



Four Basic Steps for Effective Creative Visualization*

1. Set your Goal

- Choose something you'd like to have, work toward, create etc.
- This goal can be on any level, spiritual, emotional, or physical like a house, job, relationship, greater health or an improved state of mind.
- You may want to begin with smaller goals until you become more practiced with Creative Visualization.

2. Create a Clear Idea or Picture

- Create an idea or mental image of an object or situation EXACTLY as you want it.
- THINK OF IT IN THE PRESENT TENSE.
- Include as many details as possible.
- Make a physical picture of it (vision book/(treasure map)

3. Focus on it Often

- Bring your idea or mental picture to mind often.
- Do this during quiet meditation and casually throughout the day. This helps it to become an integrated part of your life.
- Focus clearly but lightly and gently on your Vision or goal.
- *It's important not to feel as if you are striving too hard or putting excessive energy into it.* Holding on too tightly to your Vision hinders rather than helps your Vision to come to you.

4. Give it Positive Energy

- When you focus on your vision or goal give it positive encouraging energy.
- Make strong affirmations that it exists that it has come or is coming to you now. See yourself as receiving/achieving it.
- Try to suspend any doubts or disbelief that you can achieve it.
- Practice having the feeling that what you desire is real and possible
- The amount of gratitude that you have is in direct proportion to the amount of blessings that you will receive.



*Adapted from: *Creative Visualization* by Shakti Gawain (1985). New York: Bantam New Age Books