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VISUALIZATION GUIDE

STEP 1- ALLOCATE A TIME OF DAY

It is important that you allocate a time of day that you will devote to your visualization practices whether it's 5-15 minutes a day. Ensure that it is a time where you will be uninterrupted. Mornings are a great time because you are fully energized from a good night's rest and will have more clarity.

STEP 2- AFFIRMATION

Set your intention by starting out with an affirmation. You can use this one:

"Divine law and order governs my life, divine right action reigns supreme. Divine success is mine, Divine harmony is mine. Divine love is mine."

You can repeat it several times until it feels true and good for you.

STEP 3- CREATE A PICTURE OF YOUR DESIRE

Relax with your eyes closed, create a picture of your desire. As much as possible make this image a moving image. See yourself in action in the now. Try to imagine this desire as if it is already happening. Focus on nothing else but the ideal that you desire. You may experience your mind trying to take you back to your current state and undesired state may try to get featured in this new picture but focus only on the ideal without giving thought to how it will happen or any perceived limitation.

STEP 4- FEEL

Get your emotions into your visualization. Feel the positive emotions of that which you desire. Feel as if you already have it. Allow yourself to indulge and enjoy the moment as if it is. Your emotions are a key vibrational aspect of your visualization exercise.

STEP 5- BELIEVE

You may feel silly or initially wonder how this could work but your job is to believe that it will work for you and leave the how up to the Divine Intelligence and all known, which knows the fastest and quickest route to your desire. You will receive guidance and will need to follow through but avoid mistaking busy with positive action. You will experience greater flow and ease in your actions when you are guided.

REMEMBER DAVID DID NOT DEFEAT GOLIATH BECAUSE HE BIGGER OR BETTER BUT BECAUSE HE BELIEVED WELL. YOUR JOB IS TO BELIEVE WELL!