
CREATIVE VISUALIZATION THE 5 STEP PLAN

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Creative Visualization

STEP 1: RELAXED STATE

It's important to reach your subconscious mind when you want to program a new reality. You should tune your mind to the alpha level, and reach the state of mental relaxation. This is important for creative visualization to work effectively. You should slow down your brainwave activity. You need to be in a relaxed state of mind.

This is why creative visualization is best to perform **in the morning** or **when going to bed at night**. The brain is already in lower brainwave states when you go to bed at night and when you wake up in the morning.

Close your eyes and take some deep breaths to relax your mind and body. Feel your mind and body slowing down and letting go. This will lower your brainwaves and you move into the alpha brainwave level.

STEP 2: ATTITUDE OF GRATITUDE

When visualizing you are actually planting a new seed in your mind. In order to make this new seed really start growing and taking shape you need to be in a positive emotional state.

To do this think of a time in your past where you felt great. It could be a time where you laughed so hard it was difficult to stop. Or it could a time when you felt really proud of yourself for something you achieved. Or it could a positive experience you shared with a loved one. It could be anything that made you feel sensational.. Do your best to think of this positive time. This will get you into a positive emotional state.

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In step 2 you want to continue this positive, emotional state and you do this by keeping **an attitude of gratitude**. Gratitude is like rich soil you plant your future in.

By being grateful for what you already have you will attract more things into your life to be thankful for.

Just give some positive thoughts to all you have to be grateful for in your life before you start visualizing your new dream life. This will shift your energy and it works like glue to make the visualization stick in your subconscious mind.

Be thankful for having a warm bed to sleep in. Be thankful for being able to take a refreshing shower each morning and for having access to clean drinking water. Be thankful for hearing birds singing or being able to listen to trickle of rain. Be thankful for seeing the colors of life. Be thankful for the sense of smell.

There are people in this world who are homeless and sleep on the street. There are people who cannot take a warm refreshing shower each morning or who don't have access to clean drinking water. There are people who cannot enjoy the smell of freshly-brewed coffee or fresh bread. There are people who are deaf and blind and cannot enjoy the sounds of this world and all the beauty and colors of life.

STEP 3: VISUALIZE YOURSELF ON A MOVIE SCREEN

A good way to visualize is to see your dream life on a screen. Imagine you are alone in a cinema with a huge screen. Project your visualization onto the screen. See your dream life on the silver-screen. It's like watching a movie of your dream life and you love watching it – you enjoy it.

STEP 4: USE ALL YOUR SENSES

The term visualization is actually somewhat misleading since it includes more than just vision. When doing creative visualization, it's about using all your senses to make the mental picture as vivid as possible – see it, hear it, smell it, taste it and feel it. Bring in colours, sounds, taste, smells and feeling of touch.

We all have different dominant senses – sight or sound or touch. Some people are visual, some are auditory and some are kinesthetic. A kinesthetic person is an emotional person who has to feel things and for such a person it would be important to bring in the sense of touch when doing the creative visualization exercise.

Creative visualization is about bringing in **all the sense** – see it, feel it, smell it, hear it, taste it. If you want a new car don't just see yourself driving it. Hear the songs playing in the great speakers of the car or listen to the roaring engine. Smell and touch the brand new leather seats. Or if the car is a convertible, feel the wind in your hair.

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STEP 5: LET GO

This last step is an important one. Let go and trust that everything will work out fine. Have a feeling of **expectancy**. It's like ordering something on the internet – you expect what you order to arrive in your mail box. No doubt. You just know it will arrive because you ordered it. It's exactly the same thing with *The Quantum Field*. The more you visualize what you want the sooner *The Quantum Field* will deliver it to you. When you trust the Universe you are in harmony with The Universal laws.

Creative visualization makes a greater impact on the subconscious mind when you involve yourself emotionally. How will you **feel** when you have achieved your dream situation – when you have reached your goal – when you live your dream life? Saturate every cell in your body with this feeling. Let it penetrate every DNA string of your whole being.

Remember that you have the power to produce that feeling. Produce it as often as you can. Use your imagination and pretend you already have reached your goal. See yourself happy, grateful and confident because you have reached your goal. Be thankful you have achieved it, even though it's only in your imagination.

LET THE SUBCONSCIOUS MIND WORK FOR YOU

This Creative Visualization technique will empower you to attract what you want into your life because your subconscious mind will start changing according to what you feed it. All of a sudden you will have this vast and incredible resource working **for you** instead of against you.

It will set up a new feeling which will change your **vibrational frequency** and then you are feeding **The Quantum Field** with what you truly want. It's anchored within your subconscious mind.

“You will attract into your live what you think about most, believe most strongly, expect on the deepest level, and imagine most vividly.” – Shakti Gawain

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One Page Summary

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2. ATTITUDE OF GRATITUDE

Keep an attitude of gratitude. Gratitude is like rich soil you plant your future in. Give some positive thoughts to all you have to be grateful for in your life before you start visualizing your new dream life.

3. VISUALIZE YOURSELF ON A MOVIE SCREEN

Imagine you are alone in a cinema with a huge screen. Project your visualization onto the screen. See your dream life on the silver-screen. It's like watching a movie of your dream life and you love watching it – you enjoy it.

4. USE ALL YOUR SENSES

Bring in all your senses to make the mental picture of your dream life as vivid as possible – see it, hear it, smell it, taste it and feel it. Bring in colors, sounds, taste, smells and feeling of touch.

5. LET GO

Let go and trust that everything will work out fine. Have a feeling of **expectancy**.