

## The Magic of Creative Visualisation - The Secret Revealed

Do you think you have tried it all, but without success appearing in your life? Do you lament that you have: 1. Read all the self improvement books but still want more 2. Continually spoken affirmations without progress 3. Set your goals and tried to follow them but soon deviated on a different path 4. Tried to change your thoughts into positive ones only to have the negative thoughts creep back in? You are probably thinking that all this positive thinking stuff is a load of rubbish, aren't you? You are now at the point of saying "This stuff will never work", right? With all these thoughts circulating around in your mind, you still have that part, however small, that believes this stuff must surely work. There has to be some truth in the fact that positive thinking must work, as it has supposedly worked for many others. You have read about or heard how actors, athletes, performers and numerous prominent people today have been successful and so many wealthy people in today's society have got where they are through using these principles. There are people who now enjoy successful, happy and abundant lives in all areas including relationships, careers, health and wealth. Although you have searched for the secret, it has continually eluded you. The fact is that the secret to their success is in the power of visualisation. Yes, a simple process of creative visualisation which activates your subconscious mind to provoke creative ideas and images allowing you to turn your desires into reality. The powerful concept of the law of attraction will indeed offer profound results as long as you believe, desire and make the choice to accept positive change in your life. Have you tried to perform visualisations only to have your mind wander, feel you are wasting your time, that you should be spending your time doing some chores or simply given up because it all seemed too hard? If your answer is yes, then read on to discover how easy it really is to transform your life with the magic of creative visualisations. The secret to successful creative visualisations is to combine them with light hypnotherapy techniques to allow you to sink into a state of relaxation, known as the Alpha state. This is the level of relaxation where your subconscious mind is able to release all the negative thoughts or states that you no longer want in your life, and can then absorb all that you wish to create, allowing you to begin manifesting all that your heart desires. Imagine all your desires becoming reality. What do you desire? A boost in your self esteem, a new partner, a healthy relationship, a slimmer and healthier body, a new home, a new car, a larger bank balance or even an overseas holiday? The list could be endless. Understand that as quoted by W. Clement Stone, "Whatever the mind of man can conceive, it can achieve". In this case, I will alter the quote to state "Whatever the mind of a woman can conceive, it can achieve", and I know for a fact that a woman's mind can conceive endlessly. However, vital to your success is the need to conceive and picture the images desired. Images in the now moment, know what you would see, hear and feel once your dreams have been achieved. Guided creative visualisations will allow your unconscious mind to stay focused on your created images and hear the positive suggested messages throughout. Short visualisations of approximately twenty to thirty minutes duration allow your mind and body to relax whilst instilling positive suggestions into your unconscious mind. Repeated listening to these will have you discovering that your life begins making the necessary changes to manifest the results you desire. By spending twenty minutes each day or so, you can have the life you desire. You can feel confident, successful, see your dreams come alive and hear the cheers of congratulations inside your head as you accomplish what you have always wanted. The magic of guided creative visualisations are the hidden secret to manifesting your inner dreams and desires and enabling those profound changes that have eluded you in the past.

### About the Author

With her calming voice, Danette Hibberd guides you through creative visualizations using powerful NLP, hypnotic techniques and affirmations allowing amazing transformation in your life. Visit <http://www.fabat40.com> for a free guided creative visualization and begin your change today.

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