

THE ART OF CREATIVE VISUALIZATION THE VISUALIZATION SYSTEM

A. PREPARE FOR THE ART OF CREATIVE VISUALIZATION

In neuron cells in your brain are dendrites, see them as wires looking like trees with branches, and synapses, see them as connections of the end of some of the branches. When you do not use a certain skill or not think a specific thought for some time, the wires and connections of the part of your brain, where that skill or that thought is embedded, decline. When you focus your thoughts on something specific, new wires will develop. They will get stronger and make new connections. This happens with any knowledge or skill and any characteristic about you.

Let us say you have been very good in math at school, but through years you did not exercise math, because you used a calculator. One day you have no calculator with you and you try calculating in your head. You are shocked that you do not even remember the little multiplications. What has happened is, that the wiring and connections, which were responsible for your math knowledge and skill, have declined. To get better in math you would have to practice math for a few months.

Let us assume you are a sceptic and you see in everything something negative. Because of this characteristic your life is a mess and you are not very liked by other people. So you start looking for the positive side in everything and whenever you have a negative thought you whisk it away and think of something positive. Day by day you become more optimistic. In your brain cells the wiring and the connections change. And your life changes continually to the better. Whatever you begin, works out well. You are more and more successful in all areas of your life and people like you, because of your optimism and your cheerfulness and you are admired because of your successes.

What has happened? Your brain structure has changed thanks to the change in your thinking, especially the focusing of your thoughts onto the positive side of anything.

During the first few weeks you had to put some effort into looking for the positive side and focusing your thoughts to beauty and joy. It was not always easy to stop thinking a negative thought, but you whisked it away immediately after you got aware of it.

With the weeks it got easier to control your thoughts. Your perception changed and you saw how beautiful this world and this life is. You met wonderful people who became your friends. Some old friends vanished. And now great ideas come into your mind, you take advantage of opportunities which seem to come out of the blue, your income rises, you move to a bigger apartment into a beautiful part of the town and more and more good things happen in your life.

This scenario is the result of creative visualization, which you have prepared well and practiced daily. How you prepare for visualization, how you raise your wellbeing factor and the degree of your happiness, how you exercise visualization techniques and how you implement them during your daily routine, you learn in the Creative Visualization System.

Thinking is visualizing

We think in pictures and see these pictures with our inner eye no matter if the eyes are open or closed. This is visualizing. This means that we are constantly visualizing. This explains that when you often entertain negative thoughts negative situations happen. For example, if you are afraid that something might happen, it very probably will. If you are filled with joy and you are certain that you will achieve a specific goal, you will achieve it.

What is creative visualization? Creative visualization is when you control your thoughts, consciously choose images you see with your inner eye and add the corresponding emotion. Of course you also have to get active. If you visualize what has to be done to achieve a certain goal and that it is easily done, you will get it done with less effort.

I saw a documentation about how Austrian skiers train. 1. They are regularly training with weights, they train their legs and they do balance training. 2. Preparation for the Actual Training: They go to the slope, go slowly down with their skis to get to know the downhill into detail. 3. Actual Training: While they then go down the slope fast as in the competition, they are filmed. 4. After Actual Training: Afterwards they watch the video with their trainer. They often stop the video and discuss details. 5. Visualizing: The skier lies on a comfortable bed and visualizes going down the slope as fast as possible and without any faults. They see themselves win and I would guess that they hear the cheers of the spectators. 5. Actual Training: They again go down the slope as in a competition and are again filmed. – In this documentation they explained that at least a third of the training of professional athletes is visualizing.

Understand the importance of creative visualization. Whatever you plan to do, visualize it first and visualize it a few times, before you actually do it. See yourself do it better as you believe you can. In visualization everything is possible. Visualizing absolutely prepares you for the actual performance.

With the course Creative Visualization System you will change your life. You will learn how to control your thoughts, what images you choose to see, how to increase your wellbeing in general, how to increase the degree of your happiness and how often you shall visualize. You will also learn that you can visualize not only with your eyes closed, but also with your eyes open and that you can permanently live in your consciously chosen visualized world.

I wish you get great results, success in all you plan to accomplish and soon live the life of your dreams.

The Course starts with the Lesson „Getting Used to Changes“. You will soon understand the importance of this lesson.

1. WHY YOU SHHOULD GET USED TO CHANGES

Why should you and how do you get used to changes?

We are habit-driven creatures. We are used to a certain routine; to get up at a certain time, to certain foods and a certain amount of foods, to meet with certain people, to be dressed in a certain way, to a certain haircut and hair style, to live in a certain country, to customs, to earn a certain amount of money, and so on. What we are used to we call habits. Our life is filled with habits, good and bad ones. It seldom occurs that someone would make a change without a persuasive reason or a worthwhile incentive.

We have a problem with change. If being faced with a change, no matter, if it is a good or a bad one, it does not go without a **time of discomfort**. The length and strength of the discomfort depends on how big the change and how strong the resistance against the change is. Because of the discomfort, many people avoid change or they give up too soon.

When you do something differently as usual, you feel discomfort and you will quickly go back doing it as you are used to. Whatever is outside of what we habitually do is difficult. Put a homeless person into the house of a multi-millionaire, where he lives the lifestyle of the rich and famous with all which comes with it. At the beginning he might appreciate some amenities, but after a few days he will sneak out the door and go back to the street. He is used to another kind of life and has other habits as a millionaire. He feels discomfort living a very different life as he is used.

If you want to change anything about you or your life, you have to be willing to make changes and this willingness has to be embedded in your system (part of it is your subconscious mind). When you start to make a change of you or your life, your system, which wants to avoid change, reacts with discomfort. If you are not going back to your habitual life, the discomfort increases. You will feel the discomfort until you are used to the change.

Let us assume you have a goal and put a lot of effort to achieve it, but everything seems to be against you and you just can't make it. You might be unconscious that something about it is unknown and frightening you or that you dislike something about it and you are afraid of the discomfort, which comes with every change. We are generally afraid of what we don't know and this is deep in our system, which is strong in avoiding changes. With discomfort it forces you to get quickly back to the habitual status. When you tried to make a positive change in your life, but have not been successful, this will have been the main reason. Your system wants to keep you in your comfort zone.

Older people do not want to have anything replaced with something new. They prefer to leave things broken. One might wonder that they except hardship before changing anything. This is because it is easier to get used to something worse, because one has not to get used to something new and “unknown”.

You might say that you know what you want. For example you know the car you want, because you have been test driving it. Okay, you know the car, but do you know how it feels to own this car? You might unconsciously think of the higher costs of owning it or fear that it might be stolen. It is maybe a car, which you can't park aside of the street, but have to park in a garage or take a guarded parking. You might fear envy of friends and strangers.

It is easier to get used to live with less money as with a lot more money. When you make a lot more money as you are used to, there is a lot that comes with this new status, which is new and unknown. You have to think about what you will do with the money, how to invest it, you have to spend some money on charity, there comes the fear of losing it and of being robbed. But there is more to it: The thought of making more money might make you frightened that people might come begging, that you might have to work more hours and that you might become publicly known, which means that you are watched, hunted by photographers and have to be present at certain events, if you are in the mood to go or not. You will have to change the way you are dressed and the way you appear and behave. People will be friendlier and you will not know who really is friendly and who is friendly, because you are wealthy. You might say that you do not see a problem in all this, but your system has another point of view. So much about a money goal is unknown and uncustomary. Your system wants to avoid all that. Of course, visualizing is part of the solution. But you can do more to make changes easier.

When someone wants to lose weight, he has to change his eating habits, which includes eating different kinds of foods and eating tinier portions as someone is used to. Eating tinier portions is connected with physical pain until the body is getting used to the reduced amount of foods and the reduced calorie intake. When a person changes the foods he eats and reduces the calorie intake rigorously from one day to the other, it is too hard for the body. The body reacts with strong resistance and with pain. This is the reason why people give up a new diet too quickly and are back in their old eating habits. Would someone, who wants to lose weight, change only one or a few foods at a time and stay with the foods he is used to eat and waits until he is used to eating the new foods, and then change some more foods in his diet and again wait until he is used to the new foods, he would get used to it and not get back into his old eating habits. The same should be done with the reduction of the amount of foods and the calorie intake. When he is used to eat 2500 calories and reduces to 2300 calories, then waits until he got used to 2300 calories, it would become a new habit. He then can continue to reduce the calorie intake to 2100 or 2000 calories and again wait until his body got used to reduced amount of food, the change would not be so difficult to overcome.

In Part B of the course you will learn to become the person you will be when you have achieved your big goal. You will visualize and actually be your ideal you and during this process you will get used to it, which is an important step to reach your big goal. You will do it step by step and not at once, because it is almost impossible to completely change over night. It is much easier to make a little change at a time. With a little change the discomfort is little and the time of discomfort is short.

These have been two examples of dividing a big goal into tinier parts. When you can divide a big goal into several little goals, it is easier to adapt to each step on the way to achieve the final big goal. When you want to change your eating habits, do it step by step. Make one change at a time and wait until you get used to it, before you continue making a next little change, and continue until you reach your final goal. Same goes with making more money, or living in a larger home or whatever you want.

Think about your biggest wishes you have. Is there anything that comes with the package of this wish, which you dislike, which you are afraid of or which is unknown to you? Let us assume you want to be successful in business or you want to make more money as an artist, but you worry to have to give up something you are accustomed to. You do not like the idea to have your own business with all its responsibilities. You do not like having to participate at events, where you will have to be present when you are successful. You are afraid to have to work more hours. You worry about having to decide how to invest money. You somehow dislike the idea of a higher lifestyle, which includes having employees in the house, traveling first class and living in luxury hotels, which means that you will have to give up a large part of your habitual easy going lifestyle.

When you visualize all which comes with your goals and wishes, you experience the changes in your mind. You will get to like what you might have been afraid of, what you have disliked, what you didn't know and what you are not used to.

Every change comes with a time of discomfort, which your system wants to avoid.

The Solution

1. Make little changes and wait until you are used to the new situation
2. Get used to the discomfort, which comes with change

HOW TO GET USED TO CHANGES

How can you get used to a big change?

Answer: Get used to little changes.

Make every day one or more things differently as you are used to and you will get used to little changes. It will then be easier to get used to bigger changes. Keep making little changes and from time to time make a bigger change.

Make it a habit doing something differently as usual each day. It is fun and it will be easier to make bigger changes.

Attention: I do not mean that you make a little change and stay with it. I mean that you make something differently as usual once a day or for a few days and then get back to your routine. You will experience at the beginning that this is not easy.

Whenever you do something differently as usual, you will feel discomfort.

When you are used to have a cup of coffee on your desk and one day you skip it, you will constantly grab for the cup and you will miss the coffee. When you have a glass of water instead, it is easier. You have something to grab, but you will miss the flavor of the coffee. When you go to another bar, you have to deal with a bartender, who does not know your habits. You have to tell him what you want to drink. You don't know other guests in that bar and you have to think about how to start a talk. You don't know if these people are okay or if you have to be careful. When you use another street to get to work or to the market, you don't know if there is more traffic and if there are one-way streets, which you have to bypass. When you go to another market, you have to find your way as nothing is where you are used to find it.

Already making little changes you will miss what you are used to, dislike or be frightened of what is new. But it is easier to overcome the discomfort of little changes and when you are getting use to it, it will be easier to overcome the discomfort which comes with bigger changes.

Think at least one day about what you can make differently as you are used to. Do not immediately give up when you feel some discomfort. Be strong! With the time it will get easier to make little changes.

If you keep making little changes throughout your life, you will stop being a slave of your habits. To have positive habits is good, but with the years you are only repeating what you have done yesterday and before yesterday and years ago. To avoid that, bring some variety even into your good habits.

If you want to stay flexible physically and mentally into high age, make little changes each day throughout your life.

How can you get ideas about what little changes you can make?

The moment before you start doing something, think if you can do it differently as usual. Do it differently only once or several times, then get back to your routine and do something else differently as usual.

What is meant with little changes?

Examples of little changes:

- + If you usually check your email first thing in the morning, do it for one or two days after lunch or in the evening.
- + Sleep with your head at the other side of the bed for a few nights.
- + Take another way to your work for a day or two and then choose again another.
- + Eat something differently as usual for breakfast. Eat something for lunch, which you

never ate before. Eat a food, which is unknown to you.

Try recipes, which are new to you.

- + Skip the breakfast once in a while and instead eat a little more for lunch. Or have a little bite for dinner and instead a bigger breakfast next morning.
- + Do something after work, which you are usually not doing.
You could go for a walk or go to a café to chill out. When you are used to go for a glass after work, go straight home.
- + Meet with people, whom you have not seen for a while.
- + Meet new people, as you go to new places.
- + Go to stores in which you have not been yet.
- + Drive to a supermarket, where you have not been before.
- + Change the arrangement of the furniture in one room of your home.
- + Learn a foreign language and when it is only a few words.
- + Find friends on Facebook or Google+ in different countries of the world and find out more about their culture.
- + Get up half an hour earlier and do something you enjoy during this half hour.
- + If you usually eat at a table, have a picnic on the floor.
- + If you usually eat on the couch, set the table nicely for your next dinner.
- + If you usually listen to one specific radio channel, switch to another for a few days.
- + If you are used to watch a certain TV show, watch another one for a few days.
You will miss some shows from the one you watch daily. You get to see something else instead.
- + If you usually buy a certain newspaper or magazine, buy another next time.
- + If you are working out daily, vary the exercises, vary the time when you exercise and vary
the length of your workout sessions.

+ Go to another hairdresser as usual and ask for another haircut as usual