of your nose and the warmth of your heavy coat. Hear the crunch of the snow as you walk around and explore the area. You feel alive, well and refreshed – breathing in the clean cold air and filling your lungs with the openness that surrounds you.

Did you find that exercise easy? Could you feel the cold on your nose, hear the crunch of the snow underfoot and sense the open and grandness of the mountain? Deeply experiencing every aspect of your visualizations is really important in the manifestation of your thoughts.

"You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you."

JAMES ALLE

Thinking through your ideal with colorful mental clarity is very important – but if you only do it once and expect your dreams to then unfold before you, I'm afraid you have it wrong. You must repeatedly hold your image in mind. You must build it firmly and securely in your mental world, or your "world within", before it can take form in the world without.

Concentrate on the things that you want, not on the things you don't want. Create perfect ideals only. Pay no attention to external conditions, make your world within beautiful and opulent and the world around you will express and manifest the condition which you have within. You will realize your power to create ideals and these ideals will be reflected in the world around you.

Expect the things you want – don't expect the things you don't want.

Those who always worry of lack and fear will be brought poverty, lack and every form of limitation they imagine. Your mind does not hear "I do not want to be poor", all it hears is the "poor", so it thinks poverty must be what you want and works to bring you what you are asking for. Just as the law operates perfectly to bring about fear and limitation, it will certainly operate in the same way to bring about abundance and opulence for those who entertain thoughts of courage and power.

For most of us this is very hard. We are anxious, and manifest anxiety, fear and distress. We want to do something, to help, to get our hands dirty and be shown proof that we have indeed set the Universe in motion to bring us what we want.

We are like a child who has just planted a seed and every fifteen minutes goes and stirs up the earth to see if it is growing. By doing this, the seed will never germinate, yet this is exactly what many of us do in the mental world.

The seed must be planted and left alone. This doesn't mean to sit and do nothing. New channels will be constantly provided and new doors will open. Keep your eyes and mind open to the new opportunities that will present themselves to you.

Remember to trust, to let go, and let the seed germinate! The more you can trust in what you cannot see happening, the faster it will be brought forth to you.

We can only see what already exists in the objective world, but what we visualize already exists in the spiritual world. This visualization is a substantial token of what will one day appear in the objective world if we are faithful to our ideal.

Thought force is the most powerful means of obtaining knowledge, and if concentrated on any subject will solve the problem. Nothing is beyond the power of human comprehension, but in order to harness thought force and make it do your bidding, work is required.

Remember that your thoughts are the fire that creates the steam that turns the wheel of fortune; upon which your experiences depend and your future is based!

"You are a living magnet. What you attract into your life is in harmony with your dominant thoughts."

BRAIN TRACY

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2



Your World Within – Your Subconscious Mind

"Your subconscious mind does not argue with you. It accepts what your conscious mind decrees. If you say, 'I cannot afford it,' your subconscious mind works to make it true. Select a better thought. Decree, 'I'll buy it. I accept it in my mind...' "

DR. JOSEPH MURPHY

The human brain is the most complex, powerful machine in the universe. If you were to write out your brain's potential as expressed by the number of possible neural connections it could make, it would take you 75 years to write out all the zeros. That's the level of power and capacity you have at your disposal every moment of every day. This means that your potential to achieve what you want is essentially *without limit*.

There is a world within, a world of thought and feeling and power; of light and life and beauty and, although invisible, its forces are mighty.

To get a better understanding of our "world within", let's take a minute to differentiate between the conscious and subconscious minds:

The conscious mind is the part of you that does the reasoning and thinking and decision making in your everyday life. A powerful counterpart, but the more limited part of your mind, it sees and processes the world around you, or the "world without". Your conscious mind has only a short term memory of about twenty seconds, and the ability to manage only one to three events at a time.

Your conscious brain has severely limited processing ability. If your conscious brain is a lot more limited than you realized, your subconscious brain is vastly more powerful than you have ever imagined.

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