

Notes on Visualization, Affirmations, Meditation & Goals/Visions –

Excerpt from *Start the Revolution Within* by Brian M Heater
www.transformingourselves.com

“Mental, Spiritual & Emotional Tune-Up” for your Success

It is essential that you take time 1-3 times per day or more to give yourself a “mental tune-up” and get the sub-conscious and the energy field working with you. For those of you who are not familiar with these techniques or who need a quick refresher here is some basic info to guide you. There are many great books and online articles on these subjects.

Affirmations - This is a positive thought, usually verbal, but it can also be in your mind. A good quote or a short sentence is best. It should always be positive and present. For example, “I am now healthy and fit” or “I am in shape, healthy, happy and fit “ or “ I am now ___ lbs (your ideal weight) and healthy”. Repeat this as much as possible throughout the day. Feel it. Believe it...say it with emotion. Feel the joy and happiness. With the affirmation you can also include visualization.

Visualization - A guided inner vision of what you desire to become. See yourself healthy and fit. See yourself happy. Place yourself in a happy situation with your new look and healthy self. Use your affirmations as you visualize. Again feel it. Believe it. Feel the happiness. Feel the success. Continue this process at least 1-3 times per day, more if you want.

Meditation and Breathing - This is also important and can be part of your affirmations and visualization. It is important to be focused and calm. This is where breathing can help. Simple in and out breathing...take a breath in, let it go out, repeat. Focus on letting go and calming your mind and body. Do this and try to get other thoughts out of your mind. Focus just on the breathing. Take several minutes to be calm and relax, to let go, then start your affirmation and visualization with continued breathing. Do this as often as you can throughout the day with at least 2 special quiet times where you can focus. Meditation for 5-30 minutes is a great practice and I encourage it. Breathing and calm focus can also help you release stress...use it when you get tense or angry.

Create your Goals & Visions List - Along with these ideas and techniques you can become more organized and create a list of your goals and visions of who you want to be, or who you desire to become, or what you desire in your life. What you think about manifests. These goals need to be positive and in the present such as the examples in the affirmations’ section. Make the list and write these down. Look at them often and start to incorporate them in your daily practice. Make them part of your affirmations and visualization. After a week or two you will begin to memorize them...they will slowly become part of your memory, which is connected to your sub-conscious and energy field.

Nature & Outdoors – Try to get fresh air and go for a hike or walk. Nature is a great way to relax and re-balance the system. Breathe and visualize while in the park or forest or by running water. Nature is inspirational and gives you positive healing energy.

Positive Affirmations with Food – Saying thanks and blessing our food is a very helpful technique. Saying “grace” or a prayer was at one time a common practice among many families. In these days many meals are eaten on the run or in front of the TV. Take time when you eat to be mindful and aware of eating. Start your meal with a positive affirmation towards the food. A simple “thank you for the food we are about to eat” works great. It is important to give thanks for two reasons. First, it makes you aware of the process of eating and the food itself. Second, it gets the positive intent and energy flowing to help you when you eat. It helps bring the Universe and the food to help with the process.

Note -I encourage you to look over these worksheets several times a week and incorporate the overall philosophies into your life and into your program. Pick your favorites and make your own list. This is part of your overall success and your transformation.

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