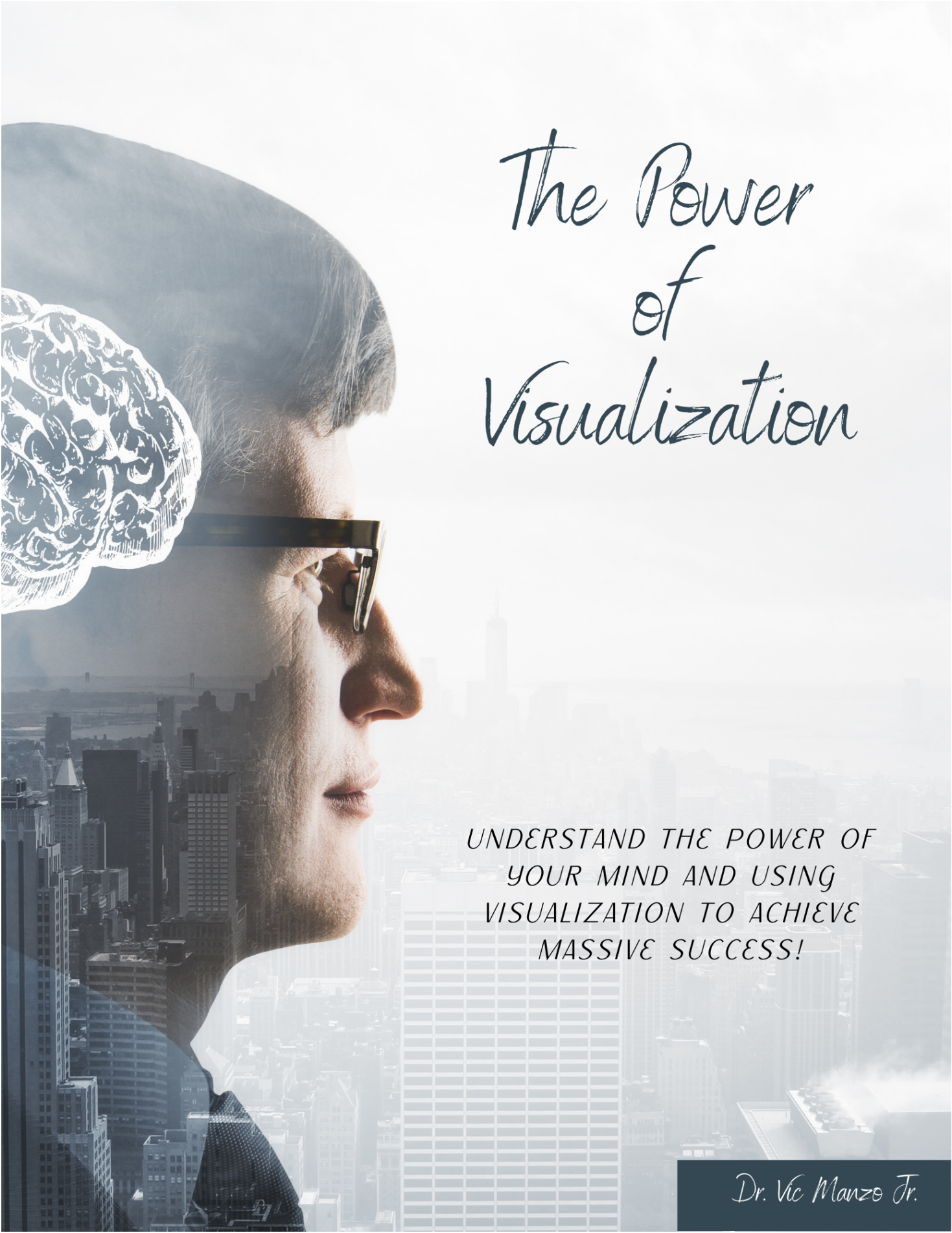




The Power of Visualization

*UNDERSTAND THE POWER OF
YOUR MIND AND USING
VISUALIZATION TO ACHIEVE
MASSIVE SUCCESS!*

Dr. Vic Manzo Jr.

The Depths and Power of Visualization



I'm excited to have you right here as we discuss the power of visualization. You know, visualization has been a tool that has been used for 1000s of years. It is not something new and it is one of those things where it really can transform your life to achieve the success you want to experience in this lifetime.

This eBook is designed to be straight-forward, right to the point, simple 10 page read. The purpose is to give you what you need to start playing with visualization and share the science with you to show how powerful it can be.

So, here are a few studies that will explain and show how to use visualization and how it can truly change matter. We will share how it works from a neurological perspective and even with some spiritual truths that have been proven scientifically.

This is going to be kind of cool and you can return back to the curiosity of a child to play no matter what level of life you are at.

This is the foundation to my coaching program, "The Prosperous Mind Experience." The reason why is because its all about returning to your power but more importantly, when you share universal truths and laws, what ends up happening is, it works on all levels of life.

There is not like one level and that's better than another or it's only specific to one aspect of life ONLY. The beauty of this is, it AFFECTS every aspect of your LIFE.

You have heard this saying before, "Seeing is believing." So, everyone says, seeing is believing but the spiritual truth is the EXACT OPPOSITE. You MUST believe first and then you will see. Go through this ebook and the studies with an open mind and believe that they work. Take it from that moment and watch how it creates shifts within your life.

You live in a time-space continuum. This is a 4-D experience. You are a human being. So, you live in this place where you are a physical being who's moving through space and time. The purpose of the space-time continuum is, things take time to move in the physical space to achieve a level of where you want to be at.

But, when you tap into the mind, you get into the quantum field. It's more of looking at things in different dimensions. And when you can tap into these different dimensions, this is when you are not limited by time.

I'm not saying you are going to get something instantaneously as we are in the physical realms BUT you will be able to create the transformation process immediately which changes your course.

From there, you just have to continue focusing on what you desire and it will eventually show up in your life. There are other principles to this to make it happen faster and other laws to help you in the process but that is something I offer in my coaching program, "The Prosperous Mind Experience."

What is the spiritual truth? What' you see in the mind's eyes is what you will eventually see with the eyes." Another way I like to say this phrase is, "The mind's eye will eventually tell your physical eyes what to look for."

Once you get crystal clear on the this perspective, then you can use the power of visualization to help in the process. This will rise your vibration and allow for you to manifest the reality you desire so much easier.

Understand that what you see in your mind's eye is what you see in your real world because neurologically, the brain doesn't know the difference between physical and non-physical. Your thought is a non-physical force. It is an experience in the mind. It is what you perceive in the world. So when you have these thoughts, you are creating a vibration and then, the Universe is going to bring to you whatever that vibration is vibing at.

All things come from the non-physical and transform into the physical. We know thoughts have a vibration which influences matter. We even know this from a biological perspective. We know that if you have a negative thought, just one negative thought, it decreases the immune system within the body. We know that if you have anxious thoughts or anxiety, you create anxious cells and stimulate more stress within the body and nervous system.

If you have more racing cells and your heart rate goes up. In Dr. Bruce Lipton's book, "The Biology of Belief," he breaks down and shares how powerful the mind and perception is and what it does to our physiology.

Think about this...

I have a thought and it changes something. This is crazy...

How is that possible?

You know, there is so much testing in the health world, how can we utilize that and show and experience how your thoughts affect your reality. So again, coming back to visualization of truth here is that...

"What you see in your mind's eyes is what you will see in your reality ONLY IF you see it crystal clear within your mind's eye."

Dr. Vic Manzo Jr.

Now, I want to back this up with a couple of things here to show you how powerful visualizations are.

Study #1

There was a study done at University at Chicago, and it was a study on basketball. They had three groups, and they were analyzing the power of visualization. So in the first group, they practice free throws every day for one hour. And the second group, they visualize them making free throws. Now in the visualization process, they saw themselves shooting the free throws. They saw in their mind shooting the free throw, feeling the muscles fire, hearing the sound of the net when the basketball goes right through.

Everything was all visualized crystal clear. And then the third group did absolutely nothing.

After 30 days, they tested everyone again.

Here is how powerful visualization works....

Here are the results...

The first group improved by 24%

The second group improved 23%

The third group showed no improvement.

Now, you may say, well, the one's who practice had the most improvement. Practice makes better. This is true but look at how the visualization group only loss by 1% without even practicing at all...



This is how powerful visualization can be if you implement in your life. My science mind looks at this and says, imagine if they practiced one day, visualized the next and did this over 30 days, how much more would they improve?

Well, here is another study I wanted to share with you...

Study #2

There was a 5 day study on two groups of piano players. They had one person play the piano an hour a day for five days. The second person visualized playing the piano in their mind and feeling their fingers going over the keys within their mind's eye. They created the experience within.

After the 5 days, they performed specific imagining on their brain to see if they developed patterns through the process. Basically, it is looking at how much nerve growth (neuroplasticity) had occurred in the brain.

In the first group, the results were as expected. This group practiced everyday for the 5 days which created new synapses (new wiring in the brain). This is called, "Hebb's Law: nerves that fire together, wire together.

So there was new wiring happening in the brain in the group that practiced for the 5 days but, what was amazing is this. The second group who never touched a piano key and practiced visualization had the same exact neurological changes in the brain like the one's who played for the 5 days.



How powerful is that?

These results to me are absolutely mind-blowing and I hope you are feeling the same way too.

There are other studies that I share in my Entrepreneurial Coaching Program, "The Prosperous Mind Experience."

I share a couple studies to show how matter is truly influenced by visualization. I walk each entrepreneur through a journey and in the process, you will create more of the life you desire.

I help entrepreneurs DOUBLE their income while working LESS and TRIPLING their time with loved ones in as little as 6-12 months.

How can I share such a bold statement and help them get those results?

Well, there is a lot that goes into this 12 month program but you learned one part of it which is the power of visualization.

This is how we make life work more at ease. Don't get me wrong, you still have to show up and do the work, but when you are in this pure alignment, it makes manifesting much easier...

So, what I want to do is challenge you for 30 days. Set something specific that you want to get better at. It can be something in a sport, public speaking, presentation, new clients, patients, etc.

A few rules:

1. You must bring emotions into the process
2. You must feel everything that you can possibly think of
3. Be free and have an open mind
4. Success Key = practice every day
5. Test and evaluate where you are before starting

If you have any questions or challenges with this process, just send me an email:

DrVic@EmpowerYourReality.com

I will read the email and send a response as I am in this world to help others level up and increase their consciousness so we can transform this world together.

Always in your Conscious corner,

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If you are a Business Owner who is looking to LIVE their DREAM biz and life while unleashing your potential and not sacrificing your time, family, money or health, click here to set up a free coaching call (valued over \$500)

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