

THE ART OF CREATIVE VISUALIZATION THE VISUALIZATION SYSTEM

A. PREPARE FOR THE ART OF CREATIVE VISUALIZATION

A2. CONTROL YOUR FEELINGS TO BECOME HAPPIER

With your feelings you control your emotional frequency of vibration. When you change your vibration, you change your perception. This means that all you see and how you see things changes. How does your world look when you are depressed and how does it look when you are in a real good mood? When you are depressed, all around you appears bleak and nothing works out. When you are in a good mood, your world is bright and things work out.

The basics: Your thoughts are transformed into pictures. Well, we actually think in pictures and they activate emotions. Emotions are responsible for your emotional frequency of vibration. Your frequency of vibration is responsible for what you perceive.

Here are the **important components**, which control your life. These factors are variables. This means that they change. All these variables are interconnected. This means that when one variable changes, all others also change. The variables emotion and the frequency of vibration have a correlation coefficient of hundred percent. This means, that as much as you raise your emotion as much your frequency of vibration rises.

Thought (picture) = emotion = frequency of vibration = how one perceives himself and what surrounds him.

A **Thought** can be neutral, positive or negative. It can make you feel better or worse, it can cheer you up and it can generate any other kind of **feeling** in you.

Your emotional Frequency of Vibration changes with how you feel. It can be low, high, anything in between, rising or sinking.

Positive thoughts generate positive feelings and the according frequency of vibration, which will change your perception, and this will appear to you as a positive change of your life.

Watch yourself: When you have a negative thought, how did you feel short before? What do you think about when you don't feel good? When you think negative thoughts, you will feel less good. The change of how you feel might be slight, but it can activate a vicious circle. As you feel less good, you think negatively. And this goes on and on. When you have a positive thought, how did you feel short before? What do you think about when you feel good? When you think positive thoughts, you will feel good. Whatever you do, will work out. This will make you feel better. And when you feel good, you think positive thoughts. A positive circle is activated.

Your feelings are influenced not only by your thoughts, but also by all you see, hear, taste, from people who surround you, and areas and places in which you stay.

Pay attention to what comes into your system, because it influences you and your life

1. What you see, hear, taste, and touch.
2. Which people surround you
3. Places in which you stay or pass
4. Clothes and shoes you wear
5. The material of your furniture and carpets
6. What you do

Think that everything has a certain radiation, which influences your emotional frequency of vibration.

If you have the radio or the TV running, you get all what you hear and see into your system. Same goes with the internet. If you do not listen consciously, it functions subliminally. Did you ever wonder why your good mood suddenly vanished? Or did you wonder why you bought that kind of food, such as a sweet, which was not on your shopping list?

Do not listen or watch what generates negative feelings. This includes news about atrocities and movies about horror and crime. There is so much offered on TV and on the internet that you can choose content, which generates positive feelings.

When you watch the news on TV, you see scenarios, which are not good for your wellbeing. Remember that it is easier to get used to a worse as to a better lifestyle. So it is not strange that most people are eager to see bad news. As long as you are not in a catastrophe, it seems to you that you feel okay and the shocking factor of bad news seem to make it interesting. How often are you seeing something positive in the news? How would you react, if the news would solely transmit positive occurrences as for example a beautiful marriage, the birth of a baby in town, that the weather during last year was good for wine, about inventions, newly published books and so on? Would you watch the news with the same interest as you watch the usual negative news? Are you saying: "Why should I be interested, if the weather last year was good for wine? When I want to buy a book, I see what books have been recently published." I hear you! But why should you know that thousand miles away was a car accident, which involved twenty cars? Don't get me wrong. You have to be informed. See the difference between watching horrifying scenarios and getting informed.

Stop watching the full news on TV. You can't help anyone, when your emotional wellbeing drops. You can help, when you are feeling good, when your emotional wellbeing and your vibration rises and when you are energetic, have great ideas and make more money. Of course you should be informed. Look in the internet for a newspaper and read the headlines and if necessary or if you wish to get more information an article.

Be careful from whom you are surrounded and with whom you meet. Choose your friends well. When you have a friend, who is often in a bad mood, who is often nagging and who is constantly talking about problems, stop seeing him. He surely has a negative vibration which radiates, and this radiation has a negative impact on you. Here an important question: Are you a positive person and do you have a positive radiation?

Choose well where you go. If you dislike a restaurant, bar or café, leave and look for one where you feel good. When you dislike something about a shopping mall or a store, leave and go to the next.

Anything has its own **frequency of vibration**, every thought, every object, every color, and every part of us. Very important for what you perceive, how you live, what you own, how much money you earn, and anything else in your life, is **your emotional frequency of vibration**. When I mention the frequency of vibration in this course, I mean the emotional frequency of vibration.

Your frequency of vibration varies during a day and during the year, but stays in between a certain bandwidth. If you raise your emotional wellbeing and stay in it for a few weeks or months, the bandwidth of your frequency of vibration will rise. As a result of your higher frequency of vibration you and your life will change positively.

Someone who lives a certain life has a certain bandwidth of frequency of vibration. If you want to live a certain way, you have to adapt your frequency of vibration to that specific lifestyle. How? Get into the feeling of the life you want to live and your wellbeing and happiness has to be in balance with the lifestyle of the life you want to live.

To change your life to the better, you have to control your thoughts, all which comes into your system and find ways to raise your frequency of vibration. You raise your frequency of vibration **raising your wellbeing and your degree of happiness**. Here the circle closes. You control your wellbeing and your happiness with your thoughts, with what you do and all which surrounds you, which radiates toward you.

You cannot get your frequency of vibration from a low value to a much higher one over night. Raise your wellbeing and happiness a bit and get used to that new feeling, then continue to raise both again a bit and again get used to that new feeling, which becomes your new status. With each step you will feel lighter, as if you had carried heavy luggage on your back, which is getting lighter.

If you get yourself to be happier and stay in a happier state of mind, whatever you plan to achieve will be achieved with less effort and quicker. If you try hard to achieve something while you are not feeling so good, it is as if you have one foot on the gas and the other on the brake.

When you raise your wellbeing factor and your degree of happiness continuously, you will be surprised how much better one can feel and how much easier everything you wish will be achieved.

In every life are low and difficult moments. Those moments will not be out of your life, but they will not put you down so much as in the past. Your emotional frequency of vibration will not go very far down and will not stay down very long.

How are you feeling now? How would you like to feel?
Have you ever felt incredibly happy? Imagine that you always feel like that and even happier.

When you are controlling your thoughts you control your feelings.

Your emotions should never drop too low. Never entertain negative emotions for too long. When you do not feel so good do something which makes you feel better and focus your thoughts on something joyful.

Make happiness unconditional!

Do not put any conditions on being happy. Do not say that you would be so much happier, if something specific would happen. Be happy now without a reason and make it a habit to be and to stay happy. Become aware of all which is wonderful. See yourself in a situation in which you are in your happy and successful future and feel pleasant anticipation.

Stop reading for a moment and think about what makes you feel good and what will make you feel good in your dream life.

Make a **list of what makes you feel good** in writing. Divide this list in

- + What can you do to feel good during your working hours?
- + What can you do to feel good while you are away from home?
- + What can you do to feel good when you are at home?

Whenever you feel that your wellbeing dropped, do something to feel better. If necessary look at your Feel-Good-List.

I mentioned that you should make happiness unconditional and that you should always be happy. But you can feel even happier. Be as happy as you will be when that special wish you have will be fulfilled.

Get into the feeling of what you want!

What is meant with getting into the “Feeling of what you want”? How does it feel to be slim? How does it feel to earn a large amount of money monthly? How does it feel to have a loving partner? How does it feel when you are very successful in your professional life? How does it feel to be a celebrity? Chances are that you don’t know. Do some research and watch people, who got what you want. If you want to lose weight, watch people who are slim. Watch how they are dressed, how they move and how other people react toward them. Look for videos of wealthy people and watch them, their lifestyle and how they appear to you. Or ask yourself how you want to feel, after you have achieved your big goal.

When you are visualizing a certain goal, visualize your life after having achieved that goal. Visualizing a changed situation and how it feels, will help you getting to know and used to it. The reason to fear anything, which has to do with a certain goal, will vanish and also the reason for your system blocking to achieve it. Furthermore the time and strength of discomfort will diminish. When the discomfort is minimal, your system has no reason to avoid the achievement of that goal.

I repeat this, because it is crucial. When you visualize achieving a certain goal, you have to go one step further, which means, you have to visualize **your life after you have achieved that goal**. This means that you do not visualize the moment in which you have achieved the goal, but how your life has changed after you have achieved it.

Whatever you want in life, you have to raise your frequency of vibration to get it, which means, you have to **think positive, raise your wellbeing factor and your degree of happiness**.

1. Think positive
2. Raise your wellbeing factor
3. Raise your degree of happiness

How can you control your feelings to feel better and happier and raise your frequency of vibration?

1. with your thoughts
2. with conditioned stimuli
3. with meditation
4. with anything which makes you feel better

Control your feelings with your thoughts

Think about your thoughts and control what you think about. Think positive and invigorating thoughts. Think of what you enjoy and what makes you happy. Look at images that trigger positive feelings in you.

If you become aware of a negative thought, whisk it away and think of something you enjoy. Think that you aren't doing yourself any good, if you continue thinking about something negative. It makes you feel bad and lets your vibration sink. Furthermore it is a fact that when you think of something bad often enough, it surely will occur. Do not think about anything, which you don't want in your life.

Choose well what you watch and listen to. Choose what generates positive feelings. Choose positive and happy people with whom you meet. Go to places, where you feel good.

If you are angry, think about what made you angry. If it is a person, who made you angry, show understanding for the point of view of that person. Ask how this person meant, what made you angry. It could be that you misunderstood something. It happens that people are very unhappy and want to make someone else unhappy and they say something which is hurting. If this is the case, turn around and leave that person. Always think that when you are angry, your frequency of vibration drops and this is not good for you and your future life. Life is too short to lose time on someone or something, who or which generates negative emotions in you.

Minimum requirements to feel good: Choose natural, unprocessed foods. Make workout part of your daily routine. Sleep enough. Get every day some time for yourself.

If you do not feel good, find a way to increase your wellbeing. This can be some time out and if it is only a few minutes to relax. It can be a good meal, going for a walk, a warm bath with a nice scent, meeting with a friend or whatever comes into your mind. My advice: Make a list of all, which makes you feel good (Feel-Good-List: see above), type it into a word file and save it. If needed go through this list and do something, which makes you feel better.