



CREATIVE VISUALIZATION

HOW TO USE THE POWER OF
VISUALIZATION TO
MANIFEST PROSPERITY

Creative Visualization

**How to Use the Power of Visualization
to Manifest Prosperity**

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The Ultimate Manifestation Tool

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Preface

Visualization refers to the practice of seeking to impact the outer world by altering one's thoughts and expectations. Visualization is the fundamental technique underlying positive thinking and is frequently utilized by athletes to enhance their performance. Visualization is the technique of utilizing one's imagination to visualize particular behaviors or events occurring in one's life. Get all the info you need here.

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Creative Visualization

Introduction

Advocates propose producing a detailed schema of what one wants and then visualizing it again and again with all of the senses (i.e., what do you see? what do you feel? what do you hear? what does it smell like?). For instance, in sports a golfer might visualize the perfect stroke again and again to mentally train motor skills memory.

The Basics

In one of the most long-familiar studies on visualization in sports, Russian scientists equated four groups of Olympic athletes in terms of their physical and mental training ratios:

- Study group 1 got 100% physical training;
- Study group 2 got 75% physical training with 25% mental training;
- Study group 3 got 50% mental training with 50% physical training;

Study group 3 had the best performance outcomes, indicating that particular sorts of mental training, like consciously invoking particular subjective states, may

have significant measurable impacts on biological performance.

According to experts, "The Soviets had ascertained that mental images may act as a prelude to muscular impulses.

It has since gotten to be more widely understood and accepted in neuroscience and sports psychology that subjective training may cause the body to react more favorably to consciously desired results.

Visualization practices are a typical form of spiritual exercise. In Vajrayana Buddhism, complex visualizations are utilized to attain Buddhahood, e.g. Generation Stage. Additionally, visualization is utilized extensively in sports psychology.

A few celebrities have endorsed the utilization of visualization and claimed it had a substantial role in their success. Such celebrities include Oprah, Tiger Woods, Arnold Schwarzenegger, Anthony Robbins, Bill Gates, Ronnie Bernard and other people.

In a 2008 interview with Tavis Smiley, actor Will Smith said he utilized visualization to defeat challenges and, as a matter of fact, visualized his success years before he

got to be successful.

A different example is actor Jim Carrey, who wrote out a check to himself in 1987 in the sum of 10 million dollars. He dated it 'Thanksgiving 1995' and put in the notation, "for acting services rendered." He visualized it for a long time and in 1994 he got \$10M for his role in Dumb and Dumber!

What Is Manifesting

The word “manifesting” means to make something real or readily perceived by the senses particularly by sight (this is the definition in the Dictionary).

About Manifesting

The word may be applied in a lot of ways depending upon the context. For our use, manifesting may be applied as we wish to materialize our desires, goals & dreams that merely take their forms in our minds. Oh no, this won't give you the power to control other people as no one can do that. Each of us was given a free will and we ought to utilize that will to make conscious choices so that we'll achieve our highest potential.

Manifesting is a means of empowering us. It enables us to take control of our lives rather than simply leaving it to chance and fate. It presents us the power to transform our thoughts into something that is true and material to us.

If you continue thinking about cash, a picture of a one dollar bill or a check will come into your brain. One of these days this will get to be an experience for you in your reality.

You may see a one dollar bill on a billboard or hear somebody talk about cash. Naturally if you only see it or hear about it but not own it, it's of no use to you. You may as well try a different way of manifesting it.

While manifesting is a gift meant to grant our wishes, it will work against us if we don't arrive at a conscious choice of what we're going to manifest. We could manifest even if it's something we don't want as long as we hold the thought of that object or idea in our brain.

Everybody has the natural power to manifest anything they want into their life. It's simply that we were not taught this reality growing up, and we were unconsciously programmed with so much data that we have simply forgotten our innate manifesting attractive power. The truth is we're each overflowing with this energy, yet it might be "sleeping" inside you. With this ancient manifesting knowledge and an inspired action manifesting routine...it could be awakened.

Whatever you hold your focus upon, you're manifesting THAT into your life faster than you might realize. If you're constantly focusing on what you DON'T want to think, feel, or experience then you'll see that is precisely what you're

manifesting.

By learning these ancient secrets of manifesting, you are able to remain centered, peaceful and focused on what you DO want to think, feel and experience. From this place, you'll discover that your greatest dreams and desires will manifest into your world.

Manifesting is an astonishing gift that wields power to fulfill our deepest desires as well as our greatest fear, so utilize it wisely...

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SECRET TO MANIFESTATION](#)

Choosing What To Manifest

The statement, “You may do anything you put your mind to,” leads us to think that all you have to do is imagine what you’d like to achieve, set your mind to the task, and await success.

To a certain degree, this is true. Centered intention blended with action is a potent force. However the statement is misleading as it fails to mention the difficulty and necessity of centering your mind on a particular goal.

What Do You Want

Most of us do not know what we wish. We believe we do, however we truly do not. We only know what we do not wish. We do not wish an awful job. We do not wish to be destitute. We do not wish to disappoint our family.

Knowing specifically what you wish is much different than recognizing what you do not wish. When you solely know what you do not wish, your intentions aren’t focused and you manifest the bad. Consider this illustration.

Bill doesn’t wish to be destitute. He’s sick of bringing in less

than his friends, and he's determined to advance his status. To achieve this goal, Bill could take a lot of different paths. He could train for a high paying job, like doctor or lawyer. He might begin his own company, go into real estate, or do a lot of other things that would lead to bringing in wealth.

However Bill isn't sure what he wants to do. He doesn't understand which path best fits his skills and personality, so he doesn't resolve to follow any certain path.

Hoping to answer this question, he investigates a many possibilities, however as soon as he runs into hardship he decides that path isn't for him and moves on to a fresh solution.

Bill's actions aren't centered. Although he works really hard, his efforts do not build on one another. Instead of building one giant impenetrable sand castle, Bill has established 20 little ones that are easily toppled. He winds up confused and disheartened. Finally Bill's lack of focus leads to failure.

Now, what if Bill had selected a particular path, particular goals to manifest? Suppose he chose on the law profession. His actions and things to manifest would have been clearly defined:

- Get a elevated score on the LSAT
- Get letters of recommendation
- Become accepted at a great law school
- Choose a field of law
- Gain a law degree
- Find a high paying job with a great law firm

A set of particular goals is much simpler to accomplish and to manifest than a vague end goal like getting rich. Being centered on a path gives Bill a logical set of actions to manifest. Each achievement is one step closer to the final goal.

I think we may all agree that committing to a distinctly defined path for manifesting, regardless of which one, gives Bill the greatest chance of getting to be wealthy.

However how may he select a path if he doesn't know what he wants? Perhaps cash isn't his only goal. Perhaps he wishes to do something he loves at the same time. Perhaps he can't afford to go back to school. Realism is complicated, and Bill doesn't wish to commit too soon.

And that's why he fails.

However I do not think that's inevitably a bad thing. Most

individuals do not fit neatly into a predefined path. Forcing yourself into one might lead to success; however it likely won't make you happy.

This is the point. If you wish to be conventionally successful, to attain riches and status, you have to choose a particular path (preferably something mainstream) and work at manifesting each step.

On the other hand, if you aren't especially concerned with riches or success, you may take your time searching for that perfect life.

Just do not wait too long to choose. Every moment you deliberate, is a moment you lose.

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How Visualization Works

Understanding how visualization works helps in visualizing better. Using a technique mindlessly might not yield the desired results.

How It Works

The mind is made up of 2 parts, the conscious mind and the subconscious. We think with our conscious or rational mind and whatsoever we think repeatedly sinks into our subconscious mind or creative mind. The subconscious is like a computer. It can't think on its own, it can't differentiate between good and bad, between true and false. It takes on face value, whatsoever is presented to it.

When the conscious mind gives the subconscious the same thought over and over, it begins taking the thought seriously and sets out bringing it into existence.

Our life of experiences are stored in the subconscious to which it has access. It likewise has access to the Universal mind for which nothing is inconceivable.

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