

## **Visualization to Change your Life**

*By Ingrid Bacci, PhD, CST*

I was recently teaching a class of people who had come to me seeking help in solving stress and pain issues in their lives. The topic of the day was visualization. We are constantly visualizing, whether we are conscious of that fact or not, and what we visualize determines a lot of what we get. For example, if you worry about the future, saying to yourself that you don't know whether you will have enough money, or that perhaps your health will deteriorate, or that your relationship with a friend or spouse is gradually going sour...in all these cases, you project a negative outcome into an unknown future. What happens when you do that? A whole lot, and none of it good! Let's look at this a bit more closely.

We tend to think that worry helps us avoid bad things. After all, if we didn't worry, how would we manage to take the precautions that enable us to survive? But this reasoning is largely false. Why? First of all, worry or negative feelings focused on the future creates stress, and stress creates dis-ease, illness and pain over time. So your worry only guarantees that you will have a problem, a problem created by your state of mind. Second, worry makes us unreceptive. Have you ever tried to have a good conversation with someone who was worried, and did you notice how difficult it is for them to engage with you? They can't pay attention! When we worry we are all full of ourselves, in an unpleasant way, and we don't have any time or energy to let in good things. So no wonder bad things happen!! People get tired of hanging around us, trying to be available for positive experiences!

Third, worry creates what we worry about. Energetically, we draw to ourselves what we are. We tend to blame the world for our experiences, but the truth is, we often bring those experiences into being through our own consciousness. Let's make this thought simple. Happy people are drawn to happy people. Loving people are drawn to loving people. If we want happy or loving people in our lives, then we must be happy and loving ourselves. We tend to think we will be happy and loving IF we get happy and loving people in our lives, and so we wait, and wait, and wait, and hope, and hope, and complain, and wish. But everything happens the other way around. BE happy, and you will DRAW happiness to you!

I learned about the power of visualization big time when I discovered years ago, that if I could consistently imagine myself healthy and vibrant, even though I was sick and crippled, then gradually and surely my body would move towards health and vibrancy. But if I saw myself as disabled, sure enough, I became increasingly disabled! Today, I practice the skill of visualization every day with my body, and chase away demons that tell me I am getting older, or that my aches and pains foreshadow something more serious. When I do this, I find a remarkable resiliency and power in my body. It responds. Similarly, I recognize when I am having difficulties with work or with people I know, that I am no longer projecting and living in a positive space. Instead, I have become weighed down by the cares of the world. As soon as I recognize this and let go those cares, and begin to see what I want as though I already had it, my life begins to turn around and flow beautifully around me.

Like all powerful abilities, visualization is simple, and its power depends on regular, daily, even hourly practice. Begin your day by spending five minutes imagining

to yourself how you would LIKE the day to be, as opposed to how you EXPECT it to be. Notice all the negative expectations you bring into your life, and see if you can loose their hold. Then go through the day remembering your visualization with each event and encounter. When things aren't working exactly as you would like, come back to yourself and see yourself as you would like to be in the situation.

Remember this: Visualization is not so much about seeing things happening the way you want them to, as it is about seeing YOURSELF being the way you want to be: proactive, loving, energetic, successful, kind...you name it! Keep in mind, especially when the going gets rough, that you attract to yourself what you are. If you want wonderful things, be wonderful! If you want health, see yourself as healthy! Then keep on doing this, despite other energies that come around you, until you gradually truly become what you see yourself as being, and the world around you changes to reflect you. Enjoy your journey! Let it become more and more effortless!