

# Manifest Visualization

How to Manifest Your Desires With Creative Visualization



By Inspiration Vibe

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## Chapter 1

### What is Visualization

*"Imagination is more important than knowledge. Knowledge defines all we currently know and understand, imagination points to all we might yet discover and create"*  
Albert Einstein

What you focus on you attract, so by learning creative visualization you will be able to effectively use the law of attraction manifesting techniques.

Quantum physics has proved that everything is made up of vibrations of energy, even your thoughts! So what you think creates energy, when you add a picture to these thoughts you can learn how to [manifest](#) your desires.

When you think about what you want, you will attract it. As simple as that sounds I am pleased to offer you some powerful creative visualization techniques to super charge your desires.

### The Basics

There have been many tests of Olympic athletes that have used creative visualization in their training and here is an example:

- Group 1 did 100% physical training
- Group 2 did 75% physical training and 25% mental training
- Group 3 did 50% mental training and 50% physical training

Group 3 performed the best. So when you add physical and mental training together it gives you a significant advantage.

Quite a few celebrities have endorsed the utilization of creative visualization and claimed it had a substantial role in their success and how to manifest your desires. Such celebrities include Oprah, Tiger Woods, Arnold Schwarzenegger, Anthony Robbins and Bill Gates just to name a few.

Will Smith in an interview said he utilized visualization to defeat challenges and, as a matter of fact, he visualized his success years before he got to be successful.

A different example is actor Jim Carrey, who wrote out a check to himself in 1987 in the sum of 10 million dollars. He dated it 'Thanksgiving 1995' and put in the notation, "for acting services rendered." He visualized it for a long time and in 1994 he got \$10M for his role in Dumb and Dumber!

### What Is Manifesting

*"Nothing ever becomes real until it is experienced."* John Keats

[Manifesting](#) means to make something real or perceive it as real. The conscious and subconscious mind work in harmony.

World renowned author and speaker John Kehoe explains 'the subconscious accepts what is impressed upon it with feeling and repetition whether these thoughts

are positive or negative.' So if you want to manifest with visualization it helps to learn the differences between the subconscious and conscious mind.

As John explains in this analogy, the subconscious mind is like soil where you plant seeds. You will reap what you sow! This is the basis for using the law of attraction for manifesting. The conscious mind is the gardener. Choose wisely what seeds of desires you plant, what you plant is what you will visualize and receive.

### **About Manifesting**

Manifesting is used to wish for your desires, goals & dreams. These wishes are seeds that you plant in your mind. Add a picture to it which is visualization and you have a powerful recipe. Each one of us have the free will and we should use it to make conscious choices so that we can all achieve our highest potential. We also have the right to think and picture what we want in our mind.

Manifesting is a great tool to learn for empowering yourself. It enables you to take control of your life rather than simply leaving it to chance and fate. You have the power to transform your thoughts into something that is true and material.

If you continue thinking about cash, then picture lots of money in your brain. You may see lots of pictures of money or hear somebody talk about money. What you don't want to do is focus on a lack of money and if you hear someone talking of a lack of money then I suggest you don't dwell on that but focus on holding the money, smelling the money and actually imagine having it to spend.

A powerful exercise is to imagine spending \$100 each day, you can spend \$100 as many times as you like, over and over in your mind. This is not about having possessions but the power to spend continuously and often each day. This changes your mind from lack to abundance.

While manifesting is a gift meant to grant our wishes, it will work against you if you don't arrive at a conscious choice of what you're going to manifest. We could manifest even if it's something you don't want, as long as you hold the thought of that object or idea in our brain.

Everybody has the natural power to manifest anything you want into your life. It's simply that we were not taught this reality growing up, and we were unconsciously programmed with so much data that we have simply forgotten our innate manifesting attractive power. The truth is we're each overflowing with this energy, yet it might be "sleeping" inside you. With this ancient manifesting knowledge and an inspired action manifesting routine...it could be awakened.

Also you can easily get disheartened when you wish and wish for something that doesn't appear. You must not lose faith. It is like a seed growing, it takes a while to get a little sprout and then even longer to grow into a bigger plant. So if your seed has only turned into a sprout then don't pull it out and throw it away. Keep imagining and picture it getting bigger and stronger. This is the key to manifesting what you want or desire with creative visualisation.

Whatever you hold your focus upon, you're manifesting THAT into your life faster than you might realize. If you're constantly focusing on what you DON'T want to think, feel, or experience then you'll see that is precisely what you're manifesting.

By learning these ancient secrets of manifesting, you are able to remain centred, peaceful and focused on what you DO want to think, feel and experience. From this place, you'll discover that your greatest dreams and desires will manifest into your world.

Manifesting is an astonishing gift that wields power to fulfil our deepest desires as well as our greatest fear, so utilize it wisely...

### **Deciding What You Want To Manifest**

*"Having a vision for your life allows you to live out of hope, rather than out of your fears." Stedman Graham*

"You may do anything you put your mind to," also requires that you take action to make it happen. You can't just sit around wishing and dreaming, you have to go out and put energy behind the thought, energy and action create results.

### **What Do You Want**

Most of us do not know what we want. We believe we do, however we truly do not. We only know what we do not wish. We do not wish an awful job. We do not wish to be destitute. We do not wish to disappoint our family.

Knowing specifically what you wish is much different than recognizing what you do not wish. When you solely know what you do not wish, your intentions aren't focused and you manifest the bad.

## **Chapter 2**

### **How Visualization Works**

*"Visualize this thing that you want, see it, feel it, believe in it. Make your mental blue print, and begin to build." Robert Collier*

The mind is made up of 2 parts, the conscious mind and the subconscious. We think with our conscious or rational mind and whatsoever we think repeatedly sinks into our subconscious mind or creative mind. The subconscious is like a computer. It can't think on its own, it can't differentiate between good and bad, between true and false. It takes on face value, whatsoever is presented to it.

When the conscious mind gives the subconscious the same thought over and over, it begins taking the thought seriously and sets out bringing it into existence.

Our life of experiences are stored in the subconscious to which it has access. It likewise has access to the Universal mind for which nothing is inconceivable.

The subconscious then brings about conditions in which our repetitive thought is manifested.



A picture is worth 1000 words. We've all heard that saying previously! This has never been truer than in the case of utilizing visualization. Visualization is a great tool to deal with the disease and sickness in your life. Visualization, a meditation method, utilizes pictures or imagery to balance the mind and boost our body back to total wellness. The brain is divided into 2 sides - our left logical side and our right creative side. Most of our life is spent utilizing the left, logical side of the brain. By utilizing visualization we yield to our right creative side and get a balance of the brain. This balance helps the natural healing procedures of the mind and body.

Visualization utilizes imagery to alter your emotions, which alters your feelings, which then turns into physical sensation that may relieve or eliminate symptoms.

The mental form of the mind is emotion and emotion brings about feelings. The body's physical form is sensation. When we get an emotion it brings about a feeling that turns into a physical sensation. Visualization supplies positive images for the brain that change your emotions that produce a feeling which turns into a sensation.

That is how you get at your mind-body connection.

Most times we're in logical, left brain mode for survival. This induces an imbalance in the brain. By giving in to our right brain we access the mind-body connection which fixes the balance of the brain and opens us up to change and replenishment.

It has been demonstrated that negative emotions lower our immune system and keeps us mired mentally. Having negative emotions delays and stops us from achieving our goals and really inhibits the brain in achieving what we wish. Positive emotions really boost the immune system and make the brain work in a balanced mode which is conducive to change.

The process to visualization is easy. 1) Find a calm place. 2) Define your intent. 3) Centre on your breathing. 4) Start your visualization. Visualization commonly takes a few weeks to work and ought to be done in the morning and at night before bedtime. But, many individuals find results after the very first time. To have a successful outcome, you have to be specific when you define your intent and feel, realize and believe that it is going to work!

*"Everything you can imagine is real." Pablo Picasso*

## **Chapter 3**

### **Getting In The Right Mindset**

*"Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible." Cherie Carter-Scott*

Another step in the creative visualization procedure is to learn how to trust that you already have your specified outcome in the here and now. This isn't about wishful thinking or betraying yourself. It is about recognizing the truth behind reality creation and having the sort of faith that's the "evidence of things not seen".

## **Your Mindset**

What is included in believing: To believe something is to sincerely know it. It is to no longer have to think about it. If you trust you have your intent in your here and now you do not have to be in a place of anticipation or wondering where it is as you already have it. During your visualization sessions, trust that you already have what you intend by seeing yourself amply experiencing the choice itself. The words of Jesus perfectly capture the essence of how to believe: "What things so ever you ask for when you pray, believe that you receive them, and you shall have them" (Mark 11:24).

So how to get in the right mindset and believe: Relax utilizing the relaxation techniques below.

Find yourself a quiet place where you know you won't be disturbed for at least one-half hour. Sit straight in a comfy seat with your feet on the floor, your back supported and your hands resting in your lap. You may choose to lie down if you prefer as long as you are able to keep yourself from falling asleep during the procedure.

Close your eyes and take 3 to 5 deep, abdominal breaths. Breathe in deeply and steadily through your nose letting your stomach rise slightly or push out. This loosens up your diaphragm and helps more air to enter your lungs. Hold your breath momentarily and then breathe out slowly through your mouth, letting your stomach return to its normal position.

To make certain you're using the right breathing techniques, place your hand on your tummy and practice this breathing technique. This is the right way to breathe. Train yourself to effortlessly breathe this way correctly through your visualization sessions.

Mentally count down slowly from twenty-five to one while you continue to breathe deeply. If you discover that counting backwards doesn't bring you to a relaxed state, try beginning from fifty or as high as needed. In the same way, with practice you might discover that counting back from as little as ten is adequate to accomplish the same state of relaxation.

Next, bring to your mind something which you already possess with out-and-out certainty, be it the roof over your head, your sight, your automobile or even just knowing where your next pay check is going to come from. Note how your body and mind react to having something with such certainty. You're likely to feel no tension, no strain, no worry, no wondering where it is, no desiring - just the serenity and stillness that comes with knowing. Allow yourself to experience this state of knowing what it means to have something. Repeat this exercise on a regular basis and soon you'll have learnt how to believe and will be able to re-create and transfer the feeling of trust to those things you intend to experience during your visualization sessions.



## Chapter 4

### Negative Mindset In Visualization

All of us are really busy producing our personal reality. Creativity is a full-time job and we're all rather good at it. Problem is, most of the time we do this unconsciously. That means that there's a strong possibility we utilize our energy to manifest things we don't truly want.

#### What We Focus On

*"The future depends on what we do in the present" Mahatma Ghandi*

Creative visualisation is part of our nature, we're commonly not consciously aware of our role in the creative process. There's a natural tendency to resist the idea that we're the ones producing it. This is true when we manifest a reality that we don't truly love.

Till we're ready to acknowledge the role our personal creativity plays in our own reality we'll likely carry on to manifest results we would rather keep away from.

We've talked numerous times about utilizing the power of focus to help us achieve our goals. But without direction, focus may in reality cause us to manifest the very things we're trying to keep away from. As a matter of fact, an avoidance mindset may program us to use our creativity to continually produce the precise things we don't need.

Here's what happens if we try to avoid something. Let's suppose it's a cold winter day and there's ice on the path. Obviously, you don't wish to slip on the ice and fall. So, as you go out the door you think to yourself: "Be cautious, don't slip on the ice."

Your brain can't process the thought "don't slip on the ice" without seeing you slipping on the ice. What have you just accomplished? You've just utilized your creativity to form a mental picture of yourself slipping on the ice, and now that's what you're focused on. The slicker the path, the more you'll focus on that mental picture.

Can you see where this is leading? You're walking down a tricky path and your brain is centred on an image of you slipping and falling. The harder you focus, the more likely you are to slip and fall down. In this case, you're using the power of focus to manifest the very situation you are trying to avoid.

One of the things that reveal what we're focused on is our speech. Do you tend to discuss issues, or opportunities? Do you contribute to damaging conversations, or do you endeavour to shift the conversation in a more favourable direction?

Is your conversation encouraging, or discouraging? Do you discuss what's wrong with your life, or do you share the things you're thankful for? Do you have a complaining spirit, or do you look for the favourable aspect of any situation?

Most of us like to think of ourselves as having a positive outlook. If that's true, then it will be seen in our conversations. So I encourage you to take a close look at your pet topics for discussion, and see if there's any room for modification. We tend to talk about the things that we're centred on.

## Chapter 5

### Making Mind Movies

*"The courage to imagine the otherwise is our greatest resource adding colour and suspense to all our life." Daniel J. Boorstin*

Have you attempted to manifest lots of positivity in your life only to discover yourself disappointed, frustrated or uninspired by the results? If you've said sure...

You're NOT alone! The truth is that most people will never get the sorts of transcendent and life altering experiences they want from Law of Attraction kinds of exercises, and that's an unfortunate and really sad fact.

The simple truth is that visualization works! It works well, it works quickly...and it works for everybody.

Mind movies are fairly new phenomena that have swept the web in recent months, but in truth, are simply a great way of employing modern technology to dateless wisdom and truths.

The Images and how they work is really simple. Mind movies act as visual representation of your perfect life. Your greatest self. Your peak self, and in the places that matter most...the life that you'd truly love to be living.

Mind movies, as they're frequently referred to in spiritual healing and other therapies, are visual personal development tools. They comprise of personally picked out (or mass produced) positive visual images of one's perfect life, written or verbal positive affirmation about an individual and their life.

**Positive** thoughts that are generated by watching or listening to mind movies, will act as a big eraser which we may use to erase, then substitute damaging programming from our brains.

There are a lot of ways of creating your own mind movie. From producing the vision of your ideal life, in a big scrap book, or on a cork board, to sophisticated apps or software.

Like with anything in life, it's the effort that counts and the more creativity you put into it, the more effect it will have on your subconscious mind and conscious mind.

In the average individual's life, there are a lot of situations that will provide or produce damaging energetic effects: dampening the spirit, stocking up negativity, finally turning into negative or disempowering beliefs which will in turn produce damaging emotional reactions, which if persistent and endured long enough, may cause psycho-somatic illness.

Put differently, negative emotional states which are endured for long time periods will solidify in the body in the form of a disease, either physical or mental and cause us to not have the life we want.

From the individual who always seems to be around to let you know that you can't succeed, to challenges that appear to be unattainable regardless how hard we try,

using mind movies may be a powerful tool in breaking the damaging pattern in your life.

Another great idea is to create your own video utilizing online software or create your own vision book, a collage of photographs representing your goal, an ideal situation you want to find yourself in, business accomplishment, romantic dreams, anything.

With those, you'll be looking to mix and match positive affirmations, brief statements of desire which you wish to become true in the future. If you're utilizing an online software tool, you are able to choose your own song and add music to it.

Watch the video you've produced, or browse your vision book, or stand in front of your vision board and engage with what you see and hear on each level.

The basis of this principle is that you centre on what you wish for, to the exclusion of everything else, which is the most powerful force in the Universe. The old adage, energy goes where attention flows, is 100% true.

## **Chapter 6**

### **Visualization Exercises**

*"You must find the place inside yourself where nothing is impossible." Deepak Chopra*

**Visualization** is a process utilized by winners in all walks of life. If you truly wish something to come to fruition, put your imaginative brain to work. See the result in front of you, play the game you are going to play in your brain or watch yourself getting what you want. The only limit is your own mind and imagination.

It may sound hard, but let me prove to you that you can do it. Take a couple of minutes to close your eyes and imagine yourself going to the kitchen and getting a cup of coffee. Try to imagine every detail, even the smell of the coffee.

Were you able to imagine the cup of coffee? Maybe you were using your favourite cup, and that awesome coffee brand that you love. You may even want a cup of coffee right now. That's how visualization works.

Don't worry if you didn't catch all the details, just like any other skill, you need to practice. However, it is worth the time it takes to learn it.

Visualization is simple, but it requires you to practice often to get the best results out of it. Just follow the steps and enjoy the process:

## 5 Steps How to Manifest Your Desires with Creative Visualization

*“Your mind will answer most questions if you learn to relax and wait for the answer”  
William S. Burroughs*

Let the fun begin ...

Write down your visualization, write down as much details as you like. Then you can simply open your eyes, re-read your notes while you are visualizing, and gently ease yourself back into that very happy place. How good is that! If you do open your eyes for a few seconds, have a quick read of your notes as this will refocus your mind and take you right back to the picture. Checking where you are actually helps you to stay in the present moment and stop all those busy thoughts.

Start to feel that little excited twitch in your belly that tells you you're on the right path... Of course, the mere words will be nothing compared to the feelings you generate when you visualise – but you have all this great stuff to come.

- 1. Relax And Breathe:** Take a couple of deep breathes, let go of all the tension, and close your eyes. It works even better if you find a quiet spot where nobody will bother you. Pay attention to your body and starting at your feet and working your way up to the top of your head, focus on relaxing each part. I like to think of the colours of my [chakras](#), I find this helps me to remain focused on relaxing.
- 2. Set The Scene:** Let's say you want to play guitar. Start by imagining your guitar, the shape, then the strings, the thickness of each string, until you have a clear and defined picture of your guitar.
- 3. Detailed View:** Now imagine yourself coming closer to the guitar, look at your hands and slowly add detail to the picture. Look at how you sit and hold the guitar, try and add as much detail as possible. Picture where you are sitting, is it on a couch, outside, in a forest, by a campfire and now notice the smells around you. What is the temperature, is it summer or winter. What other sounds are around you. Feel, smell and look will help to paint a beautiful bright picture full of colours that pop, it is perfect.
- 4. Feelings:** Feel the guitar in your hands, feel each string and also focus on the sound that each string produces. Allow yourself to start strumming a few chords, just as you would do in practice with the same exercises. Imagine yourself playing through the whole set without failing or stopping, just as if you were an expert.
- 5. Wrapping it up:** Allow yourself to slowly come back. You completed your practice and the image slowly fades. When you feel ready, open your eyes again. Refer back to your notes as often as you can, this will take you straight back to you scene and the details will come to mind much quicker allowing you to add more and more detail each time you replay your visualization.  
Happy days!

Keep making movies – keep having fun – keep growing and learning.

The more effectively you plant the seed of your desires the better the results will be. The worst thing you could do now is doubt yourself. It doesn't matter if your picture is so far from your reality, you are safe and it is a picture that you can change. Your imagination is free. You just have to have faith that this or something better is actually possible and you will be one step closer to your desires. The process will take care of itself and remember to put positive feelings into your picture this really fast tracks the results of creative visualization.

How to manifest your desires is easy when you know how and can create a powerful shift. The feelings and emotions are just as powerful as the pictures. You have to feel like it is possible, it is the best feeling in the world. If you need a hand to super charge it remember a time when you were really happy and proud. Imagine a similar event and how wonderful you felt, now just transfer those feelings into this new picture and the results will blow you away.

You can utilize visualization to develop new habits, like eating healthier or eating slowly which prevents overeating and obesity; have you ever seen an aerobatic airplane pilot visualizing his/her routine on the ground utilizing only the hands and the imagination? Have you ever practiced a job interview in your brain?

Visualize the activity, event or result wanted. Think "what you see is what you get" and be ready for creative thinking and mind synthesis to take the lead. If you wish to construct a solar powered train, visualize this train in your brain, with its solar panels, its glittering exterior, traveling at a speed that you think it would be capable of. Dream of it, work it through your mind and let it evolve in pictures.

After you have spent a minute, day, month or even a long time visualizing the possibilities, now switch to focus mode. Right at the minute before you perform the activity, job or event that will accomplish an outcome or even the outcome towards your goal, centre clearly on the picture of the action you're about to make.

For instance, if you're trying to hit a ball, picture hitting it distinctly in your brain stroke by stroke, at the correct height and the correct speed. Watch the ball being hit by your instrument, flying through the air and landing wherever it's meant to land. Add all senses to the experience, hear the nearing ball, hear and feel the impact, smell the grass. Then do it for real.

Nothing is going to get better when you feel crappy about yourself and your chances in life. A favourable mindset will reset a period of bad luck. It will turn that half empty glass into the half full glass; the rainy day into the silver-lined cloud. Grab opportunities to change and march on.

Anyone who wants change overnight will be frustrated. This takes practice, belief in yourself and the hope of the possibility of the dream coming true. You must add feelings and emotions to your creative visualization.

Visualize where you'll be in five, ten and twenty years' time and the types of outcomes you wish to have. Surround yourself with friends and see yourself enjoying life.

Visualization only works when you're calm, comfortable and willing to give yourself time to centre in peace, free from worries. Visualization is a process very close to meditation, only it's more active and vivid. In visualization, you're encouraged to think actively about the possibilities but as with meditation, you have to leave aside anything extraneous to your dreams and goals and only centre on them.

It's not enough to wish to be the president. You have to consider the qualities that will help in getting to this goal. Visualize not only the presidency but likewise the skills of open communication, strength, smiling, sharing, listening, talking, being able to avert criticism with skill and respect etc. It's likely there will be skills you have to work on but again, utilize visualization to centre on separate skills to bring them up to par.

## **Chapter 7**

### **Advantages And Disadvantages**

*"It's the possibility of having a dream come true that makes life interesting."* Paulo Coelho

There are a lot of benefits of visualization and on this chapter you'll discover some of those benefits and why it's important to visualize. I'm sure once you begin visualizing, you'll discover your own benefits, but for now I will discuss the advantages and disadvantages I've found.

Visualization is a form of relaxation. The simple act of calming your mind and visualizing something cuts down the amount of tension you're constantly bombarded with on a day-to-day basis. So, if you don't visualize for any other reason, I advocate you do it for this one.

Visualizing something that you wish to have or wish to experience may bring great joyfulness into your life. We may not be in the position right now to do or have what we wish, but we may visualize it.

This is the next best thing to really having it or doing it. Our minds don't understand the difference in visualization and really having or doing a thing, so it will react in the same way it would if you were really experiencing that which you're visualizing.

With visualization there are no restrictions. You can be and accomplish anything. You can live in the home of your dreams, drive the automobile you want, be married to the love of your life and travel to different places. Not all of us get this luxury right now, however when we visualize, we open ourselves up to visualize whatever we want without limits.

If you quiet your mind to visualize, you're actually bettering your power to focus. You no longer are bonded by the restrictions of your day. The more you visualize, and the better you get at it the better your total focus gets.

You are able to gain [inspiration](#) and you will be able to become inspired to take action towards your dreams by taking the time to visualize them. We're more likely to believe in and to move forward towards our dreams, if we can actually see them as possible and visualization may do that for us.



Disadvantages of visualization are hard to find. The most common is the time it takes out of the day to do so. However taking this time can be greatly beneficial.

## Chapter 8

### Conclusion

If you don't love the reality you have been producing you are able to alter it. However to do that, you first need to accept your role in the [creative process](#). You have to take responsibility for the reality you manifest. When you do that you'll empower yourself to produce the life you truly want.

Don't get to be a victim of negative target fixation. Don't allow outside influences to poison your mind with negative propaganda. Centre your creativity on where you wish to be and fully accept your role in what you manifest. Then get ready to be amazed as the doors of possibility swing open and your life takes on a totally new dimension.

As always there is so much more to learn if you are willing. This has been a great introduction to creative visualisation and how to manifest your desires also using the law of attraction manifesting techniques.

### Manifest Your Desires With Creative Visualisation - Summary

1. Creative visualization will help you to be happier, more confident, dream bigger dreams and be more inspired.
2. Your imagination will help you to achieve amazing creative visualization mind movies to create anything you want in your life.
3. Creative visualization is like making a mind movie with your imagination, where you can see yourself living your dreams. This starts to tell your subconscious a story that it thinks is a real memory. This works great for things you want to manifest.
4. "You also attract what you think about most, but you also attract what you think." John Assaraf from The Secret. So focus on what you want not what you don't want.
5. The first step is to quieten your mind and focus on your breathing.
6. Count down from 10 to 1 and connect with your subconscious, your imagination and relax.
7. Create a vivid mind movie with lots of colour of what you desire, put yourself in the picture, and add senses like smell and taste. Imagine it like a Hollywood production movie, who else would be there, where are you and watch yourself acting. This makes it seem like real life.
8. Add lots of emotions! This is the key to successfully manifesting your desires with visualization. Think of a time when you were extremely happy and felt proud of yourself, now switch to your mind movie and the emotions you were feeling will be embedded in your movie. This creates positive energy around your desires and motivates you to take action. Remember that energy creates action. Even the Law of Attraction tells you so - attr-action.

9. Write down some notes, they can be key points. This will help you to keep adding to your mind movie. It is especially helpful during your creative visualization time, if your mind wanders off, your notes will help you refocus and relax right back into the movie.
10. How to [manifest](#) your desires and fast track your results; Each time you replay your mind movie you add more and more details. More colours, more senses and definitely more feelings. These powerful tips will help you on your quest to learn how to manifest your desires with creative visualization quickly. Enjoy and have FUN!

Here is how to learn more:

[Inspiration Vibe](#)

[Manifesting](#)

[Visualization](#)

*"It's time to start living the life you've imagined." Henry James*