

VISIONEERING CHECKLIST

Visioneering (or visualization) is creating the picture of something you want in your mind and holding it there with your will to attract everything you need to fulfill the picture. It is taking spirit, or the non-physical, and making it physical.

For centuries, visionaries have used this process to turn their big ideas and dreams into a reality. However, we all use this process—whether we are aware of it or not.

I offer the visioneering checklist below to help you consciously create your heart's desires.

RELAX

- Go into a room where you will not be disturbed and sit comfortably.
- Meditate for a few moments on the idea that there is a law that governs visualization and you can use that law to consciously create your desires.
- Inhale a deep breath, imagining a large circle of light around you. Exhale and mentally spray your body with the imaginary light.
- Take a few more deep breaths in this manner.
- Repeat an affirmation similar to this: There is only one life, one substance in the universe, and this life substance is finding pleasure in self-recognition in me. Repeat until you feel the truth of the words.

Visualize for 5 minutes (or as long as you can). When you finish, write everything down, just as you have experienced it, with a feeling of gratitude and that the best there is, is yours. Repeat the process 2 to 3 times a day.

CREATE & HOLD

- Create a picture in your mind of your heart's desire. See the image in color with as many details as possible.
- Dwell on that mental picture without putting strenuous effort on your thoughts. Use your will to hold the picture on the screen of your mind.
- If your mind starts to wander, bring it back to living in your desire, maintaining a cheerful frame of mind.

FEEL

- See yourself in the image as if it is happening right now. See and actually feel how happy, healthy and wealthy you look.
- Engage all of your senses—what do you see, feel, hear, smell and taste as you experience your desire?
- Go over your picture again and again until you feel the full reality of it. The more you can image the entire "package," the better it's going to be.

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