

Download Key To Success The Power Of Creative Visualization

Creative visualization is a technique using your imagination to create and visualize scenarios in the mind's eye. By using visualization techniques, you create a mental picture of something and then focus on this image or scenario for periods of time. Ever since the release of "The Secret", there has been a lot of hype around the topic of visualization. Specifically, many people have gained an awareness about the power of visualization and how it can positively or negatively impact the results you experience in your life. Visualizations. We live in an immense quantum sea of vibrating energy that is responsive to how and what we think. Our thoughts are creative forces and are constantly expressing themselves in our lives. Hi Matt, I was fascinated by your article. I've read some articles on the power of visualization and found your suggested 6 steps exciting. I would love to do 60 press-ups for my 60th birthday on 25th jan 2013.