

# The Art of Visualization

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*Visualization is a powerful tool that will help you reach your desired goal. For this process to be effective it is necessary to immerse yourself actively into what you are seeing in your mind's eye. Through mental rehearsal you must see, feel and sense yourself participating in what is being visualized. Follow the guidelines below to help attain success.*

- 1. When and Where to Practice Visualization** – The best time is prior to sleep or at a time when you are able to focus on the task and block out all distractions. Find a quiet environment where you will be uninterrupted for 3-5 minutes.
- 2. Relax** – Allow yourself to become completely relaxed. Sit or recline comfortably, close your eyes and take a few slow, deep breaths. Feel yourself relax from the tips of your toes to the top of your head.
- 3. Focus on a Stress Free State** – Put your major concerns behind you and strive to “think black.” In other words clear your mind so you may concentrate on the desired result.
- 4. Visualize Your Goal** – Begin filling your cleared mind with positive images of the goal you desire. Vividly see yourself completing the task you on which you are focusing.
- 5. Be Specific and Detailed** – Make these images as vivid and detailed as possible. Picture body movements and conversations, rehearse how you will look, feel, act, and talk. Realism provides credibility to the experience. Each time you visualize make an effort to fill in more details, employing as many senses as possible.
- 6. Concentrate on One Vision** – See yourself in successful situations, controlling the environment and the people around you. Be sure to concentrate on a specific vision to intensify the influence of that particular image.
- 7. Use Positive Affirmations** – After you have engaged in the sharpest imagery possible for several minutes, tell yourself you deserve the best in life, and scene you have pictured will become a part of your existence. Repeat these thoughts over and over.
- 8. Reflection** – Take the time to review your experience and you may find it meaningful to keep a log of your successes and setbacks. For visualization to be most effective you must believe in it and practice it daily.

## Just for Fun

- Work smarter not harder – Use the tool of visualization to help solve these problems:
  - A. I happen to notice at exactly the moment of low tide a boat tied to a buoy at a local marina. A rope ladder was hanging over the side with ten rungs a foot apart. The bottom rung was just visible above the surface of the water. The water will rise eight feet at high tide. How many rungs of the ladder will be visible at high tide?
  - B. My daughter placed a dime in an empty wine bottle, then replaced the cork and challenged me to remove the dime without breaking the bottle or taking out the cork. How can this be done?
  - C. If I can build a square wall around a one-acre lot with 12 truckloads of bricks, how big a square lot can I enclose with a similar wall containing 24 truckloads of bricks?

“Imagination is more important than knowledge”

*Albert Einstein*