

The Power of **VISUALIZATION**



"In this Manifesto you'll discover the secrets of how you will use your subconscious mind and the power of visualization to be the architect of your own life. You'll discover how easy it is to create a blueprint of the life you want to build and then watch it take shape around you with ease and perfection".



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The Power of Visualization

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The Power of Visualization

What is Visualization?

Chapter 1: What is Visualization?



We've all heard the expression, "One picture is worth a thousand words."

This is because human beings are largely visual creatures. One-quarter of our brain's entire processing power is

devoted to the sensory stream that comes through our eyes. Is it any wonder that visual images have such a huge impact on our brain, both consciously and subconsciously?

Visualization is the process of forming a mental image of something that is not in our field of vision. We can visualize something from the past, present or future.

- **Visualizing the past:**

When we recall something we saw in the past, re-creating that mental image is called memory. However, when we deliberately alter the way it played out and imagine, instead, how we *wish* it had played out -- that is visualization. An easy way to think about it is that visualization is often synonymous with imagination. And where random, undirected visualization can often be distracting... guided or directed visualization can often be crucial to comprehension and learning. Remember in history class when we heard about an historic event and our imagination created the pictures in our head to help us understand what we were hearing? Whether it was George Washington



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crossing the Delaware or the Boston Tea Party, our minds formed images so we could watch it play out. This is a very strong tool of the mind to help us learn and understand.

- **Visualizing the present:**
Creating a mental image about something in the present that lies outside our field of vision is something that many of us do and take for granted. When we talk to someone on the phone we often imagine their face or what they are doing as we talk to them. In fact, you may not even be aware that you are doing it since it is so routine. Pay attention during your next phone call and try to catch how many mental images you paint. At the minimum you'll find that every audio cue, whether it's paper shuffling, water running or simple background noises, causes your mind to paint a new image. "Remote viewing" is an entire field of study devoted to the guided or directed version of this type of visualization, where the sole point is to guide someone to "see" specific things or events that are out of their line-of-sight.
- **Visualizing the future:**
Any thoughts about the future lead to visualization because the future is something that we have not seen in the past, nor is it in our present line-of-sight. "Daydreaming" about the future can focus on our hopes for something wonderful happening, or it can focus on our worries that what we fear will actually come to pass. Examples of how we can use a directed or guided version of this, are the archer that visualizes the arrow striking the bull's eye or the sculptor that visualizes the completed work before he touches the marble. It's no coincidence that most successes and achievements are born of a mental image that brings it to life. In fact, the power of creation itself seems to lie in visualization of the future. And when you harness life's creative power through positive visualization (directing your mental images toward a specific result that you want to achieve) the possibilities are endless.

Your conscious orders. Your subconscious delivers.

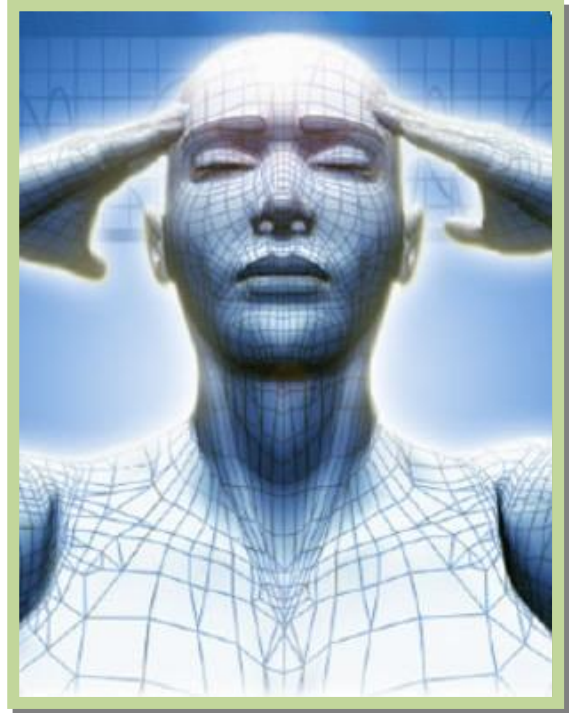
Let's look at what happens in our brain when we visualize the future.

There are two parts of our brain, the conscious and subconscious. The

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conscious part is the part that we are aware of —typically we think of it as the “me” that does the thinking. That's because the conscious brain focuses on one thing at a time (whatever we think is most important at that moment) and constructs logical sequences: “If I do this, then this will happen, and then that.” The subconscious doesn't think this way; it sees a complete picture of everything happening all at



once. Think of it this way. The subconscious mind is aware of the input from all of your senses at every moment. Every inch of your skin is sending it information right now but for the most part, your conscious mind only becomes aware of it if it is alerted that something needs its attention. That's the whole purpose of pain in fact. That's the subconscious mind's way of getting the conscious mind's attention to something that is a danger or is damaging the body. Because the subconscious mind can only do what has been done before. It needs the conscious mind to “think outside the box.” But in order for the conscious mind to do its job, it needs the subconscious mind to take care of everything else.

When most people think of intelligence, they think of the conscious brain functions. After all, it is the crown jewel of human development. Through its brilliant capacity for imagination, it can soar throughout the universe; through its astonishing faculties of logic, reason, and analysis,

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it can learn, invent, design, and grasp a staggering range of phenomena. However, it represents only a tiny fraction of the whole brain's function. The amount of information your conscious brain processes is about one-half of one-millionth of one percent of the amount your subconscious brain processes!

For all its brilliance, the conscious brain has a major weakness; follow-through. The conscious brain is great at imagining things and thinking them through, but it's next to useless when it comes to actually getting things done.



The conscious mind is like the writer-director of a film. It can write a brilliant screenplay, but – until you bring in set designers, costumers, carpenters, sound engineers, electricians, makeup people, composers and musicians, editors, and, of course, a full complement of actors to carry out the story -- all you have is words on a page. And it's your subconscious brain that carries out all the functions of every one of those hundreds and thousands of other roles.

So why is your conscious brain amazing at coming up with an idea but useless when it comes to actually carrying it out? Because it is easily distracted. The average person changes focus every six to ten seconds; the conscious brain has to struggle to remember more than three or four things at a time. On the other hand, the subconscious can remember billions of things in perfect sequence, not only for minutes at a time but for your entire lifetime. And, how often does it

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get distracted? *Never.* It is absolutely astounding there are some ten quadrillion different biochemical processes happening in your body every second—and your subconscious is keeping track of all of them.

So let me ask you, which part of your brain would you want to trust to deliver on your dreams: the part that has trouble staying focused and remembering a phone number, or the part than runs quadrillions of complex biochemical processes at the same time, twenty four hours a day, every day of your life?

This is why so many people don't achieve the goals they set. Goal-setting is something your conscious brain can do. Goal-attaining is something only your subconscious can do.

Why visualization is important

Success at attaining any goal can be measured by how effectively you are able to move an idea from your conscious (imagination) to your subconscious (belief/action). That is why visualization is so important. When you visualize something in your conscious mind, your subconscious doesn't know that it is only in your imagination. It watches the movie taking place in your thoughts and accepts that they are actually happening in that moment.

In fact, that's a good way to think about visualization. Write any script that you want and play that film in your imagination. Your subconscious watches it playing in your head and thinks it's real. Regardless of whether images come in from the outside (through your senses) or from inside (through your imagination) your subconscious

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responds as if it is happening to you in that very moment. In the same way that we suspend disbelief and get caught up in a good movie –



laughing and feeling
empowered or crying and
being afraid – the
subconscious mind is a
captive audience for the
movies we play in our head. A
mere thought causes
measurable biological

changes – a scary movie causes our hearts to race, our muscles to contract and our breathing to become more shallow. A different image can evoke the biological cues that tell our bodies to relax.

Think about that. Think about the big emotional impact that a movie can have on us. Many of us recall heart-wrenching scenes from films we saw as children that can still evoke big emotional responses when we think about them. Most film “classics” are classics because they struck an emotional chord with us – even though we are well aware, logically, that the events in the film are not real. The conscious mind knows perfectly well that Old Yeller didn’t really die and that Bambi’s mother wasn’t really killed. But to our subconscious, it really happened and we were there watching it!

A good story evokes powerful mental images. Those images can create an emotional response that is stronger than what is REALLY happening in our life. Combining a good story with powerful mental images and a strong emotional response is the essence of visualization. It has the power to reshape our perception of reality, and once that

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happens, reality conforms to that new perception. Your beliefs, your perceptions and your dreams alter the very foundation of your life.

To dream the impossible dream



When you tie your shoes, or walk, or drive a car, do you actually think about how you're doing each of those things? Probably not. Once you've learned how, your subconscious takes over and manages it without your conscious thought, just like those ten quadrillion biochemical processes. It becomes habit. And it doesn't hold only those habits like tying your shoes; your subconscious is also where your *habits of thought* reside,

including your view of yourself and your definitions of what's possible in your life, or – in a word – your *beliefs*.

Your beliefs determine the scope and parameters of what you actually achieve. They are your pictures of what you consider possible. We have the common expression “I'll believe it when I see it,” but the truth is, life really works the other way around: you'll see it happen when you believe it.

In the film *Star Wars*, when Luke Skywalker is in training with his mentor Yoda, he is given the task of moving a space ship using only “The Force” through the projection of his thoughts. Try as he might, Luke can't do it, and after he gives up, his tiny teacher closes his eyes,

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gestures vaguely with one hand, and the spaceship moves. Luke stares at it and says, “I don’t believe it!” Yoda sadly replies, “THAT is why you fail.”

The chances of achieving something that you don’t *already believe you can achieve* are virtually none. From *The Little Engine That Could* to JFK’s boldly stated goal of sending a man to the moon within the decade, our stories and our histories are chock full of examples of how changing a limiting belief made the impossible possible.

If you can believe it, you can achieve it

One of the most exciting scientific breakthroughs of the past decade has been the discovery that we are constantly making new brain cells and brain cell connections.

Before the invention of the magnetic resonance imaging (MRI) and other advanced brain imaging technologies, scientist believed that our ability to grow new neural pathways slows to a halt by the time we reach our teens. After that, so the thinking went, our brains are pretty much hard wired.

Not anymore.

Discovering the brain’s neuroplasticity revealed that our brains can adapt and create new neural pathways throughout our lives. This means that no matter how deeply set they may seem, you can change your beliefs. In fact, you can decide *exactly* which beliefs you want to hold and then systematically create them.

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You may have heard of Roger Bannister, the young medical student and amateur runner, who in 1954, was the first to break the four minute mile. Up until then, running a mile in under four minutes had been thought impossible, yet

once Sir Roger had done it, another runner beat his record by two seconds just 56 days later. In the following three years, fifteen more runners broke that “impossible” four-minute barrier.

What changed? Were there new breakthroughs in training, changes in physiology, inventions of performance-enhancing drugs? No. The only thing that changed was the belief. Once runners saw that it was possible, it became possible.

The belief precedes the feat. That’s why it’s critical to change your own limiting beliefs in order to live the life of your dreams.

Why does visualization work?

Most people who achieve their dreams know visualization is one of the key factors that is required. Jim Carey, successful actor, wrote himself a check for twenty million dollars long before he ever made it in Hollywood. He visualized himself receiving that amount for a movie. We all know his vision came true.

One of the most important elements of creation is the ability to see yourself already in possession of the materialistic or physical state

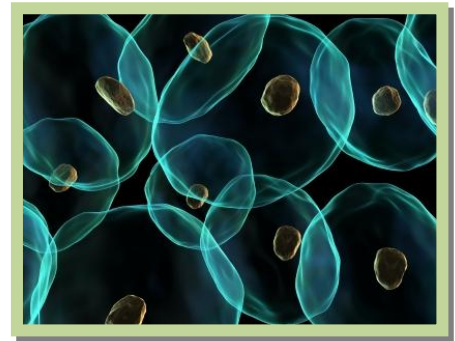
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you're creating – prior to the actual evidence of such. Visualization is the art and discipline of being able to see clearly that which you seek or desire, using your own mental images.

Why does it work? There are a couple of factors at play when you start to visualize:

1. **Visualization creates “cells” of recognition in your brain that, through repetition, become fixed in your psyche.** Once they are fixed in your mind, your subconscious automatically goes to work on the manifestation of what you wish to create. The concept of “*Seeing and feeling is believing*” comes into play here. We believe what we see and what we feel. However, this is also true for what we *imagine* we see and feel. As you create an image on the screen of your mind, your brain believes it is happening and it is real. Repetition of the vision causes the neural patterns to connect and strengthen, thereby causing the image to become more real. Your mind believes you are watching something that is actually happening. Subconsciously, since it is an event that has actually taken place, pathways are established to make it easier to repeat. Combined with affirmations, it becomes a powerful tool for creating what you want in your physical world. You set up the brain to feel and expect the “new” image as part of your current reality which it then helps you find and act out in the physical world.
2. **Focus is power.** For some people, it's difficult to focus on one thing. It's said we have forty to fifty thousand thoughts per day, most of which serve no purpose. Just as you use a magnifying glass to focus the sun's rays and create a fire, you can use visualization to focus your thoughts and attention to create your dreams. Our focus lets the subconscious know that something has importance to us



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and that changes and enhances our very perceptions. Have you ever bought something new – like a car for example – and then suddenly, everywhere you go, you notice cars that are the same color as your car, or the same model as your car? Nothing changed except that your subconscious was expanded to include your new purchase as YOURS. Now, suddenly, you find yourself noticing all these things around you because your subconscious alerts you, “Hey! Look at that! That’s like what you were focusing on!” Visualization is simply focusing your mind on an experience, a goal or a personal quality that you want to acquire. Then, as your subconscious accepts this new vision, suddenly things around you seem to leap out and become more obvious to you. All because you have told your subconscious that it’s important to you – important enough to focus on. You’ll find yourself seeing opportunities, that might have always been there, but you did not notice them. Visualization is a skill though, so don’t feel discouraged if it is not easy the first time you attempt it. The best way to become good at visualization is by practicing. After you have practiced enough, it will become a habit just like anything else.

Visualization (along with meditation and affirmations) is an excellent way to get control of your mind and focus on what you want.

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How to Visualize

Chapter 2: How to Visualize



Set aside a time and place for your daily meditation, visualization and affirmations. It is better if you can do it consistently at the same time every day preferably first thing in the morning or just before bed when you are a bit weary. Begin to visualize by closing your eyes and creating a mental image of what you want. At first this may seem strange and the images unclear. That is perfectly fine to feel this way. The more you practice,

the clearer the images become. Always try to picture the same images every day, adding more and more detail as you become comfortable in your practice. Look at the pictures in your mind as a movie, with yourself as the actor and play out the new you and your new successes as vividly as you can imagine.

Practicing visualization

Remember the old adage, "If you want to become better at something, practice, practice, practice!" Few people realize that there is a biological reason for that. Practice is just repeating something until it becomes hard wired into your subconscious. Then it feels natural and easy because it's happening on a cellular level – below your conscious awareness.

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There are three elements of “practice” that can help you to quickly excel:

1. Repetition
2. Consistency
3. Emotional impact

Repetition

Repetition is simple: You don’t create a habit by doing something once; you create a habit by doing that same thing over and over. This is how you learned to walk, talk, and do your multiplication tables. Repetition creates habit, and this is also true for your habits of thought. This is one major reason why people so often fail to achieve the goals they set. You can sit in a seminar and declare a goal, or take pen to paper on



January 1st and write out your New Year’s resolution—but doing that once means next to nothing. The only way it stands the slightest chance of becoming true is if it becomes a habit of thought—and the only way that stands the slightest chance of happening is if you repeat it over and over, dozens of times, hundreds of times.

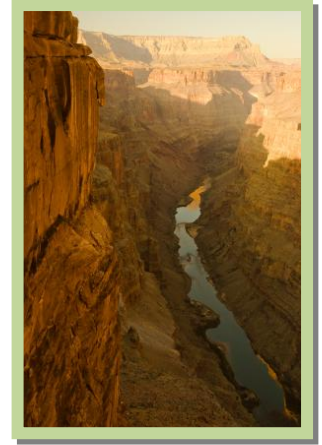
Consistency

Consistency is defined as “a steadfast adherence” to something. Normally the term is referring to “a consistency over time.” Even the

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weakest stream of water, given time, can create the Grand Canyon. The same is true for visualization. Studies have shown that it takes 30-40 days to hard wire a new pattern or behavior. So consistency requires practice and repetition over a period of time long enough to transfer the new thoughts into the subconscious as beliefs.



However, consistency in visualization also means that you carry those thoughts and images with you outside of your practice. Don't spend 15 minutes visualizing being rich each morning only to move through the rest of the day practicing your old thoughts of poverty. Consistency of thought throughout the day prevents your visualization from being negated by negative thoughts while allowing your new beliefs and thoughts time to take root in your subconscious.

Emotional impact

Repetition of any thought or behavior will create a habit. But a key element of learning comes from the fact that our brain is guided by our emotional responses.

Without the factor of emotional impact, any behavior or thought may have a fairly shallow penetration into the subconscious and not have much staying power. The reason for this is that there is a strong interaction between emotion and memory. Events that occur with a powerful emotional charge attached—say, a time of great elation such as the birth of a child, or a traumatic car accident—have far

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more impact in the brain than the unexceptional lunch you had six months ago.

Can you recall where you were and what you were doing on January 8, 2002? Probably not, unless it was your birthday. Does it help if I tell you that particular day was a Tuesday? Again, likely not. What if we go back to another Tuesday, about four months earlier—say, to September 11, 2001? Now you probably remember exactly where you were and what you were doing.

Why is this? Chances are good that unless you were directly involved in the attacks in New York city and Washington, D.C., your own circumstances on that day were really not much different from your circumstances on January 8, seventeen Tuesdays later. But you remember the details of that particular Tuesday because the events of that day had great emotional impact.

In the same way, an especially positive experience makes a deep imprint. A first kiss, a wedding proposal, a graduation, winning a prestigious athletic event, the birth of a child, your first meal in the first home you ever bought—the details of these events tend to stay with us, right down to the smells, the sounds, and the music that was playing.



The stronger the emotional impact, the more likely that thought or behavior will make a deep impression in the subconscious and the easier it will be to repeat whatever thought or behavior led up to it.

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A formula for miracles

Practice has to consist of each of these elements in order to be successful. Repetition and consistency can create a habit but without the emotional impact, nothing is flagged and the brain has trouble identifying what it is supposed to learn. Similarly, an emotional impact will flag an event but if there is no repetition and consistency, then you are limited to learning from events that randomly happen to you. Only when you use each of these elements, can you transform your life in the way that you intend.

Repetition + Consistency + Emotional Impact = NEW REALITY

This is the formula for success. The formula for miracles. And this formula programs your new reality at a cellular level! When the neural pathways are formed and strengthened at a subconscious level, you automatically seek “out there” matches for “in here.” The firing threshold of the neurons is lowered and you create a subconscious pattern that helps you automatically achieve your new vision.



The other thing that occurs is that you now have set a neurological “mental station” that can broadcast the frequency of what you want 24/7 – just like a radio station. The stronger the mental pattern, the more frequently you will think about it – both consciously and subconsciously.

There are miracles with your name on them, miracles you were designed to go out and make happen—miracles just waiting for you to heed their call and dare to take the journey to achieve them.

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Visualization techniques

There are several different techniques of visualization. Different people respond differently to each technique so, when you are starting out, it's a good idea to try each technique and see if you feel a natural resonance for one of them. The main visualization techniques include:

- Affirmation or power word visualizations
- Image visualizations
- Scripted scenario visualizations

Affirmation or power word visualizations



For this type of visualization, you will need a word or series of words that conjure strong images in your mind about who you want to be or what you want to accomplish. It can be as simple as a single

word or as complex as a full sentence – whatever gives you the strongest mental image and feelings connected to this vision of yourself.

Write this word or words on an index card or a blank page of your journal to make it easy for you to focus on during your visualization. If you are just starting out, work with a single “target” word or affirmation at a time until you become more comfortable with the feeling and the process of visualization.

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It's best for your mind to be in a relaxed state during visualization. For most people, that is either upon awakening, before going to bed or about 20-30 minutes after exercising. At first, it will help to find a quiet environment that can help this feeling of relaxation. However, after you become more adept, you will be able to find this relaxed state without needing an external reflection of your internal calm.

To begin your visualization, hold the word or words that you wrote down about 12" to 24" from your eyes. Focus your eyes on the word(s) and your attention on what the word(s) represent. If you find your eyes wandering, bring them back to the words. If you find your mind wandering to things that are not in line with your "target", bring your attention back in the same way. Focus on the word, or on the statement it is making, or on how it makes you feel – any mental images or feelings that the word brings up for you. If you find a negative association, don't try to fight it. Just bring your attention back to the positive feeling and positive association that you are engraining into your consciousness. Have patience as your mind learns this new behavior.

Begin with five minute training sessions and work your way up to 15 minutes. It's a good idea to take a few moments before you begin and after you finish to sit quietly in gratitude and let yourself feel good and positive about your life. You want these sessions to have a positive impact on your mood and feelings so that your subconscious mind will not come up with ways to try and distract you from your practice. Allowing yourself to enjoy each session will prevent this.

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At first, you can do this exercise once a day and gradually build up to 2-3 times a day over a two week period. After two weeks, try to continue the exercise with your eyes closed but still “seeing” the word with your mind’s eye. As before, if your mind’s eye wanders, bring your focus back gently but firmly. As you practice this visualization, you are burning your “target” word(s) into your mind so don't be surprised if you find it popping into your consciousness and reminding you throughout your day.

Image visualizations



For this type of visualization, you will need to create or find a picture that conjures strong images and feelings in your mind about who you want to be or what you want to accomplish. It can be as simple or as complex as you want – take a picture of your ideal house or find a picture in a magazine – whatever gives you the strongest mental image and feelings connected to this vision of yourself.

If you are just starting out, work with a single image at a time until you become more comfortable with the feeling and the process of visualization. The feeling you are creating is one of a “future memory.” You want to be able to look at the picture and re-create it in your head as if it's a memory of something that has already happened to you. Imagine you are looking at a photo of something that happened

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to you and you are remembering it happening as you look at the image.

It's best for your mind to be in a relaxed state during visualization. For most people, that is either upon awakening, before going to bed or about 20-30 minutes after exercising. At first, it will help to find a quiet environment that can help this feeling of relaxation. However, after you become more adept, you will be able to find this relaxed state without needing an external reflection of your internal calm.

To begin your visualization, hold the image about 12" to 24" from your eyes. Focus your eyes on the image and your attention on your "future memory." If you find your eyes wandering, bring them back to the image. If you find your mind wandering to things that are not in line with your "memory", bring your attention back in the same way. Focus on the image and allow yourself to explore your "memory." What noises do you hear? What do you feel? What are you thinking? Let your mind wander and flesh out the experience as fully as you can. Every nuance that you can add will enhance your visualization experience. If you find a negative association or thought, don't try to fight it. Just bring your attention back to the positive feeling and positive association that you are engraining into your consciousness. Have patience as your mind learns this new behavior.

Begin with five minute training sessions and work your way up to 15 minutes. It's a good idea to take a few moments before you begin and after you finish to sit quietly in gratitude and let yourself feel good and positive about your life. You want these sessions to have a positive impact on your mood and feelings so that your subconscious

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mind will not come up with ways to try and distract you from your practice. Allowing yourself to enjoy each session will prevent this.

At first, you can do this exercise once a day and gradually build up to 2-3 times a day over a month. After a month, try to continue the exercise with your eyes closed but still “seeing” the image with your mind’s eye. As before, if your mind’s eye wanders, bring your focus back gently but firmly. As you practice this visualization, you are burning your “future memory” into your mind so don’t be surprised if you find it popping into your consciousness and reminding you throughout your day.

To help this process, you might find it helpful to make copies of your picture and post it in places that you will run into throughout the day. You can post copies of your picture in inconspicuous places, like in a desk drawer, as well as blatant places, like the dashboard of your car. Every time you see that image, it will be a reminder for you. Whenever you see it, allow yourself to reflect fondly upon your visualization – that “memory” of the wonderful thing that happened to you. The important thing is the positive feeling about something that is not only possible but that is already part of your experience. Remember that your subconscious mind will not know that you are remembering a visualization – it will think you are remembering something that actually happened. This is a great way to speed up the process of getting your subconscious mind in sync with the image that you are creating of your life.

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Scripted scenario visualizations



For this type of visualization, you will need to imagine a goal for yourself – whether it's a goal of accomplishing a task or a specific life circumstance. Allow yourself to daydream about what your life would be like after achieving that goal. Think about everything – what you would be like, what you would feel, how others would react. Let yourself imagine it as deeply and fully as possible. If it helps, imagine that you are

writing a scene in a movie. Imagine the scene is set on a typical day after you achieve your goal. Incorporate as many details as your imagination can provide.

Get a tape or digital recorder and allow yourself to talk through this movie in your head. You are the main character and the narrator. Describe everything you see, feel, do and experience. If it makes it easier, you can jot down notes to help you talk through your mind script. Most people are more comfortable with talking than writing, but if writing comes easier to you, feel free to write the script first and then record it. You want the script to fully describe everything. Be colorful in your language. Be positive in your feeling. You want to feel uplifted – as if you've just watched a fantastic inspiring movie.



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It's best for your mind to be in a relaxed state during any visualization. For most people, that is either upon awakening, before going to bed or about 20-30 minutes after exercising. At first, it will help to find a quiet environment that can help this feeling of relaxation. However, after you become more adept, you will be able to find this relaxed state without needing an external reflection of your internal calm.

Each day, listen to the recording of your movie and read the script of your movie at least once. It can be in two separate sessions (listen to it in the morning and read the script before bed) or you can combine it and read the script while you listen to it. Allow yourself to fully embrace the movie. If you find your mind adding elements that help you feel more positive or flesh out your experience more, add notes to your script about them and start incorporating them into your visualization. At the end of the first week, re-do your script incorporating the new things that have come up that make your scripted scenario more complete.



Begin with five minute visualizing sessions and allow it to grow as your scripted scenario grows more complete. It's a good idea to take a few moments before you begin and after you finish to sit quietly in gratitude and let yourself feel good and positive about your life. You want these sessions to have a positive impact on your mood and

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feelings so that your subconscious mind will not come up with ways to try and distract you from your practice. Allowing yourself to enjoy each session will prevent this.

After two weeks, you will be able to identify the main feelings and thoughts in your scripted scenario. As you streamline your script, you can trim it down to 5-10 statements that completely re-create your mind script as you listen to it or read it. Trust your feelings. Add to or streamline the statements as you progress and don't be surprised if some things fall away and other things, that you didn't think of initially, take their place. At the end of each month, listen to your original scripted scenario to remind yourself of your initial feelings and how those might have changed or been enhanced by your visualization.

Example: A scripted scenario visualization for an ideal financial situation.

- I love knowing that my ideal financial situation allows me to have and enjoy everything I need and desire to bring me more peace, security and freedom in my life.
- I relish the feeling of abundance all around me.
- I am thrilled knowing that all my bills are paid with joy, knowing that what I am billed for is an exchange – using money to honor that exchange.
- I am so excited at the thought of a constant flow of money coming to me from both expected and unexpected sources. I am elated to receive my financial statements that show over \$500,000 flowing through my account at all times.
- I am so high when I walk into the Chanel store and I can buy anything in there for myself and other beautiful people in my life.
- I am so fulfilled when I write out checks for over \$100,000 to philanthropic organizations.



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- It brings me such great pleasure to fly my family and my extended family on trips to places like Bora, Bora, Thailand, Greece, and Peru.
- I love knowing that my abundant financial situations allows me to invest, shop, travel, and have whatever my heart desires.

Example: A scripted scenario visualization for an ideal relationship.

- I love how it feels knowing my life partner is a woman who is independent, flexible, and financially secure.
- She has so much passion and shares it with me and our friends. I am thrilled with her communication skills and how open she is with me and the people in her life.
- I enjoy watching her flourish in her career and how nurturing she is at the same time. She has a beautiful balance between her feminine and masculine aspects.
- I love how she asks me to be included in decision-making opportunities.
- It makes me feel incredible when she is affectionate and enjoys deep intimacy.
- More and more, I appreciate her patience, caring and gentleness, and that allows me to see a long term future together.
- The possibilities with her are endless and I couldn't have asked for a more perfect partner.



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Using a Vision Board

Chapter 3: Using a Vision Board

A Vision Board is one of the most powerful tools you can use in visualization. It goes by many different names: vision board, dream board, prayer board, wish board, treasure map – and many more. The reason it has so many names is because a vision board is tailored so specifically to each person that uses it, that it takes on different qualities for each person.

What is a Vision Board?



Whatever the name it goes by, a vision board is, at its simplest, a large poster or cork board with pictures of your dreams and desires; with pictures or images that are vivid and colorful, fun and—above all—*specific*.

The vision board combines all the different techniques of visualization: power words or affirmations, images and mental scripted scenarios. Yet it is also very easy to create and use. Think of it as a script for the movie of your life, or the blueprint for the life you are building.

You will be amazed as you see the things on your Vision Board show up, coming to life all around you. All you have to do is keep focusing your intention on the images on your vision board, stay positive and be

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ready to take action steps toward realizing your dreams as the opportunities present themselves.

Vision Board basics

The first choice you need to make about your vision board is whether you want to use a poster board or a cork board as a base. Each option is valid and it just depends what you will feel more comfortable with.



A cork board is a good option for a more fluid vision board. A cork board base is much easier to update. All you need is a cork board, thumb tacks and pictures and you're all set!

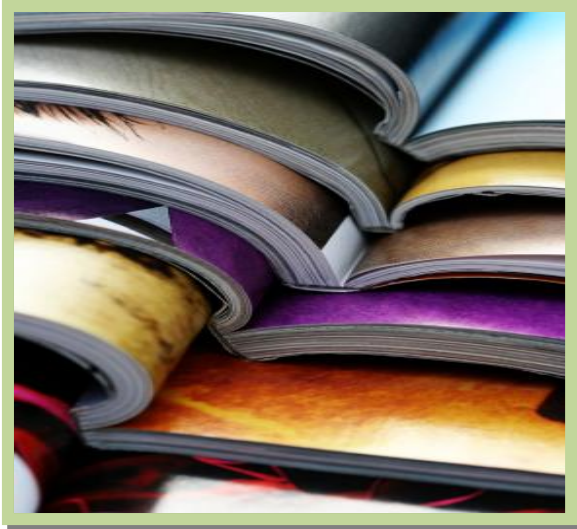


A poster board is a good option if you plan to have either a single vision board that is more “permanent” or use multiple vision boards for different visions and goals. All you need is a matte finish poster board, pictures and rubber cement or a glue stick (stay away from the white, multi-purpose glue that kids use in school – it tends to makes the pictures ripple.)

The best source for images is usually magazines. Make sure to look through lots of different types of magazines. If you limit your options, you'll run into the same types of images over and over and begin to lose interest. If it's a magazine that you would enjoy reading, then it probably has some images in it that will strike a chord with you. Any images that delight you, tear them out and set them aside. You don't have to understand why you like it, just be open to whatever speaks to you. When you are collecting images, you don't have to use all of them immediately. Save the ones you like that you don't use immediately and, as your vision grows, you may understand your vision in a new way and realize that an image you previously set aside is the PERFECT image for your new vision.

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Also, don't forget the obvious choices: an architecture or interior decorating magazine is a great place to find images of a home; a yoga or fitness magazine is a great place to find images of the perfect body; a financial magazine is a good source for images of financial success. And, of

course, if you have access to a color printer, then you can find many images online.

That brings up the subject of vision boards on your computer. You could create a virtual vision board on your computer (like for your screen saver) but since most of the time that you will use your vision board is away from the computer, many people feel more comfortable creating a hard copy (on a poster board or cork board.) If you create a hard copy, you can always just photograph it or scan it in to your computer if you want a virtual copy.

Here are some tips for creating your vision board:

- A Vision Board can be quite basic, just made with scissors, glue, tons of magazines and online photos. Get as fancy and artistic as you want. Create, create, create!
- If you dream of a new car, be specific – What make? What model? What color? How old? Better still, find your ideal car and take a test drive. Then, when you visualize your car, remember – What did it feel like to drive? What did it smell like? How did people react when they saw you driving by? Creating an actual

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memory of driving the car by test driving the exact car will give you a more realistic visualization.

- “Try on” your dream in real life to enrich your visualizations. Make an appointment with a real estate agent to visit your dream home. Take pictures and really enjoy all the views, committing the whole experience to memory. If you want to own a yacht, go take a cruise in one. If you can't find one, take the ferry and REALLY let yourself experience what that is like. Whatever your dream, let yourself experience as close to that dream as you can in real life and your visualizations will be much stronger.
- If you own a camera, take a picture of anything that adds to your dream. Snap a picture of any thing or any person that you want to include in your dream. Add that picture to your vision board.
- Make your vision board colorful, compelling and lots of fun. Always make it fun to look at your vision board so it's easy to get into the vibrational feeling of having enjoyed everything on your board. You are worthy of having the life of your dreams, so allow yourself to feel it and vibrate with all of your desires. This feeling is an important signal or frequency that you are sending out to the universe to bring you everything that you need to have it all.

Create a Vision Board in five easy steps

You can create a vision board by following these five easy steps:

Step 1: Go through your magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it. Make a big pile of images and phrases and words.



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Step 2: Go through the images and begin to lay your favorites on the board. Set aside any images that no longer feel right. This step is where your intuition comes in. As you lay the pictures on the board, you'll get a sense of how the board should be laid out. For instance, you might assign a theme to each corner of the board: Health; Business; Spirituality; or Relationships for instance. Or it might feel better to you if the images are mixed together all over the board. Or maybe you'll want to fold the board into a book that tells a story. Follow what feels right to you. This is YOUR vision board and you are the only one that will know when it's right.

Step 3: Glue everything onto the board. Add writing if you want. You can paint on it, or write words with markers.



Step 4: (optional, but powerful) Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy. Paste yourself in the center of your board – in the center of your vision.

Step 5: Hang your vision board in a place where you will see it often. You may even wish to make multiple copies of it (taking a picture of the finished vision board works great.) You can use the master copy in the area where you practice your meditation, visualization and affirmations, and then post copies at the office or in your car – wherever you want to post a little reminder to yourself.

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The three types of Vision Boards

There are three main types of vision boards you can create – each one best suited for a certain type of vision or life circumstance:

1. The “I Know Exactly What I Want” Vision Board
2. The “Opening and Allowing” Vision Board
3. The “Theme” Vision Board

The “I Know Exactly What I Want” Vision Board

Do this vision board if:

- You're very clear about your desires.
- You want to change your environment or surroundings.
- There is a specific thing you want to manifest in your life. (i.e. a new home, or starting a business.)

How to create this vision board:

With your clear desire in mind, set out looking for the exact pictures which portray your vision. If you want a house by the water, then get out the *Dwell* magazine and start there. If you want to start your own business, find images that capture that idea for you. If you want to learn guitar, then find that picture. Following the five steps above, create your vision board out of these images.

The “Opening and Allowing” Vision Board

Do this vision board if:

- You're not sure what exactly you want

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- You've been in a period of depression or grief
- You have a vision of what you want, but are uncertain about it in some way.
- You know you want change but don't know how it's possible.

How to create this vision board:

Go through each magazine. Tear out images that delight you. Don't ask why. Just keep going through the magazines. If it's a picture of a teddy bear that makes you smile, then pull it out. If it's a cottage in a misty countryside, then rip it out. Just have fun and be open to whatever calls to you. Then, as you go through Step 2 above, hold that same openness, but ask yourself what this picture might mean. What is it telling you about yourself? Does it mean you need to take more naps? Does it mean you want to get a dog, or stop hanging out with a particular person who drains you? Most likely you'll know the answer. If you don't, but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough. Some people create a vision board and have NO idea what their board is about, and then, 2 months later, they suddenly understand it. The *Opening and Allowing Vision Board* can be a powerful guide for both self-transformation and life-transformation. Some people like it better than the first model because your ego can think it knows what you want and, many times, it turns out those desires aren't in alignment with who we really are. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion.

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The “Theme” Vision Board

Do this vision board if:

- It's some significant event that marks a celebration or a new cycle in your life. For instance:
 - Birthday
 - Marriage
 - Anniversary
 - Graduation
 - Valentine
 - Thanksgiving
 - Christmas
 - Holiday
 - Giving / Charity
 - New Year
- You are working with one particular area of your life and you want to create a vision board for that particular area. For instance:
 - Love
 - Relationship
 - Prosperity
 - Gratitude
 - Health
 - Fitness
 - Travel
 - Business
 - Mindset
 - Spirituality

How to create this vision board:

The only difference between this vision board and the others is that this one has clear parameters and intent. Before you begin the vision board, take a moment to hold the intent of your goals and the theme in mind. When you choose pictures, they will be in alignment with your goals and theme.

Enhancing your vision board's effectiveness

- No matter which method you're choosing, add a little ritual before you begin creating your vision board or using it to visualize. Sit quietly and set your intent. With lots of kindness and openness, ask yourself what it is that you want. Maybe one word will be the answer. Maybe images will come into your

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head. Just take a moment to reflect on that. If you imagine your vision board as a prayer, this is the moment you are listening for an answer or guidance. If a vision board is a psychological tool for you, this is the time that you are listening for feedback from your subconscious. Basically, you are allowing your ego to step aside for a moment so that you can more clearly create your vision. Adding this moment of reflection can make your whole experience much deeper and more effective.



- Eliminate distractions. While you work on your vision board, do not have the TV on in the background or loud / jarring music playing. Otherwise, you may find that what you thought was your intuition was actually just a subconscious reaction to whatever scene was playing out on the program you were watching.
- You can create a single type of vision board or a combination of all three types. Sometimes you might start out doing one kind, and then your intuition takes over and shifts into a whole different mode. It's OK to let your intuition guide you. Just roll with it.
- Allow yourself to be fluid. Your vision board might change as you are making it. I was just talking with a friend of mine who said that she had been making a vision board for the New Year. The theme was all about what she wanted in this year. Then, as she pulled pictures and began to lay them out, the theme changed into a simpler one about her everyday life and the moments in each day. It surprised and delighted her to experience that evolution. Don't be surprised if making a vision board leads to these little epiphanies. It's part of the process.
- It's OK to adapt the vision board itself. If you want to take these principles and use them to make a Vision Journal, knock yourself out! Get a large sketch book and keep an ongoing vision journal. This is especially effective if you are going through many

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transitions in your life or if you plan to create many different, specific vision boards. Those that already enjoy daily journaling may find this easier to incorporate into their lives since they already devote time each day to journaling.



Case Study: John Assaraf – My Dream House

John learned about vision boards in 1995. The moment he heard about the practice, he acted on it: He wrote a list of goals, gathered a collection of magazines, cut out pictures that represented those goals, and pasted them onto a series of bulletin boards. John had no idea what events this simple technique could set in motion, but he soon found out.

John put all kinds of pictures on that board: watches, motorcycles, cars....he even found a picture of a home he'd love to live in—an aerial shot of a big, white, contemporary ranch house estate built onto a hilltop with orange groves, a pool, and gorgeous view. He had no idea where the place was or what it might cost. He didn't care; it just looked like an amazing place to live.

Later that year, he felt an impulse to move. He had just spent a decade in Indiana building a real estate business, and was ready for new horizons. John hired someone to manage the business, packed away all his furniture—including all his vision boards into storage, and relocated to western Canada.

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John spent the next few years involved in a series of businesses and consulting roles. By 1999 he was ready to settle down, so he went to San Diego where he had always dreamed of living. He started real estate hunting, and within months his broker had found a beautiful home. John had his furniture and other boxed stuff shipped out from Indiana, and he and his family moved in.

One morning in May of 2000, John sat with his six year old son, Keenan, opening cartons that had been sealed for five years, when he suddenly came across his old vision boards. He pulled one out of the box, and when he saw what was on it, he stopped what he was doing and stared at it. There, glued to that board he had made in 1995, was a photograph of an amazing house. It was the sprawling contemporary estate John had cut out of his copy of *Dream Homes* magazine back in Indiana. He had forgotten all about the photos.

Now, as he examined it, John realized how strikingly similar the house in the photo was to the house he and Keenan were now sitting in. No, that wasn't right, he thought to himself. It wasn't similar to this house, it was this house. Because the house was located on a hillside at the end of a long residential road, there was no way you could see the property from the angle in that photo unless you were hanging in the air in a helicopter or hot air balloon. Since John had never seen his new home from that unique angle, he hadn't recognized it. But there it was – the very same house he had clipped out of that magazine in 1995, glued to his vision board, and then stashed away and forgotten.

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When John cut the image out of the magazine, he clipped away all the text. Although he had gazed at that picture hundreds of times, he had never seen any information about where it was, what it cost, or any of its features. It was just a picture. He didn't even know it was located in California, let alone San Diego until this very moment.

John could hardly breathe in that moment. What were the odds that he would end up in that very same house? How would you even begin to calculate those odds? Even now a decade later, John can hardly find the words to express what an impact this event had on him and his life. This truly phenomenal experience launched him on a quest to learn everything there was to know about vision boards, how they work, and why. Understanding and sharing this amazing process, as deeply and as broadly as he could, became his most compelling mission in life.

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“Best Practices” for Affirmations

Chapter 4: “Best Practices” for Visualization

The importance of action

This is the part of visualization people tend to forget about.

Remember, when you focus your dreams by choosing specific images to put on your vision board, two things happen:

1. You begin to take focused action toward the fulfillment of that image
2. The world around you does the same

The second part where the world does the same, the universe is shifting itself and sending you the resources you need—is all very exciting and dramatic. It is the *Law of Attraction* in action, making for great stories and powerful manifestations with astonishing results.

DO NOT
FORGET

But what you need to remember is the important part of the first part of the equation: *you begin to take focused action.*

Taking positive action is key here. In John's story about manifesting his dream house he didn't just cut out a picture of his dream home and visualize it every day. He had to take active steps to grow his income to a level that would put him in a place to be able to buy a certain kind of home. He also moved around the country seeking out the ideal place to live, and then went on a thorough real estate search.

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Ruben Gonzales, a man with an Olympic dream shares the amount of positive action he poured into pursuing his dream – which is mind blowing:

“Visualization helps you develop the intense belief in yourself that you will need to take consistent and persistent action on your goals and aspirations. By regularly picturing what you intend to do, you become like a guided missile that can’t miss its target. You rekindle the flame of belief and literally become unstoppable.”

However, the key here is to remember you will never become unstoppable if you are not in ACTION.

The Quakers have an expression, “When you pray, move your feet.” Visualization is not like snapping your fingers and expecting the world to hop to it and bring you what you ordered. The universe is not eBay; you can’t just click on your dream and expect it to show up in your mailbox without taking any action on your part. You have to move your feet by getting out there and taking focused, positive action in the pursuit of your goals and dreams.

Trust!

The Law of Attraction is like a dance with two partners, you and the world around you. When you take positive action, you are doing your part of the dance. Trust that your partner will do its part as well.



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This is great wisdom in the world around you, and sometimes the process itself knows you better than you know yourself. There may be times when the way your dream materializes turns out to be different than the way we imagined it. Often, if you trust the process and do your part faithfully, it turns out to be better than you could have imagined.

There are two popular phrases people often use in conjunction with their goals and dreams:

- “This or something better”, or
- “For the highest good of all involved.”

Both are expressions of *trust in the process*. As you focus on the images that represent your dreams, stay open to possibilities you hadn't considered, and let the wisdom of the universe play its part in the dance as well.

Be grateful!

One of the most often overlooked ingredients in creating a life of your dreams is habituating a natural state of gratitude. It is one of the great secrets of human existence—one that every faith tradition has firmly embraced: *Gratitude is the natural state of the fulfilled human being.*

While it's true that goals and dreams are all about what you desire, there is a paradox here: one of the keys to getting what you desire is learning to be content with what you already have. Give thanks for all things.

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Prayer is a type of creative visualization in that you articulate a clear image of what it is that you want and then present the image to a force greater than yourself, with the intention that it comes true.

Prayer has always been taught as having two aspects: the request for what one wants, along with an expression of thanksgiving for all that one has.

“To educate yourself for the feeling of gratitude means to take nothing for granted, but to always seek out and value the kind that will stand behind the action. Nothing that is done for you is a matter of course. Everything originates in a will for the good, which is directed at you. Train yourself never to put off the word or action for the expression of gratitude.”

-Albert Schweitzer

There is nothing that creates a powerful attractive state like gratitude and appreciation. It is only when you are genuinely grateful for your life – as it exists today – that you become genuinely receptive to all that you desire to bring into your life. This is one reason I keep a special vision board I call my *Achieved Board*, with pictures of things that have already come to fruition. Others might call it a *Gratitude Board*.



It is essential to know and understand that gratitude helps us all to face in the right direction.

The Law of Attraction does not necessarily bring you your desires; it can also bring you that which you fear most. It just attracts what you

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are focused on. If you are constantly focused on what you don't want, you will tend to attract more of those unwanted things into your life. If you have a vision board decked out with pictures of wealth and abundance, a big house, beautiful property, a nice car, but you spend a good amount of time every day stewing about and complaining over negative thoughts about your current state of affairs, your constantly unappreciative state of mind will drown out the images on the vision board. Essentially you attract to your life whatever you give your attention, energy and focus to – whether it is wanted or unwanted. The universe does not differentiate. Wherever your thoughts, energy and emotions are is what you are going to create or get more of in your life.

When you cultivate a sense of gratitude and appreciation, you create fertile soil for only the richest and most wonderful seeds to take root and sprout.

A hand-drawn illustration of a pen writing the words "Thank you" in a cursive script. The pen is positioned at the top right, and the ink trail shows the movement of the pen as it writes the words.

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Exercises to increase your power of visualization

The key to creating vivid images takes a strong ability to visualize. Everyone can visualize, but some need to strengthen their visualization abilities in order to gain the effects they are working for. The following technique has proved highly effective in intensifying one's visualizations.

Exercising Your Inner Eye

Taken from **Experiences in Visual Thinking** by Robert McKim



Close your eyes and summon the image of something and then begin to slowly add in details. This is called sensing with your mind's eye. Notice the difference, also in the way you see things--inner as well as outer-- after you've done these exercises. Start with the easier images and work your way up to the more complex. Take your time and visualize using all your senses, see, touch, hear, taste and smell with your imagination.

- rain on the roof
- a galloping horse
- a rosebud
- your bedroom
- a changing stoplight
- a newspaper headline
- the voice of a friend
- children laughing at play
- soft fur
- an itch
- a gentle breeze on your face
- the sensation of running
- kicking a can

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- drawing a circle on paper
- a lemon
- toothpaste
- a potato chip
- a stone dropped into a quiet pond with concentric ripples forming and expanding outward
- these words flying away, high into the blue sky, finally disappearing.
- your shoe coming apart in slow motion and each piece drifting away into space
- an orange being cut into five equal pieces and the pieces being arranged into equal patterns
- bacon frying
- a gardenia
- perspiration
- hunger
- a cough

Another great exercise is to choose an object and stare at it for about thirty seconds. Then close your eyes and see it on the screen of your mind. Make it real in your thoughts. It's not a picture. Explore it fully by moving it around, rotating it, moving behind it and looking at it from the other side, make it bigger or smaller. What does it feel like?

After you have mastered simple images, begin to visualize the more complex ones that you wish to create – no different from a sculptor who must first see the "end result" before beginning to sculpt. So too must you see your end result before it will appear.



There are forces at work that are very powerful and can accommodate the grandest of ideas and dreams. Just look around you. Everything you see started with someone saying, "Hey, I wonder if I can do that or have that."

You can, you have THE POWER TO ACHIEVE anything you desire!

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10 Personal Qualities that Attract Miracles

There are personal qualities that not only allow you to be more receptive to miracles in your life, but that actually attract them:

1. Emptiness – Let go of anything that doesn't serve you to allow room for new things to come into your life.
2. Alignment - Shift to a mind-set of compassion and the highest good of all.
3. Asking – Have clarity on what you want. If you don't clearly put your request into words, the universe won't even know to respond.
4. Maximizing - Make full use of your existing tools and be resourceful. Whatever you focus on, expands.
5. Giving - What flows away from you flows back ten-fold. Become a joyful giver.
6. Grounding - Experience the present moment as much as possible. A solid grounding in the present establishes a firm base from which to act, believe and receive.
7. Visualizing - Using all of your senses, see and feel yourself having the experiences that form the basis of your wish. Our imaginations are such a beautiful gift.
8. Gratitude - Bless all your resources. Express your feelings of gratitude in words frequently.
9. Act as if – No more procrastination. Take the leap of faith and act as though your new reality has already manifested.
10. Allowing - The art of adequate receiving is often overlooked.

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Self Discovery



Knowing yourself will support you in dreaming big and in aligning with your purpose. Many people have never taken the time to take a closer look at themselves... getting to know who they are and what they really feel.

There came a time when the risk to remain tight in the bud was more painful than the risk it took to blossom.
~Anaïs Nin

Here are some helpful questions to consider – the answers to which come up for most people while they are working with any transformational tool:

1. What makes you happy?
2. What inspires you?
3. What is the best thing that ever happened to you?
4. What do you enjoy the most?
5. What five things have you accomplished and are really proud of?
6. Whom do you admire the most and why (living or not)?
7. What are some of your biggest lessons you have learned up to this point in your life?
8. What are you grateful for?
9. What five words would you use to describe yourself to another person?
10. What would you like to be doing 1 year from now and 5 years from now?

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11. What is your purpose in life?
12. What does success mean to you?
13. What brings you the most joy in life?
14. What do you do well?
15. What are you most passionate about?

These questions don't have “right” answers. And you don't have to show your answers to anyone so you can be as honest as you can be with yourself. If a question takes a while to answer, that's OK... dig deeper. It is important you know who you are and what you value. You may realize you don't know yourself at all. Well, if this is the case, congratulations for embarking on a journey to self discovery. If you are unhappy with your life, don't worry, you are about to change it.



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