

A Simple Exercise in Creative Visualisation

(from the book “Creative Visualisation: Use the Power of your Imagination to Create What You Want in your Life” by Shakti Gawain)

First, think of something you would like. For this exercise, choose something simple, that you can easily imagine attaining. It might be an object you would like to have, an event you would like to have happen, a situation in which you’d like to find yourself, or some circumstance in your life you’d like to improve.

Get in a comfortable position, either sitting or lying down, in a quiet place where you won’t be disturbed. Relax your body completely. Starting from your toes and moving up to your scalp, think of relaxing each muscle in your body, in turn letting all tension flow out of your body. Breathe deeply and slowly, from your belly. Count down slowly from ten to one, feeling yourself getting more deeply relaxed with each count.

When you feel deeply relaxed, start to imagine the thing you want exactly as you would like it. If it is an object, imagine yourself with the object, using it, admiring it, enjoying it, showing it to friends. If it is a situation or event, imagine yourself there and everything happening just as you want it to. You may imagine what people are saying, or any details that make it more real to you.

You may take a relatively short time or quite a few minutes to imagine this – whatever feels best to you. Have fun with it. It should be a thoroughly enjoyable experience, like a child day-dreaming about what he wants for his birthday.

Now, keeping the idea or image still in your mind, mentally make some very positive, affirmative statements to yourself (aloud or silently, as you prefer) about it, such as;

Here I am spending a wonderful weekend in the mountains. What a beautiful vacation.

or

I love the view from my spacious, new apartment.

or

I’m learning to love and accept myself as I am.

These positive statements, called affirmations, are a very important part of creative visualisation, which I discuss in more detail later.

If you like, you can end your visualisation with the firm statement to yourself:

*This, or something better,
now manifests for me
in totally satisfying and harmonious ways,
for the highest good of all concerned*