



VISUALISATION GUIDE

Focus your thoughts, words & imaginings towards a better life



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Many people believe that although sport is played with the body, it is won in the mind!

For example...

Mark Bailey wrote in the on-line national newspaper, the Telegraph (22/01/14) the following...

On the evening before a Premier League football match, Manchester United striker Wayne Rooney habitually asks the club's kit man what colour shirts, shorts and socks the team will wear the next day. "I lie in bed the night before the game and visualise myself scoring goals or doing well," he once revealed. "You're trying to put yourself in that moment and trying to prepare yourself, to have a 'memory' before the game." Knowing exactly which kit he will be wearing helps him conjure up a richer, more detailed and authentic vision. "I don't know if you'd call it visualising or dreaming, but I've always done it, my whole life."

For Rooney, this use of imagery – the act of creating and 'rehearsing' a positive mental experience in order to enhance your ability to achieve a successful outcome in real life, is an instinctive method honed since childhood, and one shared by great athletes from Muhammad Ali and Michael Phelps to Jessica Ennis-Hill and Jonny Wilkinson.

Looking at this further, we can say that mental imagery or Visualising is where you hold in your mind's eye, a vision of something that you would like to have happen that is not unfolding in front of you. We all use this process consciously or unconsciously.

For visualisation to work, you trust that there is something bigger than you and that you are co-creating with Source, (or God, or the Universe, or scientific matter – which ever name resonates with you) which is helping you to bring forth into your reality and experience, your desired short or long term vision.



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REDESIGN YOUR LIFE; ENJOY YOUR FUTURE

I offer you below the best way I know in how to use the visualising tool to create your current and future best life.

Let us begin the 9 steps...

1) Set your intention and believe that you deserve some sacred space and privacy away from noise, family, work colleagues and other competing demands.

2) Decide what your best life will be AND what it will look like. Write it down so you can capture your desires, dreams, hopes, goals and intentions. The deep loving inner part of you already knows what this is so focus your thoughts, words and imaginings on this.

3) Make yourself comfortable. I find it is best to visualise before I get out of bed for 5 minutes. This is personally comforting, fun and empowering, setting me up for the rest of the day. Please choose a time convenient to you that will make you feel vibrant, wonderful and confident.

4) Close your eyes if desired. Inhale a deep breath. Visualise any one of your intentions using all of your senses to imagine how you are feeling; what are you saying; how are you behaving; how are you responding; what you are wearing, and so forth. Don't forget to speak in the present tense as if your desires have already come true



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5) If you find your mind wandering towards what you do not want, then immediately get back to visualising what you do want. Have fun. Be cheerful. The process works better when we focus our energy on what makes us feel joyful and vibrant. This in turn, eases our mind, which will relax our body so we can focus more easily.

6) Trust that whilst you are visualising, all is well. You are being watched and listened to by Source. There are no obstacles, difficulties or judgement.

7) When you have finished, add any new information to your notes taken earlier. You are building up a rich picture of the life you would love to live now and in the future.

8) The more you practice your visioning, the better your life will be so try to visualise as often as you can.

9) Finally....

Touch your heart and say the following...

“Thank you Source for making my best life a reality.
I know my imaginings will be aligned with what is
best for me.
I thank you and I am grateful.”



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