



Session 19 – Visualize

One of the greatest things that we can do as human beings is create.

And what better way to create than to actually visualize what you want to do, what you want to be and how you're going to do that.

And I'm going to encourage you to use visualization often, but it's very important to know how to use it. And we're going to go through that step by step. But let's go to the common knowledge of visualization first.

We now know with MRI scans that what we see in our minds and what we focus on shows up in the MRI scan, like the brain doesn't see it any differently than reality. That's incredibly exciting news. And of course, we know the one-liners like *'you have to see it to be it'*. And that sounds like really cool. But how do you do that? I used to hear that one liner and think; 'Yeah, right'. Now I know it's true because I've experienced it again and again in my own life. The other thing is *'you have to name it to claim it.'* You have to dare to say what you want to become. And if that's only a materialistic thing, I would say that's not going to bring you any happiness. It's much more about what you want to become, to become very joyous. Now, of course, some material things bring us joy, but it's always about the inner self, the changes within that.

Now, how do you do these things? The first thing is I would encourage you to face your fears, to start recognizing what it is that you would like to change and why it is like that at the moment. Maybe you want a different job, different work. Visualize why you want the different work. What's not satisfying at the moment, and maybe you haven't taken the steps to create a new kind of professional job for yourself because you might be frightened that you don't have the skills. You see, I start whispering. And all of these concerns come up, so start facing them first, but don't do that for too long. Just try to go to the honesty side first. Yeah.

If you can't figure that out too quickly, don't worry about it whatsoever. Visualization is meant to be fun and it's meant to be creating what you're going to love. So then start writing down with a pen and paper, what you want to happen and how you see things happening, what kind of job you'd like. What kind of people you would like around you. Where you're living. What kind of apartment or house you'd be having, what kind of relationship you'd be having. What kind of sport you'd be playing. What kind of music you'd be listening to. The world is your oyster. That's what's so wonderful about our human minds, that they can be comical, but they can be cosmical at the same time, so you can laugh and you can go to spirit and you can do anything you want to do. There are no limits.

But at the same time, if you make things too big, too quickly, well, that's not realistic whatsoever. How on earth are you going to make a plan to get to this greatness? So sometimes

it can be very wise to make a visualization for 10 years and sometimes it can be wise just to make a visualization for tomorrow or for in a week's time. I'm sure you'll be able to figure out what kind of visualization you'd like to do first. And my advice would be begin by doing one visualization first.

How are you going to work towards something that is going to bring you so much happiness and so much joy? But at the same time, as soon as you've made it (visualized it), your happiness is not reliant on the future. As you can see the joy in me when I'm making these visualizations or these films for you, it's the power of the now. So actually, is the visualization in the future is maybe the question or is it here now because you do get the pleasure of it.

Then start creating maybe some pictures for yourself or as I do, some reminders of who loves me, why they love me, how it helps me. You might be, you know, creating your own path of how you're going to achieve that visualization and feel the joy inside when you're doing it. And when doubt comes.' Yeah, yeah, yeah. I've heard this all before. You know, I've done it before. It doesn't work'. It does work. You need to understand to make visualizations work, you have to take action. That's why every single thing I've been doing with you is linked with an action. Of course, visualization can work when you start honoring yourself and having self-worth. And when you're observing yourself from your own meditation practice every day, you'll start noticing the power of that. Also the struggle. But remember, you'll be looking at the struggle from a distance. And that's how you're going to be observing visualization as well.

:Let's get back to the specifics. Please do not be concerned if you don't see pictures or colors. That is not necessary to be able to visualize brilliantly. Again, go back to how brilliantly you might have been visualizing from worry or fear or anger! We seem to have a knack to do that as humans, but as 'Beings', we can start visualizing the beauty and the joy and the successes.

How does that look like? I remember very, very clearly when I first understood observing from meditation that I sat down and I said to myself, first of all, I'm going to observe my death. And the reason I decided to visualize about my death is because it was going to help my life. Now, that sounds very, very strong to some of you now, but it'll really help. Why? At that moment in my life, if people have been at my funeral, they would have said many, many things about me that I would have preferred that they didn't say, but I knew were true. So I knew I had some work to do.

Then I started visualizing who is the person that I want to become. So that when I die, all of these, you know, do I die? That's another question. All of these beautiful people around me will come and celebrate my life and be happy for me that I had such a great life. So that's why starting at the end, which is very well known, if you've been reading the kind of books that you might have been reading, is really worthwhile. Have a look at who you want to be. If you would die. And don't be frightened of dying because you're going to die anyway. And so am I. So we work towards that in just a joyous way as I'm sitting here.

After you've decided all of the characteristics and things that you've achieved when you've died and what you'd like to do and let loose, you know, go mad because you might have a very, very long life. That means you can do a lot of things, you know, is pretty cool. I've definitely got

another 40 years, in my opinion, o I'm pretty young now! If you look at things like that, it really helps you to go wild, you know, to go big and thing. And then you move away from the funeral and what people might be saying about you. And you come back to, to smaller steps and then you take a very clear, small step.

Let's go to a step of visualizing something in a week from now. Make a simple one. Okay. Let's decide it's going to be your house. In your house, you know where you live that there is something that you haven't done yet that would bring you so much joy. And it's probably just a small thing. It might just be making your bed every morning. Wonderful, so you visualize your bedroom looking absolutely fabulous before you leave it. Or you visualize your cupboard being totally sorted out or you visualize the bills, all of these things and you see yourself, you see yourself sitting behind your desk, working on them, writing them and enjoying paying the bills. That's also that was a great one that I learned. You know, when you pay bills and you're like 'that much money', you've got the money, pay the bill, enjoy it! Wonderful. Money is just energy. You know, terrific. You see yourself enjoying paying the bills and you make a decision in a week's time, that small step has been done and you see the joy at the end of that visualization and yourself going like 'tja tja' you did it. Yeah. And all happy.

Then you write it down, you say this is what is going to happen and when it happens, because it's a baby step at the beginning, you know that you're bringing this changing from becoming the observer of how you're creating what's going to be happening in your life. Take it baby steps, baby steps but at the same time have huge visions as well and the more skilled you get in it, the more you're going to get belief in it. The more specific you're going to become, the more trust you get in it. But please do not live in the future. Just give yourself the energy to take action in the now and give yourself a little bit of guidance, just like you would do to a child. You would take them along and you would show them things slowly, and then their world becomes bigger and bigger and bigger.

And you know what? We're all still children we're such beginnings and all of the time we're creating more magic and more 'Being' and less human. I hope you understand now how to visualize and that you take action. And I'd like to challenge you to take a visualization of something in your house within one week and to go write it down, right now! Good luck.