

Guided Creative Visualisations

Discover the Magic
and the Secrets of

The most powerful tool
to transform your life
and achieve your heart's desires.



“All that we are is the result of what we have
thought.
The mind is everything.
What we think, we become.”
Buddha

Imagine Yourself

- **Enjoying Your Life Without Stress or Anxiety**
- **Enhancing Your Relationships**
- **Attracting Unlimited Wealth**
- **Enjoying Fantastic Health and**
- **Transforming Your Dreams Into Reality**

You CAN Live the Life You Desire and the Life You Deserve

because

What ever your mind can conceive, YOU CAN ACHIEVE

Recent studies in Quantum Physics have proven what Zen Buddhist masters have claimed for centuries.

- **If I could show you a simple way to achieve your desires, would you be interested?**

You are probably already aware of the amazing benefits of Law of Attraction and the powers of positive thinking, and when people practice these skills, their life becomes prosperous in many ways.

Think of how amazing you will feel when you can achieve the things you desire.

By now, I'm sure you're wondering if this will work for you. Ask yourself a few questions:

- Would you like to know how you can boost happiness in your life?
 - Would you like to know how you can use the powers of your mind to transform your life?
 - Would you like to understand how your thoughts can actually bring you more success and prosperity in your life?
 - Would you like to know how your mental images can make your dreams become reality?
- **Wouldn't you agree that if these skills worked, it is worth using them yourself?**

Know that whatever has happened in your past, and whatever will happen in your future is all caused by the powers of your mind, and the magic of guided creative visualisations is so effective that **anyone** can use them.

- **If you had the opportunity to make positive changes in your life by using a simple technique, would you take it?**

It's time to stop putting your dreams on hold and instead, take some action.

As you understand and consider the benefits of the power of your mind, you might like to add creative visualisations into your day.

Mind – Body Connection

It has been proven that there is a mind-body connection and using creative visualisations allows you to access this connection for the purpose of helping yourself. By simply altering a state of relaxed consciousness, between wakefulness and sleep, positive ideas or suggestions are embedded in the unconscious mind, allowing you to gain more control of your life. In fact, these tools are one of the most powerful that can be used to accomplish your goals. The guidance and positive suggestions will assist you to discover hidden skills and resources that you may not even be aware of.

Our personal belief system is based upon the accumulation of suggestions and beliefs that we have obtained and processed throughout life. The conscious mind of a child develops, and from about the age of five, that child selects what is believed to be truths based on his or her emotions and experience. Our own perception of reality is created as we learn from patterns of repetition and their associations with rewards and/or punishments. In short, our reality is simply our perception of what reality is. We become what we think. If we can change our perception of reality and change it with positive suggestions, we can then change that reality into one that is more conducive to overall health and well-being.

How can we use this mind-body connection to achieve our goals?

When we experience an emotion, we also experience a feeling which in turn gives us a physical sensation. Imagine going to the movies and you watch a horror film. You begin feeling frightened, goose bumps appear on your skin or the hairs on your arms may stand up. The

initial emotion is fear, the feeling is of being afraid and the physical sensation is goose bumps or the hairs standing up on your arms. This is the mind-body connection, and we all have it.

The best possible results are achieved with guided creative visualisations when you know the what, where, why and how you want change to occur. Then, with the appropriate visualisation for your benefit, you can target the specific areas you wish to work on to receive maximum efficiency. With the use of positive imagery, and the personal involvement in the process, the best results are achieved.

How the brain works:

The brain is divided into two parts: the left is the logical side and the right is the creative side. The left side deals with all logic, words and rational thought. The right side is the place of our imagination and intuition, or in other words, our creative side. In our everyday world we are usually in our left, logical brain mode, and this causes an imbalance in the brain. As we yield to the right, creative side of our brain, we are able to restore the balance to access the mind-body connection to achieve what we want.

The brain is a highly efficient system that is connected to every cell in the body by billions of connections, and the way it processes information is twofold.

Firstly, it takes notice of what is happening in your life and establishes your present experience logically. Secondly, it takes action through both the left and right sides of the brain by sending out chemical, electrical and mechanical messages to other parts of the body.

The left, conscious mind is aware of and in contact with reality. It retrieves, gathers, sorts and tests information, makes a decision, and subsequently directs action. It then stores this information in the right subconscious mind. Your conscious mind shuts down while you sleep, but it maintains control of your senses.

Your right, subconscious mind controls the health and function of every system in your body, and solves every problem you think you have. It automatically steers you towards your goal. It totally accepts the idea of what you want to accomplish without giving an opinion, and then acts upon it without judgement. This is exactly why creative visualisation targets the right, creative side, because it can do what we want.

It is a proven fact that we only use 10% of our brains. Therefore, if we learn to use and balance both sides of the brain more effectively, we can create an access or pathway to the 90% of the subconscious brain that we don't consciously use.

Using the powerful techniques of guided creative visualisations will enable you to balance the brain and tap into your inner ability to accomplish anything your heart desires.

What is a creative visualisation?

Creative visualisation is the process of forming a detailed image in your mind of whatever you wish. Whatever you can imagine can be achieved as these images allow you to focus on and manifest your desires. Your every thought has frequency and vibration and therefore

you become what you think about, so, the sooner you think positive thoughts and turn them into positive vibrations, the sooner you will bring about positive changes in your life.

This positive thinking works every time, with every person. See yourself as being successful, and you will attract success. See yourself as being filled with abundance and you will be abundant. Feel how you would feel when you are wrapped in the arms of your lover, and you will be filled with romance.

Too often today, people seem to think more negatively and think about what they don't want. They don't want debts, so what keeps turning up? Yes, more debt! Some think they don't want to be lonely, so what happens? They continue to search for their soul mate.

Know that like attracts like, and we are all magnets. Therefore it's important to hold onto positive thoughts, and focus on what we want more of in our life isn't it? Eliminate thoughts of what you don't want, but instead, continually imagine and have clear and detailed thoughts of all the things you do want.

To see our range of guided visualisations and begin transforming your life today, visit:

www.fabat40.com/magic-of-guided-creative-visualizations.html

The Secret of Creative Visualisation

I know that you may probably be amazed at the statistics today that prove that the majority of the world's material wealth belongs to only 4% of the world's population. Everyone else, the other 96% continue

in their daily grind, only making that upper 4% even wealthier. How do they do it? This upper 4%, the select few, are aware of and utilise this powerful craft, and creative visualisation is one of the best kept secrets of the world's most successful people. Sadly, most people are not given the opportunity to experience its power.

Everything that has already happened in your life and everything that will happen to you, every experience whether in the past or in the future, are all caused by your mind in one way or another. And that's just one proof of how powerful your mind can really be.

Many people associate creative visualisation and hypnosis as being mystical and perhaps dangerous and think only of those stage shows where people have their mind controlled and become victims. Or that it is about telekinetic powers that would allow you to move objects around. It's not about controlling other people's mind. In fact, it actually helps you gain more control of your own life. Creative visualisation is the process of forming a vibrant and detailed image in your mind of whatever you wish for and want to happen. It is a powerful way of thinking that allows your thoughts to manifest into their physical components.

Every time you think, your mind emits energy. That energy, in turn, can be transformed into something tangible – something real. And this is what creative visualisation is all about

How then, can you turn your thoughts into reality?

This is the million-dollar question everybody wants an answer for. This is what guided creative visualisations will enable you to do. Anyone can use these tools anywhere, anytime and achieve success.

Unfortunately for many, keeping the mind focused on the outcomes is

not easy as they mind continues to wander, eventually drifting away from their target.

And that's where guided creative visualisations come in. You simply get comfortable, and listen to the positive messages being embedded into your unconscious mind, allowing these instructions to become a part of your being.

The Magic of Guided Creative Visualisations

Many people find they are unable to hold on to positive thoughts to visualise with success as their mind continues to wander, and this is where guided creative visualisations are so beneficial. They always work as they allow your unconscious mind to take you where you want to go as the messages being spoken during each session are always heard by your unconscious mind, regardless whether your conscious mind goes off on a tangent, or even if you fall asleep. More often than not, you will fall into a very deep relaxation and that's great. It's wonderful in fact, as you are given the opportunity to completely relax your mind and body and release the tensions of today's frantic world.

I'm not going to tell you that you must listen to creative visualisations to allow positive transformations in your life, but by now, I'm sure you must be wondering.

How would you feel soaking up the sun on a cruise around the Caribbean? What would you see as you drove along the Pacific Highway in your new silver sports car? How successful would you feel when you got that promotion or heard the crowd applauding as you stood confidently on the stage making your presentation?

This is now your opportunity to control the events in your life by simply using the powers of your mind. All this made easy with guided visualisations to allow your unconscious mind to create the positive vibrations and be your magnet. Attracting the life you both desire and deserve.

Imagine how trumped up you will feel when you see positive changes in your relationships, your bank account, your career and your health. All this can be achieved.

Start thinking about your desires:

What do you want in life? What are your desires? Imagine experiencing that perfect relationship with your partner that hasn't been as comfortable recently, or how it would feel to stand confidently on stage, speaking to a group of two hundred people, and having them be totally rapt in everything you have to say. Maybe you want to get that promotion or career advancement that you have worked hard for sooner than expected? Wouldn't you be surprised when your boss calls you up appointing you to that new position? Perhaps you would like to see wealth and all good things flow into your life.

You can achieve whatever you want in life. Begin thinking and imagining what you would like to become and or what you would love to have within the next few days, or even years ahead. Do you want to move into that dream house? How about starting that new business? Maybe you like to spend two months sailing around the Greek Islands? You can do all of these, and much, much more!

It's time to stop putting your dreams on hold and instead, take some action.

You might want to give them a go. As you consider the benefits of guided creative visualisations, you might like to get some for yourself today.

Stop wondering how you can improve your life, and start discovering....

Imagine how good you'll feel when you achieve your desire?

- Feel how fabulous you will feel when you are calm and live at your true potential each day.
- See yourself relaxing on the deck of the ship as you cruise the Greek Islands.
- Know how wonderful your life will be when you have financial freedom
- Picture your slim, taut body partying in your gorgeous evening gown or slinking around the pool in your swimsuit
- Hear your soul mate whispering in your ear as you snuggle under the blankets

I'd like to show you how you can create the life of your dreams.

And you **can**, you know. It's up to you to allow the power of your unconscious mind to choose and manifest the life you desire.

By listening to guided creative visualisations, your unconscious mind, which controls your behaviours and therefore your outcomes, will move your daily results in the right direction as it hears all the positive messages while you gently relax.

Harnessing the powers of the Conscious Minds

As we have been emphasizing the powers of the unconscious mind, and somewhat understand the mysterious ways in which it works, how can we continue to keep our conscious minds focused on achieving our dreams? Understand that while the unconscious mind is working on creating your desires, and attracting them into your life, your conscious mind must do the driving and take action developing those qualities that are required to actually reach your goal.

The first thing is to write your goals down. Decide what exactly is your desire, and then baby steps can be taken to work your way to the end result. As the conscious mind is the driver of your life, the unconscious mind is the motor. Imagine the thousands of individual parts in the motor such as ideas, plans, facts, thoughts, impressions, concepts and data. Once you have decided on your goal, writing it down actually places the order with the subconscious to accept, reject, sort, adjust, adapt, combine, relate and then mix them up into a strategy to enable you to realise your goal. Writing your goals or dreams down on paper is the key to motivating you to take the necessary action. It is the fuel that will enable the engine to work, and the driver to take you where you want to go.

It is important to mentally visualise your goal as if it is already realized. See yourself already there, and note how you feel, what you would hear, what you would say. See your own life as if it was a technicolour movie being played out on the big screen. You are the creator of your own happy ending. See yourself there and live it – in the now moment. Do this often, and magically, it will manifest for you.

Use affirmations – tell yourself in positive tones that you are ... confident, successful, abundant, loving, a loved partner, home owner ... whatever you desire. Remaining positive and affirming with yourself will quickly see changes occurring in your world.

Read books, articles, journals about the success of others to motivate and inspire you on your journey. We are all mere mortals, and if someone else is able to achieve the dreams you have, then that winner can also be you.

Associate with like minded people and avoid mixing with those who will drag you down, tell you that you are being silly or that this won't work, or that is simply a waste of time. Mixing with people who are working on their own success will benefit you through both knowledge and motivation.

Above all, remember that whatever the mind can conceive, it can achieve. Do you constantly think negative thoughts? When thoughts are always centered around lack of money, what turns up? More bills, more debt! When thoughts are concentrated on poor health, what is the result? Yes, more illness. Therefore, train your mind to always think positive thoughts, and you can only end up with positive results.

So, what is your goal? What is your desire? What is your purpose? In order to achieve anything in life, we must have one of these and you will never know what you can do or achieve if you don't have a target in mind. It is this vision that will give you the driving force to move you forward, over any bumps and carry you to your destination.

Wouldn't you agree that giving just 20-30 minutes each day as you go to sleep is worth being able to transform your life and live the life you deserve?

The sooner you begin using creative visualisations, the sooner you will see the positive changes in your life.

Today's actions are tomorrow's habits!

“Now, if you are given the chance to harness that supreme power... would you take it?”

Of course, you would!