

Visualisation

Creative visualisation is the art of using mental imagery to produce positive changes in your life. Many sportspeople now use visualisation to help them perfect their techniques. Many of the things around us that we now take for granted were once just pictures in dreamers' heads.



The basic steps to visualisation are these:

Step 1 – Decide what you want

Choose a change that is really important to you, something you would like to have or to be. It can be on any level – a job, a home, a relationship, a change in yourself, increased prosperity, better health, beauty, whatever.

Step 2 – Create a clear picture of it in your mind

Imagine as fully as you can what it would be like to have achieved this goal. Create a mental picture of yourself, the object or situation exactly as you want it. Make it as vivid and colourful and large as you can. You should think of it in the present tense – as already existing the way you want it to be. If it helps, add sounds and feelings to the picture.

Step 3 – Check that you are happy with the picture

Can you see yourself living with the situation you have visualised? If there is anything about it you are not comfortable with, change it until it feels right.

Step 4 – Focus on it often

Bring your idea or mental picture to mind often, perhaps in quiet moments or casually in the course of your day. In this way the image becomes more of a reality for you. Focus on it clearly, yet in a light, gentle way. You do not need to strive too hard for it or put excessive energy into it. Just make the picture a presence in your life. Think about it in a positive, encouraging way. Practise feeling that what you dream of is real and achievable.