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Creative Visualization

How You Can Use the Power of Visualization and Affirmations to Create "Lucky Coincidences"

Welcome to Lesson 4

Is "Luck" Within Your Control?

We now come to the premier techniques for harnessing your mind's power to shape your life and move you towards your dreams and aspirations.

We will teach you two techniques in this lesson.

↳ **Affirmations**

↳ **Creative Visualization.**

In our last lesson you learned how to use the alpha level of mind to gain creative ideas and inspiration.

You are now ready for the next step. **You will learn how to tap into your mind to shape your reality.**

Perhaps you're looking to be more positive, to stick to your diet, to improve your golf swing or to end a bad habit. We'll show you how you can use affirmations and creative visualization to reprogram your mind and reshape your attitudes and behavior.

It all starts with your imagination. Imagination is the ability to create an idea, a vision or an image of something new.

In creative visualization, we use the power of imagination to create a mental image of what we want to accomplish or obtain.

Your goal could be on any level

↳ physical

↳ emotional

↳ mental

👉 spiritual

You might imagine yourself driving that BMW you always wanted, owning a home in the country, married to your ideal mate, succeeding at your job or having \$100,000.00 in your bank account.

No matter what your goal, the technique is basically the same. You imagine the desired outcome in your mind. At the same time, you repeat a positive affirmation about the goal. The affirmation is in the present tense.



Imagination is the beginning of creation.

You imagine what you desire,

you will what you imagine

and at last you create what you will.



~ George Bernard Shaw (1856 - 1950)

The Scientific Evidence

There is strong scientific evidence that visualization can be used to dramatically improve your results in sports, public speaking, performing arts and anything else which involves practice.

In one study, Australian psychologist Allen Richardson conducted an experiment with basketball players making hoop shots. He divided the players in three groups.

- 👉 Group A - was asked to practice their shots on a basketball court for 20 minutes a day.
- 👉 Group B - was asked not to practice at all.
- 👉 Group C - was asked to mentally rehearse shooting a basketball through a hoop for 20 minutes each day.

At the end of the study Group A improved their hoop shot ability by 25%. Group B, as expected, showed no improvement at all.

What was truly surprising, was that Group C improved by 24%, almost as much as Group A, even though they had not physically set foot in a basketball court.

There is also overwhelming scientific evidence that visualization can be used to **heal the body**. Doctors such as O. Carl Simonton have been helping patients recover from serious illnesses such as cancer by combining visualization with modern medicine. The patients often made dramatic improvements simply by visualizing their bodies behaving in ideal, healthy ways.

[We'll look at more of this fascinating evidence in our next lesson which will be on mind-body healing.](#)

What we're going to suggest in this lesson is **something even more incredible**.

Your mind's influence is not just limited to improving your emotions, skills and physical body.

Your mind can influence the world **outside your apparent physical control**.

In other words, your mind can spawn amazing **coincidences** to move you towards your goals. The coincidences could be things that were seemingly unconnected to you and beyond your control.

The techniques we will teach you do not just make you more focused on your goals. They directly influence your reality.



Laboratory evidence pouring out of universities such as Princeton and Stanford has shown that volunteers are able to influence matter by their thoughts. So far the evidence has been limited to effects on random number generators, dice and electronic equipment. We will look at some of this evidence in Lesson Seven.

What is still lacking is scientific evidence that visualization can create "coincidences" in the physical world, outside your immediate control. This of course, is hard to test in a lab.

But thousands of scientists and millions of other people in the world do believe in this because they have experienced it in their own lives.

In short, just because an effect cannot be tested in a lab, does not mean it does not exist.

Some of the greatest thinkers in the world - Einstein, Edison, Jung, Carnegie and Goethe (the man with the highest recorded IQ, 210) - all believed in the power of the mind to create coincidences.

 **I believe that the mind has the power to affect groups of atoms and even tamper with the odds of atomic behavior, and that even the course of the world is not predetermined by physical law, but may be altered by the uncaused volition of human beings.** 

~ Sir Arthur Stanley Eddington,
English mathematician and Astrophysicist

Let's take a look at some of these personal experiences. Millions of people worldwide have reported such coincidences.

On our web site we maintain a library of letters from people who have used Silva UltraMind techniques to accelerate healing, gain inspiration, start a business, find a dream job, achieve goals, walk again after a car accident, earn a six-figure income, and find peace of mind.

Letters are sorted in categories:

- ↳ Health
- ↳ Personal Development
- ↳ Career
- ↳ Spiritual Development

You can access this library anytime by [clicking here](#).

Below, we have included segments from letters that we have received from students of the Silva UltraMind System. These letters will give you some ideas of what can be accomplished when the mind is properly harnessed.

Letters from Students

The following are extracts from letters we have received from students in the past 12 months. These letters and more, are catalogued on our website:

<http://www.silvaultramindsystem.com/testimonials/>

"Investment Success"

"[The] technique already solved one problem with my investments. Two days after doing it, the broker called to inform me [that] my value was up 40% and he wanted to get together with me over dinner to discuss better and safer ways of protecting and increasing my assets. This is exactly what I programmed for."

~ Jim from Illinois

"Mental Rehearsal for Sports & Public Speaking"

"I have received many great complements on my oral presentations which can be attributed to my ability to visualize the presentation before it happens. I have also used this technique in golf and kung-fu. Ever since then, it has helped me to become better at my game and master my techniques."

~ C.S. from Warwick Rhode Island

"Weight-Control"

"I did [the technique] in which I saw myself making better choices about what I eat, and ended with the result of being my ideal size. Recently, I noticed that without struggle, I have made dramatic changes in the way I eat - much less fat and sugar and smaller helpings, yet I seem to be more satisfied and enjoying the taste of the

food I eat more than ever."

~ G.H. of New York

"Improving Your Career"

"I'm a sales-manager by profession, and I have to say the visualization is such a tremendous part of being successful in my field. Virtually every time I use it, I come close or hit the target on what I wanted to achieve."

~ Jeff from Fort Wayne, Indiana

"Looking Better & Attracting People"

"I began to see improvement physically. My joint pain disappeared and my energy level was up. I also began to attract people - especially men, in a way that I had not before experienced. I also had people say to me I looked 10 years younger and wanted to know what I did. I lost weight."

~ Mary from California

Let's take a look at how you can start applying these techniques.

Basic Technique 1 - Affirmations

Affirmations are **positive statements you repeat to yourself while in a meditative or alpha level of mind**. Affirmations are always done in the present tense, as if the action has already taken place.

The concept was made famous by a French physician called Emile Coue. Coue was responsible for thousands of remarkable documented healings at the beginning of the 20th century. His remedy was to combine western medicine with the power of affirmations. Patients were made to repeat positive healing affirmations to themselves while in a relaxed frame of mind.

Coue's most famous affirmation was "everyday, in every way, I am getting better and better."

When done at the alpha level, affirmations tend to be countless times more powerful than when done at the beta, or waking state.

Why ?

Because **when you reach the alpha level of mind, your subconscious is brought to a conscious level** - this means it's easier for you to convey commands directly to your subconscious.

Several affirmations that we use in the Silva UltraMind seminar include:

I will always maintain a perfectly healthy body and mind.

Positive thoughts, positive emotions, bring me all the benefits and advantages I desire.

I am learning to use more of my mind and to use it in a better way.

You can also create your own affirmations:

Looking for job satisfaction? Try saying. . .

I have a perfect career that I truly love and enjoy. I have great opportunities for advancement and I am earning a wonderful salary of _____ a year.

Looking to slim down? Try saying. . .

I only enjoy eating the right types of healthy, nutritious foods that are good for my body.

I love the feeling of increased energy I get after exercising.

or

Every day, I am burning calories and getting closer to my ideal weight

Looking to attract abundance? Try. . .

I'm so happy and grateful now that money comes to me, in ever increasing quantities, through multiple sources, on a continuous basis.

Other affirmations you can use include:

My relationship with _____ is growing.

I enjoy my work and am richly rewarded.

I have enough time, energy, wisdom and funds to accomplish all my goals.

Before you start creating your affirmation, note these important rules:

1. Affirmations must be in the present tense.

Your subconscious mind does not think in terms of past, present or future. If you say, I *want* to be an excellent golfer then your subconscious understands this as a statement of wanting. What you then get is the *wanting* or *desire* to be an excellent golfer but *not* the actual ability itself.

What you should say is "I am an excellent golfer". Your subconscious understands this as a statement of your present reality. It therefore works to make this reality true.

Remember - replace **I want...with I am...**

2. You must believe that the goal is within your reach.

If you repeat an affirmation, but at the same time you're secretly thinking you cannot accomplish it, you hijack the process.

When you first start practicing this you should start with small believable goals. As you achieve these goals your confidence in yourself and in the power affirmations grows. This allows you to tackle greater and greater issues.

The best way to implant an affirmation is to release your mind from all desire and intention.

Merely state the suggestion to yourself without passion as a thing that is already so. Something that is true is obvious and undeniable -- it does not need to be shouted or defended. It simply is. Use repetition to reinforce the effects of the affirmation.

3. Affirmations must always be done as a positive statement.

If you're trying to drop weight don't say, "*I am not overweight*". Instead say, "*I am slim and healthy*". When you see a phrase such as "*I am no longer ill*", the dominant image in your mind is that of illness. When you turn that around to a phrase such as "*I am healthy and well*", the dominant image in your mind is then one of health and wellness.

Remember - always **turn the affirmation into a positive statement.**

Positive affirmations are extremely useful in causing fundamental change, not only in behavior and beliefs, but in the external conditions of life.

When a suggestion is correctly injected into the subconscious mind, the effect is nothing short of miraculous. It does not show itself overnight, however, but is gradual and cumulative.

Basic Technique 2 - Creative Visualization

While affirmations are good - Silva pioneered a technique that is far more powerful that

using simple affirmations. This technique is called creative visualization.

This involves visualizing the end result of your goal or desire while you are in the alpha level of mind.

The concept of creative visualization has been known for ages. It gained renewed popularity in the 1970s when a Silva graduate by the name of Shakti Gawain wrote a best-selling book about it.

Just like affirmations your visualization should be done in the "present tense". Lets say you're looking to own a brand new car. You want to visualize yourself in the car and feel the moment as if it is happening this instant and not at some time in the future.

In other words, **feel the sense** of joy in owning the car, **rather than the sense of wanting or the sense of desire** for the car.

To visualize effectively Jose Silva suggests creating a mental screen in front of your eyes. This should be like the screen you see in a cinema. It should be forward, in front of your eyes, and raised at an angle of around 20 degrees. The screen should be at least 6 feet in front of you. Make the screen as large as you can, almost like a movie screen in a cinema.

Try it now.

Close your eyes and visualize the mental screen, raised slightly 20 degrees above the horizon, and at least 6 feet in front of you.

When you perform creative visualization you will project images onto this screen.

If you are looking to improve your sports skills, visualize yourself playing the game perfectly. See yourself making perfect moves, shooting every basket, making the perfect swing. Feel the joy you feel when you play the game well.

If you are looking to shed some pounds, see yourself healthy and fit. Feel the joy of having a beautiful body. See people complimenting you.

If you're in sales, you can see yourself making the perfect pitches. See your monthly commission statements showing ever increasing figures

Enhancing Your Creative Visualization

If you have difficulty visualizing use a technique called **streaming**. In **streaming** you mentally describe what it is that you're seeing. Make the description as detailed as possible. For example if you're trying to visualize yourself driving a brand new car, mentally tell yourself, "I'm seein the dashboard, it has beautifully carved silver dials, the leather has tiny checkered patterns on it..."

As you describe the image in detail you will find that the image also takes on more detail. This, in turn, gives you more things to mentally describe. One feeds into the other and your imagined image becomes more and more vivid.

Don't get stuck on the term "visualization". Different people have different dominant senses. **The most common dominant sense is the sense of sight.** This is why for most people the process of visualization works well. Some people, however, may have a dominant sense of touch or hearing or smell. These people may have difficulty "visualizing" but may be able to accurately imagine sounds, smells or feelings.

For these people it's important to incorporate these senses into their "mental experience". Someone who was born blind for example, can still engage in creative visualization, but rather than see images, they would create the mental experience by using their mental sense of smell, hearing, taste and touch.

How to Increase the Impact of Creative Visualization:

1. Make the image as realistic as possible.

Incorporate movement, make the scene three-dimensional. See colors and shapes. Use the streaming technique if you have difficulty visualizing.

2. Feel emotions associated with the image

Joy, happiness, a sense of fulfillment. How would you be feeling if you had what you wanted? Imagine and explore this feeling.

A thought without emotions has no energy and no force behind it. It is like running a car on empty. Feel the emotions of having what you want.

3. Bring in your other senses.

Feel the wind blowing on your face; imagine the scents involved with the images. Feel texture and temperature. The more senses you involve, the more real the image is to your subconscious mind.

Here's one example. Picture an orange. Imagine the color of it. Is it bright orange and ripe? Then picture yourself peeling the orange. Imagine the smell as you start to peel it. Feel the juice flowing over your fingers. Then squeeze the orange and feel the flesh of the fruit. Bring it to your nose and imagine the odor of an orange. Imagine tasting it and bring back a memory of how an orange tastes in your mouth. As you can see, the trick is to make the image as real as possible by using all of your senses and emotions.

Remember, **the more realistic the visualization process, the better and faster the results.**

How You Can Practice

You can combine your affirmations with your creative visualization to create a more powerful effect. As you're imagining your goal, simply repeat your affirmation mentally, as many times as you feel necessary.

Don't be discouraged if you do not get immediate results. We are all at different levels of spiritual development and some of us have years of negative programming and negative belief systems to overcome. But overcome them you shall. Creative visualization can be such a powerful process when done at the Alpha level that just five minutes a day of practice can undo years of negative programming.

Furthermore, once you get your first success your belief system gets strengthened and this will allow you to manifest your next goal a little quicker. Masters who practice regularly find that they do not even have to go to a meditative level of mind and spend time repeatedly visualizing their goals. A mere conscious thought of their desire can set the gears in motion and create coincidences to direct them towards their goal.

Before we end this lesson we will share some other letters received from students who have taken the Silva UltraMind seminar or used the home study program.

Keep in mind that these students attended the seminar or used the home study course, both of which contain advanced techniques beyond the scope of this program.

One can still get excellent results from just the basic techniques outlined in this program but you will have to practice much harder and start with smaller goals while you build up your belief system.

More Personal Experiences

"Powerful Healing"

"I was soon able to walk again, and within 6 months, was able to return to practicing medicine. I have advanced even further and made a move and am happier than I have been in years. Also, no headaches or any other pain. My medical knowledge returned totally intact."

~ A Medical Doctor in Mississippi who was in a coma after a car accident

"Creative Visualization in Business Negotiation"

"I was put in charge of buying a large amount advertising space for my company. The company selling the space offered us the spot for \$500,000.00. This was way above our budget. My CEO who is an excellent negotiator had been trying to get them down to \$100,000 for months but had no success. Finally he dumped the project on me. I had no experience with this sort of negotiation but I used the Silva technique while in my meditative level to communicate with the advertisement seller and to request a better deal. The seller had been ignoring me for 2 weeks but that very next day I got a call saying they had agreed to come down to \$100,000. I was surprised - we had been trying for months to no avail. By then my confidence was at a peak so I refused the offer and went to my meditative level again and asked for an even better deal. I mentally visualized myself in the negotiation and getting the deal I wanted. Again the

results came hard and fast. The very next day I managed to get them down to \$60,000. We signed the contract! My CEO was impressed that I managed to do this. Well I got a huge bonus. This was 2 months after taking the UltraMind seminar. Lets just say the seminar paid for itself 20 times over in a mere 2 months."

~ John, Business Development Manager at a Silicon Valley Company

"Overcoming Hurdles"

"I am most excited about the results I got from using the technique on a screenplay I had been contracted to write. The project had been stalled for a year because the producer was not able to get the necessary permissions to go ahead. Within a few weeks, I was able to get the necessary permissions to go ahead with the project. I will certainly continue to use these techniques as the project moves through the many phases involved."

~ Jackie from New York

"Solving Conflicts"

"I work [for a] Financial Management company that provides financial solutions for major international banking institutions. We had [a] client in Europe [and] the project involving my team was well under way. The project was not going easy and we had some tensions, but when the client's management team changed we had to deal with an absolutely arrogant and unreasonable person. Yesterday our final round of negotiations failed and this person stormed out of the meeting room cursing. I went into my Alpha level in the evening and pictured this person forgiving and shaking hands with our rep (Our rep had requested resignation yesterday). I pictured them both calm and collaborating and both companies benefiting from the project completion. Guess what? Today our rep is in a good mood and back to work. That arrogant manager did apologize and the project keeps running. I am amazed."

~ Arthur D from New York

"Casino Winnings"

"Walked in a casino, went to the roulette table, and used the technique. After 47 minutes of playing, I walked away with \$1600.00 in gains. I needed 1300.00 for some car repairs. I went to the casino with just 100 dollars, went home with \$1600. Used the \$1300 for car repairs and gave the other \$300 to the Salvation Army."

~ Jim from Illinois

"Securing a Six-figure Job"

"I have secured a job paying close to six figures, and have a shot at another which would pay significantly more. Add to that, the little family business that we began 8 months ago has all the promise of skyrocketing."

~ John from Colorado

"Fast Healing"

"Wow. I can't believe that I had a skin graft two weeks ago. My foot was still swollen. I went to level to get rid of the swelling. This morning I woke up and my ankle was normal size. It will probably swell again, but I'm going back to level and get rid of it again. This stuff works. I love it."

~ Lorie

You can see the complete library of letters on this page:

<http://www.silvaultramindsystem.com/testimonials/>

Do not procrastinate the practice of creative visualization and affirmations. Make it a point to start today. Just a few minutes each day will make a profound positive change in your life.

We hope you enjoyed this lesson.

In our next lesson we will teach you how to apply your mind to accelerate your rate of healing in your own body and with loved ones. You will receive this next lesson in 2 days.

Things You can Do to Expand Your Learning:

1. Learn more advanced techniques with the **Silva UltraMind Home Study Program** containing 42 powerful audio recordings here:
<http://www.silvaultramindsystem.com/products/>
2. Get help from an instructor and find mentors in the **Upcoming Silva Seminars** taking place around the US and Canada here:
<http://www.silvaultramindsystem.com/seminars/>
3. Join our **Online Discussion Group** on Yahoo.com. You can meet other Silva practitioners, share techniques and learn so much more.
To join, just [visit this link](#).
But remember - this group is VERY active. When choosing your email settings, be sure to select *Daily Digest* so you receive one email with a summary of each discussion. If you do not select *Daily Digest* you would get swamped with emails from this 8000 member online community.

Sources for this Lesson:

1. Napoleon Hill, "Think and Grow Rich," (New York: Fawcett Books, 1960), pp. 158-160.
2. Shakti Gawain, "Creative Visualization," (Novato CA: New World Publishing, 1978), pp. 4-5, 29-30
3. Michael Talbot, "The Holographic Mind," (New York: HarperPerennial, 1992), p. 88.
4. Silva UltraMind System, <http://www.silvaultramindsystem.com/testimonials/>