THE POWER OF CREATIVE VISUALIZATION

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What you believe is what you see and that which comes true"

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FOREWORD

You can get everything you want. You will simply be un-stoppable in making your dreams come true. And you can literally change your destiny.

This is possible through a power that everyone has - the power of the mind. By learning some simple, well-defined techniques you can actually rule over your mind. You can make your mind work for you. After that, everything you have in your mind can be possible like

♦ Getting a promotion
♦ Reducing Tension/Stress
♦ Possessing good health
♦ Loosing weight
♦ Attracting Love
♦ Enriching Relationships
♦ Mastering Emotions
♦ Improving Self-image

Sounds un-believable? Well, not quite.

All of these things can be achieved. Your life can be un-limited road to success. You can then achieve not only these but many, many more.

But how? What is that great secret through which it is possible?

It is called the Power of Creative Visualization. A process through which you create powerful, mental powers, mental pictures that carries you gradually towards your goal.

Visualization is the key to success that you want to achieve. It opens a new world of success for you. A world that you can change with anything you want to - owning a house, getting yourself a better job, improving your personality and even enriching your relationships.

Through the Power of Creative Visualization you can make your mind work for you that will eventually lead you in getting what you want.

But how difficult is it? Can everybody do it?

YES! Because it is easy. Just as your flip a switch to turn on a computer, visualization is simply a switch to let the power of your mind flow with ease.

By any means, is visualization complicated?

It is not. All you need is the power to daydream, which every human does. If you can daydream, then you can also visualize. The idea is to possess the simple ability to see, or sense images in your mind. However, the only difference between Visualization and daydreaming - which is an important distinction - is, while daydreaming is casual and random in nature. Visualization is more structured and directed.

However different people visualize in different ways. Some see mental images by sensing. Others see them as if they were looking at photographs. One might even do both, sense and see at the same time. The picture can be as varied as it appears, vague or clear. It doesn’t matter. What matters is you must recognize what you are seeing.
Now let us find out if you can visualize or how difficult the process of Visualization is, by answering the following questions.

I can picture my favorite shirt  
I can picture my bed  
I can remember my favorite Movie Star  
I can find my way home from Office  
I can remember what I was doing last Monday  
I can imagine what I will do tomorrow  
I can remember an incident from childhood  
I look forward to a splendid occasion  

Even if you have marked one “Yes” then you can visualize.  

And if you can visualize, then you can as well rule over your mind. If you can make your mind work for you, then it is certain that you can get anything you want.  

All through the Power of Creative Visualization.

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**Mind Moves Matter**

We have long heard the phrase “Mind over Matter”. We have also found how true the expression is from our everyday life. When you wake up from sleep, go to office and work throughout the whole day, even though you were not in the best of your health and spirit...........you moved your mind over matter. When you are under-prepared, scared to sit for an examination but do so in spite of your fears...........that is also moving mind over matter.

The phrase “Mind Over Matter” thus means, it is not reality that matters. What matters is that, which is in your mind.

Using the Power of mind is nothing new to mankind. In the period written during 19 B.C. the famous classical poet Virgil wrote the famous phrase “Mind moves matter.”

10,000 years ago visualization was a tool that cavemen in the region that is now France used for hunting. Every hunter focused on the prey they sought by painting the animals on the wall of their caves. By the light of the tribes fire, the images felt as if they actually move. They became so real in the caveman’s mind, they got fired up, and some of them actually threw spears at the drawings. The marks are there to be seen till today.

Similarly, “psyched up” is a psychological tool that sportsmen practice before a big game. They form an image of a dream performance in their minds. Yet another instance of Mind moves matter.

Doctors throughout the world believe that the body is directly linked to the mind. People with a worried state of mind usually develop ulcers. Tension affects the normal production of acid in them. Similarly there lies a close link between heart diseases and repressed anger.
If negative thoughts can have such a dramatic effect over your mind and body, imagine the power that positive thinking can have on you.

In fact, doctors have found from research studies that a positive outlook in the patient increases the effectiveness of any treatment.

Patients suffering from high-blood pressure are often advised to picture themselves in a peaceful, calm and encouraging environment. Time and time again it is seen that their blood pressure has really decreased.

The power of visualization has helped a lot in treating cancer patients. One such form is through the “mind blowing” technique, where patients actually picture the cancer cells in their body. Then they go about destroying them.

One such approach is, instructing the patients to visualize their cancer cells as “aliens” from outer space. Then they set about to destroy them. Un-believable! Perhaps, but many a patient without any hope to recover had used it and has recovered completely.

I had a middle-aged lady as a client who suffered from a high blood sugar level, yet could not give up on her love for sweets. I initialized a series of visual steps where she visualized sweets in any form as a bunch of earthworms. Each time she was attracted to sweets, she felt as if she was feeding on a bunch of earthworms. Naturally, it gave her a very nauseating feeling. Within weeks, she had given up on sweets. Her blood sugar level, even to this day, has been lying within permissible limits.

Visualization is not only an useful tool in matter of Medical Science. A young man in his late twenties once came to me with a different problem. He felt his being a bad speaker was interfering in his career. I replaced the image he had about himself of being a bad speaker, with that of a wonderful image of a good speaker.

Within months he had earned himself a promotion. He lost his mental image of being a bad speaker, spoke efficiently, convinced his clients and tripled his confidence level.

Let us talk about sportsmen now who put as much value to mental preparation as they do for enhancing physical fitness, skills and talents. They have discovered the art of visualization, where they think of themselves as performing well, and ultimately do so.

I saw this work with an Indian cricketer who was out of form as a batsman. His career was uncertain. It is true, that when a batsman is in form, he sees the ball as big as a football. While, if he is out of form, the ball appears to be moving faster and bouncing higher than it actually is. I initiated a process for him where I explained the difference between the two state of minds. In the first case, the batsman moves faster than all around him. In the second case, the batsman moves slower while everything else moves fast around him. It is evident, he belonged to the latter case.

I made him visualize that he was moving faster than all around him. Within months, he had struck terrific form. Last I heard, he was knocking the door of the Indian team.

This sort of visualization is called “psyching oneself up”. It not only enhances our abilities, in fact it opens a whole new world of opportunity by opening space in the mind to receive them.

Are you surprised?

The truth is that your perspective about yourself and your life can either prevent opportunities and good people from coming to you or it can welcome opportunities with open arms.
It is up to you what you receive, good or bad, opportunities or missed opportunities. You are the king of your thoughts for it is you who generate your thoughts. No one does it for you. Thus, if there is anyone who can be in charge of your thoughts it is you.

Now, let us see what positive mental images can achieve for us?

One. Positive thoughts are like magnets that attract opportunities. Their individual Vibration Frequencies create a strong electro-magnetic field that draws people and situation of similar frequency towards it.

Two. An individual space is created in your mind for success. This provides a place where success can be received and contained.

Imagine! Think!

If you do not possess a mental space for success through what will opportunities enter your life? So creating a space for success to enter your life is the first step towards success.

However, the size of the space for success varies from person to person. Too much “success space”, when the individual credits little is of useless value.

For example, a glass of water can only contain a glass of water. If two glasses of water is poured in one glass, then the excess spills over, and is wasted.

Similarly, if you visualize too much success than you are ready for, it will spill out of your life. Or else, one incident of success will displace another. Until one day, excess success from past as well as present spills over and out of your life.

This is evident from people who suddenly become rich. They suffer from the “too much too soon” syndrome. The excess spills out of their lives in the form of drugs, alcohol, accidents, lawsuits and divorces. Famous rock stars, movie stars display this trait as some of their famous biographies suggest.

A man who earned well but could never save enough money because of his spendthrift habit once came to me to change his nature. I replaced his thoughts of an in-adequate bank balance with that of a fortune in his bank. Within months, he had saved all possible expenses to build enough fortune impossible for a spendthrift.

I helped a young lawyer who was frantically looking for new clients to establish himself. I created a sequence of visualization for him that connected to his sub-conscious needs.

In about an year, he boasted a large number of clients. Today, he is one of the most renowned lawyer of the city.

The idea is simple!

Expand the space for success in your mind through clever and successful visualization. And then, move mind over matter.

What seemed limited success will soon become a world of limit-less achievements.
Creating Visuals

Human mind is divided into two parts. One part feeds information. This is the conscious part of the mind. The other stores all information that it perceives from the body, environment, mind and emotions. This is called the sub-conscious mind.

The conscious mind is flooded with desires. However, when your conscious mind turns to your sub-conscious mind for relevant information on how to turn your desires into reality, it finds none. Ironically, it has information about others who are what you desire to be. But whenever you try to turn your desire into reality, it draws a blank. It only shows what you are. And not what you can be.

Suppose, for example, you desire to be a rich and famous man. But whenever, your conscious mind turns to your sub-conscious mind for relevant information on how to be rich and famous, it draws a blank. Your sub-conscious mind only pictures you as what you are. And you are not rich, without any money in the bank. You are not even famous.

What happens then? You run out of desires, and you run out of dreams. There is thus no desire left to improve your conditions, and your ambitions will never be able to come true.

This is where the Power of Creative Visualization comes into play. It is the language of the sub-conscious mind. The sub-conscious mind speaks through image-arise (images of the mind) and then with words.

It helps you in destroying images of what you are and replace it by images of what you want to be. Through Creative Visualization you dig your sub-conscious mind and destroy the mental obstacles of reality and create a positive image in the mind.

As per the example above, Creative Visualization helps in destroying the image of you as an ordinary man, not even famous. In it’s place comes an image of you truly rich and famous. It is this mental power of destroying negative images and replacing them with positive images that brings success to your life.

Here, I mention important guidelines for creating visual images that will ultimately help you in getting what you want.

**Aim:** Turn your innermost desire into an aim. It should be an aim that you want to come true. Do not think about how impossible it is for you to achieve. Do not concentrate on its improbability. Simply concentrate on your aim.

Be clear and specific: You should be clear and specific about your aim. Subtract all irrelevant details like when, why and how like Arjuna who concentrated on the eye of the fish in Mahabharata, you must concentrate in your aim only. The idea is to picture yourself with what you desire. You seek to be wealthy. Visualize yourself as a wealthy man. You desire to be famous. Picture yourself as a famous man.

**Create vivid images:** Picture your images as if they were alive. Fill them with color, scent and sound. Make your images as if they were real. You in that picture should smell, hear and see. Picture yourself as you really will be when you are rich. Speak the words that you would when you will be famous. Bring your imagination alive.

**Make the pictures amusing:** Seriousness creates obstacles in your sub-conscious mind. It is more difficult to reach your images then. You should be able to get to it without spending any
extra effort to do so. Images instilled with fun and amusement loosens the sub-conscious mind and helps you reach them faster.

**Images are in the present:** All images, when you see them, happens in the present. It doesn’t matter if you have seen the image you being a rich man before. When you see it, at that actual time you are a rich man.

**Images are free from logic:** Logic and judgments are free from images kept in the sub-conscious mind. It is only the conscious mind that judges every image and thought. So whenever images are made and stored in the sub-conscious mind, it simply observes and supports it.

But how can these help in the Power of Creative Visualization to help you get what you want? The answer is, they not only help, and they enable you to be what you want to be. When you visualize the way you want yourself to be in future, making it clear, vivid and amusing, your sub-conscious receives those images as if they were happening right now. Because of this it records the mental image as logical and thus valid. And because the sub-conscious supports the mental images, it will influence your physical reality to match the mental reality that is in the form of pictures.

Until, one day, you are what you want to become.

### Steps to acquire mind-power

The idea behind writing this book was to provide you with the steps to build positive visuals, acquire mind power and help you achieve your dreams and desires that may be as varied as improving your personality, increasing your wealth, attracting love and making yourself attractive.

This book contains individual series of constructed visuals aimed to satisfy every individual need. All you have to do is pick the subject of your desire from the Table of Contents and practice them. You may even go through all of them and decide which caters to your need most.

Either way, your aim should be to familiarize yourself with the sequence of visuals before you practice them. To do so, read the visualization a couple of times. You may forget a point or two in the first instance. Don’t worry! Soon you will know them by heart.

Recording the visualization process in tapes or having someone read them to you is a good process. Even then, it helps to keep this book by your side. Reading these visuals firmly embeds them in your mind.

Once you have decided on the subject of your visualization, follow these steps I have specifically found to help anyone who is new to Power of Creative Visualization.

**Step One:** Choose a quiet place, which is free from all distraction, interruption or disturbance. This may even be inside a bus or in your own room. The idea is to be able to concentrate in any environment that you find is suitable. The ideal is to be able to concentrate in any environment that you find is suitable. The ideal time, however, I have found to be is, early in the morning or before going to bed. The ideal place however, may be anywhere as long as you can concentrate.

**Step Two:** Feel comfortable. Wear loose clothes or else loosen your belt and tie.

**Step Three:** Be comfortable. Keep your spine straight. Loosen your hands. Relax! This eases your body tension and helps your blood circulate efficiently.
Step Four: Close your eyes. That way your physical world does not interrupt you and you can concentrate on your mental world. But avoid squinching your eyes. Close them gently. In fact, once you focus on your images, you may find your eyes closing naturally.

Step Five: Breathe normally. Let your body roll with the rhythm of your breathing. Listen to that rhythm.

Step Six: Now begin the process of visualization. Create the key images of the subject you have chosen. Form the shape. Add color. Build the sound. Sense them! Focus on them. See them as sharply and clearly as you can with your mind’s eye.

Step Seven: Put yourself in the images you have created. You must be inside the picture so as to let your sub-conscious mind know that the image you see that leads to your goal is actually meant for you, and not for anyone else.

Step Eight: Feel the image you have created. Now that you are inside the picture imagine yourself to be leading the time you see. Feel the environment. Watch how different it feels to lead a life that you had desired. Bring your images alive.

Step Nine: Experience the images with all your emotions. See! Hear! Smell! Feel how it feels to have achieved your goals. Let the excitement and happiness of success flow through you. Let the thrill of success build in you. Feel your success.

Step Ten: Once you have experienced your images with emotion, let your mind go blank. If you hold on to your images for too long, the images might disappear due to over-exposure. So, let go of it.

Step Eleven: Create a space in your mind to receive what you desire. Say to yourself that what you desire - like, “I deserve to be healthy”, “I deserve to be rich and famous.” By doing this, you not only let your sub-conscious mind support the picture, you literally achieve your success.

Step Twelve: Feel creative while creating the images. I have given you the basic guidelines in the following pages to create visuals that will help you achieve your goals. You may change them accordingly to suit your needs. The more the images meet your specific needs, the more effective they will be.

These, then are the twelve important steps to mind-power. Remember, it is better to visualize 2-3 times a day for a shorter duration than to visualize for a long stretch during the day. Doing this, the quality of visuals remain fresh instead of becoming stale and pallid and draining all energy out of you.

Steps one to ten might take you anything between 5-10 minutes. It is better if you do not prolong it. Instead, repeat it at another time of the day.
When you release the image after this brief exercise, your mind will become free of the mind-power you had activated. But your sub-conscious mind keeps on supporting the image you had seen. This helps your goal and your dreams to be a reality.

The twelve steps to Mind power that I have explained above is the most powerful tool in this universe. When you switch on your mind power and extend it to creative visualization for turning your dreams into reality - then, that is exactly what will happen. Your dreams will become reality.

Remember, with your mind you can rule the world.
How to be a successful man.

Success is an important aspect of life. Everybody holds an aspiration to be successful. Some are able to become so, and make success a part of their lives. While success eludes others.

The following visualization that I have devised for you will enable you to be a person for whom success will become a way of life.

Aim for something. That is the first thing that you must do - aim! You may aim for anything that you desire most - more money for yourself, a promotion, a healthy life, a new car, a new house - it can be anything.

Once you have found for yourself an aim in life, a goal that you desire to achieve, create a picture of yourself, achieving that goal. Whatever the picture you create, make sure that you are in it. Make the picture as vivid as you can make it. Make it bright and sharp. Put in the details. Color it. Now feel it with your emotions. Feel the success you had aimed for. Enjoy it.

Now place the entire image in a ball of light. Note the color of the light. As the light surrounds the picture of your success, you will find it becoming round and three-dimensional. The circle of light protects you and your ambition.

After you have created a picture of yourself achieving your goal, and have put it inside a circle of light, picture a pathway between you and your goal. The path leads you to the goal.

Notice every detail of the path, what does it look like? Is it wide or narrow? Does it run straight? Or, is it winding? Is it well constructed? Or will it require any repairs? What is the path made up of? How does it's borders look?

How far from you did you put your goal? A kilometer away? Or, is it only a few feet? Does the distance look realistic? Will you like to change it?

Picture your goal inside a circle of light, gliding closer towards you. Bring it as close as you desire. The distance becomes lesser and lesser till it stands there where you want it.

Now that the picture has come closer towards you, improve the path upon which it travels. The state of the path in fact, indicates, the state of barrier or conditions that you might face as you take steps to achieve your goal.

This is the way to know from your sub-conscious, the positive and negative aspects that influences your reaching the goal. By improving the goal path or the path that leads to your goal, you make changes in the negative aspects that your sub-conscious is acting upon.

For example, if the path you have created is crooked, then straighten it. Your concentration will thus focus on your ambition thus saving time and energy. Make your path smooth and easy. Widen it! Now pave it with any material you like. Use Gold, if you desire to send a striking image of prosperity to your sub-conscious.

Landscape the borders. Make it beautiful. Fill it with objects that your success will bring you. So much so, that you may even create diamond flowers and money trees.
A road usually has hoardings along its borders. Even your road to success will have hoardings at frequent intervals. They will say things like - You can! The world is yours! You are doing great! Great job done!

Make all the improvements to the path. Adorn it with everything related to your aim.

When you have made all the improvements, look at what you have created. Stand where you are and begin your journey to the picture of success in a circle of light. Enjoy the journey!

Now, enter the circle of light. Then into the picture you have created. You have achieved your goal! You are successful! You are now, what you had wanted to become. Enjoy the happiness of fulfillment. Let the light of satisfaction brighten the light around your goal.

Your dream is a reality now! Your sub-conscious lives it. And it is your sub-conscious that will transform this mental reality to a physical reality. Use this visualization for anything you desire. All will come true, essentially.

Happy days! Success is a way of life for you now.

How to be a winner?

Man has an immense urge to win everything he lays his hands upon. Yet, few are born winners. For others, it is a long, hard, uphill path laced by gloom and despair. Yet, winning by every means is possible. If only you can strike out the negative aspects of you and replace it with a world of positive images about yourself, winning can be your habit too.

Here, I have prescribed a simple but effective visual sequence that will make you a perfect winner in everything you do.

Imagine yourself at your worse depressive state. Do you see the gloominess that clouds your face? Examine yourself? What expression do you wear on your face? Do you look good? Do you look cheerful? The picture probably has a depressive, sad look attached with it.

Imagine yourself? holding a black marker pen now. Strike out your picture of depression with its thick, black lines. Then circle the picture with a red marker, with a diagonal line running it. It gives a feeling of forbidding your depressed picture to exist.

Now imagine yourself tearing the picture. Rip it to shreds. Use your fingers. You may also use a pair of scissors. Light a matchstick in your mind. Burn the picture. Watch the flames destroy your picture of depression. Dispose off the ashes. Throw them into the garbage dump or watch the breeze carry them through. Or else, flush it down the toilet.
The old image of yourself now stands destroyed in your sub-conscious. Good! Now create for yourself a mental picture that shows you at your cheerful best.

You are wearing a lovely smile on your face. Your eyes are shining and bright. Your face looks glamorous. You look wonderful. Everything about you is well groomed because you feel proud of yourself. You are at your brightest best.

And what are you doing in the picture? Watch yourself doing something that you won’t or can’t do when you are depressed. Maybe you are listening to a music concert, frolicking with friends, or spending a night in the disco.
You should live in the picture. In a sense you must feel it. Feel it with your passion and emotion. Feel good at the feeling of being at your cheerful best. Feel the happiness fill in you. Thank yourself for being bright, healthy and cheerful.

Look at the picture again. You will find two pens, one blue and the other green, with each writing in that color ink. Choose any one of them and sign it across the photograph. With the other pen write in block letters over it. I feel great! I feel good!

It is possible that you will need to repeat the exercise of destroying an old idea about yourself in your sub-conscious mind with a new one that shows you doing what you are aiming for. But once the positive image gets embedded in your sub-conscious mind you will see how winning against yourself will be a habit.

The visual above helps you get over your depression and be cheerful instead. However, this is an example, to communicate you the ways of performing this exercise. Use it to get anything you want, whenever and wherever necessary. It may be used to loose extra weight, be a better player, improving your personality - anything. Just go ahead and try it!

You are a sure winner!

How to remove your fear?

A lot many things Man is capable of remains undone because of fear. Fear of failure plagues the human mind to such an extent that it obstructs self-improvement. Here, I outline an excellent Visualization that will destroy your fear completely and make you brave and confident, so nothing may come between you and your dreams.

Fear comes in the way of something that you desire. It may come from anything - exams, insecurity, interview, facing your boss etc. And fear clouds when you desire to do well in your exams; when you dream security; prior to a job-interview, or when you face a dominating boss at office.

The following visualization will enable you to remove your fear. It will destroy the cloud that hovers over your desire and help you become fearless and brave.

First, bring your fear out there in front of you. How does it look? What color is it? What is its shape? How big is it? Does it terrify you? Is it gray or black? Does it look like a dinosaurs? Or is it in the shape of a big, black thundercloud?

Next, find how close your fear is from you? Is it too near? Or is it far away? If it is too near, push it backwards. Go ahead! Push it! Push it further, further away. Remember, you are stronger than your fear.

Now, speak to your fear. Stand up to it and tell your fear how you feel about it. See if it has anything to tell you. Listen with your conscience. You may as well speak to it, either through your conscience or aloud.

Command your fear to get out of your life. It stands between you and your desire. Remove it! Speak aloud - “I am strong! I am brave!” Be firm.

Take positive actions. If your fear is like a big, black cloud, bring the sun out from behind it and burn it away. If it is like a dinosaurs, kill it! Throw your fear away from in front of your eyes.
See your desire now. It is shining in front of you. In place of fear, picture yourself achieving the goal you want to accomplish.

Well done! You are a strong, brave, fearless man now.

**How to improve your personality?**

A good personality is an asset. An attractive personality makes people come to you. Look up to you and depend on you, all so important in society, love and profession. Personality is all about confidence. It is also about the way you think about yourself? It is in fact a mirror of your self?

Here I am outlining an excellent sequence of visualization that will multiply your confidence and give you a personality that others will love or envy.

There are times when we do not feel good about ourselves. When our mind is filled with negative thoughts. When we feel down about ourselves. When we wish we were somebody else.

Here is a simple visualization that can put your confidence back to yourself? What’s more, because confidence is directly related to personality, it even improves your personality.


All in all, you do not present a very good picture of yourself? It is time for you to delve deep within yourself and find something positive about you. Each one of us are good in something or the other. Think and bring out that, what you consider you are good at, without comparing yourself with anybody. Find that one thing that you like about yourself. It might seem petty to you. Nevertheless, bring it out.

Maybe you are good at solving crossword puzzles. You may even be a good reader. You may even be a good cook, or a good speaker. You might even be a good driver. Or else you may be smart, honest, loyal - anything! Seek that something that you are simply good at.

Look again at yourself. Place that good quality of you in your heart surrounded by a shining white light. Once you honor a good quality about yourself , you will naturally lead up to many more good qualities about yourself. The light in your heart shines brighter now.

You can now say to yourself that you are a worthwhile person. Say it! Let all the good things about you come out. You slowly begin to hold your head high. Your eyes look alighted. Your hair appears neatly combed. You look healthy, clean and shining. You feel energetic.

Practice this visualization to arrest the negative thoughts about yourself. It is simple. But it works. Do it everyday. You will notice a marked improvement in your personality. Remember, others will see you, the way you see yourself?
How to lead a healthy life?

Good health is one of the most important aspects to personal development of a human being. One requires to be in the best of health to remain in the best of his spirits, all so essential in terms of ambition, happiness and individual well being.

Practice the following visualization at least once everyday to discover a rejuvenating experience that will open a world of opportunities for you.

Imagine yourself standing in a bubble of light. What color is the light? Is it colorless? Or is it shining, blazing white? Feel the light. Let it fill the whole of your external world.

Follow your breath in and out for a minute or so. Breathe in the light. It will fill your body. Allow your eyes to pry deep inside your body. Concentrate on the interior. Slowly, you will find a miner somewhere deep inside your body. He is wearing a miner’s helmet. What is the color of his helmet? Does he have his little light atop the helmet.

The miner is a friend of yours. So, greet him.

Remember, the miner is here to make you feel healthy. He is carrying with him every tool and material for any part of your body that require repair. And he has immense knowledge and experience to heal your body of any nagging wound or disease.

Request the miner to travel around your body to know whether the light has reached every nook and corner. If the light has not reached any particular place, the miner will take you to that place.

Note the place that requires light. It may be an aching heart, a nagging stomach problem, a sore throat, a headache or anything that you are suffering from. The area is dark and gloomy.

Ask your friendly miner to repair that what you are suffering from. He sets to work immediately. He has all his tools and materials. So he starts repairing the wound, massaging muscles and fixing what is broken.

He places all junks and debris in a miners cart, surrounds it in a bubble of light so that none escapes, and sets it out of your body on a blazing rocket.

He takes out a bucket of healing lotion after all repairs had been done. He opens the lid. Note the color of the healing lotion. Is it white? Or is it pink?

The miner spreads the soothing healing lotion on the area he has just repaired. He spreads it with a paintbrush covering every little detail of the entire area. You will feel for yourself how soothing the healing lotion feels.

At a later stage if you find the area has absorbed all the healing lotion, request the miner to apply more of it until health is completely restored. Don’t worry about the quantity of the healing lotion the miner uses in your wound. He has an un-ending stock of it.

The miner goes on to investigate your entire body. It goes to every area that requires fixing and does whatever needs to be done to restore your good health. After repairing, he applies the healing lotion to soothe your pain.

After the miner had completed repairing your entire body, you will begin to feel healthy. Your every living cell is now wide-awake. You are not only healthy, you are also brimming with energy.
You thank the miner for his un-ending effort. It is his happiness to help you achieve good health. Seeing you healthy is thus a major source of happiness for him. He retreats back, singing cheerfully, to where he stays with his tools and materials. He pulls out from his pocket a photograph of you. In the photograph you are seen doing that you have desired all along but have not been able to because of your health problem.

In the photograph you look strong. You look energetic. Your face is shining with good spirit. You are leading a healthy life.

He hands you the picture of health. You travel up to that place in your mind that regulates good health. Hang your photograph there. You can make it bigger. You can even put a lovely frame around it. The miner fixes a light that brightens your picture by illuminating it.

Tell the miner about how good you feel. Happily he gives you another picture. Hang it in your heart so your heart beats with good cheer knowing all is well with you. Enlarge the photograph if you want to and put a beautiful frame around it. The miner fixes another light to brighten the picture by illuminating it.

Hail Good Health!

How to lead a peaceful life?

Peace is of an utmost necessity to life. If your life is peaceful, then this world, you will feel, is a better place to live in. To lead a peaceful life it is important to find a solution to all problems that plague the human mind.

Follow this visual that I have specifically designed that will help you achieve peace even when life surrounds you with all its plight.

Imagine a river. Follow its course. See the variety of direction that it takes. Straight, then left, then right, then further left again, straight and so on. The water is clear. Bright sunlight reflects on it. Hear the sound of little waves that cruises along softly over the surface.

Earth and rocks guides the river along its banks. How does it look? Put your hand in the water. Is it hot? Cup your hands and put some water in your mouth. It will feel cool and refreshing. You will feel the refreshing feeling spread as the water travels down your body.

Look to your right. There is a small wooden boat pulled up on shore. There is a comfortable cushion inside along with a soft pillow. Note the color of the cushion. What is the color of the pillow? What color is the boat? It looks comfortable.

Take off your shoes and put them in the boat. Push the boat a little into the river, then climb in. There are two cars, secured to the boat, so you won’t loose them. The boat itself is sturdy and strong. So, you can well depend on it.

The river runs deep enough for the boat to float easily, but certainly not deep enough to give you a sinking feeling. Once you guide the boat to the middle of the river, you will feel the current catch the boat. Effortlessly, it takes your boat downstream. You don’t even have to row.

Now that you are assured that the boat is in the middle of the river and the current will carry you through, you may lie down on the cushion with your head resting on the pillow. It feels wonderful.

Soothing is the sound of the gentle flowing river. Beautiful birds fly overhead. The sun shines above bathing you in its warmth. A gentle breeze blows carrying the sweet scent of earth blended with the freshness of the river.

How wonderful life is! And how content you feel.
Then just when comfort was beckoning sleep, the problem that had been playing your mind appears in the horizon. It is gray and ugly. How big is it? How does it look? Do you want to spoil this lovely day because of it? Of course not! You would not want to ruin your life either. You want to get rid of it. But how? You cry: Please, Please help me!

The sun focuses on your gray problem. It melts. It becomes smaller and smaller. From black it changes to charcoal gray, then to light gray and then to white. The breeze blows stronger and the problem is swept out of sight. The sun and the breeze will sweep away any other problem that plagues your life.

You lie back again on the soft cushion with the soft pillow below your head. The sun melts your tension. The breeze sweeps it away. You feel relaxed. Your brain relaxes. Your body relaxes. Your heart beats normally. Life has become so peaceful.

You sit up. With a refreshed feeling you notice the riverbank. How wonderfully it has changed. Instead of the earth and rocks, green meadows fill the landscape. Cows, sheeps and horses graze nearby under berries. There are flowers whose lingering perfume fills your world. The calm and healthy surrounding is but a reflection of the calmness you feel.

You row down the riverbank. You pull the boat back on the shore. The earth feels fresh under your feet. The grass feels comfortable. Wear your shoes. Thank the little boat for having made your life so peaceful.

As you sit on the grass you see something shining. You pick it up. It is a key - the key to your problem. Your name is engraved on it.

Feel the coolness and the weight of the key in your hand. Put it where you want it to remain. Remember, the boat is resting on the bank. Whenever you need peace and require a solution to your problems, jump on the boat and take a joy ride again.

As of now, enjoy a peaceful ride of life.

**How to control your anger?**

We all get angry sometimes due to something or the other. Most of the time we become victims of our own anger. Our anger leads us to say or do something that we repent later. It causes harm to us as well as to others to whom we direct our anger.

I have designed this visual sequence that will not only control your anger, but also motivate you to turn things around.

Picture your anger as a ball of fire next time when you are angry. The angrier you are, the bigger is the ball of fire. It can be as big as a cricket ball, or even the size of a mountain. Picture the ball of fire as big as your anger.

Notice the distance of the ball of fire from you. If it is too closer to you, put it away at a safer distance. Now, inspect the ball of fire carefully. Do you see the flames dancing around it? What is the color of the flame? Do you feel the heat of your anger? Does it make you sweat?

Anger makes us feel helpless over a situation. You feel helpless because all your power becomes centered around your anger. You feel it like a fiery lump, burning your head and heart. The idea is to picture this lump, and take back the power that it has taken from you.
Command the ball of fire to return back all the power it has taken from you. If you get no response, then demand from it. You might see a ball of pure gold smaller than the ball of fire, emerge from the flames. Command it to go to either your head or your heart.

Do you feel the power in your heart? Do you feel the power return back to your head? Good! Sometimes, just separating the power from your anger makes the flames of anger die.

But, if there is still any flame left in the ball of fire, roll it out mentally to a large reservoir of water. It may be a lake. Or it might even be an ocean.

Now, push the angry ball of fire into the water. Do you hear the hiss of the ball of fire when it meets water? See the white cloud of steam that arises? Slowly, the hissing sound subsides. The steam disappears. The angry ball of fire disappears completely. You have drowned your anger. And you have done it without harming yourself or others.

On the other hand, you have taken the power away from your anger and kept it with you. You are now powerful.

In fact, you are very, very powerful. Use your power to your advantage.

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**How to win Love?**

Love will build your heart with its dreamy songs and create a magical world for you to live in? How will you ensure that you will be loved by them whom you love so much? How will you be certain of winning love?

Undertake this visual. Enjoy this constant pleasure that it will bring you. And feel for yourself how wonderful your love life has become.

You are in love with someone. You want that someone to love you too. What do you do? Simple! Visualize! Remember, love has everything to do with your heart and mind. If you can keep your heart healthy and in good relation with you, then you can have all the love you want.

Picture your heart. You may visualize it like an actual biological heart, or it may even be a symbolic valentine heart.

Go ahead and ask your heart about how it is feeling today. Is it feeling sad? Lonely? Disappointed? Understand the way it is feeling. Hear what it has to say to you? Then tell your heart that you are trying to make it feel better.

What is the condition of your heart? Is it sad? Or is it youthful? Does it look healthy? Or is it torn or wounded? Is it wounded? Now repair your heart. You have all the tools required. If it is torn at places, stitch them. If it is wounded, then treat its wound.

When your heart looks healthy, fill it to the brim with light. Imagine the shining light flow into your heart and reach it’s every nook and corner. Your heart is not only healthy now, it even feels alive. Hear your heartbeats?

Make it feel good. Thank your heart for keeping you alive. Applaud its tireless performance. The more you thank your heart, the healthier it gets.
Now that your heart is healthy and happy, you are now ready to win love. Picture the person you love or whom you desire most. See the person clearly? How does he/she look? What color is the hair? What kind of clothes is he/she wearing? How tall is the person? Is there any gesture that is distinctively his/hers?

Let the person appear in front of you. How far is the person? Bring him/her closer to at the most five feet away from you. Now, picture your healthy heart connected to his/her heart. You may use any material you like for connection. A rope, chain, satin ribbon - it can be anything. It can even be imaginary. The goal is to connect love to love, so a sense of energy flows between you both.

Once you have connected love, visualize yourself doing something loving to the person you love. Do anything that people who love each other does. Walk hand in hand, go for a dance, sit across for some ice cream, love each other, hug each other - you may even kiss each other.

The more you visualize the person you love in the way described above, stronger the love flows between you both. Until one day, you really embrace and kiss the person to say how much you love him/her. And if ever you feel that love is beginning to fade, go through the visualization again.

Let love live forever!

How to improve your sexual life?

Sex is a very, very important aspect of life. A happy sexual life brings a sense of togetherness. Keeping aside the societal taboos attached with sex, it is in fact a world that promotes love and unity.

Even though sex is a physical process, it in fact has everything to do with the mind. It is your mind that strives for unity, sending impulses to your body, which expresses itself in the form of sex to satisfy a mind seeking an unique togetherness.

Sex also involves responsiveness in the part of those involved in it. Yet again, sexual responsiveness has a lot to do with the mind. And since mind is a foremost player in the act of sex, the power of creative visualization or Mind power has a lot to do in improving your sexual life.

In the following paragraphs I outline some excellent visual structures that will cure impotency, awaken a livid sexual life, promote positive sexual urges and open a fabulous world of pleasure.

Imagine a place of your choice where you would like to be with the person you love very much. It can be a seaside resort, a hotel, and a house with a wonderful lawn outside - or, it can be anywhere you want to be. How do you feel? How is the place?

Now see yourself with the person you love so much. You are walking hand in hand with him/her enjoying the sights and sounds of the wonderful scene around you. There is a lovely garden around you, with colorful flowers and beautiful greenery. What color are the flowers? Do you smell the sweet fragrance of them? How sweet is the fragrance?

Your partner looks very attractive. So attractive that you feel a strong sexual urge come over you. You become romantic. You begin to speak of romance. You look into each other’s eyes and you both desire to be alone with each other. Both of you feel a strong impulse in your bodies.

You begin to walk faster, hand in hand with your partner in search of an isolated room where you can be alone with your lover. You come upon a large hall room that leads to a staircase. You begin climbing the steps. As you reach higher and higher, you can feel your heart beating faster. You can even hear your heartbeats. Both of you look forward to the time when you can embrace each other. There is a door at the end of the stairway. You push it open. There is a large bed in the center of the room. Warm rays of sunlight comes through a large window. It makes the bed sunny, warm and bright.

A large wooden tub rests at one side of the room. You take off each other’s clothes and step into the bathtub. The water is warm and fragrant. As you wash each other, a warm sensation run
through your bodies. You become sexually aroused. You touch each other over every part of your bodies. You feel a wonderful sensation tingling you. The thrill builds up between you both with the expectation of making love.

You start kissing passionately. There is a sweet taste that hangs in your mouth. It is a signal that you are ready to unite with each other. The fragrance of the air fills your nostril. You can hear sweet music playing in the distance. Both of you know that you are alone in this solitary paradise.

You step out of the bath. You dry each other with large, soft towels. Each time you touch each other more excitement builds up. You can't wait any longer to be in each other's arms. You reach the peak of your desire. Both of you fall into the bed.

You begin to touch and caress. Passion overtakes you. You become more and more excited. You begin stroking, caressing and kissing the sensual areas of your bodies. You are anxious now to fulfill each other's sexual craving. Suddenly, you write. Both of you are together - As one. Slowly and gradually you reach a huge climax that surrounds you both with delight.

You lie on the bed together in each other's arms. You think about how beautiful life is, and the delightful moment that you have just experienced. The light in the room begins to fade. You drift off into a peaceful sleep. You dream about the wonderful time you have just had.

You awaken in the morning. Warm glow of sunlight filters into the room. You hear the birds singing nearby. A wonderful fragrance fills your world. An urge of passion comes over you again. So you make love, and relive the sensation once again in each other's arms.

After you have reached the climax, both of you lie back. Time seems to have stopped. You think of the wonderful sensation you have experienced. You are now sexually fulfilled. Practice this visual exercise each time you want to increase your sexual urges, sexual response or desire to improve on your sex life. Note the wonderful change you will experience.

Wishing you all the pleasure in this world!

How to stay young forever

We all live in an age that belongs to the young at heart. Life that is becoming extremely fast, day to day, also asks us to remain physically young. Young at heart, young in mind and young in your body has become the principle of survival.

Yet our age increases with every day of our life. The fast pace of the world around us in fact makes us age faster. But, it is important to retain our youthful vigor, for it is only with young passion and energy that we can work towards success, enjoy a peaceful, healthy life, indulge ourselves in the pleasure of sex, and keep ourselves happy.

How to remain young forever? How to defy your age? How to retain the youthful joy? How to remain passionate and energetic.

Here I outline six steps to keep you young forever - steps, if you follow regularly will ensure you remain young at heart, young in mind, and young in your body.

Step One:
Imagine yourself leading a life that is youthful and vigorous. Picture yourself in various situations that the young indulge in. It can be a wild night in the disco, a wild game of football, romancing with the person you love - it can be anything. Just concentrate yourself in youthful action.

Step Two:
The picture you create for yourself should produce the specific effects that you have in your mind. That is, if you think you are becoming old and falling behind times, then enjoy a dance in the disco that keeps you up with time with youthfulness. If you are old and wrinkled and want to look young, picture yourself with smooth, supple, wrinkle-free skin.
Step Three:
Picture yourself as extremely alert, athletic and youthful. Imagine yourself in movements that you performed as freely as when you were a teenager.

This is a very important visual. Practice it at least twice a week for an indefinite period. Your aim is to preserve your body by using the power of creative visualization. Thus, this is a lifetime program aimed to evoke your youthful vigor always, anytime, anywhere.

Step Four:
If you are suffering from any old-age disease, incorporate the visuals from How to lead a healthy life, with the steps outlined here. You will see a marked improvement in your health.

Step Five:
Bring together all your senses - Sight, Sound, Smell, Taste and Touch. Direct your mind to improve each of them. Imagine yourself pictures of yourself where you hear more, taste better, see well, smell proper and become sensual to touch.

Practice them at least once every two days. You will see your awareness is functioning better than all who are of your age.

Step Six
Visualize yourself in a sea of endless energy. The water is warm and comfortable. The sky is bright and sunny. Swim through the refreshing water. Enjoy the swim. Stretch your legs, push through the water, as the energy envelops you.
Come out of the water and dry yourself with a large, soft towel. You are refreshingly young now. You are filled to the brim with energy. You also feel that the energy in you has changed your body and bones. All aches and pain of old age has disappeared.

You are a new man now. You are young, energetic with a passionate vigor in you. You are young in mind, body and spirit. Enjoy your youth.

Happy young days!