

# Law Of Attraction Visualisation PDF

In this law of attraction visualisation pdf, I'm going to share some of the main reasons and aspects to consider when using visualisations.

Visualisations *really work* because they engage all parts of your brain *and your emotions too*. Without being emotionally engaged to your visualisations, you'll be doing yourself a disservice; you'll be less likely to *realise* what you're actively focused on.

Visualisation is a strategy to communicate with the subconscious mind. We are born as natural visualisers. Only when we are talked out of it during our upbringing do *we neglect to keep imagining those things which bring us joy and satisfaction*.



*“If you can learn to relax deeply and practice visualisation, you may be able to make far more progress than by thinking, planning, and trying to manipulate things and people.” [Shakti Gawain – Creative Visualisation](#)*

Instead of using our natural tools for creative expression, we can often get caught up in the “doing” of *things* in order to “get” what we want. When we

learn to visualise we can let go a little and enjoy the process of *tuning in to what we want more carefully and allowing things more*, rather than keeping “busy” to block out the noise.

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The subconscious mind communicates with us through dreams. Dreams tend to be in pictures and feelings. So in our visualisations we should also create pictures and feelings *which are pleasant and enjoyable* to create in our minds.

When we are in our “heads” or thinking minds, it’s very difficult to enter the right state in which we can “daydream”. We often will drift into a peaceful state when our minds are occupied with a task, such as driving or while focused on an *activity which takes up our attention*.



We can *consciously* enter into this state, the alpha state through learning breathing exercises.

The [Beta state](#) is the normal awake and alert state in which the brain wave oscillations are around 15 to 40 cycles a second. An [Alpha state](#) is the state in which visualisation can occur and brain waves oscillations are at 9 to 14 cycles per second.

To access the alpha state you can sit comfortably and relax. Close your eyes and focus on your breathing. Avoid lying down because you’re likely to fall asleep.

## Law Of Attraction Visualisation PDF – Getting Into A Relaxed State



To consciously get yourself into a relaxed state you'll need the right environment. If you're going to be interrupted, it won't work very well. So find a quiet space and sit comfortably where you're not going to be disturbed. Close your eyes and focus on your breathing. If you find yourself getting into your head and thinking, or chasing thoughts, just bring your focus back to your breathing.

Sit for a few minutes until your thoughts have quietened down. At this point you are entering into the alpha state and slowing down your brain waves.

This is a good state to start your visualisation. A visualisation can be about anything, but it should be something you really want and it should be enjoyable.

## Imagination – Your Greatest Tool



Your own personal visualisation will be specific to you. But let's say you want to live in a nicer house and earn more money. Rather than imagining your bank statement or looking at a picture of your dream house, you're going to use visualisation to *imagine living "in" your perfect life, living your perfect day*. Feel the feelings which you will associate with your life experience. What can you smell, taste and touch in your new life. How does your day pan out? Who do you interact with and in what ways does your new life make you feel good?

Spend some time getting to know the new "you". How do you feel, knowing you have all your needs met and to enjoy every moment of your day? Really delve deep into the best parts of your day. Enjoy the place where you live, the people around you and your relationships. Imagine having everything just how you want it.

As you do this exercise notice what comes up for you. Perhaps there's some resistance and you can't allow yourself to create a perfect day?

## **This Is Why You Fail**

If you're having some resistance then you might have some beliefs which don't support your new visualisation. This could be for a couple of reasons:

- You're trying to visualise something *you don't really want*
- Or you *don't believe you deserve* what you're attempting to visualise

You can overcome limiting beliefs by using the [law of attraction exercises](#). These will help you understand what limiting beliefs are holding you back. If you're unsure of what it is you want to manifest with a visualisation, just think of something enjoyable and don't "try".

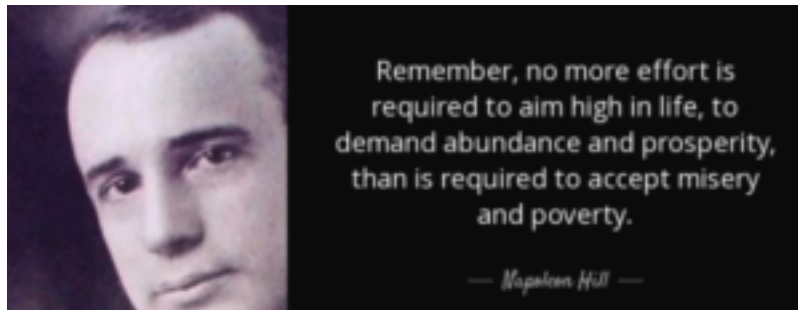
Your visualisation should naturally occur in its own time. By forcing a visualisation you're going against the flow and creating resistance. So don't use this exercise when you're not in the right state or if it doesn't feel enjoyable.

## **Getting Focused On What You Want**

If you're struggling with a heap of debt, you hate your job and your relationships really suck, you're going to have a hard time visualising living in your dream house and having money flow easily into your life every day! Your mind will likely rebel against the idea of a perfect relationship if your life is full of struggle and hardship.

So find a visualisation which is appropriate for you given the circumstances you are in and the state you can reach to. However, don't limit yourself with a

visualisation if you can. The idea of a visualisation is to let your guard down and reach for the sky. Don't attempt to create a "realistic" visualisation which limits your potential. Dream a little and expand your perception of *what you think is possible*.



## Knowing What You Want

Getting clear on what you want is the hardest part of creating it! Because there's many competing parts of your mind, your strongest motivators such as desire and laziness are competing with each other for what they want your life to look like. Getting clear on what you want means getting all of your parts to agree on the specific direction you want your life to take.

In Stuart Lichtman's book below he describes what he calls the [cybernetic transposition technique](#). This is his strategy to align the conflicting parts in your mind so they can all work together. Checkout his book by clicking the link below.

