

The background of the entire cover is a photograph of a person with curly hair, seen from behind, sitting on a wooden dock. They are looking out at a very calm lake that perfectly reflects the sky and the surrounding mountains. The mountains are dark and silhouetted against a light, hazy sky. The overall color palette is dominated by blues and greys, creating a serene and contemplative mood.

# Visualization

A Quick and Easy Guide to Visualization

Lauren Kessler Doyle

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## A Quick and Easy Guide to Visualization

Linking proprioception between the brain and body transforms an ordinary athlete into super a athlete.

Multiple studies have been done on how mental imagery positively affects muscle strength and sports performance. They think this happens because of the increase of proprioception between the brain and body through the neural pathways. In one particular study, they put casts on people's arms to measure strength loss. The test group had no cast, so no strength change. The imagery group would only imagine flexing their wrist but not actually move it. This group only had a 24% strength loss with a faster rebound in strength once the cast was removed. The other cast group who did not use strength imagery had a 45% strength loss and longer rebound time once it was removed.

**Using Visualization WORKS. Not just for muscle strength but for EVERYTHING in life.**

- Money/ Prosperity
- Health
- Beauty
- Fitness Goals
- Personal Development Goals
- Attracting the relationship you want
- Business goals
- Sports performance
- Spiritual Growth

# Important Factors to Consider....

When it comes to visualization and how to apply it, there are some very important factors to consider.

## Important Factor 1

### Present Time

I often refer to time influence on particles from Quantum Theory. If the multiverse theory is correct, that means that a particle has no designation until it is viewed and there are an infinite number of possibilities that can happen to that particle. When you look at the influence on time and particles, it gets even more interesting. When particles are put in essentially a cell to keep them from experiencing time, *they still age*. In other words, no matter what, *time is moving forward*.

The important piece of the puzzle here is when you consider how to influence a particle within time. A particle is aware of past time, but can only be influenced within PRESENT TIME. A particle observed in present time can have a designated future and this can also influence past time!

### **In other words....**

Think of everything on this Earth as particles. You can direct your future particles through PRESENT TIME. The possibilities are quite literally, infinite.

The key here is visualizing your desired outcomes as if they are ***happening now***.

How do you feel emotionally?

How does your body feel?

How do you feel energetically?

What is around you?

Who is around you?

What do you sense with your 5 senses?

## Important Factor 2

### **Your job is to know direction but not how it unfolds**

Look at the visualization process as a slow motion navigation of a singular moment. Your job is to plug in the destination ( the single moment) but it is the Universe's /God's/ Whomever you pray to's job to get you there.

You plug in the destination. The navigator gives you directions on how to get there.

## Important Factor 3

### **Intuition is your navigator's voice!**

Intuition is a feel first, then a thought. When presented with choices, close your eyes and ask yourself, which one feels lighter but a little (or very) scary and which one feels heavier like it has a predictable weight to it?

Use my motto to help you:

**What feels light and bright is always right ☆☆☆☆**

## Important Factor 4

### **Visualization is an exercise not a marathon**

Don't force yourself into visualization. The key is keeping the desired experience in the present and felt fully. If you can only maintain that for 1-2 minutes, that's enough! You don't need to fixate on that feeling for minutes on end. Re-visit visualization as many times in the day as you can even if it is only in 5 minute bursts.

## Important factor 5

### **Your visualization must be a stretch but not something that seems completely unbelievable.**

Look at your visualizations as climbing a series of platforms. What feels like a stretch but reachable on your way to your ultimate goal? Visualize the stages of your goal and this will teach you how to shorten the time it takes for things to unfold for you.

# Visualization is your roadmap to your desired life.....

Follow these simple steps and you will start seeing results on your visualization journey.

Here are a few other ways you can use visualization in your day-to-day life.

1. Use visualization to imagine your foods nourishing your body as you eat them. Say a gratitude before you eat and maintain that feeling with each bite you take.
2. Imagine each muscle fiber moving and sliding over each other as you work out. Imagine each fiber getting stronger and focus on the movement of each muscle group as you workout.
3. Look at visual anatomy of how each muscle group you workout moves. Embody that visualization as you move and do your workouts.

Good Luck to you on your visualization journey and I hope all your dreams become reality!!