

Visualize and Achieve

By Remez Sasson

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Excerpts from Visualize and Achieve

Introduction

Creative visualization is a mental technique that uses the powers of the mind and the imagination to create what we want in our life. With the help of this technique we can shape our life, character and circumstances, and attract opportunities, people and the things we desire.

Creative visualization is similar to daydreaming. In both of them we create imaginary mental scenarios of events and situations, just like a movie, but with the difference that with creative visualization we implement certain rules and techniques that enable us to create these mental scenarios and events as reality in our life.

The thoughts we most often think create the circumstances and events of our life. Most people are not aware of this process and never use it consciously, but when you become familiar with the laws of creative visualization, you learn how visualize and think about what you really want, and intently attract it into your life. You become the conscious creator of your life.

This book was written in order to provide all the information, techniques and mental tools required for using creative visualization. It offers clear and easy to follow instructions and advice that everyone can understand and follow. This is a strictly practical book, designed for people who want results, and keeps the theory to the minimum required.

Among the subjects the book covers are positive thinking, affirmations, relaxation, concentration, visualization, and much more.

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Everyone desires success, love, health or money, and creative visualization can attract all these things into your life. Your dreams can turn into reality, if you have a strong desire, are determined to succeed, and are willing to invest the necessary time and effort.

This book will teach you about your inner world, where your external world is created. In this world you hold the magic wand that shapes your life and achieves your goals.

Your Thoughts Can Change Your Life

An excerpt from chapter 1

The thoughts that occupy our mind and attention most of the time tend to attract similar conditions into in our life. If you look at some of your past success or failure, and try to remember your state of mind prior to the success or failure, you will often discover that you repeated certain thoughts over again and again in your mind. These thoughts led you to behave and act in a certain manner, and attracted certain corresponding events and circumstances into your life.

Thoughts, though invisible and subtle, can bring great changes into our life, as in the following real story.

John, an average guy, had a good and secure job for many years, but yet, he was not satisfied with what he was doing. As time passed by, he experienced a growing sense of discontent, and the conviction that he was wasting his time and energy doing something he didn't like doing. He wished he had enough money to enable him an early retirement, so he could devote all of his time to the things he loved doing.

In time, the thoughts of early retirement increased in strength, occupying his mind quite often, and becoming a sort of a pastime for him. He was convinced that he could do better things than his current, not so interesting job, and wanted to be free to pursue the subjects he loved.

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When he had some free time, on the way to his office and back home and at other times during the day, he enjoyed visualizing himself being offered a good monetary compensation for his early retirement. In his imagination, he heard himself telling his boss and colleagues that he was quitting his job. He also experienced over and over again the joy of being free at last, and felt confident that this was going to turn into reality.

Though these thoughts were on his mind for quite some time, John dared do nothing about them. To think and dream was one thing, but to make this dream come true was another thing, and was a bit frightening. He wanted very much to quit his job, but it seemed quite insane to leave a secure job, especially since he had a wife and children to support!

His common sense and intuition told him that early retirement was the right thing to do. When he looked deeply into the matter, and thought about all possible scenarios that could come up if you quit his job, he always arrived to the same conclusion, yet the fear was there.

At a certain point John decided to share his thoughts with his wife. Surprisingly, she welcomed the idea. She knew he did not enjoy his work, and was aware of the wear and tension it was bringing into his life. She also knew where his heart was, and that he could do better things.

With her support, he gathered enough courage to call up the manager of the personnel department, in order to discuss the retirement terms. After reviewing the matter, a nice amount was suggested.

After some more negotiations, amazingly, but not surprisingly, as John's mind was set on a successful outcome, a larger and satisfactory amount was agreed upon.

John's thoughts about money and early retirement finally materialized. He had now the freedom to devote his time and energy to the subjects he has always loved doing, and to pursue his long-standing goals.

This is a true story, except that John is a fictitious name. I know very well the characters involved, because this is my very own story.

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My website and the book you are reading now have come into being due to my early retirement. Now I have the time to do things I love and enjoy doing.

You too, can realize your dreams, be it a more satisfying and lucrative job, money, love, a house or travel. You might have a hobby you wish you could turn into a source of income, or maybe you are gifted with a talent you wish you could develop and use.

Everything starts in the mind, before becoming a reality, as you can see from this story. Your mind and your thoughts can transform your life and attract success into your life, when you know how to use them correctly.

There are certain mental laws and techniques that can help you achieve your dreams and goals. In the following chapters you learn about creative visualization – the technique that can turn your thoughts and mental images into reality. You will be provided with the necessary information, guidance and instructions for using this technique to make your dreams and desires come true.

Why Does Creative Visualization Work?

An excerpt from chapter 1

Why does creative visualization work? Here a few explanations:

- Repeating the same thought day after day programs the subconscious mind to act on it and to bring it into reality.
- Thoughts and mental images lead to action, and action leads to results, fulfillment and achievement.
- Thoughts often arouse associated emotions. If the emotions are strong enough, they cause us to act in accordance with the thoughts that initiated them.

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- Thoughts act like a magnet, attracting to the thinker similar thoughts and corresponding events and circumstances.
- A strong and definite thought or mental image tends to create its counterpart in the physical world.
- A clear and strong thought spreads out from the mind of the one thinking it, and is often perceived by other minds receptive to this kind of thought, who might act on it, and in one way or another bring it into manifestation.
- Our mind and thoughts exist within the creative Universal Mind – the power that has created and is recreating the Universe, and which is present everywhere. This being so, our mind and thoughts participate in the creative power of the Universe.
- All thoughts, actions and events are interconnected in one way or other, and therefore affect one another.
- Everything that exists in the Universe is a form of energy, vibrating in different wavelengths and in various densities. We live in an ocean of energy, where every wave affects the other waves. Thoughts are part of this body of energy, and can therefore be deliberately used to affect other thoughts, minds, people and situations.
- When there is a strong need, thoughts can bring people together in a surprising way. Here is an example:

A certain woman, who was a graphic designer, has been searching for a new job. One day, while going toward her car, she found out that she had a flat tire. Reluctantly, she took the spare tire out, and prepared herself for the unpleasant task of changing it.

As she was trying to loosen the screws, a car stopped by, and the driver asked her if she needed any assistance. She gladly accepted his help, and while changing the tire they started to talk.

It turned out that he owned a graphics designing company, and desperately needed a qualified and experienced graphic designer. She was overwhelmed

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by this “coincidence”, and told him that she was a graphic designer and was looking for a job. To her surprise and joy, he requested her to come to his office with her credentials and certificates, for an interview.

She did not have to wait for the interview, as she always carried her certificates and letters of recommendation with her. When he saw and read them, he was deeply impressed and hired her on the spot.

This was not a coincidence. One was looking for a job, and the other was in need of a good graphic designer. They needed each other, and their thoughts and strong desire brought them together in a rather surprising way.

Wishes Do Come True

An excerpt from chapter 1

I would like to share with you one of my experiences with the power of creative visualization.

When my children were little kids, I wanted to go on a vacation abroad with my wife, but we couldn't find someone who could take care of them for a week, while we were away.

My wife and myself decided to affirm and visualize spending a wonderful vacation abroad together, while our children are happy and very well taken care of. We had a strong belief that a solution will somehow appear.

Some time later, we met a very good friend, whose kids were about the same age as ours. He said to us:

"I have a proposition for you. I have a very attractive deal for a vacation abroad with my wife, but we haven't found someone to take care of our children in our absence. Would you agree to take care of our children for a week, and then, when we return, we will take care of your children, so that you could travel?"

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My wife and I were astounded, since this was the right answer to our prayer. We didn't need to think or discuss the proposal, and immediately accepted this wonderful offer, especially so that we knew well our friends and trusted them to take good care of the children.

About a week after our friends returned from their vacation we traveled to Europe, and had a lovely vacation, while our good friends were taking good care of our children.

As you see, creative visualization produced results in a natural, yet unexpected manner. Visualization, faith and desire, worked together to make our dream come true.

The Resistance of the Mind

An excerpt from chapter 2

You will probably experience some degree of resistance from your mind, opposing your efforts to change your thinking patterns. The mind doesn't like its habits changed, even if this is to your own good, and will resist your efforts. This resistance will manifest in different forms, as forgetfulness to substitute negative with positive thoughts, as doubts about the usefulness of doing so, and as laziness and procrastination. The mind will try to find all sorts of excuses to hold on to the old thinking patterns.

Your job is to continue working on your thoughts and attitude, without giving up. Your persistence will eventually conquer the resistance of your mind.

Always remind yourself that thoughts are powerful stuff, and are the key to success or failure, and if you wish to achieve success, you have to think positive thoughts, believe in your ability to succeed, and stay away from thoughts about failure and problems.

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Visualizing and expecting success, health and happiness, might feel inconvenient and look unreal in the beginning, especially if there is a great discrepancy between your current life conditions and the thoughts you are thinking. You might feel as if you are cheating yourself, and find it difficult to shift your attention from what you see around you, to how you would like your life to be.

Don't feel bad about the resistance of your mind, and don't give up changing your thinking pattern. Just keep calmly substituting your negative thoughts with positive thoughts, and in time the mind's resistance will calm down and vanish.

Foreword to the Guiding Stories

An excerpt from chapter 4

It is said that a picture is worth a thousand words. Stories are like pictures, they can teach, educate and explain in a visual, realistic manner. In this chapter you will find informative short stories, which describe and teach through examples, how to use the power of creative visualization.

This part of the book is actually a manual written in the form of stories. You can take each story and apply the same principles in your life, like a ready-made script, and obtain similar results as described in each story.

At the end of each story you will find two sections, "Summary and Instructions" and "Key Points". Please give them special attention, as they analyze the important points of each story, and point out how to use them. By studying them carefully, you will be able to bring the same 'miracles' into your life.

Before we proceed, I would like to recapitulate in a few words, some of the basics of creative visualization that were explained so far. Further on in the book, you will find all the necessary details to put the power of the mind work for you.

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- Creative visualization is a technique for creating a new reality.
- Creative visualization is similar to daydreaming, but is dynamic.
- Its tools are thoughts, imagination, affirmations, desire and concentration.
- Imagination is a power that gives shape to things. When it is infused with desire and emotion, it becomes a mighty force.
- Thoughts and feelings create a subtle reality on the astral and mental planes.
- Whatever is created on the astral and mental planes tends to manifest on the physical plane.
- Repeated thoughts and affirmations sink into the subconscious mind and influence its actions and reactions.
- The subconscious mind is the mediator between the conscious mind and the omnipotent Universal Mind.

All of us use creative visualization in an unconscious manner. Knowing how to do it consciously and correctly is the gateway to a happy, successful and satisfying life.

Patience and Perseverance

An excerpt from chapter 5

Most things in life require time to grow and manifest. A seed planted in the ground does not become a blooming flower overnight. Planting a small plant does not produce fruits the next day. Both the seed and the plant need time to grow, and have to be nurtured regularly and properly with patience and perseverance.

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Most of us want things to happen quickly and immediately, and we get impatient if they don't. We expect immediate results, and if we don't get them, we get frustrated, disappointed and lose faith in the methods we use. What we need is patience and perseverance.

Depending on the goal, your preparedness and other factors, sometimes you might get results quite fast, but usually, especially with big goals, success doesn't manifest overnight, even if you are experienced with creative visualization. It is not a sort of magic that requires just the whispering of some magic words. Often, all kinds of changes have to take place and the proper circumstances created, before your goal could be achieved, and this often takes time.

A simple goal, such as a finding a parking space in a crowded area usually materializes quickly. Bigger goals, such as owning a house or owning your company require more time to materialize, and it is here where you need to show more patience and perseverance.

Patience and perseverance are necessary if you want to succeed with what you are doing. Visualizing just once for a few minutes, or sometimes, now and then, seldom produce results, but repeating your thoughts and mental images day after day will eventually produce the proper circumstances to materialize your goals.

Patience and perseverance are great assets for achieving success in all walks of life, as well as with using creative visualization. Without them, one is moved by every wind and gets nowhere. They can be developed and strengthened like any other skill, by constantly exercising them in your life.

Don't give up if you don't get results immediately or in a few days. Exercise your patience and persistence, and continue visualizing every day, even if it takes days, weeks, months or even more.

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Think Big

An excerpt from chapter 5

- Can you visualize yourself living a happier, more satisfying life?
- Can you imagine yourself earning more money?
- Can you see yourself living in bigger house?
- Can you visualize yourself driving a new car?

- Can you think big, beyond your current material and financial condition?

How do you feel about these questions? Do you believe that you can improve your life, or does your mind tell you that you have to be reasonable and stick to reality?

How big you can think is only limited by your own beliefs! You can think as small or as big as you want; there is no limit how much big you can think. This depends on how your mind has been programmed, but you can change this programming.

It does not cost you money or effort to think big.

Imagine yourself watching a certain movie all day long, day after day. You get to know it by heart, and though in time it becomes boring and uninteresting, you continue watching it, unable to stop the habit. It never even occurs to you that you have the option of watching a different and more interesting movie.

This is exactly what most people do. They think on their current job, not on the job they want, on their current financial conditions, not on being rich, on the old car they are driving and not on a new car. They keep dwelling on their present condition and not on a different lifestyle, and this only perpetuates the same condition.

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It is only when the mind is fed with other thoughts that one begins attracting different conditions into one's life.

If you keep thinking, visualizing and experiencing in your mind the events of your day, you will keep attracting similar events, situations and circumstances into your life. This is limited thinking.

Everyone lives within a certain circle of possibilities, created by his or her thoughts, beliefs, education and environment. You can step beyond this limited circle when you start thinking big. You can rise above your environment, when you rise above your limiting thoughts.

Don't limit your thinking, since everything is possible in the mental world. It is a world where there are no limitations. In your mind, you can imagine yourself happy, loved, healthy, wealthy and successful, irrespective of how things actually are. You can create your ideal life in your mind, and there is no one to stop you doing so.

People who have achieved success in any area of life thought big, in unlimited ways. They have envisioned a larger and fuller life, irrespective of their actual life conditions. They dared to think big, beyond the boundaries of their reality.

If you desire to make real changes in your life, you have to free your mind from limiting thoughts. You need to look beyond your present situation, and open your mind to unlimited thinking and possibilities, where the impossible becomes possible. No one is better than you or deserves more than you. You can choose to be tied to small and limiting thoughts and stay where you are, but you can also free yourself from limitations, and create a more successful and happy world for you. It is up to you.

It doesn't take more effort to imagine that you are rich, than you are poor, living in a large house, than living small apartment, or earning a lot of money, than earning a small salary.

It does not take more effort to imagine that you are traveling first class and staying in good hotels, than traveling on a low budget and staying in cheap motels.

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Replace the movie you watch in your mind with a new and better one, showing your life, as you wish them to be. You can create a great production, full of happiness, love and success. In this movie you are the producer, the director and the successful superstar.

You can free your mind from limited thinking and reach the stars. You can choose to think big or to think small, as you think, so will your life be. Think big, and you will open your life to magic and endless wonderful possibilities.

Desire, Feelings and Ambition

An excerpt from chapter 9

Thoughts require a supply of power to activate them and make them creative, and this power is supplied through your desire, feelings and ambition, which energize and put necessary fuel and zest into your thoughts.

Desire, feelings and ambition are vital for making your thoughts come true, in the same way that electricity is indispensable for making electrical instruments work. Without electricity, even the best electrical tool or instrument cannot work.

Thoughts can also be compared to seeds, which need water to blossom and grow. The energy and power of desire is the water your thoughts need in order to become an attracting and creative force.

Without desire, feelings and ambition, your thoughts would lack energy and will not stay long enough in the mental world to cause things to happen. Only a constant supply of energy will keep the thought alive and strong long enough to attract what you want into your life. This is why only people who are passionate about what they do achieve great success.

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Put feeling and desire into your mental images or scenes, and enjoy visualizing your goal. If you approach visualization with lack of interest and desire, as if it is a chore that you need to do, you will just waste your time and energy, but if you fire up your interest, desire and motivation, and visualize with passion and feeling, your thoughts would turn into a powerful magnet.

Keep up your passion, even if nothing happens after visualizing for some time.

How to keep your desire and ambition fresh and alive:

1. Think often, especially before you visualizing, about the benefits of attaining your goal, and the pleasure it is going to bring you. You may even daydream a little, enjoying the pleasurable feelings that these thoughts awaken.
2. Set aside a few moments before starting to visualize, reminiscing and daydreaming about past happy events or success that you experienced in the past. This action will awaken the feelings and emotions associated with those events. You may relive in your mind your wedding day, graduation day, the time you bought your first car, first time you traveled abroad, a time when you won a large sum of money, or any other happy event.

Focus on the positive and pleasant feelings that awaken in you, and then start visualizing your goal, carrying and associating those feelings with your current goal. In this way you can take advantage of previous experiences to boost your desire and ambition.

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You Deserve Prosperity

An excerpt from chapter 11

Do you tell yourself, "Me, getting rich? Riches is not for me, I don't deserve it, I haven't done anything good to deserve the pleasures of life that money offers."

If you do, it means that you don't believe that you can be in a good financial condition. You might wish you had money, but you find it difficult to think about this as a real possibility. How can you attract money and prosperity if you don't think you deserve them?

You deserve prosperity like everyone else. If other people are prosperous, so can you be. There is no reason to feel bitter and resentful. I don't mean that everyone can become a billionaire. Not everyone has the talent or really desires to be a billionaire. But you can certainly be prosperous and well off, whoever you are.

You attract money when you feel that you deserve it, when you think positively about it, and when you expect it.

You can choose to believe that you **do not deserve money**, and you can choose to believe that you **do deserve it**. It is just a thought in the mind, but this thought has a great influence on your life. So, what do you choose?

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