

Visualization for Success

Successful athletes, entrepreneurs, business owners, thought leaders, actors, musicians, and celebrities all use visualization techniques to enhance performance and achieve their dreams. Oprah Winfrey, Michael Jordan, Jim Carrey – these are just a handful of celebrities who have used visualization to map out their future.

If you're struggling to find a way forward, you could give your subconscious mind the upper hand for a while and see what happens.

In fact, you probably already use visualization without even realizing it.

Have you ever run through an upcoming, and potentially unpleasant, call in your mind? You rehearse what you'll say, and you think about what *they'll* say, attempting to formulate a response. Frequently, you'll imagine the worst possible outcome: the conversation ends with them shouting at you or canceling their order.

Sound familiar?

We frequently predict a negative outcome before we've given ourselves a chance to succeed!

Well, if you have the power to picture a negative outcome, why not try imagining a positive result instead?

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How Does Visualization Work?

Our brains can't tell the difference between imagined situations and reality. Therefore, visualization tricks the brain into thinking that this imagined situation is actually happening.

On the negative side it explains why post-traumatic stress disorder is so damaging. The same neurological and physiological processes are activated whether an event is happening now, or it's being remembered.

On the positive side, you can use that effect to power yourself to new psychological states. You can recreate the past, increase your self-awareness, and develop a positive mindset. It's why athletes use visualization as part of their training routine.

Guided visualizations take you on an imaginary journey, allowing you to relax and access the creative side of your brain. In this document, you'll find four guided visualizations on these topics:

- Success
- Prosperity
- Health
- World vision

There are a few notes at the beginning of each section that you can read before you start relaxing.

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How To Use These Exercises

It's a great idea to record each of the visualizations or have someone read them to you. Then you are free to let your mind go where it wants.

Make sure that the delivery is slower than normal speech, with pauses between the phrases.

You'll soon get the idea!

Allow about 20 minutes for each visualization. At the end, you can make notes of any insights you had. Or, you can just keep the positive feelings with you.

Before you start:

Prepare yourself and your environment. Make sure you won't be interrupted and get yourself in a comfortable place – in your favorite chair, in bed, or lying on a yoga mat.

Start relaxing by following this script or using any relaxation exercise you already know.

Breathe slowly out of your nose, tightening the muscles around your navel. Keep them tight until all the breath is out of the body, then relax the muscles completely as you breathe in. Take a slow, deep breath, as deep down into your abdomen as you can get it without forcing. As you breathe slowly out, tighten the muscles again. When all the breath is out of your body, relax your muscles completely as you breathe in again. Repeat this several times.

Concentrate on your in breath. Every time you inhale, imagine you are breathing in white light. This white light brings you a sense of confidence

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and positivity and flows through your entire body, illuminating you from within.

On your out breath, be aware of exhaling all your negative feelings and thoughts. Imagine them floating away like balloons.

As you inhale, you breathe in white light to fill up your body. And as you exhale, you breathe out any stress, negativity, irritation, or anything from your day that you want to let go of.

If you have any thoughts that come up, don't fight them or try to drive them away. Let them pass lightly through your mind, like a balloon bobbing about and see them float away into the air. Then come back to your breath and concentrate again on your breathing.

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Success

As a business person, it's likely that you're interested in success. You'll have your own definition of what "success" means to you. That's fine; it doesn't have to match anyone else's definition.

The Chrysalis

First, get into a relaxed state [using the method above or another one you prefer]

.....

You know that you want to change your life. You already have success in your life, though it might not always feel that way. You want to be more successful. You know what that means to you. Think about the different aspects of that success and how you'll know when you're successful. Imagine a moment in your life when you were successful. Imagine the situation in all its detail – what you see, what you hear, how you feel, what you touch.

You want to be in that state of success all the time, attracting good things to you and also bringing loving people into your life. You decide to change, so you can bring this about. You want to construct the success that you want. You begin to build a chrysalis around yourself. You wind yourself around with all your old thoughts about your lack of success. Your old beliefs about not deserving success. Your old feelings of disappointment and failure when things didn't always work out the way you wanted them to. Wrap yourself with layers and layers of these old parts of yourself, which now belong to the past. Those layers are wispy, tattered, and frayed. All those old beliefs now solidify to form a chrysalis, a hard shell in which you are encased.

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Inside this chrysalis is peaceful darkness. You feel safe and secure, and you decide to change your situation from within. See yourself inside the chrysalis transforming, feel yourself changing into the new successful you. Move around gently if you want to and feel yourself rearranging the molecules of your body, growing new parts, expanding in size perhaps.

See a pinpoint of light before your eyes, which enters through a tiny hole in the top of your chrysalis and expands in front of you. It envelops you, and the chrysalis is suddenly alive with a brilliant white light. And as the light expands, you see yourself changing into a beautiful butterfly; more beautiful than any you have ever seen. Imagine the beauty of your wings, their colors and iridescence. Feel the lightness of your body as your wings expand and grow in their magnificence. Feel your confidence and sense of joy and excitement about life increase. And when you feel you are at the highest point of possibility, you feel the old chrysalis break apart and fall away. You see the dry old casing falling in pieces around you. And when you're ready, you emerge in all your beauty to fly out in a glorious flutter of wings and a flash of wonderful iridescent color.

You feel like a new person, confident and clear, knowing that you will now handle old situations in completely different ways. You are now a completely new person, a successful person. You will handle situations differently now. so your outcomes will be positive for you and everyone involved.

Any time you feel doubt in the future, you just need to recall the feeling of lightness of your new butterfly self, or see your colors, or hear the flutter of your wings, to be reminded that you have decided to change and that you can now deal with all situations in a lighter, more loving, way. Every outcome leads to your success and helps you advance further on your life journey.

As you prepare to come back into awareness, feeling good, feeling positive and confident, you know that something important has happened.

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And as you stay with those feelings, you begin to notice again the sounds around you in this room, the light coming in behind your eyelids, and your full consciousness returning. Slowly open your eyes and notice where you are. Take your time returning to normal awareness.

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Prosperity

Often when people hear the word 'prosperity' they think immediately about money.

Prosperity is much more than money. It's also love, friendship, happiness, peace of mind, vibrant health, satisfying work, the wonders of the natural world, helping others. Prosperity is simply all the good things you could imagine in life arriving in a never-ending stream of abundance. Be open to prosperity in all its forms.

The Temple of Prosperity

First, get into a relaxed state ...

You are going to travel to ancient Egypt. You find yourself walking across the hot sand of the desert and you see in front of you a magnificent temple. You see the columns rising to the sky. The white of the stone is dazzling in the sunlight. You arrive in front of the building, and you see a golden door. The door is in the center of the columns, and you walk up to it, drawn by a fascination to know more. As you approach the massive door, it begins to open slowly to the soft, tinkling sound of bells and you feel it is natural that you should go in and explore.

You find yourself in a shade-filled courtyard. There are huge trees growing around and a multitude of granite statues. You look around and see the towering columns, painted with ancient symbols. You know you are in a sacred place. This is where the ancient Egyptians came to learn about prosperity.

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You notice how cool it is here after the heat of the sun. As you walk around on the stone floor, you look down at your feet and notice what you are wearing or if you are barefooted. You feel calm and peaceful. You spend some time exploring the courtyard. There is a small fountain in the center with water gently flowing and you hear it bubbling. You trail your hand in the cool water. And, as you ask yourself why you have come to this beautiful place, you hear the answer. "We have brought you here for a reason so that you can learn something very important for your life; a fundamental truth that will help you prosper".

You see that there is a room at the end of the courtyard, and you decide to enter. You take off any footwear before you cross the threshold, as you know this is the most sacred place in the whole temple. You feel the cool stone under your feet as you walk through an archway into the center of the temple. It was here that the high priest came with specially-chosen people to initiate them into the truth about prosperity.

You feel honored to be here and feel excited about what might come next. You walk around the room, which is lit by torches set high up on the walls. Each time you stop to look at the paintings and symbols, a torch lights up that part of the wall so that you can see what is depicted there. You realize that you are at the center of the Temple of Prosperity.

The first tableau you look at shows happy people, wreathed in smiles. As you look closer, you see the images change like an old movie played out before you. You feel the peace and contentment of these people, they want for nothing. The adults look radiant, and you can feel the vibrancy and strength of each person. In the corner of the picture, you see a symbol which you understand embodies the wisdom of everything you have seen. Somehow, you just know that this is for you, and you reach out and take it.

You move on to the next tableau which shows a group of people glowing with good health. The children are running around and jumping with joy. Everybody is helping themselves to food and drink that support their bodies,

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in which they revel. One of the smiling, healthy people holds out a symbol to you and you know this is for you to take and keep.

You come to the next tableau which shows all the riches of the world – the gold and silver and precious jewels glinting in the sunlight. A man approaches the pile of gold, pauses, and then bows; he gives thanks and takes a handful of the coins. Someone else comes along, bows, gives thanks and fills a large bag full of jewels. A woman comes into the picture, and she takes a solid silver statue.

You watch as people appear and, in a very reverential way, help themselves to whatever they want. You feel their gratitude and you know that they are only taking what they need. You then notice something unusual: as each person helps themselves to the riches here, the space fills up immediately with something else equally beautiful. It is impossible to exhaust this supply; the more they take, the more appears. This is an amazing sight for you to see, but somehow it feels right to you. You take the symbol on the tableau meant for you.

You pass on to another tableau and this one is like a library with shelves and cabinets that disappear into the sky. Everywhere is piled high with books and ancient manuscripts. You know that this is the repository of all knowledge and it's where people come to learn and grow. You see people consulting the huge tomes and as they leave, they smile gently, having gained the knowledge that they wanted. Again, you take your symbol.

The last tableau is blank and as you stare at it, you gradually see yourself walking into the picture. You find yourself surrounded by people who love you. You feel their love and are amazed; you didn't know there was so much love for you. You bathe in it, and it fills you up as you look around at the smiling, loving faces. You feel overwhelmed with their love. The YOU in the tableau gives the YOU outside a symbol which signifies all this love.

As you stand in the center of the room now, the ceiling opens and a glorious light descends. You are standing in a column of warm, golden light and you

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let it flow around you and pour through you. You hold out the symbols you have been carrying and with immense appreciation, you place them in your heart, knowing that from now on prosperity surrounds and fills you. As you stand in the column of light, you become the light; there is no place where you end and it begins. Just enjoy that glorious light. It brings you all the aspects of prosperity you have seen on the tableaux and anything else that represents prosperity to you. Stay as long as you like in this miraculous light.

When you are ready, you leave the temple's center and return to the cool courtyard. You are vibrating to the energy of prosperity that you received in the inner sanctum. As you walk past the fountain, you notice that the water is rising higher than before: the jets reach up to the sky and the water looks like liquid gold. You nod to yourself; you now have the wisdom of prosperity: It is never lacking, it flows eternally, and it is yours. You walk on through the courtyard and out into the temple grounds, surrounded by the columns.

Walk through the door, preparing to come back into awareness, feeling good, feeling positive and confident, knowing that something important has happened.

And as you stay with those feelings, you begin to notice again the sounds around you in this room, the light coming in behind your eyelids, and your full consciousness returning. Slowly open your eyes and notice where you are. Take your time returning to normal awareness.

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Health

Good health is an essential part of prosperity. We want our body to perform at its peak, to assist us with achieving our life's purpose. This may mean different things to different people.

You may be a high-performing elite athlete or you may have a chronic illness that you've lived with for years. No matter where you start out, it's important for you to feel the best you possibly can.

The Fitness Routine

First, get into a relaxed state ...

Now that you're totally relaxed, it's time to go on a journey inside your body. You travel through the veins and arteries, being carried along so easily. Now go into each cell of your body and imagine that, in each cell, there is a fitness expert doing an energetic routine, bursting with vitality and health. You may hear the music they are working out to. You may want to move yourself, where you're sitting or lying down, in time to the music and imagine yourself doing the routine too.

You feel great, full of vitality and energy and good health. Look closely at the fitness expert; who is it? It may be you, it may be someone you know, it may be a symbol of health and fitness for you. Move out a little and see some of your other cells with the fitness expert in each of them doing the same routine. Move further out, and as the fitness experts get further away, you see them as pin points of pulsating light working in each cell to increase your health.

Scan your whole body and pay particular attention to those cells where it's harder to see the fitness expert, or where you can't see anyone. Perhaps

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they're there, but lying down or slumped in a chair. Go into those cells and wake them up, get the music going and see them jump up and start doing their routine even more energetically than the others. Once you are sure that all your cells are vibrating to the same routine, pull out and see their points of light. As you watch, you see all the lights join up so that your whole body is now a glowing, pulsating mass of light and you feel the vitality and health of your whole being.

Stay with that vision for as long as you like, bathing in the light of your body's energy. You feel great. You can achieve anything.

Prepare to leave your body and to come back into awareness, feeling good, feeling positive and confident, knowing that something important has happened.

And as you stay with those feelings, you begin to notice again the sounds around you in this room, the light coming in behind your eyelids, and your full consciousness returning. Slowly open your eyes and notice where you are. Take your time returning to normal awareness.

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World Vision

This visualization is about influencing the world situation for the better. Don't believe you can have an influence there? Well, you really can. You see, when you visualize, you raise your energy to a higher, more positive level and your energy affects the people and things around you.

Don't believe me? Well think for a minute ...do you know anyone who really depresses you? Just being with them leaves you feeling drained and down. Alternatively, there's probably someone in your life in whose company you feel better, inspired, instantly happier. These people don't have to say a word about how they're feeling, or what they're doing, but you pick up their energy anyway.

The same happens with you. You radiate your energy out into the world, and with some focus through visualization, you can ensure that you only radiate positive energy.

And thinking about others rather than yourself for a while will be very uplifting.

The Spreading Light

First, get into a relaxed state ...

You are breathing more slowly now and more profoundly. Your body is now full of the white light which is shimmering inside you. There's so much light that it begins to radiate out of you. You see it radiating out into your room, so that the whole space is filled with white, shimmering light. And as it fills the room up, it spills over into the rest of your home, see your house or apartment or wherever you live filling up with the same shimmering white light. This light is pure source energy, it is perfect love, it is a positive force for good.

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And as the light floods out over the boundaries of your home, through the window, the garden, or back yard, it goes out into the street where you live. See the light surging along the road, surrounding and flowing into anyone who's there and filling up any other buildings.

And as the light builds you see it flooding your neighborhood and out into your region, province, or state and then into the whole country, going where it's needed to bring comfort and peace to those who are struggling.

As it flows along, you might see the light sparkling, almost like a match has been struck in particular places as the healing white light reaches those who need it most.

And as the light continues to flow and get ever brighter, you see it move across the whole world, it encircles the globe and the bright sparkles increase, as you know this light is reaching the most troubled parts of the world, the places where there are conflicts and disasters. The light is bringing relief and spreading a sense of well-being wherever it reaches. It lifts sadness and despair, hopelessness and fear, as these are now transformed into light. Know that love is moving through the places and the people and all is well.

Stay with the vision of that pure white light around the globe for a while. Maybe it's whizzing around the planet, or floating gently, or flowing like a stream. However you see it moving, know that it's bringing relief and peace wherever it's needed.

Now see the light spread out beyond planet earth and into the universe, where the pure light meets up with the light of the universal life force. You see the lights merge to produce the most beautiful and most perfect light you've ever seen; you feel so peaceful and full of contentment as you contemplate that light. Just stay there, focusing on that light for a while.

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And now, when you're ready, you prepare to come back into awareness, feeling good, feeling positive and confident, knowing that something important has happened.

And as you stay with those feelings, you begin to notice again the sounds around you in this room, the light coming in behind your eyelids, and your full consciousness returning. Slowly open your eyes and notice where you are. Take your time returning to normal awareness.

You're wide awake and feeling great!