

Day 23: The Law Of Visualization

Quote today

"A picture is worth a thousand words."

Napoleon Bonaparte

Recap of the Law

Visualizing—feeding your mind with clear, exciting, emotional pictures—is a key component to manifesting your desires, since the subconscious mind thinks in pictures.

Today I am grateful for....

Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.)

Feel free to meditate on this law or choose a meditation of your choice.

Exercise

As you exercise visualize your ideal body.

Hydrate

Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight

Visualize your dreams and desires. Utilize all your senses as you visualize. See, hear, taste, smell and feel every aspect of your dream. Know that everything is created twice, once in your mind and then again physically.

Your Mindful Practice

Take a moment, breathe and just be in the present. Make a commitment to use your imagination to visualize something that you desire.

Day 23: The Law Of Visualization, Continued

Your Success Strategy List three things you want to manifest and visualize them as if they are already completed using all your sensory factors and assuming the feeling that you already have them.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

Visualizing is the great secret of success. Since the subconscious mind thinks in pictures, visualizing is a key component to manifesting your desires. You possess more power and greater possibilities than you realize, and visualizing is one of the greatest of these powers.

A key tool in visualization is your imagination. Your imagination is your preview of all of life's possibilities. Get your idea crystal clear in your mind and make it into a vivid image. Believe and feel that it is possible and use the power of repetition to make it come into reality. The more frequently you repeat a clear mental picture with an emotional (heart) connection of what you desire, the more rapidly it will appear as part of your reality. When the picture in your head matches the picture in your heart then the Law of Attraction is invoked.

Early morning and before going to sleep are good times to visualize since you are more in an alpha brain wave state then, and your subconscious mind receives your affirmations or images best. Making time for meditation throughout the day is another good way to feed your subconscious mind.

The Law of Visualization brings you whatever you vividly and intensely imagine, but like all the Laws, it is impersonal and allows you the freedom of choice. So you get to choose whether to apply this Law to something you desire or something you don't want.

Affirmations go hand in hand with visualization as we can add sound to the images. Repeat them in the present tense with belief, feeling and emotion. If you don't repeat them with emotion, like joy, pride, or excitement, they will not produce results. You can also choose to record your affirmations in an audio device and use them while you sleep. Your conscious mind is disconnected from your subconscious mind during sleep and thus your affirmations go directly into your subconscious mind.

In Genevieve Behrend's words, "Your object in visualizing is to bring things into regular order both mentally and physically...In other words, when your understanding grasps the power to visualize your heart's desire and hold it with your will, it attracts to you all things requisite to the fulfillment of that picture by the harmonious vibrations of the Law of Attraction. You realize that since Order is Heaven's first Law, and visualization places things in their natural element, then it must be a heavenly thing to visualize."

You are creating from the formless substance by means of your individual thought power and manifesting it on the physical plane. Feel the pure potentiality of your thought vibration as it aligns with the power that manifests everything in the universe.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
