Info Sheet – Visualisation Audio

The purpose for creating a visualization audio is to personalize the information and goals specifically so that it is tailor made for you. It is important that the language, words and phrases are ones you would use.

Ideally listen to the audio in a quiet, undisturbed environment where you feel very comfortable. Often people will listen to the audio when they go to sleep. Your subconscious mind is still receiving the messages you have created for it.

It is important that you select your goals in positive language and that you believe you are able to achieve them. An example is that I am the number one business owner in my industry and that I will achieve that by helping not only my customers, but by assisting our team to excel as well. Keep the language present tense as well, as you have already achieved the goal i.e. I live an enlightened life by enriching the lives of others.

Now it is your turn. Be as specific and detailed as possible

* What are all the goals you want achieve?
* How do you see yourself achieving them? Walk me through the process?
* Why are they important to you? What will they give you i.e. a great feeling of accomplishment, the ability to travel to see family, the ability to enrich the lives of others?
* How will that make you feel?

When we unite thoughts/visions with feelings and evoke a powerful emotion a new reality is manifested.

When you play the tape, see yourself living out your dreams. A good book to read regarding why affirmations and visualizations work so effectively is “The Isaiah Effect”.