

## 10 Days to a Better Life - Visualization 101

### Beginnings

If you feel that it's time to make some serious changes in your life, this program will kick start your transformation. In this ebook you will learn the basics of visualization and then you will take your knowledge of the techniques to the next level.

10 Days to a Better Life-Visualization 101 is a journey and a story. The journey begins with a move to a new country. The new country represents any major change or shift that occurs in life. You will explore your own individual reactions to change. You'll become aware of your blocks and you'll learn how to break through them. You'll learn to become aware of *your inner child's* reaction to change and growth and how fear stops you from getting what you want in life. You will learn how to respond to your inner child so that you can move through those fears and forward with your life. Change can be scary and unfamiliar. We do everything in our power to avoid change in order to keep things constant. Learning how to accept positive changes and opportunities will help us grow in every way.

The point of the journey is to observe how you react to the changes that lead to improvements in your life. If you learn to feel comfortable with change you'll be more open to expanding your life and making it larger, fuller and more satisfying. You can't do that without allowing change to occur. The more you hold on to what is, the more you hold yourself back from new possibilities.

Visualizations give us a 360 degree view of life. Sometimes we think we know the answers before we've evaluated the whole situation. We often want what we want and desire can get in the way of reason and then we make poor choices. Visualization allows us to imagine how each option might play out. If we take certain things into consideration, we can begin to predict what lies ahead.

If, for example, you have been in a stormy relationship and yet you plan to marry the person anyway, you can get an idea of what the future will look like based on what it has been up until this point. This might sound obvious but often we make poor choices because we ignored what was right in front of us. The warnings were always there but we proceeded anyway. We often wish that everything will change as a result of getting married or having a baby even though a marriage is failing. Wishful thinking doesn't make it so. Hopefully, we have enough experience to know that if we put ourselves in negative situations the outcome might be grim. Conversely, we can often tell whether a situation is going to lead to a positive outcome based on a few facts. Why we choose the wrong path is a question that can take years of analysis to figure out. Rather than ask why we do what we do, we can put our attention on how we can affect our negative patterns and make positive changes instead. The smallest changes can have the most profound effect on our lives. The visualizations in this book will help you go through imaginary changes and see exactly how you usually react when opportunities come your way. You will be able to see, feel and experience change. When you become more aware of how you react to change you can work with your reactions to make change more tolerable. Everyone is different. Some people thrive on change. Some become too bored if things stay the same for too long, but generally, change "rocks the boat". Change throws us off course and our lives get unbalanced, but we can't grow if we don't allow change to occur.

Success can be predicted if you follow certain steps. The problem often lies in not taking the steps that we know are going to cause us to succeed. We stay in our minds and we think about the problem instead of taking action. All that thinking just leads to a bad headache. Action leads to results. We know this and yet we still become immobilized. Sometimes it's due to fear. Have you ever noticed that just as you start to get a project off the ground and you see that it's going to work, resistance shows up? We can work really hard at the beginning because we are so unhappy with our current situation. The time that changes are made is usually at the point when we become most unhappy and dissatisfied. Up until that point we tolerate the situation we're in. If we aren't ready, the change is not going to occur.

At the beginning of a new venture we're very motivated and we apply ourselves vigorously. Then results start showing up and sometimes we scare ourselves with our ability to succeed. Rather than move forward at the same pace, we often slow down and hesitate. The new feeling is scary. It's unfamiliar.

**We are more comfortable with our negative states because they are familiar.**

Life is more predictable than you think. When we approach life logically it actually becomes logical. There are consequences to all of our actions, the good ones and the not so good ones. If “this”; then “that”. That's the definition of cause and effect. Visualizations will speed up the pace of life. Things will begin to move, but not always in the direction that we want. They'll move in the direction they need to go in to get us to our goal, but we can't always see that when we're in the midst of the problem. Things might get a little rocky before they get better during or after the program. You might notice that your life feels out of balance. That's a good sign and a good reason to take things slow. To minimize the imbalance, don't make any impulsive decisions. Allow realizations to come up and make note of them, but don't act on them right away. Change occurs at a natural pace. It comes in stages and moves with its own rhythm. When we interfere with the natural flow because we're impatient, we become our own worst enemy. We need time to adjust to the changes. If we don't give ourselves the time to adapt now, it will catch up with us later. If you've ever rushed through a transition without acknowledging that it's difficult you might know what I mean. We can pretend that we're fine up to a point but eventually we pay the price for ignoring our needs.