

# Visualisation

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“Every great dream **begins with a dreamer.** Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.”

- **Harriet Tubman, social activist**

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A visualisation is the formation of visual mental imagery. It is the detailed imagining of a scenario or situation that we form within in the mind.

This practice involves picturing what you want for your life, in your mind. Consciously focusing your attention and awareness on the mental image of this, focus on attaining what you want and how it would feel to achieve it.

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# Practice

Practicing visualisation can take time. Picturing scenes in our minds involves the use of our imagination, if this isn't something we use often, this may need exercising. Visualisation will look different for each of us, including how it's carried out, when and where it is practiced, and how it changes our world.

Utilising the practice of visualisation can enable us to bring these imagined situations into reality. With the help of goal setting, we can decide exactly what it is that we want and use visualisation to bring it to fruition.

Start by setting your goal or intention. It is best to write this down in detail so you are clear on what your visualisation needs to represent.

You can chose to do this practice anywhere, but it is best done when you are comfortable and focused, with as few distractions as possible.

Visualisation is simply training your mind. It enables you to practice experiencing whatever it is that you want in your life. The more you focus on something, the more likely you are to see it in your life, the more likely you will believe in and work towards that goal.

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### **Step by step**

Start by deepening your breathing and closing your eyes. Clear your mind and focus on your intention or goal.

In your mind, create a visual mental image of exactly what this goal looks like, visualise yourself working towards this goal, visualise yourself achieving this goal.

Engage all five senses so you can attach feeling to the goal or intention. What can you see? What can you hear? What can you touch?

Imagine the emotion attached to the outcome of this goal. Live this in your mind as if this is a memory that has already happened.

Know and believe that you already have the power within you to reach your goals.

Practice this daily, make time to dedicate yourself to visualising your dream life.

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### **Take Action**

Revisit this visualisation regularly, and take action every day toward your desired outcome until your desires become a reality.

