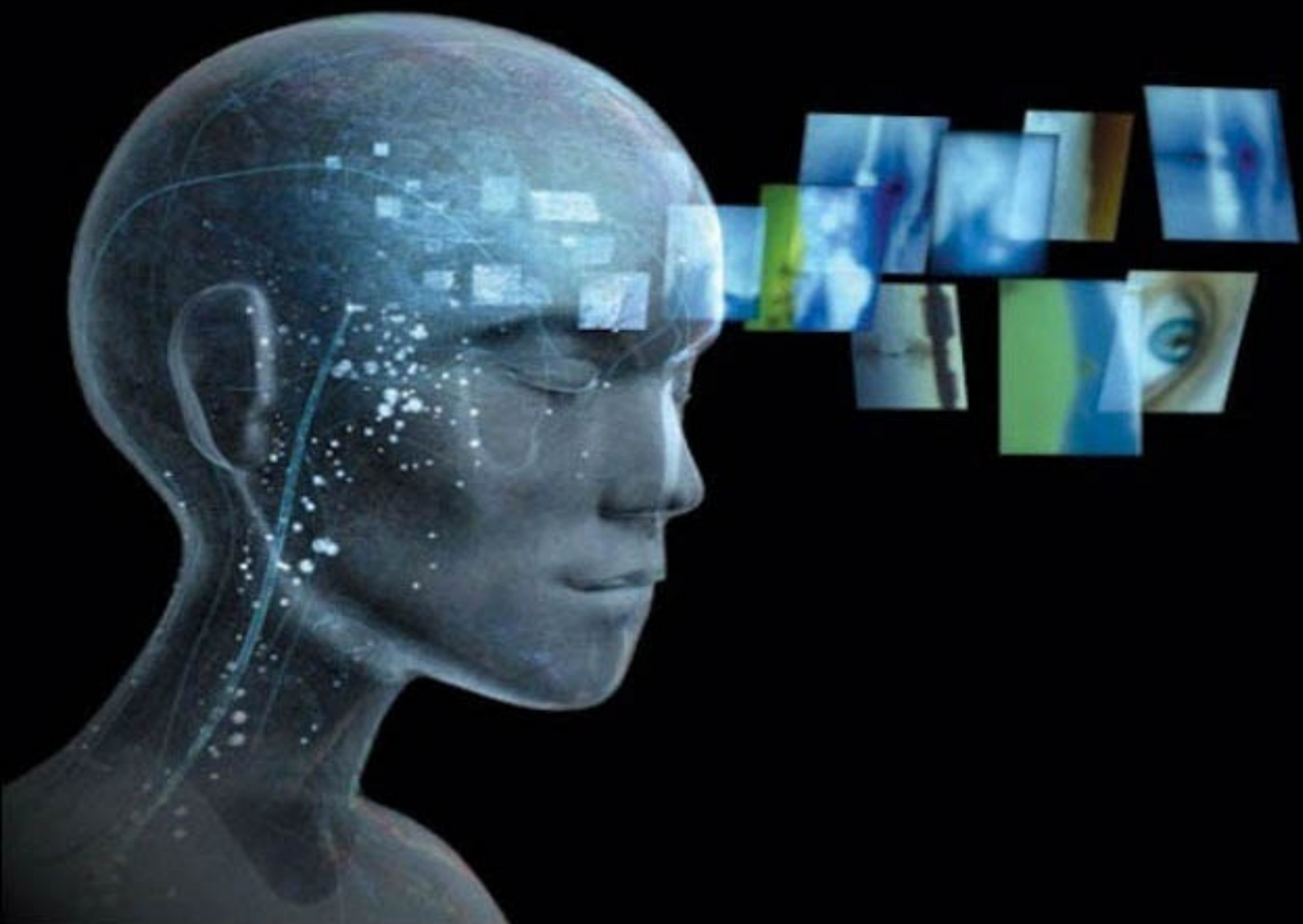


Handbook *Of* Visualization



Utilize Your Daydream and Turn It into Reality

BENNY ZHANG

Handbook of Visualization
Utilize Your Daydream and Turn It into Reality

By
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Foreword

Everything is created twice! Look at around you! Buildings, vehicles, houses, tables, chairs, and everything around you, all of them are created twice. First it's created in mind and second in the real world. Whatever around you right now, it created first in the mind of creators. The fact is impossible for you to create or achieve something before you imagine it in your mind. It is impossible for architects to build or construct a building without think or imagine finished building in their minds.

In his book, *The Positive Principle Today*, Dr. Norman V Pealle asked Roger Ferger, an editor and publisher of the Cincinnati *Enquirer*, "How did you become editor and publisher of the Cincinnati *Enquirer*?" Mr. Ferger said that a few years ago as a young boy, he stood in this place, looked inside the window, he saw someone sitting in front of the desk. He always imagined that he was sitting there as an editor.

Just imagine how powerful a mental image you created in your mind! If you can imagine or visualize it, you are able to get, achieve, manifest, or create it in the real world. That's the power of your mind. Whatever you imagined, big or small thing, it doesn't matter, it doesn't important, as long as you can imagine it, you have a chance to manifest it in the reality. And the popular self-development tools you could use are visualization and affirmation. Visualization and affirmation are two most powerful tool or method to help you program your mind, so it could be more harmony with the purpose you want to achieve.

This book is covering more about visualization. Why visualization? Well, the first reason is sure because I have written a book about affirmation, so it's time to write about its sibling, visualization. The second reason is because there are a lot of self-development books that suggest or advice to do visualization, but they never cover *how to do* visualization. There are a lot of books advice you to imagine yourself in abundance, imagine you are riding your dream car, imagine yourself in ideal body, imagine whatever you want to be, do, and have, but let me ask you this, "What the different of those with daydreaming?"

Yes, what the different between visualization and daydream? It is true that the different between visualization and daydream is very thin, but there is a different! If there is no different, then sure all people who always daydreaming had achieved their daydreams or fantasies, right? So, the second reason I write this book is to guide or give you information about how to do visualization, not daydream.

I divide this book in 3 parts, **visualization**, **suggestion**, and **how to do**. In the first part of this book, I'm going to cover about **the definition of visualization** and **how it works**. Most people don't want to admit or recognize there is a connection between the mind and reality. You have to know there is connection or relation between what are thinking or imagining and your life achievement. How *utilized daydreaming* could make someone achieve their desires? People who always think logically sure want to have a make sense explanation about visualization. So, I'm going to cover it in the first part of this book! And well, if you don't care or not interested with the logic behind visualization, or maybe because you have understood about it, you could skip this part. I know there are some people who much more interested with the practical and how to do, if you are this type, I don't mind if you want to skip the first part of this book.

The second part of this book, I'm going to cover about **suggestion**. *What is suggestion? Why suggestion? What the relation between visualization and suggestion?* They are strongly related! Well, do you know that you are not able to command, order, or force your subconscious mind to do whatever you want? If you always watch the stage hypnosis show, you might always heard suggestion this or suggestion that. The hypnotists gave the suggestion to their subjects, not an order or command, why? Because subconscious mind hates to be ordered, commanded, or forced. If you force your subconscious mind, it can fight back, and you don't want this happen, do you? So we use suggestion in order to persuade or influence subconscious mind to help us to get or achieve what we want. And actually this is the main purpose of visualization. We use visualization to persuade or influence subconscious mind, based on the content of our visualization. So, this makes us have to learn about how suggestion works, so we could make our visualization works effectively.

And in the third part of this book, I'm going to cover about **how to do visualization**. This part is going to help you programming your mind with visualization. **Visualization is basically same as affirmation**, which is repeating a positive statement, visualization needs a script that you must repeat. Indeed, one of the ways to program subconscious mind is through repetition. By repeating your visualization script, it hopes your subconscious could be programmed well, and immediately run or execute the suggestion of your visualization. To create a visualization script, it almost nothing different with affirmation, well we are going to learn it soon.

Before we begin, there is something I want to let you know first. I always go the question *"Which one is more powerful, visualization or affirmation?"* Most of times, I met people or read on article that said visualization is more powerful than affirmation, because affirmation is only using words, while visualization is using imagination. And as you know, imagination is very powerful. But let me tell you, words in affirmation, also could trigger or emerge an imagination. There are a lot of

researches showed the proof about the power of words. Words are more than collection of letters. I'm quite confused when there are a lot of people said visualization is more powerful than affirmation, but actually the case is they are same powerful, and their purposes are same. But you know, you are not allowed to choose only one of them, right? You could apply or practice both of them!

Visualization

What is Visualization?

Visualization is one of a few methods or techniques that utilize the power of mind by using the imagination to create the life you want. Your mental images, imaginations, fantasies, or even daydreams, believe it or not, have an effect to your reality. So, let's do this, I want you to close your eyes and imagine yourself in front of your refrigerator. In your mind, imagine yourself open the door of the refrigerator. Inside you see a big, yellow sour lemon.

Imagine yourself reaching out and holding the lemon in your hand. Now, use a sharp knife to slice it off and see the lemon juice oozing out all over. Now, take the piece of sour lemon and pop it into your mouth, feel the sour sensation on your tongue and around your mouth, and your nostrils puckering as the tangy scent is released. Now open your eyes. Let me ask you this question. Do you have more saliva in your mouth? Did you actually feel that sour sensation? I know you feel it! And my question is where the lemon?

That's the power of your mental image, that's the power of your mind, and that's the power of visualization. Visualization always suggested by many motivators and self-development books. It's not only easier to do, but it also delivers tremendous effects to the doers. To do or practice visualization, you just have to relax your mind and body, and start imagining yourself have got or achieved your desires. Easy, right? And here comes the question, *"What the different between visualization and daydream?"*

If you ask different sources, you will get different answers:

1. Visualization done when we're relaxed or our brain was in alpha-theta states.
2. Visualization involves the positive feeling or emotions.
3. Visualization involves all of our five senses.

Seriously, what is the different between visualization and daydream?

1. Daydream also done when we're relaxed. That's impossible for you to have time for daydream when you are working or think critical.
2. Sure you daydream also involves positive feeling or emotions. I'm sure you felt happy, joy, and love when you are daydreaming. There is no way you daydream to feel negative emotion, isn't it?
3. You daydream also involves all senses. Most people when they were daydreaming, such driving their dream car, they could touch the steering wheel and hear the engine sound of their dream car.

In the end, what is the different between visualization and daydream? The different between visualization and daydream is very thin. But sure, there are a few conditions for your daydream to be called as visualization. We are going to cover it later, but here is another most asked question, ***"Does visualization work?"*** or ***"Does visualization able to give or make us achieve our desires?"*** Actually I'm so confuse why there are a lot people still doubt the power of visualization, even there are many proofs that showed the power of visualization.

Olympic gymnastics champion Los Angeles in 1984, Mary Lou Retton, always imagined routine movements in her mind, and visualized each phase of exercises, each step, each jump and each movement, before really executed it in the match.

Bodybuilding champion and famous movie star, Arnold Schwarzenegger, once said that weight training is only a continuation of the visualization. *"We all have great inner power. The power is self-faith. There's really an attitude to winning. You have to see yourself winning before you win."*

Visualization has effect to our bodies. When your visualizing do a certain movement, game, or anything, then the muscles in your body will also react or respond to the movement in your mind. The fact, in neurology, human body can't tell the different between the real experience and imagination. Consciously, we know whether the experience is real or just imagination, but in cellular level, our bodies can't tell the differences. Because your muscles in your body will respond to your visualization, then you will achieve what you visualize.

Visualization is not only useful in sport or exercising, but in every aspects of life, one of them is healing. If you ever watched *The Secret* movie or read the book, then I'm sure you know about the Miracle Man, Morris Goodman. In 1981, Morris Goodman was piloting a plane when it crashed. His injuries were extremely severe, his neck was broken in two places, the first and second vertebrae, the nerves to his diaphragm had been severed and his diaphragm itself was crushed so badly that he lost his ability to swallow, to speak or to breathe without a respirator. The rest of his nerves were damaged so badly and was paralyzed from the neck down.

His doctors and nurses tried to convince him that it was impossible and that he was not being realistic about his injuries. Even if he did survive, they were convinced that he would never regain control over his bodily functions and would have to remain in a wheel chair for the rest of his life. *"I didn't care what medical science expected. I cared what I expected. And that was to beat the odds and walk out of the hospital a normal man."* Through the use of visualization and intense physiotherapy, Morris began to recover, started to gain control over his breath and swallowing reflexes. He then started to gain control over his limbs and the rest of his body. Within six months, he had attained near full recovery and was able to walk out of the hospital without

the use of any mechanical aid.

Enough with other people, what about you? Try to remember, I'm sure you had imagined get or achieve something in the past, and now you have it. Like I said before, it is impossible to get or achieve something before you imagine it in your mind first. Whatever you imagine in your mind, you could achieve it in the real world. Yes, anything you imagine could become reality! Ideal body, healing, prosperity, relationship, anything you want to achieve! And here, some people come and ask, ***"How come just by imagine it, we could achieve it?"*** This question actually refers to how mind works.

How Mind Works?

Have you ever wondered what is mind and how it works? Brain is not only divided by its function, but also by the consciousness, namely the conscious mind and the subconscious mind. Please note that it doesn't mean that we have two minds!

The conscious mind has the ability to think through a situation logically and analyze, evaluate, make decision, and take action. Here are 4 functions of our conscious minds:

1. Identify
2. Comparison
3. Analyze
4. Decide the specific response to the information

The conscious mind was started active when we were 3 years old and run the logic functions. When we grow up, the conscious mind will 'help' us to not make any changes that are not necessary by using the filter that called as critical factor. Critical factor will always analyze any incoming information by using the database that existed in the subconscious mind.

The subconscious mind will accept anything that is programmed by the conscious mind. And the programs always considered as truth by subconscious mind. Now let's see what programs that stored in our subconscious mind:

1. Habits

All habits, whatever good or bad, are stored in our subconscious mind.

2 Emotions

Our subconscious mind will bring up the specific emotions that are triggered by the specific memories, events, or experiences.

3 Long-Term Memories

All events are recorded perfectly in our subconscious mind, but we do not consciously remember it. We can use hypnosis to explore these memories.

4. Personality

By combining all the experiences and reactions that we give, the subconscious mind builds our personality from childhood and we become what we are today.

5. Intuition

Because there are data or information that is not realized by the conscious mind, the

subconscious mind will try to communicate with the conscious mind by using intuition. For example, to convey the message that is not recognized by the conscious mind, conveying the danger, or any good or bad things that is going to happen. The intuition could be in the form of a physical reaction, dream, or feeling.

6. Creativity

Creativity is the ability of our minds to change our visions, dreams, and thoughts into reality. The subconscious mind will continue to work to achieve whatever we programmed into ourselves, either positive or negative.

7. Perception

Perception is how we view this world. All the perceptions that appear are the outcome of what we learned in the past that have been patterned.

8. Belief and Value

Belief is what you think as truth. Value is what you think as important things. Belief and value are all shaped by our perception when we faced a particular event. Belief and value are subjective view and we learned it from our experiences, knowledge, and hopes.

The subconscious mind will continue to run or perform the above programs no matter what. Once the program embedded into our subconscious mind, the subconscious mind will run it under any circumstances. Until we replace the program with a new program.

Next, I think I need to cover about 8 rules of mind. Since psychology became a science in the mid-19th century we had made a giant leap in understanding how the mind works.

Neuroscience, today's most rapidly advancing field of science is helping to connect the brain to the mind and behavior. As we discover more about how our amazing brain works, we come to understand better why we think, feel and act as we do. The following are 8 rules of mind that have been developed over many years and are taught in hypnotherapy.

Rule 1: Every thought or idea causes a physical reaction.

What you think affects your body. The mind and body are two sides of the same coin. The mind can make you sick or make you feel healthy. Angry increases adrenaline, fear and anxiety increases heartbeat that can lead to heart problems. It may also take on a physical manifestation in the form of ulcers, headaches or other symptoms.

Ideas and beliefs with a strong emotional content affect us deeply and take on their own life in our subconscious mind. Once accepted, these ideas and beliefs continue

to produce the same body reaction over and over again. In order to eliminate or change chronic negative reactions of our bodies, we need to reach the subconscious and change the ideas and beliefs that are responsible for the reaction.

Rule 2: What is expected, tends to be realized.

Our mind responds to mental images, either we are the one who create it or from the outside environment. The created mental image becomes the blueprint, and the subconscious mind will use all available tools, means, and methods to make it happen.

So, it is very important to always maintaining a positive state of mind because we will become what we think. Your state of mind is paramount to success in life in all aspects whether it's your health, financial, career, sports, or relationships.

Rule 3: Imagination is more powerful than reason when dealing with your mind.

Imagination is the language of the subconscious mind. Reason is easily over ruled by imagination. Any idea accompanied by strong emotional content, such as angry, hatred, fear, or even love, is difficult to modify with reason.

Walking on a 6" wide board on the floor is easy for most people. Walking on the same board when it is placed 20 feet higher, it becomes difficult and impossible for most people. Why? The different is the power of imagination, the continuous imagine that one step wrong we will fall and be fatal.

Again, imagination is the language of the subconscious mind. In order to overcome any barriers, you need your imagination and reason to be working together.

Rule 4: Opposing ideas can't be held at one and the same time.

The human mind can't hold two conflicting beliefs simultaneously. Many people try to hold two opposing ideas simultaneously. In psychology this is called cognitive dissonance.

For the example, you can't think of yourself as sexy and ugly at the same time or you can't love and hate someone at the same time.

A person can believe in honesty, yet indulge in dishonest behavior. This behavior might be supported by rationalizing thoughts such as: "Everyone does it.", "Little lies don't count.", "I need it more than they.", "I deserve a break." These thoughts directly oppose the more rooted thought (belief) in honesty. He could justify what he did as a natural thing, but acting upon a thought that runs directly counter to an opposing belief held at the subconscious level, creates great stress and can profoundly affect the health of the body.

Rule 5: If an idea has been accepted by the subconscious mind, it remains accepted until replaced by another idea.

Psychologists tell us we have between 45,000 – 60,000 thoughts a day. And 95% of the thoughts we have today we'll have it tomorrow, and the next day, and so on. The reason for this is our beliefs and values system remain the same unless we change them.

Our mind runs on patterns and shortcuts and this is how we form thoughts, habits, and behaviors. The more we think something, the more we strengthen the neural pathway in the brain and it becomes a part of us. The longer the idea you held, it will become a mindset. This is how the mindset was formed, whether good or bad.

Rule 6: An emotionally induced symptom tends to cause organic change if it persists long enough.

Mind and body are inseparable. Patients suffering from ill health and disease often have repeated episodes of the symptoms of that disease for some time before organic change can be found.

Many physicians will admit that more than 70% of human ailments are emotionally based rather than organic. The subconscious has a powerful effect on our physical being.

You can often heal a physical ailment if you deal with the emotional symptom. Positive thoughts and positive emotions create positive organic change. By having positive thoughts, you can create positive emotions and over time this creates positive organic change within the body.

Rule 7: Each suggestion acted upon creates less opposition to successive suggestions.

A mental trend is easier to follow the longer it lasts unbroken. The more you do something, the more the neural pathway is strengthened and harder, so it becomes hard to break.

Once a habit is formed it becomes easier to follow and more difficult to break. And this is why when doing autosuggestion or affirmation, you may want to give yourself easy affirmations to start with. Small victories lead to a great victory.

Rule 8: When dealing with the subconscious mind and its functions, the greater the conscious effort, the less the subconscious response.

Whenever you try to make a change in your daily life by trying to make a conscious effort, you will not be able to succeed. The complete opposite will happen and you will only strengthen the habit or whatever you are, at that moment you try to change.

This proves why willpower doesn't work. Willpower suggests that you are trying to do something you really don't want to do. For the example, if you experienced insomnia, the harder you try to sleep then the harder you can sleep.

From the 8 rules of mind, especially the first, second and third rule, it has been explained why visualization works.

The conscious mind is personal and selective while the subconscious mind is non-personal and nonselective. The conscious mind is the effect while the subconscious mind is the cause. The conscious mind generates thoughts or ideas and planting these ideas in the subconscious mind. The subconscious mind accepts the thoughts or ideas and gives a shape and form into reality. The subconscious mind never produces an idea or thought.

And through the processes and mechanisms that are known only by the subconscious mind, these ideas manifested into physical reality. This creation mechanism is hidden deep in the subconscious mind. The subconscious mind goes beyond logic and is not affected by facts. It accepts a feeling or emotion as fact or truth. And based on this *truth*, it gives form or shape to the feelings or emotions. So, the process of manifestation starts from a desire and continues with an idea and ends with the encouragement to act and produce a result.

Idea embedded in the subconscious mind through the medium of feeling. When an idea with emotional content, either positive or negative, entered and accepted the subconscious mind, this idea certainly will manifest into reality, no matter it is good or bad idea. Therefore, the person who does not control his feelings will embed a bad idea in the subconscious mind and that's what he got.

Controlling the feeling does not mean withhold or suppress your feelings. Controlling your feelings means to imagine and feel the positive emotions that could make you feel comfortable and happy. It is important to control the feelings. Never maintain or continue to allow yourself to feel negative emotions. Never allow yourself to dissolve the negative feelings, these feelings either your own or come from others, read or hear negative news, watch negative TV shows or movies, or listen to songs with negative lyrics.

Why? Because of this feeling, regardless of the cause or source, you are the one who feel it, not others. Thus whatever you do or think, be it about yourself or about others, if it makes you experience or feel negative emotions, you should avoid it. Every feeling will leave an impression or impressions in the subconscious mind, and if it not neutralized by another stronger feeling, this feeling will definitely materialize into reality. You need to carefully examine the mood and feelings, because your reality or

world is the creation of your feelings.

The subconscious mind never fails to manifest the seeds of idea or thought that has embedded in it. As soon as it receives the seed of idea, it starts to work, in ways that are often not recognized or known to the conscious mind, and make it into a physical reality. And here you need to know that even though the subconscious mind faithfully manifests the desire of conscious mind, **their relationship is not like a master and servant**. The subconscious mind does not like being forced. He gave a better response to persuasion than command or order. Thus the subconscious mind is more like a lover than a servant.

New ideas or thoughts will be embedded in your subconscious mind when you are confident and feel that this idea has been realized or manifested in real world, so this is the principle of visualization. Impression determines expression. The subconscious mind accepts what you feel as a truth or right, not what you think as right. Thus your dominant feelings are the one that determines your reality. By understanding this knowledge, you can create your ideal world.

How Visualization Works?

There are various explanations or theories about the how visualization works, among of them, I choose what described in the book *Creative Visualization*, by Shakti Gawain.

The Physical Universe Is Energy

Physically, we are all energy, and everything within and around us is made up of energy. The energy is vibrating at different rates of speed, and thus has different qualities, from finer to denser. Thought is a relatively fine, light form of energy and therefore very quick and easy to change. Matter is relatively dense, compact energy, and therefore slower to move and change. Within matter there is great variation as well.

Energy Is Magnetic

Energy of a certain quality or vibration tends to attract energy of a similar quality and vibration. Thoughts and feelings have their own magnetic energy that attracts energy of a similar nature.

Form Follows Idea

Thought is a quick, light, mobile form of energy. It manifests instantaneously, unlike the denser forms such as matter. When we create something, we always create it first in thought form. A thought or idea always precedes manifestation. Unconscious ideas and feelings held inside of us operate in the same way. If you constantly think of illness, you may eventually become ill; if you believe yourself to be beautiful, you become so.

The Law of Radiation and Attraction

What you sow is what you reap. When we are negative and fearful, insecure or anxious, we often attract the very experiences, situations, or people that we are seeking to avoid. If we are basically positive in attitude, expecting and envisioning pleasure, satisfaction, and happiness, we tend to attract and create people, situations,

and events that conform to our positive expectations. So, consciously imagining what we want can help us to manifest it in our lives.

Suggestion

A Suggestive Idea

Still remember the eight rule of mind? **When dealing with the subconscious mind and its functions, the greater the conscious effort, the less the subconscious response.** This rule explains that if we force subconscious, it won't work as you wish. I'm sure you have ever experienced it before. Have you ever tried to remember one person's name? You forced yourself to remember it, but you weren't able to remember the person's name. Then, you decided to forget, and when you back to your daily activities, you suddenly remembered it. What just happened? When you tried to remember it, you weren't able to remember it, but when you decided to forget it, you remembered it. Well, that's one of characteristics of subconscious mind, it doesn't like to be forced. This is also one of the reasons why willpower doesn't work.

As you know that the subconscious mind is around 8 times more powerful than conscious mind. Just imagine it, do you able to force someone with the power or strength more powerful than you? You won't able to force or command your subconscious mind around. But we are able to **persuade** it to help us achieve what we want. And that's the function of suggestion. We use a suggestion to persuade or influence subconscious mind to agree and do what we want.

To persuade subconscious in order to agree and help us achieve what we want, a suggestion needs to enter and accepted by subconscious mind. I want you to note this, a suggestion, even though it has entered subconscious mind, it doesn't mean that suggestion will be executed. If you ever watched the stage hypnosis show, I'm sure you ever saw or heard the hypnotist said that they won't able to force their subjects to hurt themselves or other people, or do a crime. Why? Because a suggestion needs to enter and accepted by subconscious mind! Even though a suggestion has entered the subconscious mind, it doesn't mean subconscious mind accepts the suggestion. Subconscious mind also has a filter that decides whether to execute the incoming suggestion or not.

Look at this unique case handled by a doctor who is also a hypnotherapist, a woman came to with the itchy skin problem. Her skin condition was red and blisters, because often scratched. For several years she had experienced this condition. The therapist guided her into hypnotic state and provided suggestion the feeling of calm and the skin feels comfortable. Two days later, the client came again and reported that her condition became worse. The therapist then gave the same suggestion with the aim to strengthen the previous suggestion. But two days later, her condition became worse. This time the therapist tried to change the strategy and gave suggestions that could stop the arm that always scratching itchy skin. She received and executed this

suggestion. She stopped scratching, for a while. A few days later, she came back and her skin was in serious condition.

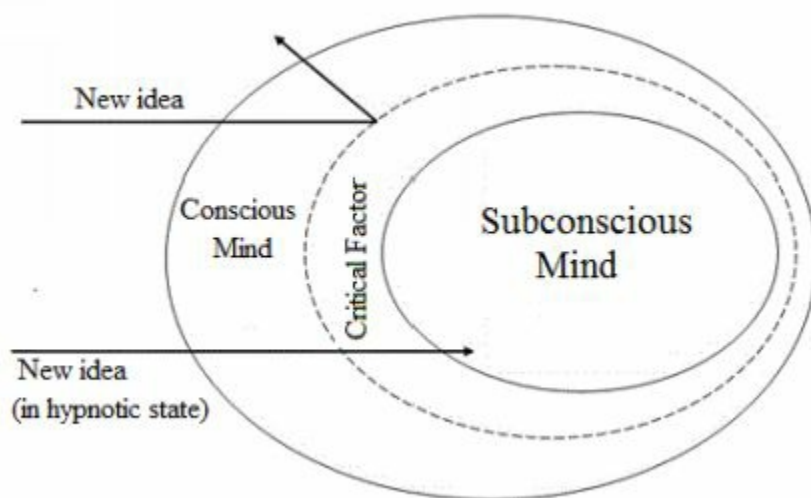
After having in-depth interview, it found out that her skin problem was the strategy to get the attention of her husband. Thus the suggestion to stop the itchy skin had seen as a threat and her subconscious mind was against this suggestion or affirmation. This story gives a clear picture of the lack of therapist caution. The therapist was in a hurry using a suggestion-based therapy without a deep and thorough investigation of the case, although it seemed that the case of itchy skin was easy and trivial cases.

So, in order to make a suggestion work, it needs to enter and accepted by subconscious mind. Now, what the relation between visualization and suggestion? Visualization is actually a suggestive idea to persuade or influence subconscious mind to do whatever we want. As you know, visualization, in the application need to be done in relaxed condition. The relax condition is the condition for our visualizations could enter, bypass critical factor, and reach subconscious mind.

But you need to know that even your visualization has entered the subconscious mind, it doesn't mean subconscious want to do or execute the content or idea of your visualization. This is why most people have visualized, followed what taught by most visualization or self-development books, they still couldn't achieve their desires. Yes, because the subconscious mind rejects or refuses their visualization or suggestion. We are going to learn how to make subconscious mind accept our visualization, but first we need to learn how to make our visualization bypass the critical factor.

Bypass Critical Factor

I have been mentioning about critical factor this, critical factor that, so what is critical factor? For those who never learned about hypnosis before, you might have been wondering what is critical factor. Critical factor is a filter or gate between conscious mind and subconscious mind. The job of critical factor is to block ideas, suggestions, or any information that are not in line or harmony with the database in subconscious mind. Look at the picture below!



Any forms of communication, verbal or nonverbal, from or to other people, or even self-talk, the purpose is to influence or persuade the subconscious mind. Again, any forms of communication, whatever speech, presentation, conversation, or even gossiping, the purpose is to persuade the subconscious mind. Just imagine what would happen if there is no critical factor, all the information or ideas would go directly to subconscious mind! If there is ads of Product A told you to buy their products, you would buy it. If there is ads of Product B told you to buy their products, you would buy it. If there is ads of Product C told you to buy their products, you would buy it. As you can see how important a critical factor is.

I'm going to give you an example so you could understand more about the job of critical factor. So, let's say I point toward a VW and said that is Ferrari, what your reaction? You must be thinking that I was just joking, or to be exact you know I was lying. When I point to a VW and said that was Ferrari, your critical factor would ask, "Is it true?" Immediately, critical factor ran to the database room in subconscious to compare or crosscheck with the information you just received. After checked, it found out that the car I pointed wasn't Ferrari, but a VW. And that's how you know I was lying. Of course, the checking is based on the database in subconscious mind, so if your database doesn't have any information about Ferrari, or in other words you

never saw a Ferrari before, you might agree with me that the car is a Ferrari.

Then, what the relation with visualization? If you visualize when the critical factor is active, your visualization will be rejected, or in other words that's a daydream. If you visualize that you have \$10.000.000, the critical factor will check the database in subconscious mind, is true that you have \$10.000.000? If yes, this visualization may pass. If no, it won't pass critical factor and can't go to subconscious mind.

But the purpose of we practice visualization is because we want to get something that we don't have, isn't it? With that mechanism, my visualization will always keep rejected. Well, the answer is yes, your visualization will forever rejected by critical factor. In order to make our visualization enter the subconscious mind, we need to make the critical factor become inactive. How? We only need to visualize at alpha-theta state. What is that?

There are 4 dominant brainwave that emitted by brain.

Beta, 14 – 100 Hz, emitted when the brain in conscious state like now, when you're working, reading book, doing analyze, and any activities you do when in conscious state like now.

Most people do affirmations when they are in this state. And the results are not effective because the critical factor was still active.

Alpha, 8 – 13,9 Hz, when the mind and body in relax states, for the example meditation, yoga, spa, etc.

Theta, 4 – 7,9 Hz, is the condition when we are totally relax, deep meditation, or when we sleep but having a dream.

Delta, 0,5 – 3,9 Hz, the condition when there is no thought and feeling. The brain emits this brainwave when we having a profound sleep without a dream.

If you are interested with the human brainwaves and how to use it for our benefits, you can read my previous book, *Alpha-Theta Magic: The Secret of Your Brainwaves and Subconscious Mind You Need to Know*.

Alpha and Theta are what we called as trance or hypnotic state. If you ever watch a stage hypnosis show, actually the hypnotist was leading their subjects to alpha-theta state. When our brains are in alpha-theta state, we became very focus with the suggestion. So, there is nothing mystic or occult about hypnosis.

When our brain in alpha-theta state, that is the best time to program our subconscious

mind. Any forms of learning are very ideal to do here, including visualization. Then, how we can access alpha-theta state? If you have been practice self-hypnosis or meditation, then it will be a piece of cake. But if you never practice self-hypnosis or meditation before, there is another method. Have you ever got the advice to practice affirmations or visualization after you wake up in the morning or before you go to sleep in night?

When we are going to sleep, our consciousness slowly shifting from the normal conscious state and begin to relax heading into the sleep state. This time we naturally go into a hypnotic state, which is technically called *hypnagogic*. When you awake from sleep and still lazy to get out of bed because you want to continue to sleep again, then it is also the state of hypnosis. This natural hypnotic state called *hypnopompic*. Yes, these moments are very ideal to practice visualization or affirmation, but there is one thing you need to pay attention if you want to use these moments, that is "Are you really in alpha-theta state?"

Not all people relax at those moments, for example people with insomnia. For some people, especially for those who live with serious tension, they always brought their problems until the go to bed, for example, a manager who got stress because the failure of the cooperation proposal with other company. At night before he go to sleep, he keep thinking this failure. At the next morning, as soon as he woke up, he thinks about his failure yesterday. He makes his brain in critical thinking state, so there will be no use if he practices visualization or affirmation at those times.

So, in order to access alpha-theta state for affirmations, then what you need to do is simply make your brain and body to relaxed. You can use relaxation music or binaural beat to help you. You could also follow the meditation or yoga class to learn more how to be relaxed and utilize the power of visualization.

Relaxation Script

Here are some tips for you to relax and get in hypnotic state:

Remove tension in yourself

Tension is your worst enemy. No technology can change your brainwaves when you are tense. Yes, brainwave entrainment or audio CD won't provide the maximum effect if your body doesn't relax.

You can do the *scanning* to check your body. To do this, breathe slowly, allowing breathing one to the next without any pressure. Focus your mind to different parts of your body, such as from the top of your head, then the forehead, then the eyes, cheeks, mouth, jaw, neck, and so on. Focus on each part for 5-15 seconds, make sure completely relaxed before moving on to the next body parts.

Closed eyes

Close your eyes could reduce the inputs to the brain. Closing the eyes eliminates about 80% of the external input to the brain.

Set position eyes

Setting the position of the eyes is great way to help bring the mind into relax state. When you looking up, the visual part of brain will stimulated. That is why many people look upwards when they are trying to solve a math problem, or trying to remember something.

For most people, their natural position eyeball when eye closed is slightly upward. Lift up your eyes a bit, and this triggers your brain to start producing large amounts of alpha brainwaves, but not in force so uncomfortable. If you feel uncomfortable, let your eyes rest on the normal position.

Relax your eyelids

Relax your eyelids. Your body can tell when you're pretending to relax through tension in your eyelids. Relax your eyelids and your mind will not be fooled and come relax.

Let your jaw drop

Let your jaw slightly down to feel more relax. The jaw is a great place for your body to hide tension. Do not worry, no one sees your jaw slightly down, so let it down a little.

Breathe through your abdomen

Deep breathing will lead you to quickly feel relaxed. Breathing through regular chest is associated with the response of plane flight or frequently occurs when you are stress. Abdominal breathing, cause a feeling of confident and very relax. To find out if you breathe properly, place one hand on your chest and the other in the stomach. When you breathe in, the hand on your belly should rise while the hand on your chest should remain as they are without shifting.

Breathe steadily

Try to keep breathing steadily. In other words, inhale is same rate as you exhale. Many people have a tendency when inhaling takes a long time and then exhaling really quick, or vice versa. Maintain a balance between the two will help you relax and also increases the effectiveness of your mental programming.

Relax your body when you feel tense

At times when you feel certain parts of your body become tense, focus on it and relax it slowly, and let the tension go.

Next section is self-hypnosis script to aid your visualization session. And there are a few things you need to prepare in advance:

1. Get into comfortable clothing.
2. A quiet room.
3. Comfortable chair, couch, or bed.
4. Free time for around 20-30 minutes.
5. Hypnotic suggestions you are going to use.

Some people also use relaxation music or nature sound to aid their self-hypnosis session, but it is up to you. If you feel more relaxed when without any sound or music, then do not use it. But if you feel able to more relax with music, then just use it.

There are a lot of self-hypnosis scripts available in the market, but they are more or less same. Please learn this script first! You may also record it and then use your recording as a guide.

Induction

[Close your eyes and relax your body]

Every time I breathe... I enter a sense of relaxation and comfortable deeper than before...

[Breath calmly about 3 minutes]

I'm going to count down from 25 to 1 along with my breath... and every time I count down... I feel very relax and comfort that is deeper than before...

[Do the countdown]

Relaxation

Eyes... I command you to be very relax... very relax... and very lazy...

You become so lazy... so that you do not want to open even if you wish...

[Read this script over and over again, until you feel that your eyes have been very relaxed]

[Then try to open your eyes, if it feels heavy or does not want to open, then continue]

Neck ... I command you to be very relax, lazy, and weak... so I was not able to move you...

Neck you are very lazy and weak... you are not willing to move even though I tried to move you...

[Read this script over and over again, until you feel that your neck is very relaxed]

[Then try to move your neck, when it feels lazy and doesn't want to move at all, then continue]

O both hands and fingers... I command to enter the total relaxation, so that you are so relax, lazy, and weak... you are not willing to move even though I tried to move you...

[Read this script over and over again, until you feel your hands and fingers are very relax and lazy to move]

[Then try to move your hands and fingers, if it feels lazy and doesn't want to move at all, then continue]

O legs ... I command you to enter the total relaxation, so that you are feel very relax, lazy, and weak... you are not willing to move even though I tried to move you...

[Read this script over and over again, until you feel your legs are very relax and lazy to move]

[Then try to move your feet, if it feels lazy and doesn't want to move at all, then continue]

Deepening

I'm going to count down from 25 to 1 along with my breath... and every time I count down... I feel very relax and comfort that is deeper than before...

[Do the countdown]

[You may do the Deepening for several times]

Suggestion

[At this stage you can start your affirmation or visualization]

Termination

I'm going to count from 1 to 5... on the count of 5 I will get up and feel very fresh, healthy, and positive...

[Start doing the counting slowly]

[Open your eyes. Wait for a few minutes for your body to adapt]

[Drink 1 glass of water and back to your activities]

By the way, what it feels like to be in a trance or hypnotic state? Signs of hypnotic states are:

- Tingling in your fingertips.
- A sense of numbness or limb distortion.
- A sense of being light and floating away from your body.
- A heavy feeling like sinking.
- A sense of energy moving through your body.
- Feelings of emotions.
- Fluttering eyelids.
- An increase or decrease in salivation.

It would be quite difficult if you try to pay attention to the above signs while you are doing self-hypnosis. How do you know you are in trance when you doing self-hypnosis?

Take a deep breath and imagine yourself in happy moment, such as when you got married, when you won a competition, and so on. If you having a difficulty to feel happy, it means you haven't entered a trance.

When you are in trance, every muscle in your body feel relaxed and loose (like when sleeping) but you still conscious. Physically, you feel completely comfortable. Sometimes you feel very mild to the point as there is no body or like floating. And feel very lazy to open your eyes. In this condition, you feel inner peace. You are free from anxiety, fear, resentment, disappointment, anger, and other negative emotions.

Filter in Subconscious Mind

Subconscious mind doesn't have ability to analyze, but at least it has ability to agree or disagree. If subconscious mind agree with your suggestion, it will do it. However, if it doesn't agree, it won't do it, if you force it when it won't do anything, it will rebel. Remember the case of the woman with itchy skin problem? This is also explain why subliminal messages, which is work by *whispering* positive affirmation directly to subconscious mind, don't provide a maximal result or deliver different results to the users. If you keep forcing your subconscious mind it will fight back and will sabotage your effort, in the worst case, it will make you sick. Before that happen, you have to find out the reasons why subconscious mind reject your suggestion, and settle it!

The hint or signal of subconscious mind reject your suggestion is there are emerges of uncomfortable feelings when you visualizing or embedding a suggestion. These uncomfortable feelings could be anything. The point is when you were visualizing, if you feel there is something that criticize, reject, mock, insult, or anything, that's the sign of your subconscious mind rejecting your suggestion. For example, when you were visualizing driving your dream car, suddenly there is a self-talk said you won't be able to have a car like that, or you suddenly remember a bill or debt you need to pay so there is no way you could buy that car, that's the sign. We need to overcome it quickly!

Before we learn how to *trick* subconscious mind to agree with our suggestions or accepting our visualizations, let's learn why subconscious mind rejecting our suggestion:

1. Survival instinct

I think there is no need to explain it more about this. Subconscious mind will reject any suggestions that would harm you, both physically and mentally.

2. Moral, Ethic, and Law

This one is also clear. Subconscious mind will reject any suggestion that would be in conflict with moral, ethic, and law. This is why the hypnotists, like they always said, won't be able to command or order their subjects to do *anything*.

3. Belief system

When we talking about visualization, this could be the only reason why your subconscious mind reject your suggestion. Belief system has a strong influence in the success or failure of your life.

Belief system is a thing you believe and considered as truth. Belief system acts as a filter in subconscious mind, and it makes you see the world based on what in your

mind. Some beliefs in ourselves may give benefits to us, and this is what we called as **empowering belief**. But there are also some that not give us benefits, and only hinder and hamper us in our life achievements, and this is what we called as **limiting belief**.

Limiting belief, also known as mental block, might be the only reason why your subconscious reject your visualization. For example, you have a belief that money is the root of evil, so it is clear why you visualize you have a lot of money, your subconscious mind will reject this visualization because it is not inline or harmony with your belief. Because you believe that money is something evil, your subconscious mind won't do anything harm like give you a lot of money (evil). Well, it will to long if I have to explain here, so if you want to learn more about belief, especially limiting belief, you can read my previous book, *Change Your Belief Change Your Life! A Practical Guide on How to Change Your Limiting Belief, Achieve Your Goals, and Live the Life You Want*.

Here, I'm going to give some solutions to make your subconscious mind accept your visualization. First method is very simple, you just have to change the scenario or script of your visualization. So let's say when you were visualizing driving your dream car around the city, if there are any uncomfortable feelings, change the scenario! Maybe you could visualize that *you are buying the car*, or you could visualize the *car had parked in your garage*. So you weren't driving the car anymore.

Another example if you want to have \$10.000.000, and you visualize you have \$10.000.000 in your bank account, but you have uncomfortable feelings, change the scenario, maybe you could visualize that *you get a business contract worth \$10.000.000*, or you could visualize that *you sell something and get \$10.000.000*.

The main point is just to change the scenario or script of your visualization. But will it work? Depend on the case actually. Now, if you have changed it a few times, but you still feel uncomfortable, then you could the second method that I'm going to explain at the next chapter.

Before you go there, there is something I need to explain first. Most people sometime confuse or anxious whether their visualization are accepted or rejected by subconscious mind. The indicator is feeling. If when you visualizing, if you feel positive emotions, such as joy, happy, love, and others, that means your subconscious mind agree with your visualization and slowly it will get accepted by subconscious mind. But if you feel negative feelings or emotions, that's the play of limiting belief, so you could use the method I mentioned before, or use the second that I'm going to explain next.

Free From Negative Emotions

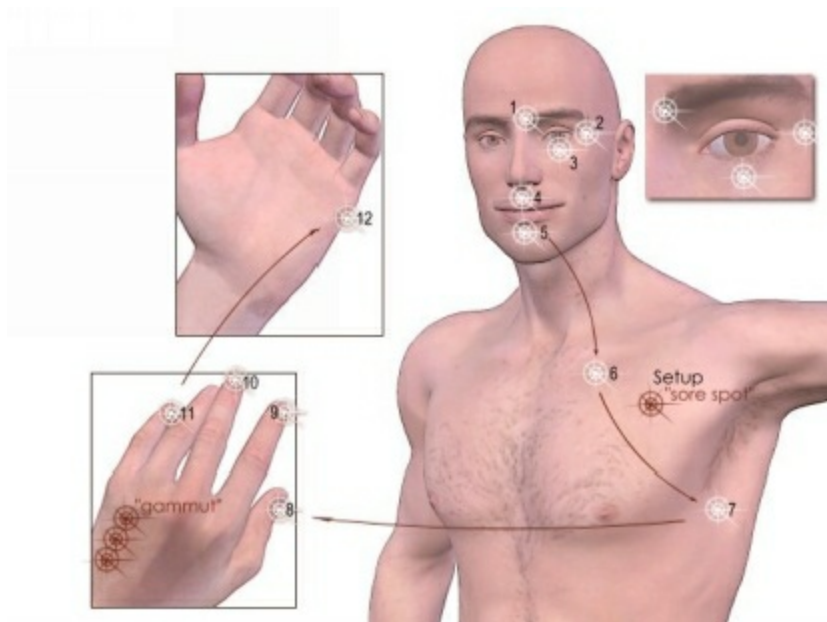
One belief has emotion content. Empowering belief has positive emotion, while limiting belief has negative emotion. And when we are in front of emotion, logical and rational are useless.

There is an interesting story described by Abraham Maslow. A psychiatrist was treating a man who believed he was a corpse. Despite all the psychiatrist's logical arguments, the man persisted in his belief. In a flash of inspiration, the psychiatrist asked the man "Do corpses bleed?" The patient replied, 'That's ridiculous! Of course corpses don't bleed.' After first asking for permission, the psychiatrist pricked the man's finger and produced a drop of bright red blood. The patient looked at his bleeding finger with abject astonishment and exclaimed: **"I'll be damned, corpses do bleed!"**

Even your case is not as extreme as those stories, but if we too attach with one thing too long, it's very hard to let it go. I ever met a person who believes that rich people are bad guys. To be honest, I hope I never met him, talked to him was really suck my energy. He spoke ill about rich people, that they always oppress and suppress poor people. I asked him about why he could think like that. Then he asked me to look at one of the building and said that building was built by laborers, but why the architect and developer got more money than the laborers. "Wasn't that oppression?" he firmed.

I explained to him how the flow of money works and why the architect and developer get more money. I also explained to him that not all rich people are bad guys, just look at Bill Gates and Warren Buffet, they are good people, they are always donate their money. But he refused those facts, **"Yeah, that's what it looks like in the surface, what about behind the scenes?"**

So, we need a technique or method to dealing with emotion! One of useful and effective techniques in dealing with emotion, as well as limiting belief, is EFT.



EFT, Emotional Freedom Technique, is very effective in overcoming negative emotions caused by limiting belief, and also a newbie friendly therapy technique. EFT is one variant of the MBT (Meridian Based Therapy). EFT is similar to acupuncture techniques. The difference is acupuncture uses needles to stimulate approximately 365 points in the 12 Meridian Energies, while EFT just uses your fingers to tap 7-18 tapping points in the 12 Meridian Energies with a certain taps and order.

The process itself is actually quite simple. While holding a problem in mind and feel the emotions associated with that problem, then tap on specific area in your body. You can use EFT to solve both your physical and emotional issues. But, in this book, I'm going to cover how to use EFT to overcome the problems that associated with the negative emotions caused by limiting belief.

First, I'm going to explain a bit how it works. According to EFT theory, before the negative emotions arise, first electrical disruption will occur on the meridian pathways in the body. If the disruption continues, it can lead to emotional distress and eventually physical problems. The purpose of EFT is to overcome this electrical disruption. When the disruption is resolved, the negative emotions are resolved as well. And like I said before, one belief has emotional content, so if you resolve the negative emotion caused by limiting belief, the limiting belief also resolved.

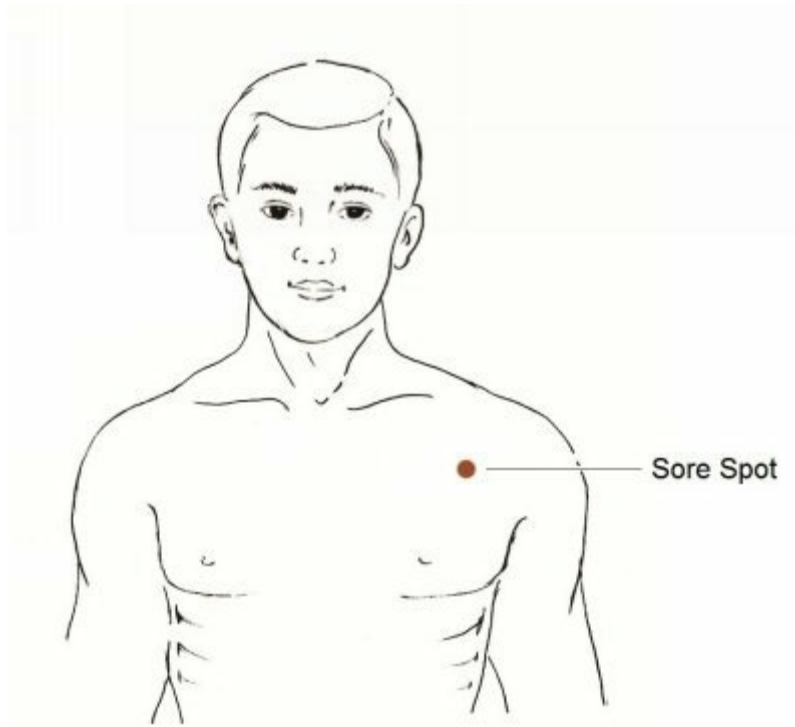
Before we begin, it's very important find out what the emotion behind your limiting belief. Imagine yourself have achieved your desire, if there is an uncomfortable feeling, check or pay attention what the emotion behind the uncomfortable feeling. Let's say you imagine yourself driving your dream car and it triggers uncomfortable feeling. What you need to do is keep visualizing, while at the same time check what cause you to become uncomfortable! There is no need to confuse here! Whatever any

answers that show up or pop up in your head, that's it!

For example, let's say it is fear. ***"Fear? What you need to fear when driving a car? That's not make sense!"*** You need to remember that when in front of emotion or any subconscious mind functions, logic and rational are useless. Everything that associated with subconscious mind are somewhat not logical, just look at phobia, there is no logic behind it. Or even bad habits, people know that they need to stop their bad habits, but why they keep continue to do it? That's no logic at all. So, the point is you don't need to care whatever your answer is logic or not, right or wrong, what the name of emotion that appear, pop up, or cross over in your mind, that's the answer!

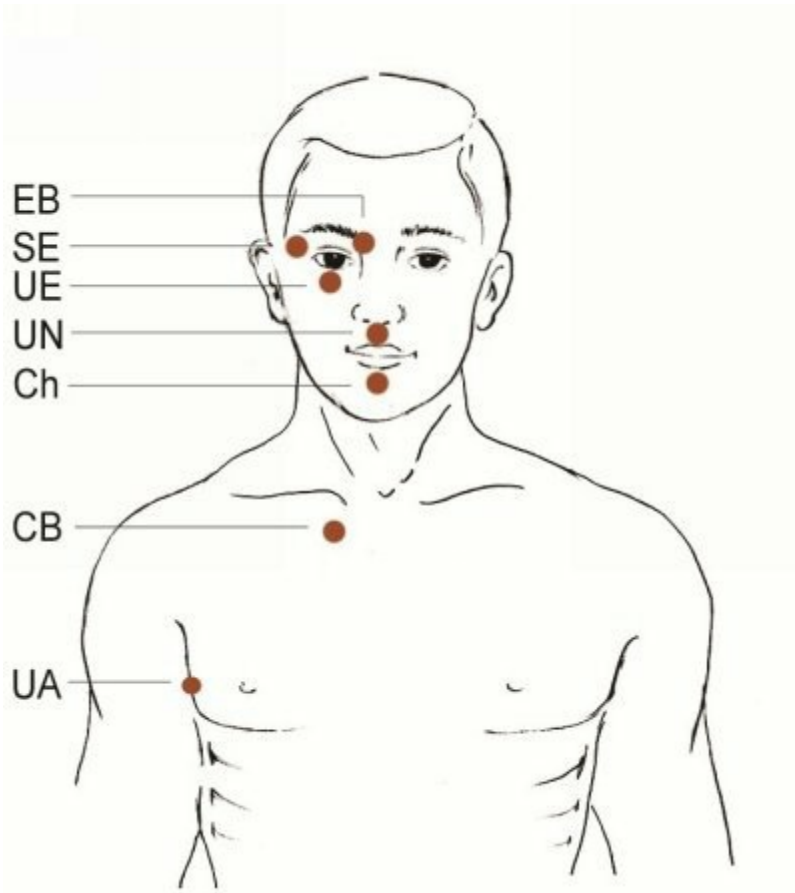
On the next section, I'm going to cover a bit more about tapping point, but before that here are some things to note:

- Some of the Tapping points have twin points on each side of the body. For example, the *Eye Brow* point on the right side of the body has a twin point on the left side of the body. It doesn't matter which side you tap. You can also switch sides when you tap these points.
- The Tapping is done by using both index and middle fingertips. This way, you can cover a larger area and thereby insure that your Tapping covers the correct point. While you can tap with either hand, most people use their dominant hand.
- You tap approximately 7 times on each point. There is no need to count the taps while tapping because anywhere between 3 and 7 taps on each point is adequate. The only exception is Sore Spot and Gamut Point.

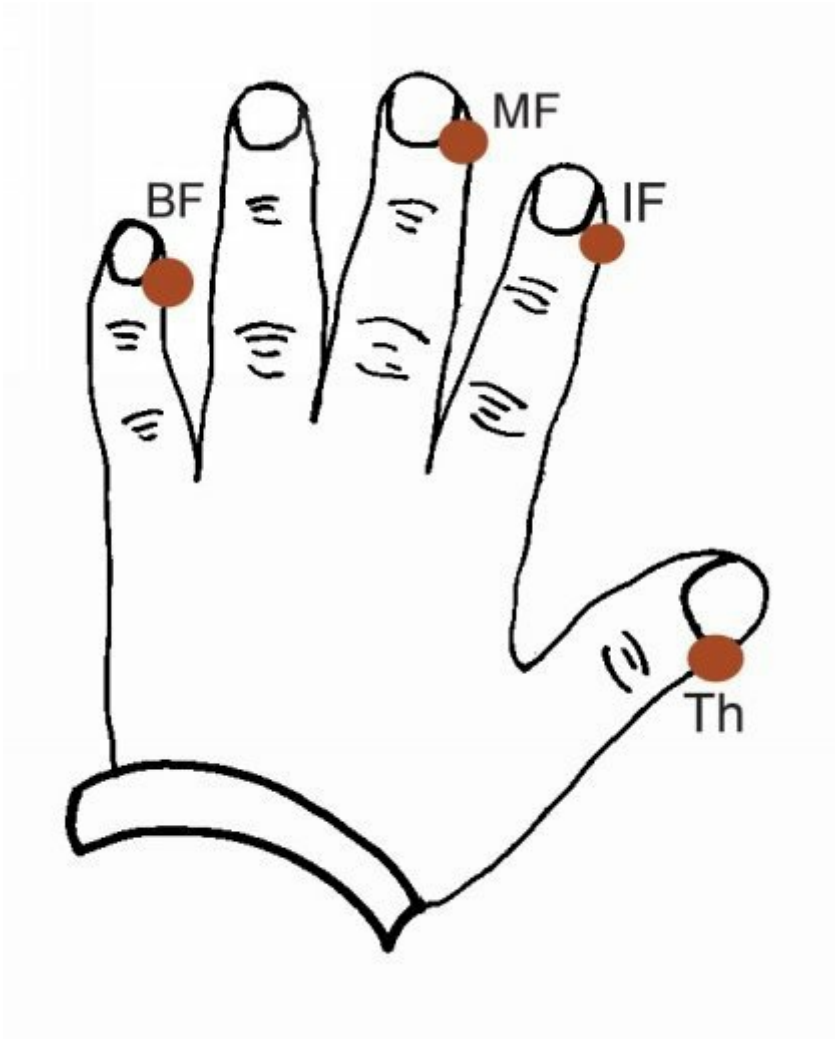


Sore Spot

The Sore Spot is about 3 inches down from the notch in the middle of the collarbones, and about 2 inches to the side. The sore spot is rubbed. This is the only point that isn't tapped.



1. **Eye Brow (EB):** At the beginning of the eyebrows, near the nose.
2. **Side of Eyes (SE):** On the bone at the side of the eye, farthest from the nose.
3. **Under Eye (UE):** On the bone under an eye about 1 inch below your pupil.
4. **Under Nose (UN):** Between the bottom of the nose and the top of the lip.
5. **Chin (CH):** Half way between the mouth and the bottom of the chin.
6. **Collar Bone (CB):** From the notch in the middle of the collar bones, go down 1 inch and sideways 1 inch to locate this point. The collar bone point is not actually on the collar bone but is the start of the collar bone.
7. **Under Arm (UA):** 4 inches below the armpit.

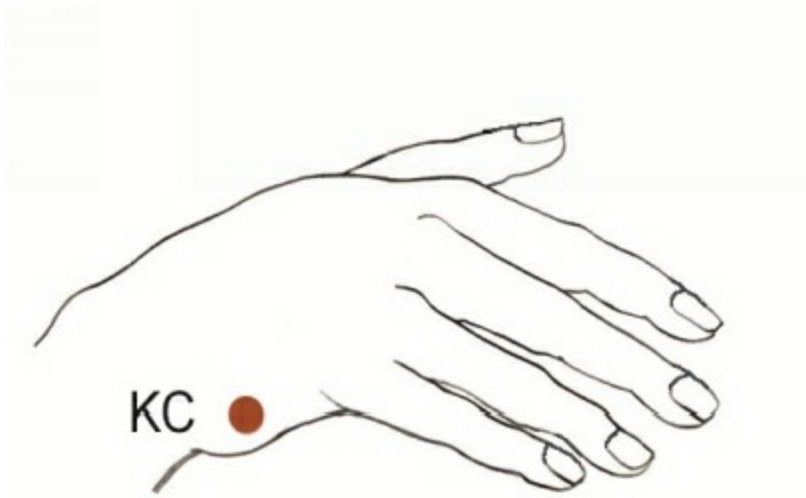


8. **Thumb (TH):** This point is located at the base of the thumb nail.

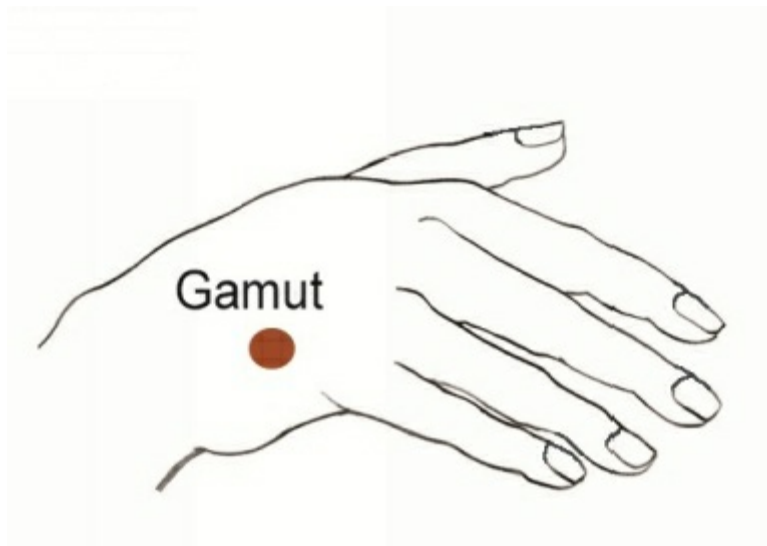
9. **Index Finger (IF):** Near the base of the nail of the index finger, on the thumb side.

10. **Middle Finger (MF):** Near the nail bed of middle finger, on the thumb side.

11. **Baby Finger (BF):** Near the nail bed of the baby finger, on the thumb side.



12. **Karate Chop (KC):** The fleshy part of the little-finger side of the hand. It is at the end of the palm crease which you see when the fist is lightly clenched.



Gamut Point

The Gamut Point is located between the bones of the ring finger and the baby finger, about an inch down from the knuckles.

EFT Procedure

Before we begin, there is most asked question regarding EFT, *"Why the tapping points I learned from various sources sometimes differ one to one?"* If you try to find the EFT Tapping Point on the internet, you will find some different information about the tapping point.

First, almost every practitioner has his/her own way of doing it. A few will start at the sore spots while the others will start at the Karate Chop point. Some will tap on Top of Head in beginning, while some will start at Eye Brow. Some will add the features like the 9 Gamut Procedure while others added more tapping points like liver point, wrist, etc.

The EFT procedure in this book is a standard procedure. This is the procedure first introduced by Gary Craig. Other sources may have been summarizing the tapping point to be more modest or simpler. *"So which one should I use then, standard procedure or simpler one?"* Well, at the beginning of applying the EFT, Gary Craig always performed standard procedure completely. Now, he prefers to apply EFT with simpler version (only tap 7 points, from the eyebrow to underarm) and most of times he left 9 Gamut Procedure. And the results are same great. That's how I think the law of finesse works. However, if you are still a beginner, I suggest you to follow the standard procedure first.

Ok, now are you ready? Let's get started, think about the issues of limiting belief. Now, try to feel what kind of negative emotion that arise when you feel that limiting belief, such as fear, helplessness, worthlessness, shame, anger, disappointment, resentment, hurt, and other negative emotions.

Then, specify the SUD scale (subjective units of discomfort). Feel the emotions associated with the problem, then ask yourself what the level of intensity of the emotion, use a scale between 0-10. The higher the number means the stronger the negative emotions you feel. You don't need to confuse when decide it. Just use your feeling as standard. The target of EFT is to make that intensity of emotion become 0.

Four Basic Ingredients:

1. The Set Up

The Setup consists of two parts, which are:

1. Saying an affirmation three times.
2. Simultaneously correcting for Psychological Reversal.

Either rubbing the Sore Spot or tapping the Karate Chop Point, say this affirmation 3 times:

"Even though I have this _____, I deeply and completely love and accept myself."

Fill in the blank with a specific emotion of the limiting belief you want to address. For the example, "Even though I have this unworthy feeling about money, I deeply and completely accept myself."

Again, it doesn't matter which side your body you rub or tap. It also doesn't matter which hand you use.

2. The Sequence

Set a "Reminder Phrase" to reminiscent the negative emotions that want to be removed. By using the above example, it would be: "This unworthy feeling".

Then, do the tapping on the points that have been determined approximately 7 times. You don't need to count while tapping, after you finish saying your reminder phrase, it would be around 3-7 times, and that would be enough.

Tap the following points with the fingertips of your index finger and middle finger, while saying the reminder phrase:

1. EB = Beginning of the Eyebrow
2. SE = Side of the Eye
3. UE = Under the Eye
4. UN = Under the Nose
5. CH = Chin
6. CB = Beginning of the Collarbone
7. UA = Under the Arm
8. TH = Thumb
9. IF = Index Finger
10. MF = Middle Finger
11. BF = Baby Finger
12. KC = Karate Chop

3. Nine Gamut Procedure

To perform 9 gamut procedure, you only need to keep tapping the gamut point continuously, without specifying keywords, and keep your head straight ahead.

Gamut point is located between the bones of the ring finger and the baby finger, about an inch down from the knuckles.

While tapping continuously on the gamut point, complete the following:

1. Close your eyes
2. Open your eyes
3. Keeping head straight, look down right
4. Keeping head straight, look down left
5. Whirl eyes in a circular motion (clockwise)
6. Whirl eyes counter clockwise
7. Hum 3 seconds of any tune (For the example, happy birthday)
8. Count out loud from 1-5
9. Hum 3 seconds of any tune again (For the example, happy birthday)

4. The Sequence (again)

Tap about 7 times on each of the following while repeating the Reminder Phrase at each point:

1. EB = Beginning of the Eyebrow
2. SE = Side of the Eye
3. UE = Under the Eye
4. UN = Under the Nose
5. CH = Chin
6. CB = Beginning of the Collarbone
7. UA = Under the Arm
8. TH = Thumb
9. IF = Index Finger
10. MF = Middle Finger
11. BF = Baby Finger
12. KC = Karate Chop

Once you finish 4 stages above, take long inhale and exhale, ask yourself how your feelings after doing the above steps. What your SUD now?

For example, your first intensity of emotion is 8 and now it goes down to 5, then repeat the 4 basic ingredient again. But this time, change the affirmation sentence becomes:

"Even though I still have some of this _____, I deeply and completely love and accept myself."

For the example, "Even though I still have some of this unworthy feeling about money, I deeply and completely accept myself."

And the Reminder Phrase is also need to be change into "the remaining _____", for the example, "the remaining unworthy feeling."

Please keep doing it until the intensity of your emotions drops down to number 2 or 1. After that, do the Finishing Touch to make the intensity directly drop to 0, the method:

1. Keep your face straight ahead, don't move.
2. Tap the Gamut point continuously (without mentioning Reminder Phrase)
3. Count one, eyes staring at the floor
4. Count two, eyes began slightly up
5. Count three, eyes looking straight ahead
6. Count four, eyes began slightly up
7. Count five, eye staring very up
8. Count six, eyes staring at the ceiling (without tilting the head)

Finishing Touch process can be done 2-3 times, to ensure the emotional scale actually goes down to 0 point.

And here comes another most asked question, ***"What if the intensity of the emotions I have can't drop to 0 or it even goes up?"*** You need to do the sequence of tapping completely and follow the order. ***"But, what if after I have completed it, but it still can't drop to 0?"*** EFT is very effective in dealing with both physical and emotional problems, but there is one weakness in using EFT. You have to be really specific with the problem you are dealing with. The more specific it is, the better the outcome. If after doing EFT, the intensity of emotion you dealt with can't go down, it means first you did it the wrong way. Or second, the emotion you dealt with is not right.

For example, you have a limiting belief "Money is evil". You think you don't deserve to have a lot of money, so you use the "unworthy" as a reference. You use EFT to make the intensity of "unworthy" emotion to be 0, but unfortunately it could not. It turns out your feeling about money is "hate". So, what you should handle is "hate" emotion, not "unworthy". So, you have to be really clear or understand the emotions of your limiting belief in order to make EFT work effectively.

Visualization Procedure

Visualization procedure is very simple. Relax and then start visualizing. Yes, just that simple. Why we need to relax? Because we want to make our brainwaves down to the level of alpha or theta! At that state, critical factor becomes inactive, so our visualization can directly enter subconscious mind.

Relax and then start visualizing! This is what has been covered in almost all visualization books. But, we need to aware because that way only makes the visualization **enter** subconscious mind. We still don't know whether subconscious mind has **accepted or rejected** our visualization. So we also need to check our feelings:

1. Relax your mind and body.
2. Visualize! You are going to learn how to make a visualization script later.
3. Check your feeling!
4. When visualizing, if you feel positive feelings or emotions, then keep doing your visualization.
5. However, if you feel negative feelings or emotions, stop doing your visualization. Clear away the negative emotions first, you could use EFT to do that. Then, back to doing relaxation, visualize, and check feeling.

And here comes a question, *"What if I don't feel anything when visualizing?"* It could happen because what you visualize is not really your desire or passion. Think for a while, from the bottom of your heart, do you really want it? Is it really your passion? If you really want it, but you don't feel anything about it, continue your visualization for a few days and wait for any changes. The changes could be a change in feeling or real world. About the changes in real world, we are going to cover it later. Now, if you feel a change in your feeling, check again whether it is positive or negative.

But what if after a few days, there are no change at all, not a feeling or in real world? Just change your visualization script.

How to Do

Visualization Session

Now, you have learned a procedure of one visualization session, so we are going to learn how to do visualization or what to do in a visualization session.

Visualize

First let's start with visualizing. Most people think that in visualizing, we need to create a mental picture as clear as possible, but that's not necessary at all. Don't get confuse with the name *visualize*, creating a clear mental image is not important. Approximately 90% of children under the age of 13 years, 50% of adult women and 25% of adult men can do create a good mental image with closed eyes. So, not all people could create a clear mental image. As you know there are visual type, auditory type, and kinesthetic type of people. So, creating a clear mental image is not important factor in visualization, if fact that's not important at all. **The most important one is feeling.** Yes, feeling is the most important one.

In visualizing, feel good or feel positive is much more important. Remember with discussion of manifesting reality by subconscious mind in chapter *How Mind Works?* As you can see the feeling and emotion are crucial! In my previous book, *5 Manifestation Factors: Discover 5 Important Factors of Law of Attraction and Start Manifest Now!*, I covered that each emotion has a certain level of energy, the higher the level of energy, the stronger your attraction or manifestation. Feel positive or feel good is much more important compare to what you think, or mental image you created.

In your visualization you don't need to create a clear or good mental image or mental picture! But what you need to pay attention or check is your feeling! If you feel good or feel positive when visualizing, then that's good. But if you feel negative or uncomfortable with your visualization, then reread previous chapter.

Oh right, your visualization needs to be in first person view or you see your visualization from your own eyes. Most people visualize from third person view, or there are other-self in their visualization. Subconscious could interpret this as **you look at other people**, not you. So, make sure your visualization is first person view.

Script

Same like affirmation, visualization also needs to repeat a script. Well, the best way to program a subconscious is through repetition after all. ***But, how do I make a visualization script?***

Making a visualization script is very easy and fun. Why? Because what you need to do is just daydream. Before that, prepare a pen and paper, then you can start to daydream as you have achieved your desire. What your desire? Let's use getting a dream car again. What you saw, heard, and felt when you close your eyes and daydream? Maybe *you were driving your dream car around the city, and then there was someone waving his hand, asked you to give him a ride. You allowed him to get in and drove him to his destination. After arrived, he got down and said thanks. Then you went home and parked your car in your garage. Before you go inside your house, you admired how beauty your car.* After you satisfy, open your eyes and write everything you just saw, heard, and felt. Write everything in detail, if possible.

And that's your script you are going to use in your visualization session. And in every of your visualization session, you use this script! This is what every athlete did in their mental rehearsal, they always imagine the same movements and performances. By using the same script in every session, your subconscious mind is able to be more focus, guided, and recognize your dream.

Anyway, there is no rule that said your script need to be long or short. As long as it can leave an impression to your subconscious mind, well, that's it! And what I mean by to leave an impression is your script must able to trigger positive feeling or emotions.

Repetition

The next thing about visualization is how many repetition and how long to practice visualization. This a bit hard to answer, because there are no standard or basic rules in this case. In one visualization session, in my opinion, you need to repeat your script for 10 times. Why 10 times, well at least what I do, if you are not satisfy with this number, you could add it.

The next thing is ***how long to I have to practice my visualization?*** From many sources, it said that you need to keep visualizing until you achieve what you visualize. But I recommend you to only visualizing for 21 days. Why 21 days? Research has shown that 21 days is the time that it takes a person to change their habits. The 21 days is obtained from a book published in 1960 by a plastic surgeon, Dr. Maxwell Maltz, he realized that an amputee patient takes, on average, 21 days to familiarize themselves with their leg amputated. And he argued that humans need 21 days to adapt to major changes in their lives. Twenty one days is a good standard.

Only 21 days? Yes, you only need to visualize, for one script, just for 21 days.

The Real Purpose of Visualization

Most people said that you need to do visualizations until you have reached your goal. But I disagree. The purpose of visualization is not for goal achiever! The purpose of visualization is to program your mind, to create an empowering belief, so you are able to reach your goal faster. As soon as the empowering belief created, there is no need to do practice visualization anymore. Yes, that's right.

I want you to note the eight rule of mind, **when dealing with the subconscious mind and its functions, the greater the conscious effort, the less the subconscious response**. This rule is very important to note. Because this rule explains that you can't force subconscious mind to do what you want. I'm sure you have read or heard about this before, *detachment* is important ingredient in achieve your desire, or you must *let go* if you want your prayer answered. It looks like contradiction, but with this rule, it nothing strange at all. This is the reason why we only need to visualize for 21 days.

Just imagine what will happen if you *keep asking* people to do what you want? Maybe after they want to do it, but because you keep asking and give them a pressure, they could become lazy or piss off, right? Same like subconscious mind, if you **keep asking** it to do something, it could become did not feel like doing it. It could feel lazy to do what you command.

A program, as soon as it entered and accepted by subconscious mind, it will be run and executed, in any circumstances. Like I said before, visualization is a suggestive idea that used to persuade subconscious to help you achieve what you want. Once your visualization entered and accepted by subconscious mind, you don't need to do anything more. *Don't need to do anything* doesn't mean that you don't need to take action! Sure you need to take action! What I mean is you don't need to continue your visualization or even affirmation anymore, you don't need to tinker with the programs in subconscious mind.

Let's take an example, one of the richest people in the world, Bill Gates. Did or does Bill Gates practice visualization or visualization every day? Well, if you ask me, then my answer is "How should I know." But, from a variety of sources I have read about the biography of Bill Gates, no sources have mentioned that Bill Gates did or practiced visualization or affirmation. Most sources said that Bill Gates had an interest in the world of computers and programming, then he offered an *idea* to IBM. Same goes to other success and rich people like Warren Buffet, Donald Trump, and the other people. Do they use visualization or affirmation? Well, you may check their

biographies by yourself.

Even though they used visualization or affirmation before, they don't need it anymore now. They don't need to practice visualization anymore. Why? Because the wealth program in their subconscious mind has run well, and no need to be changed or tinkered anymore. And this is real purpose of visualization, **programming subconscious mind to be more harmony or aware with our desires**. As soon as your subconscious mind has programmed, you don't need to do anything again.

So, you only need to visualize for 21 days, if you feel not enough, you can do it for 30 days, **not more!** Also, miss 1 or 2 days doesn't matter at all, it won't have any effects.

Then, what should I do after practice my visualization for 21 days? Wait for 2 weeks and see if there are any changes or not. The change I mean here is not whether you've achieved your goals or not. When the suggestion has entered into the subconscious mind, and if there is no rejection, then the suggestion will definitely work. However, it takes step by step.

Evaluate your action! Are there any changes in your decision making, opportunities, creativity, coincidences, or anything? For example, if you visualize losing weight, try to see are there any changes in your habits? Have you start to reduce your food portions or start exercising? Another example is if you visualize increase your income, look at the changes around you, whether your business start growing, or you get a new business project, or you begin to see opportunities to increase your income?

But, what if after 2 weeks there is no change at all? If within 2 weeks there is no change then you could change your visualization script, like the method I explained before. ***Then, what if after I have changed it, but still no results appear?*** Stop and never again do that visualization for that goal. The more you are eager to do it, the stronger your subconscious mind rejects it.

When you are no longer force your subconscious mind, the power of the subconscious mind in reject your visualization also growing weaker. Sooner or later, your visualization will be accepted and executed by subconscious mind. Rejection arises because we tend to be forcing the subconscious mind to do we want. The subconscious mind does not like to be forced!

What to Do After Visualization

Like I said before, visualization is suggestive idea to persuade subconscious mind, so you could say that visualization is method to *communicate* with subconscious mind. First you told your subconscious mind about your goal or dream, through visualization, then your subconscious mind will tell you method, tips, or ways how to get your goal, **through intuition**. So, what you need to do is to trust your intuition!

Prior the research conducted by experts of psychology, intuition was regarded as occult knowledge. Intuition was seen as a special gift given only to certain people. Furthermore, intuition was known as knowledge with the truth 100% accurate. Intuition always appears in the form of feelings that drive your conscious mind, to take a necessary stand and actions to achieve the best things in your life.

After your visualization have entered and accepted by subconscious mind, you might find a variety of ideas, lucks, coincidences, with your intuition. What you have to do next is to act toward it. Next events could be something *coincidence*, such as meet a certain person, stop at an unfamiliar place, get a call from a friend who has not been contacted for so long, suddenly get an innovative or brilliant idea, etc. What you have to do next is follow it

For example, when you're driving a car suddenly there is a strong urge within you to stop at a certain place, while it is completely different direction. You have two choices. If you just go to your destination, it will run normal, everything is running well. However, when you go to a new place, you will likely find some clues or hints to achieve your dreams. The other example is when you're daydreaming and suddenly you remember an old friend who has not been contacted, immediately find him, phonebook, twitter, facebook, instagram, or other methods.

In the law of attraction, sometimes we will be attracted into things that are related or unrelated with our dreams. Related matters such as when you want to develop your business, there are suddenly business opportunities show up. Unrelated matters, for example when you want to develop your business, suddenly there is an urge to learn music. If your business has nothing to do with music, you might think what with this intuition. But who knows, maybe when you learn music at one of the music schools, you meet people who can help you to develop your business. At first we did not understand because those two things are not related, but my advice, follow it! Follow your intuition.

But remember that intuition is not always true, or in other words, sometimes accurate

and sometimes missed. That's why we know *failure* in self-development world. And from those failures we will learn more and strengthen the intuition. The next time you follow your intuition again, you will be arrive at your destination. The power of intuition can be a useful tool, if developed and given special attention. If you use intuition as your guide, intuition will act as a signpost, it may show any danger signs along the way, which direction to go, what problems to avoid, or what preparation to do, in order to adapt and solve problems successfully.

Intuition also can appear in the form of **precognitive dream**. Dreams are messages from the subconscious that appear to our consciousness. Sometimes a dream is just a leap of memory which is a picture of the experiences we have been through. This kind of dream has a meaning, that is a sign that the memory was firmly embedded in the self and it appears to demand our attention, to tell us. There are three phases of a dream.

The first phase called wishful thinking dream. It is a dream as a result of the activities that we do daily. Most appear in children or babies. When we play or tease the baby, when the baby sleeps they can either crying or laughing. The second phase, precognitive dream. In this phase, we can get an answer to our praying or problem solving. Scientists and researchers usually get an answer in this phase. They woke up and suddenly said "Eureka" because they have found the answer they are looking for. The third phase is venting-out dream. As the name implies, venting-out dream, the dream aims to release mental stress experienced by a person. This phase of dream is used in a dream analysis therapy.

Let's talk more about precognitive dream. Have you ever dreamed and one of your dreams comes true? Have you ever dreamed of a disaster and the disaster actually occurred on the following days? This phenomenon is called precognitive dream, a dream that turned into reality. Precognitive dream is a dream that gives information to someone about what will happen in the future. Precognitive dream is a dream that appear to predict the future through a sixth sense, a way of accessing future information that is unrelated to any existing knowledge acquired through normal means.

Precognitive dream is a phenomenon that can't be explained by science perfectly. Therefore, when researched about this, most sources I found were about the supernatural or paranormal things. However, I'm not talking about the special abilities possessed by psychics here. Let me give you an example, Linda has a dream that she is pregnant. Three weeks later, she discovers that she is pregnant. This is precognitive dream but not really a psychic dream because Linda had access to plenty of subconscious insight. Her body gave her subtle signals, and she knew she had been trying to conceive. We all have intuitive dreams like this.

In more modern times today, some scientific theories were born to explain, or at least, give some idea about this phenomenon. It is among the theories that I find quite interesting.

- The test results of the brain scans showed that the manifestation of precognition comes from the part of the brain that controls emotions. In individuals who have a more restrained emotion, the accuracy precognition also higher.
- Recent studies also showed that the creative individuals showed higher accuracy over the precognitive test.
- At the conference of the Association for the Study of Dreams, Robert Waggoner, a psychologist and dream researcher, said that the precognitive dream disregard status, rank, culture, and religion. Therefore, anyone in this world, as long as they are still human can certainly experience the precognitive dream. The only difference is the intensity of the experience.

So, we can conclude that the precognitive dreamers clearly not a lunatic or a freak, but people who have controlled emotions and creative person.

And we could trigger this precognitive dream by visualizing at **The Magic 30 Minutes**. The Magic 30 Minutes is thirty minute period between waking and falling asleep. This moment is called as magic, because your mind begins to shift from a waking state, through a light trance state, to a sleeping state. Yup, you actually go into hypnotic state before going to sleep.

The process of falling asleep, you naturally go into deeper and deeper state of hypnosis as you fall asleep. The last thoughts you put into your mind during the period before sleep will act as hypnotic suggestions. Since you're already in a light state of hypnosis, your subconscious is most suggestible to either positive or negative suggestions. There are so many people who use this time to do useless activities, such as watching the crime or tragedy news.

We must learn how to use the Magic 30 minutes effectively, for example, do affirmation and visualization, pray, express your gratitude, read positive and self-development books, it also useful to read a pleasant story to the children before they go to sleep.

The Magic 30 minutes, the last half-hour before we go to sleep, when a person's mind is overloaded and in a natural state of hypnosis. If you want to utilize your visualization, you could visualize at this time, however make sure that it is the last thing you do before you go to bed. If you want to do other activities, such as reading a book or watching TV, then do it before your visualization session! You should not do other activities after visualization. After you finish your visualization session, then sleep.

Also, before going to sleep, prepare a paper or note and pen next to your bed. So when you get a response and woke up, immediately write down the answers you get. If you wait until tomorrow, you will likely to forget it.

Intuition that comes in the form of precognitive dream will help us find the steps we need to do in manifesting our desires. Maybe we dreamed that we do 'something' and after doing it, we managed to achieve our desires. Why don't you try that 'something' after you wake up? There is no harm in trying, right? Often times we woke up in the middle of night and get the answer to our problems through dreams, but most people will go back to sleep. And the next day, they had forgotten, they remember they have a dream, but they forget the content of their dreams. They know they have got an answer from subconscious mind, but can't remember.

Another way to use intuition is using deep trance. This might be a little difficult for beginners. You must in deep theta. The meditation or yoga practitioners could very easy get in this state. You really need a lot of practices to get in this state. Anyway, after you are in deep trance, visualize your dream, problem, or goal, in front of you, then walk around it! Wait until the creativity side inside yourself gives answers to you, what you must do or what kind of action you need to take. And this is the real **creative visualization**. You use your creativity, which is a function of subconscious mind, to help you overcome your problem or give the answers you want.

It more or less same with the precognitive dream, well dream happens in theta level, when conscious mind has really inactive or sleep. Creative visualization gives you solution or answer to your desire, goal, or problem you faced. So, creative visualization is not just keep imagining or visualizing your success. Creative visualization needs a deep trance, because that's the time we can access the power of subconscious mind, such as creativity and intuition. Anyway, the guided visualization that I taught, using a script, can be done in light alpha level. So it doesn't need very deep relax state to do it.

Conclusion

Let's conclude all we have learned from in this chapter.

In one session of visualization, **we need to repeat a certain script or scenario**. So, same like affirmation, visualization also needs a script. After all, repetition is the best way to program our mind. To make a visualization script, we just have to daydream and using our imagination, then write all the content of our daydream. Write what you saw, heard, and felt in your daydream. And that's the script you can use for your visualization session. You could also edit it until you satisfy with it.

After the script is done, you, we can start to visualize. Find a place where you won't able to be disturbed. Begin with relaxation, relax your body, relax your muscle, remove all tensions, and breath steadily. You could also use brainwave entrainment or relaxation music to aid your visualization session. Anyway the best time to do a visualization session is 30 minutes before go to sleep, because it could trigger a precognitive dream. Well, the time is up to you, but just remember that **you need to let go all tensions and stress before begin your visualization session**.

As we know that visualization is a suggestive idea to persuade or influence subconscious mind to help us achieve or get what we want. And to make a suggestion work, **a suggestion needs to enter and accepted by subconscious mind**. Remember that a suggestion, even though it has entered subconscious mind, it doesn't mean that subconscious mind has accepted it.

To make a suggestion, or visualization, enters the subconscious mind is very easy, all we need is relaxing our mind and body. After you feel relax, then you can repeat or play the visualization script you have created before. Repeat the script for at least 10 times. And while repeating your script, **check your feeling!** If you feel good, then continue your visualization session. But if you feel uncomfortable, it could be the sign of limiting belief trying to sabotage your visualization. You could change the content of your visualization script or deal your limiting belief by using EFT. After that, and only after that, you may continue your visualization session.

After you are done with your visualization, you have repeated your script for 10 times, **don't suddenly end your visualization session!** Keep your position and breath! Notice how good your feeling if you have achieved your desire! Also be grateful for all you have now! And then notice the surrounding and slowly back to your consciousness.

Repeat the same thing for 21 days. Research has shown that 21 days is the time that it takes a person to change their habits. Even though 21 days is relative, or it is different from one person to another person, but 21 days is a good standard. Remember eight rule of mind, **When dealing with the subconscious mind and its functions, the greater the conscious effort, the less the subconscious response.** Subconscious mind, if you keep asking it to do something, it could become did not feel like doing it. This is why I suggest you to visualize for just 21 days.

Now the question is how do you get your desires? How you could achieve or get what you want just by imagine it in your mind? Do you really need to take action? Of course, the answer is yes, you need to take action. But the action I talking about is not hard work, or anything like that. I talking about **inspired action**. And we need intuition to help us. Trust your intuition. Follow it, to where it told you. You could even use a precognitive dream or creative visualization. ***But hey, what if I don't have any dream or I could not get answers from my visualization?*** If you said something like that, I can tell that you have forced your subconscious to give you answers. Remember the eight rule of mind! Well, if you could not get any answer even though you have let it go, then stop and never again do that visualizations for a few weeks. The more you are eager to strengthen the visualization, the stronger your subconscious mind rejects it. When you are no longer force your subconscious mind, the power of the subconscious mind in reject your visualization also growing weaker. Sooner or later, your visualization will be accepted and executed by subconscious mind.

About the Author

Benny Zhang, you can call him Ben. He has been very interested in the world of mind since he knew about NLP (Neuro-Linguistic Programming) in 2007. Since then, he started to learn and practiced all the knowledge he has about the technology of mind, especially about hypnosis and hypnotherapy that really makes him addictive.

He believes that everyone have the right to achieve their dreams and in fact that they have all the power and resources they need in order to achieve it. Because of that, he has a mission to make every person realize they have potential and teach them to use it effectively.

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