#  THOUGHTS, VISION & MIRACLES

## J. J. Irani-“VISION without ACTION is only a DREAM

##  ACTION without VISION is simply passing TIME

##  VISION & ACTION together can change your LIFE”

## Gautam Buddha,” What you have become is the result of what you have

##  thought.”

## Shiv Khera- You SOW a THOUGHT, you REAP an ACTION,

##  You SOW an ACTION, you REAP a HABIT,

##  You SOW a HABIT, you REAP a CHARACTER,

##  You SOW a CHARACTER, you REAP your DESTINY.

## Napoleon Hill-[ Think & Grow Rich],-“Whatever the mind can conceive & believe, the mind can achieve.”.

### I would like to add here ‘Whatever the mind can conceive & believe, the heart feels, with faith, you can achieve.”

### So –Create your Thoughts, Live [Visualize] your Dreams & Unfurl your Miracles.

### Our planet is under the influence of immense negative energy, which is generated by the people of this Earth. We live in tremendous stress & tensions, a life of competitions, corruption, power, religious wars, terrorism, etc. With the advent of the prophetic 2012, a year which has several research stories, the science of the Mayan’s calendar,-a cycle of 5125 years period, The Black Hole theory, The Polar shift etc. we are in a state of uncertainties, confusion & fears. On Dec. 21st 2012 the Earth’s equatorial plane aligns the galactic center, & our solar system is going to be inside the photon belt. The Photon Energy is divine energy. But before this we are facing the beginning of the end of global turmoil. We are what we think, as per the Law of Attraction, which we will discuss later. Hence we must not only change our thoughts, but also learn, know & understand the art of Meditation & Positive Affirmations, Creative Visualization & the Power of the Subconscious mind, which will help us transform our lives & deliver us from the age of darkness to the age of Divinity.

###  There are many creative arts and creators, which need to be addressed with full strength so as to take energy and power into one’s life. My personal experiences have led me to travel this path of Creative Visualization & spread this vision to the world. A couple of accidents, falls, severe head injuries & back injuries, broken bones, compelled me to pop in pain killers, as many as 6/8 a day very often. I realized this was suicidal in the long run, it is then that I turned to Pranayama. I did my Pranayama a little differently, daily in the morning at sunrise. I felt & visualized the energy of the rising sun entering my body with every deep breath I took, & I visualized myself releasing a dark grey smoke every time I exhaled, thus cleansing & healing my body. It was amazing how in the first week itself my head aches reduced & in about 3 weeks I was much better with my back aches too, the pain killers reduced to about once a week & now it is almost 6 years since I am on no medicines at all, Drugless Therapy. Then I started visualizing my dreams & it was wonderful to see how my dreams began to manifest themselves into reality in my life. I found my life changing, my head aches & backache gone, so many things which I always wished to do & achieve, I did, it was like LIVING MY DREAMS. The decision to heal everyone’s pain, problems & tensions thus became the mission in my life through this art of Creative Visualization, which we will discuss later in this book. Being a medical practitioner [Homoeopath], I then decided to learn & understand the science, art & techniques of the mind & its function, in relation to the art of Creative Visualization & Positive Affirmations.

# The Power Of The Subconscious Mind

### Human beings are designed to have perfect mind & body, but during the course of life, due to the limited belief system developed through the growing up years, negative thoughts & emotions, we deprive ourselves of this perfection, health, joy & success.

### There are two levels of your mind—the conscious or rational level, and the subconscious or irrational level. You think with your conscious mind, and whatever you habitually think sinks down into your subconscious mind, which creates according to the nature of your thoughts. Your subconscious mind is the seat of your emotions and is the creative mind. If you think good, good will follow; if you think evil, evil will follow. Knowledge of the interaction of your conscious and subconscious minds will help you to transform your whole life.

### From the time you are born, you are learning & receiving the ideas, thoughts & influences of your parents, relatives, friends, teachers & situations. Your conscious mind learns through observation, experience, and education. This when repeatedly learnt becomes your belief system or the rational conscious mind. The limited belief system usually restricts your growth & progress in life. You have all grown up hearing from your parents & teachers that if you fail your examinations, you will never succeed in life, but this was proved wrong by stalwarts like Sachin Tendulkar, Albert Einstien because they believed in their passion, talent & dreams & became legends. This does not mean that you must not do well in your academics, it only means that the limitations of your belief system should not restrict your success in life.

###  I have a friend, Dr. Manju Jain, who is an MBA graduate, quality manager in her own factory, but she has a strong purpose in life & that is to conduct a research of Jain shlokas of Bhaktamar Strota on cancer patients. She has been treating cancer patients, giving some of them relief & a few of them even a cure. She has done her doctorate on the same & is now into relentless work on not only cancer patients but even other incurable illnesses. She could have simply continued to work in her own factory & become one of the many women business entrepreneurs, but she decided to make a paradigm shift & take up something which is not in any way related either to her academic qualification or her work. She is not a medical practitioner yet is working with a cancer research Institute. It is her passion, determination & belief in herself that she is not only pursuing her goal but also getting laurels & recognition for it.

### I have met Jasmuheen, a spiritual healer in one of the Global conferences I have been, she is living on cosmic energy since over a decade. She does not need to eat any meals to keep her healthy. She eats only out of choice or joy & only very rarely. If we have grown up being told that we will not survive without food then what is it that she has done to prove this wrong. She has trained her mind to receive the cosmic energy to keep her healthy, to supplement all the necessary vitamins, minerals, proteins etc. to keep her fit & energized. It is her disciplined mind, focus & self mastery which sets her apart from the rest. Once you discipline your mind with repeated practice it will work wonders for you.

### Your conscious mind is the reasoning mind. It is that phase of mind, which chooses. For example, you choose your friends, your likes, and your dislikes in life. Decisions & choices are made with your conscious mind. On the other hand, without any conscious choice on your part, your heart is kept functioning automatically, and the process of digestion, circulation, and breathing are carried on by your subconscious mind through processes independent of your conscious control. Your subconscious mind accepts what is impressed upon it or what you consciously believe. It does not reason or question things out like your conscious mind. Your subconscious mind is like the sponge, which simply absorbs everything, be it good or bad. Your thoughts, if positive bring positive results & on the other hand if you think negative, your subconscious mind will create the negative results. Your subconscious mind perceives by intuition. It is the storehouse of memory. The subconscious mind does not make comparisons, or contrasts, neither does it reason and think things out for itself. This latter function belongs to the conscious mind. It simply reacts to the impressions given to it by your conscious. You can instruct your subconscious mind to produce a specific dream to help you solve a problem. Creations start in your mind. Everything is created twice –once in your mind & the second time on the physical plane. Success comes when you become conscious of the abundance of supply, when you recognize & believe in the limitless abundance of the subconscious. All you have to do is to retrieve the knowledge which you already have and use it to its full potential with complete passion, determination and Faith to live your dreams and reach your goals.

#### Psychologists and psychiatrists point out that when thoughts are conveyed to your subconscious mind, impressions are made in the brain cells. According to Harvard & Yale studies, the subconscious mind is able to process between 10 million to 40 million bits of information /sec. & the conscious mind 7 million to 15 million bits of information/sec. The average human today, thinks 60,000 [thoughts](http://www.abundance-and-happiness.com/the-power-of-thoughts.html) per day! Those thoughts, whether random or focused, conscious or unconscious, represent the seeds that you are planting and are continuously and consistently feeding information to the subconscious mind which determines WHAT you are attracting and WHAT is manifesting in the form of outcomes that you experience in your physical world!

####  As soon as your subconscious accepts any idea, it proceeds to put it into effect immediately. It works by association of ideas and uses every bit of knowledge that you have gained in your lifetime to bring about its purpose. It draws on the infinite power, energy, and wisdom within you. It lines up all the laws of nature to get its way. Sometimes it seems to bring about an immediate solution to your difficulties, but at other times it may take days, weeks, or longer, depending on the power of your thoughts. The secret of mastery is repeated practice of what you want. Which means when you want to bring forth the buried information from your subconscious to make it now your conscious thoughts, you will have to repeatedly practice them to make it the reality.

###  You can bring into your life more power, more wealth, more health, more happiness, just by understanding the limitless abundance of the subconscious mind. You can transform your life, by learning to contact and release the hidden power of your subconscious understanding & unleashing the power of the subconscious mind. Within your subconscious lies the limitless abundance which is waiting for development and expression. The infinite intelligence within your subconscious mind can reveal to you everything you need to know at every moment of time provided you are open-minded and receptive. You can discover new thoughts and ideas enabling you to bring forth new inventions, make new discoveries, or make your dreams come true.

### Moreover the infinite intelligence in your subconscious can impart to you knowledge of an original nature. It can reveal to you and open the way for perfect expression and true purposes in your life. It is your right to discover this inner world of thought, feeling, and power, of light, love and beauty. Within your subconscious mind you will find the solution for every problem, and the cause for every effect. Because you can draw out the hidden powers, you come into actual possession of the power and wisdom necessary to move forward in abundance, security, joy & love. There is a miraculous healing power in your subconscious that can heal the troubled mind and any illnesses . The subconscious mind perceives by intuitions, it is that intelligence which makes itself manifest when the objective or conscious mind is suspended or in a sleepy, drowsy state. Your subjective or subconscious mind sees without the use of the natural organs of vision. It has the capacity of clairvoyance, it can leave your body, travel to distant lands, and bring back information which very often is accurate. This requires deep concentration through meditation.

###  The power of your subconscious is enormous. It inspires you, it guides you, and it reveals to you names, facts, and scenes from the storehouse of memory. It has a vast potential that remains untapped in most people. The human mind can perform miracles if properly used & conditioned for excellence.

### The subconscious mind is the source of your ideals, aspirations, and artistic urges. Undoubtedly, it was the response of their subconscious mind which enabled the Renaissance artist Leonardo Da Vinci, Raphael, to paint his master piece of the Mona Lisa and Ludwig van Beethoven to compose symphonies. Between 1843 and 1846 Dr. James Esdaille, a Scotch surgeon, who worked in Bengal before any modern methods of anesthesia were discovered, performed about four hundred major operations of all kinds, such as amputations, removal of tumors and cancerous growths, as well as operations on the eye, ear, and throat. All operations were conducted under mental anesthesia only, he suggested to the subconscious minds of all his patients, who were in a hypnotic state, that there would be no pain &no infection.

### An architect or an engineer before actually building their structures, picture & imagine the same in their mind. The kinetic action of the subconscious mind continues throughout your sleep time period. Hence, give the subconscious mind something good to work on as you drop off into sleep. The subconscious mind takes over your request as handed to it by the conscious mind, this passing over is best accomplished in the dream like state. Know that in your deeper mind are Infinite Intelligence and Infinite Power. Just calmly think over what you want; see it coming into its complete manifestation from this very moment & it will become a reality.

# STRIKING AT THE ROOTS

### When you are born you are with an open clean board of your subconscious mind, on which is written the thoughts, influences & experiences all those you come in contact with, all through the growing up years. Thus is developed the rational conscious mind. It is this limited belief system of your conscious mind which restricts you from taking risks & testing your true potentials & talents. You live your life only according to the principles which have been set for you, which is the experience of the society you are brought up in. It is important to have a definite set of principles & rules to live an organized life, but it is also important to at times break the paradigms, change your belief system, think out of box, as they say, to unleash your true essence & potential.

###  If you set limits on yourself because of your conditioned mind, like “I am too young to be a millionaire”, or” I am not capable to handle such an important task”, or “ I don’t have the means to reach my goal,” your confidence will be shaken & you will certainly be a failure in life. As it has been said “stop being a prisoner of your past, become the architect of your future”. Your mind can create the magic in your life only if you let it. If the great inventors lived only by their limited belief system, there never would be any inventions.

### The present education system only helps in making limited, programmed, conscious & logical minds, where creativity & originality have no place. It is only downloading information, cut & paste from already given information & applying the same in life. Computers & internet have brought the world in our homes, & this could only happen because of geniuses like Bill Gates, Steve Jobs & others like them who did not only depend on text books & syllabus but went on to make it possible through their belief in the limitless knowledge of the subconscious mind to connect us globally at the click of a mouse.

### Your belief system or programmed mind limits you from pursuing your true genius or talent, for eg. if it is believed that a doctor should only be healing patients, then Dr. Shreeram Lagoo would not have gone on to be such a good actor. The Oscar winner A R Rehman was a school dropout. Dr. William James, the great American psychologist & philosopher has stated-man can alter his life simply by his attitude of mind. Helen Keller who was blind, deaf & dumb overcame her disabilities & became a famous writer, educator & a great inspiration.

### Paradigms control every move you make in life, a paradigm shift is a change of rules to help you reach your true potential. People do not resist a change when it is their choice, so it is necessary to make your own choice to be able to change your belief system or make the paradigm shift.

### It is thus necessary to strike at the roots, i.e to change your belief system to be able to unleash the power of the subconscious mind, to help you nurture your talents & with complete passion, determination & FAITH reach your goals in life & discover your real self.

# WHAT DO I WANT

### It is very important to know & understand the purpose of your life. If you have been invited to a party, but have not been told the venue, where will you go? Similarly it is necessary to set a goal in your life. There are millions of billionaires, how many of them do you really know? But you definitely know Bill Gates, Dhirubhai Ambani, J R D Tata, Steve Jobs or Sachin Tendulkar, they had a vision, a goal which they reached with total determination, hard work & a never say die attitude. Your goals or aims should be practical, feasible & achievable, not something which is impossible.

### When you allow yourself to go deep within to know who you are or what is the purpose of your life, & pursue it with determination & passion, your mind breaks all limitations, consciousness expands in all directions & you find yourself in a state of complete bliss.

###  When you set a goal for yourself you know what you need to do to reach it. It is necessary to have a goal to have a direction in which you can move. A life without a purpose is like a race horse without a jockey. At some of the seminars I have given on Motivation, I have asked the participants “what is your goal?” & the reply I got is “Well, Mam..I would like to see my children well educated, my son with a good job & daughter married..& I should be able to retire with enough money to keep me happy.” Now this is certainly not a goal, this is simply a duty or should I say a programmed way of life. When you set a goal in life & reach it, that gives you a different feeling of joy & fulfillment. Success is not only earning a few millions, a couple of branded cars, villas, world tours etc.

### The real success in life is when you have been able to retrieve your original blueprint you were born with, & make it into a master piece for the world to marvel & benefit. You need to make an inward journey to be able to connect with the core of your being from where you can find the purpose of your life, your true essence of being born. This can be done with daily meditation.

### All successful people have one common trait & i.e they all have a set goal. A clear goal is the basic principle of success. You must have a long term & a short term goal which is clearly defined. You have to decide whether you want to become the fastest runner in the world if you are an athlete, or, whether you want to be the youngest millionaire. It is necessary to be focused on what you want & not generalize your dreams, i.e “I want to be rich & live well”, instead you should say “I want to be the next Bill Gates or maybe Mukesh Ambani, or Henry Ford”.

### HOW DO I REACH MY GOAL

### As we have seen in the earlier chapters that success is not only monetary gains. It is or should be a promise to your presence on this planet. Due to the programmed mind & set belief system, you have to set & follow some rules or principles to achieve the goal you have set in your life. When you have decided what you want to do in life & what you want to achieve, you have to first make a list of-

### 1. What I have.

### 2. What I don’t have.

### If you want to become a business entrepreneur, you first have to decide the kind of business you are interested in, eg. garment industry.

### Now first “What I have”-make a list

### \*A plan

### \*Passion

### \*Knowledge of garments

### \*Knowledge of different kinds & qualities of material

### \*A place to start the industry

### \*Very important, the finance

### These may be the things you already have.

### Then make a list of “What I don’t have” that could include-

### \*Not enough funds

### \*Marketing plan

### \*Where to purchase the materials

### \*Staff & workers & more….

### Besides the list of your Haves & Have Nots, you also must have-

### \*Passion- or burning desire which should not be doused till you have reached your goal.

### \*Do not have any doubts nor give up when you face any obstacles.

### \*Repeatedly visualize your goal or dream till you achieve it.

### \*Recognize and empower your own talents and skills.

### \*Your goal has to be focused & time bound-you should not give yourself unlimited time, because that will lessen your passion over a period of time.

### \* Use affirmations to further breathe energy into your goals.

### \*It is very important to feel the joy of having already reached your goal.

### Time or deadline, focus & discipline are very important to enable you to reach your goal. You have to set a deadline so that you keep your commitment. A laid back attitude to the time limit for every step towards your goal will disperse the energy & delay your success. The long term goal or the larger goals should be broken into smaller goals which can be achieved more easily, small victories always lead to bigger wins.

### There may be many more Haves & Have Nots in your list as you move towards your goal. All the Haves should be repeatedly gone through & improved, whereas the Have Nots should be worked upon with complete passion till they too become the Haves.

### The road leading you towards your purpose & goal will certainly have obstacles & problems, but determination, dedication, passion & Faith will definitely reap success. It is very important to be completely focused on your goal to achieve excellence in life. A focused mind does not permit the clutter of unwanted thoughts & moves only in the direction of its destination.

### You have to study the details of everything that is related to your goal. You can read books available to enrich your knowledge, google & download all information & stories of successful people in the same field, emulate them & of course use your own expertise. Relentlessly pursue your goals, constantly think of them.

### Every morning spend at least 10 to 15 minutes going over & visualizing the various steps towards your goal & every evening or before going to bed review your progress & feel the joy of having taken a few more steps towards your success. By doing this you are continuously keeping the fire of your passion alive & breathing energy into your goals.

###  Never doubt your ability to reach the pinnacle of excellence, all success stories show us that the successful people had common qualities of passion, determination, discipline, focus & Faith. It did not matter whether they completed their education, got a degree or had enough money to follow their set path, all they had was a dream, a purpose & a goal, with the burning passion and Faith.

### Bill Gates of Microsoft fame became a billionaire in his early thirties & was honored his graduation by Harvards much later in life. Henry Ford never even reached high school, let alone college nor did he have the money, but what he had was the passion determination & relentless pursuit of his goals. A successful man is the one who selects a reasonable goal & does not give up till he achieves it.

### Another way to reach your goal or purpose is to make a Vision board, i.e you should collect pictures of all that you need & want, paste them on a chart or board & place it in a place where you can see it as often as you can. The more you see it, believe in it, feel the joy of already having achieved it, you will manifest it very soon.

#### Maintain a daily dairy, noting down your progress, putting down your affirmations and feelings. Positive affirmations related to your dreams or goals are a powerful tool to help you manifest miracles.

# DREAMS

### Dreams are nothing but your desires & wishes which you do not have but want to achieve. They are the path leading to your goals. It is when you dream that you have the desire to fulfill it. You may have read & heard about several people who have dreamt about what they later on went to achieve & become successful.

### Dreams help to give color to your life, fuels your thoughts & transform you from the beta state of mind to an alpha state. He who cherishes a beautiful dream will one day realize it. To desire is to obtain, to aspire is to achieve and to dream is to furnish that desire and aspiration.

### Thomas Edison dreamed of a lamp that could be operated by electricity & despite of repeated failures, he stood by his dream with Faith & passion till it became a reality.

### The Wright brothers dreamt of a machine that could fly through the air & we are now benefitted by the modern day aircrafts which has made the distances across the globe reachable & time saving.

### . Dr. Frederick Banting discovered Insulin, the treatment for diabetes in a dream. The Beatles all time hit “Yesterday” which was performed for over 7 million times & holds the Guinese Book record was dreamt by Paul McCartney after a nap.

Sigmund Freud has given the analysis & meanings of dreams. Jose Silva has talked about the significance of dreams, he has also given a technique how to remember your dreams & find the solutions of problems through dreams. The dreams you have when you are in the deep delta & theta state of mind usually come from your subconscious level, you hear people say “I will sleep over it,” when he has a problem or has to take a decision. He is very likely to get a solution through his dream, specially, if he gives an intent or command to his subconscious mind before he goes to sleep that he wants to get the answer to his problem.

Day dreaming , or visualization, or auto commands to your subconscious mind, is a way to realize your goals.

# **Simple exercise to be able to recollect your dream-**

Just as you are about to sleep, as you put your head on the pillow give an intent to yourself-

“As I now go into a deep sleep I allow myself to dream & recollect my dream.”

Repeat this about 10 times, exactly without changing or adding any word or the sequence of the words, for a week. Keep a book & a pen next to you so that you can write down the dream as soon as you wake up.

# **You can even get solutions to your problems in the same way, you can repeat-**

“As I now go into a deep sleep my dream will give me an answer to my problem.”

Repeat this several times daily, again it has to be the exact words every time, Do this daily till you can get the solution for your problem.

 I know you may ask here that it could be possible that you may have a problem which needs immediate solution & you cannot wait for a few days, then what should you do? Well in such cases you have to give a very strong intent & command to the Universe for an immediate solution. You have to do this with complete trust & surrender to the Divine & you will definitely get your answer, all you have to do is recognize it when it happens.

#### Positive thinking & affirmations are also very important in unfurling your dreams. The power of thoughts has been scientifically proven, which we will see later in the later in this book.

#### THOUGHT

#### James Allen in his “As A Man Thinketh” has quoted, “ The aphorism, “As a man Thinketh in his heart so is he,” not only embraces the whole of a man’s being, but is so comprehensive as to reach out to every condition and circumstance of his life. A man is literally What he thinks, his character being the complete sum of all his thoughts. Man is the master of his thoughts, the creator of his character who produces & moulds his condition, environment & destiny. As a creature of force, intelligence, love & being the master of his own thoughts, he possesses the key to all situations & also the potential to transform & change to make himself as he wants. The thoughts and words of others have no effect on you nor can cause you any pain or hurt, it is your own thoughts which shape your life.

#### Most successful people have read & applied the principles of Napoleon Hill’s “Think & Grow Rich”, as the name itself says ‘THINK”. Thoughts are the seeds you plant in the garden of your mind which blossoms into the desired actions. But just as you have to nurture the seeds with water, soil & sunshine & a right environment, similarly you have to nurture your thoughts with passion, feeling, determination, focused plan, positive energy, repetitive affirmations & visualization.

#### Napoleon Hill has given prescribed principles & actions to become financially rich, but you can use the same principles given by him to enrich every aspect of your life. He has talked about becoming “money conscious” for becoming a billionaire, but you have to become “thought conscious” to become holistically & spiritually enlightened, healed & transformed. Your life is the natural result of continued effort of right thinking. If you want to become a billionaire you should not think about your unpaid bills or debts all the time, instead you have to affirm, think and visualize all your bills and loans paid and say” I always have enough money and more to get whatever I want and desire.”

### It has been proved by the LAW OF ATTRACTIONS that Your Thoughts & Words can become your Life. Masaru Emoto was born in Yokohama in July 1943. He is a graduate of the Yokohama Municipal University's department of humanities and sciences with a focus on International Relations. In 1986 he established the IHM Corporation in Tokyo. In October of 1992 he received certification from the Open International University as a Doctor of Alternative Medicine. Subsequently he was introduced to the concept of micro cluster water in the US and Magnetic Resonance Analysis technology. The quest thus began to discover the mystery of water. He undertook extensive research of water around the planet not so much as a scientific researcher but more from the perspective of an original thinker. He chose to think out of box & realized that it was in the frozen crystal form that water showed us its true nature.[ Miraculous Messages From Water]

###  He decided to see how thoughts and words affected the formation of untreated distilled water crystals. This was done by typing words onto paper, then taping the paper onto glass bottles overnight. Water has electromagnetic & chemical qualities which enables it to break down substances into their constituent parts, & thus absorb the energy vibrations. It acts like a magnetic recording tape on which information can be impressed by outside elements [words, thoughts etc]. According to Dr. Emoto, the specific vibrating wave generated by the electrons orbiting the nucleus of an atom, & believed to be the source of energy behind the creation of all things emits a magnetic resonance. This magnetic resonance is influenced both positively & negatively by our thoughts. His belief is that water is alive & has memory.

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| Water crystals exposed to the words 'Thank you'**'Thank you'** |   | Water crystals exposed to the words 'Love and appreciation'**'Love and appreciation'** |   | Water crystals exposed to the words 'You make me sick, I will kill you'**'You make me sick, I will kill you'** |

### Prayer, that’s sound coupled with intention, seems to have an extraordinary ability to restore the water back to its natural, harmonious, geometric symmetry.

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| Water crystals from the Fujiwara DamPolluted water from the Fujiwara Dam.  | Water crystals from the Fujiwara Dam after a buddhist prayer is offered**Dam water after a Buddhist prayer is offered** |

### Since the planet is also 70% water these experiments have profound implications for the environment With regard to the molecular structure of water, our thoughts, words, ideas and music have a profound healing or destructive effect on the water. Since the human body is 80% water, what we think creates our reality, not just emotionally but physically.[Water Crystals-Emoto Masaru]

### .William Atkinson has written about the power of mental vibrations in his book Thought Vibration or the Law of Attraction in the Thought World published in 1906.He has explained that when a human being starts thinking about something, he unconsciously produces those vibrations, but generally those vibrations get dispersed & ultimately lost. But if he becomes conscious of these vibrations & concentrates to give them all the force available in his mind, he will achieve a considerable power, & so it will be manifested.

### It’s like the experiment which all of us have done in our childhood, when you show a paper to the sun nothing happens, but as soon as you put a magnifying glass in between the sun & the paper, the focused rays of the sun burns a hole.

### Experiments have proved that thoughts & emotions induce the rise of temperature of certain zones of the brain, this heat stimulates the liberation of energy which is liberated through vibratory waves, which then become the resulted action. Thoughts have a frequency and when they are sent out in the Universe, they attract things of the same frequency, towards you. You are like a transmission tower, transmitting your frequency through your thoughts, thus creating your life.

### Greg Braden has given us Heart based living i.e he says, ”When we form heart-centered beliefs within our bodies, in the language of physics we're creating  the electrical and magnetic expression of them as waves of energy, which aren't confined to our hearts or limited by the physical barrier of our skin and bones.  So clearly we're "speaking" to the world around us in each moment of every day through a language that has no words:  the belief-waves of our heart

### Your thoughts are primarily based on your belief system. They are the influences of all that you have experienced from the time you are born. As discussed in the earlier chapter on subconscious mind, you are living in the limited logical, conscious mind, instead of the limitless abundance of the subconscious.

### This can be altered if you are able to first determine the goal of your life. The first step to a life full of miracles is to realize that your outside world is created by your inside world or your thoughts. Your thoughts can create magic & turn your dreams into a reality. Today’s thought will manifest tomorrows dreams. Your thoughts are the building blocks of your life.

### Thoughts are either positive or negative & depending on what they are it forms the canvas of your life. Your success & failure in life is completely dependant on the way you think & what you think. If your words or thoughts are” I am not capable,” or “ I do not have the money, so I cannot take this course,” or I just don’t have the time, “ and the like you will never get the money for the course or you will never have enough time to fulfill your dreams Not all thoughts can bring success of course, but those that are concentrated, well-defined, and often-repeated often definitely are manifested.

### Thought is energy, especially a concentrated thought laden with emotional energy. Thoughts change the balance of energy around us, and bring changes to the environment in accordance with them.

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###  As per the Law of attractions you get or attract what you think & speak, therefore if you are in a habit of thinking & speaking negative all the time, you attract & invite negative people, situations & events in your life. It happens with a single incident for eg. if your friend cheats you & you are not able to erase it from your mind, you will be unknowingly thinking of it very often. When a thought is repeated it begins to generate that energy, which then manifests it into an action, so if you are continuously thinking that you have been cheated you will attract more situations or people in your life who will cheat you in some way or the other. It is important to know that it is you who should control your thoughts & not allow your thoughts to control you, because what you think is what you have & become.

###  Your mind is like a computer & your thoughts are the programme, data & sites you have created, which will be retrieved at the click of a memory which is the password to your fed in data, as a past experience, knowledge or event. Be very careful of what you say and speak for it will start taking the shape of your life.

### Good thoughts and actions always produce good results just as bad thoughts and actions produce bad results. If you sow an apple tree you will only reap apples, you will not get mangoes on an apple tree. It is also true that a single seed does not give a single fruit, flower or grain, similarly a single thought manifests a series of actions.

### Do not use negative words and sentences because it has been said that the Universe does not recognize negative words, so if you say “ I don’t want to be sick”, the negative word “don’t” is not recognized, so what is left of your statement is “ I want to be sick,” and so you get sick more often. You should thus say I am healthy and in good or perfect health.

### Thoughts & Relationship

### You always feel that people are either good or bad towards you. Very often you find that there is a particular friend or relative who is always causing you hurt, pain or anger. You feel that he or she is never going to change. But it is a fact that it is your thoughts towards that friend or relative which is negative, which is why that person is behaving so badly towards you, as it is said “what you think is what you get or attract”.

### I once had a client who came to me in a shattered state of mind, wherein she was contemplating suicide. I asked her the reason & here is what she told me. “Doctor, I am not able to bear the calls from my husband’s friend anymore, he calls me 6 to 8 times a day, uses threats, abuses & blackmail.” I asked her what exactly she meant by the threats, & abuses. She told me that he used to threaten her that he would tell her husband, his friend that they were having an affair & that she was being unfaithful to him.

###  I asked her whether this was the truth to which she denied, telling me that her’s was a love marriage & she could never even think of another man leave alone falling in love or having an affair. This was strange, I told her and asked her the reason. She told me even she did not know and that even that man knew this was not true, he was only getting great pleasure in seeing her in this state of fear and pain.

### It was an unusual case, because she told me that he did not ever try to physically harm her or meet her, and infact, he kept telling her that he knew she only loved her husband and he actually had no interest in her, but he will keep threatening her. I told her to tell her husband about it, but she told me that her husband would never believe her because they were very good friends.

###  I then asked her from when and how did this all begin, she told me that about 6 months back they were together in a party where this man passed some innocent comment regarding her, which she found a little offensive. After that day she was always a little scared and uncomfortable whenever they had to meet at a party or when he came home to meet her husband. She realized that he was being really bad to her always passing some nasty comment whenever he got an opportunity, this continued till it got worse and he started calling her up everyday 6 to 8 times with the same threats and abuses.

###  I made her understand that if he actually had no interest in her and was only doing it as a perverted pleasure, probably it was her thoughts of fear of him which was attracting from him this behavior. She did not believe me saying that she was scared of him because of what he was doing to her and that anyone in her place would feel the same if they had to listen to the way he talked to him.

###  After a lot of persuasion I convinced her that what we think of a person is what we get from him or her. I told her to write affirmations and change her thoughts of him. I told her to release him from her thoughts by saying” I release and set free Mr……., from my life, I forgive him for all that he has done to me, I forgive myself for being so weak. I thank him for teaching me to think good of people, and now I am free, and he is free, so thank you God” I convinced her that the power of thoughts will either actually make him a good friend or it would take him out of her life.

### It took her sometime to actually get into the change of her thoughts because he was still calling her daily, but as soon as she really started changing her thoughts and repeating the sentences I told her to speak daily several times in the day, she found that the calls were less and he was not as abusive as he was earlier. This gave her more confidence in the power of positive thinking and she worked even with more passion to change her thoughts.

### She came back to me after 3 months looking happy and confident and told me that her change of thoughts, the releasing and forgiving actually did the magic, he stopped calling her completely but she still does not like to talk to him when they meet. This proves to us that it is our thoughts which creates the love or hate, good or bad in a relationship, so all we need to do is change our thoughts and not expect the people to change.

# Thoughts and Success/ Wealth/ Fame

### Your thoughts, as we have seen earlier attract your actions, as told by Gautam Buddha” What you have become is the result of what you have thought.” So can we say that it is possible to attract wealth if we think of wealth? Yes, but it is not only enough to think that you are rich, you have to feel it too. You cannot become rich if you are continuously talking & thinking of your unpaid bills, debts & lack of funds. You have to think and believe that your bank balance is always in abundance.

### As I can quote the example of a man who attended one of my workshops on the Power of the Subconscious mind, he told me that he does not wish to get too much of money because he thought that money makes a person bad. Now if you think that money makes you a bad person you will never have it since you are sending negative vibrations through the energy of your thoughts.

### To become rich and famous you have to constantly think of all the good things that money can give you and believe that you already have it and think of all that which will give you fame.

# Thoughts and Health

### The body is the mirror of the mind, sick thoughts express themselves as a sick body, similarly healthy and youthful thoughts give you a healthy and youthful body. The power of healing is in your subconscious mind and all you need to do is change your thoughts to better health to release the healing powers to bring you back from a state of dis-ease to perfect health.

### You must not repeat the stories of your illnesses, accidents, pains or even hereditary diseases of the family. I keep hearing from my patients” doctor diabetes is hereditary in my family, so I am sure I too will get it someday.” Your repeated thought of the hereditary disease is an invitation of the same in your life. Fear of illnesses which are repeated in our mind makes us ill.

### It has been proved that if you keep saying to yourself “I have a headache” for about 5 minutes, you will actually create a headache and in the same way you can then repeat I am feeling fine and the headache will completely disappear. I have analyzed emotions, thoughts and symptoms and have concluded that people with rigidity of mind usually suffer from rigidity of joints like arthritis, anger expresses itself in acidity, inflammation of joints and at time in boils. I have seen deep rooted hatred manifest itself in tumors and cancers. Just as a surgeon needs to use his scalpel to cut and remove the tumor, similarly you have to use the power of your positive affirmations and thoughts to change your diseased cells to healthy cells.

### The famous author Louise Hay-“You can Heal Yourself” has actually cured her cancer with the change of thoughts and the use of Positive Affirmations.

###  It has been taught that the body regenerates cells periodically, which should mean that we have a brand new body with the new generated cells, but the mind which has the fed in thoughts as memories of the particular disease, sends the same information to that part of the body which was earlier suffering from that disease. Thus the regenerated cells receiving the information of the disease get diseased.

### Thoughts of stress, fears and negativity causes the brain to get into the beta brain wave pattern which releases cortisols which reduces the immunity of the body and thus makes a person vulnerable to illnesses. It also causes premature ageing. Happy thoughts and thoughts which can take you in an alpha brain wave releases neurotransmitters, serotonin etc which builds your immunity keeping your body healthy, gives you a good sleep and also acts as an anti ageing therapy.

### To keep yourself fit and healthy besides doing your usual workouts, walk or exercise, you must affirm love and good health to every part of your body. I wake up each morning with the words “I am fine, I am healthy, all is well in my world, thank you God,” and every night before I go to bed I repeat,” every cell, nerve, fiber, muscle and organ of my body are now being restored to perfect health, thank you God.”

# Thoughts & Auto Suggestions

### Auto suggestion is a stimuli which reaches one’s mind through the five senses. It is an auto command given to oneself to bring to the conscious mind the desires & wishes as suggested thoughts, to be realized as actions. Any thoughts which are repeated, be it negative or positive, influence the subconscious mind through the power of Autosuggestion.

### Autosuggestions when felt by the heart with complete Faith certainly manifest the desired wishes, goals & dreams. It is therefore important to not only give self commands but to actually experience the desired emotions for the results.

### It is the principle of mastery, i.e repetitive practice of the autosuggestions, with complete focus & concentration on the desire or goal, till the desire becomes a passion & obsession, it is then when you get the success. It is at times difficult to believe that a repeated thought can actually bring you the desired result, many times during my workshops I am asked this question” Ma’m, do you really mean, that only by my focused & repeated thoughts I can actually fulfill my dreams or achieve my set goals?”. This is a common question or rather should I say a doubt which is always asked. I explain to them that it is not only their thoughts but it is the emotions & Faith together which will definitely bring them success.

### It is with the art & power of autosuggestions that you can influence your subconscious mind to access the limitless abundance which is buried in the subconscious. It helps in making a paradigm shift thus breaking the shackles of limitations with you have grown up with & painting a larger canvas of your life. .

# CREATIVE VISUALIZATION

### Visualization is a word which everyone is aware of, but the meaning has to be understood in reference to the modern era and lifestyle.

###  Let me now take you to the Science and Art of the two mesmerizing words CREATIVE VISUALIZATION and the process involved in it.

Visualization- is the way that we imagine things that we want to accomplish and then we make them a reality. We have dreams, desires or goals, we can close our eyes and think of how we can achieve our goals and how we feel about it. Doing this exercise is what we call visualization and most successful people have visualized their goals & thus accomplished them.

Creation- 1.The creating of the Universe regarded as an act of God. 2. A product of human intelligence, esp. of imaginative thought or artistic ability.[Reader’s Digest Oxford,1990]

Creative- Inventive & imaginative.[Reader’s Digest Oxford]

Visualize [Visualization]- make visible esp. to one’s mind [Reader’s Digest Oxford]

Definition-Creative Visualization is the art of creating a vibrant, precise & detailed picture in your mind of whatever you dream, desire & want to happen. The concept of creative visualization originally arose in the US with the nineteenth century New Thought Movement. One of the first Americans to practice the technique of creative visualization was Wallace Wattles [1860-1911], who wrote The Science Of Getting Rich. In this book, he advocates creative visualization as the principal technique for realizing one’s goal, a practice that stems from the Indian philosophy “Advaita- Vedanta”, which is called “Nonduality” in the West, which means ”the world is not real, but only an illusion-Maya, which is created by our thoughts. The roots of Visualization come from [Hinduism](http://www.religiouscounterfeits.org/glos_hindu.htm), which stretches all the way back to Ancient Egypt beliefs and Babylonian religious beliefs. The Egyptian Thoth, later known as Hermes supposedly taught that the physical world could be transformed through mental imagery. This is also evident in Physics which professes about matter & energy which is non destructible & keeps changing its form. The mind and its thoughts create your world - the illusion you are living in. Thoughts and imagination are creative, and therefore mould and affect your world. As the thoughts are, so is your world. When you awaken to your real Consciousness, you will be able to master your mind and thoughts, and therefore if needed, be able to change your illusion - your world, through the creative power of your mind. By focusing your mind on the thoughts you select, you can affect your "reality" accordingly.

Pillars Of Creative visualization

### -There are five basic pillars of Creative Visualization on which the concrete building of thoughts and imaginations stands. They are—

#### Visual

### Audio

### Kinesthetic

###  D] Gustatory

### E] Olfactory

### A.Visual-

### Visualization is the imagination that comes in front of ones mental screen. When you are visualizing your dreams or desires as images & pictures in your mind eg. if it is your dream to travel the world, you close your eyes & imagine yourself packing your luggage, going to the airport, taking the flight & actually seeing the place you want to visit. Another example-- if you want to become a doctor you actually see yourself in a white coat in a clinic or hospital examining the patients.

### B. Audio-

### It is the art of being able to hear the sounds or conversation in the picture you are visualizing. To make it seem real as if you are living the dream, you have to hear the talks, words & the sounds, eg. if you want to become a lawyer, you will not only visualize yourself in the black coat in the courtroom but also try to make up a case where you can actually hear yourself arguing your clients case & maybe the judge pronouncing his verdict in your clients favor, or if you want to be an actor, you actually see yourself in the role in films & hear the applaud of people at the end of the movie.

### C. Kinesthetic-

### It includes the sense of balance, emotions & also internal & external feelings of touch & body awareness, eg. Imagine the feeling of the soft texture of your dress & feeling good about it. It is a very important aspect of visualization to actually feel the emotions during visualization.eg. If you are seeing yourself receiving an award, you will not only see yourself receiving it, but will actually feel the joy, happiness, thrill or jubilation of it. Similarly when you are into the releasing session you have to intensely feel the pain, hurt, anger, frustration or fear which you have suffered before you release it.

### D. Olfactory-

### It is when you are able to take in the scents or smell of what you are visualizing, eg. If you are visualizing yourself in a garden, you not only imagine the beautiful flowers but also actually enjoy their fragrance.

### E-Gustatory

###  It is the feeling of fullness even when you may not have actually eaten, this is very useful when you have to diet or lose weight.

## Science Of Creative Visualization

## Anatomy Of The Brain

### It is necessary to understand the basic structure and function of the brain to understand how visualization actually helps you to breathe life into your goals. You should know how your emotions and thoughts create changes in the rhythm of the brain waves, which also affects the physical body.

### Nothing in the world can compare with the human brain. This mysterious three-pound organ controls all necessary functions of the body, receives and interprets information from the outside world, and embodies the essence of the mind and soul. Intelligence, creativity, emotion, and memories are a few of the many things governed by the brain.

### The brain receives information through our five senses: sight, smell, touch, taste, and hearing - often many at one time. It assembles the messages in a way that has meaning for us, and can store that information in our memory. The brain controls our thoughts, memory and speech, movement of the arms and legs, and the function of the organs within our body. It also determines how we respond to stressful situations (such as taking a test, losing a job, or suffering an illness) by regulating our heart and breathing rate.



###  The brain is an electrochemical organ (machine) using electromagnetic energy to function. Electrical activity emanating from the brain is displayed in the form of brainwaves. They range from the high amplitude, low frequency delta to the low amplitude, high frequency beta. During [meditation](http://www.crystalinks.com/meditation.html) brain waves alter.

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### The four categories of these brainwaves:

### [Beta Waves](http://en.wikipedia.org/wiki/Beta_wave) or beta rhythm, is the term used to designate the frequency range of human brain activity between 12 and 30 Hz (12 to 30 transitions or cycles per second). They occur awaking awareness, stress, concentration, logical thinking, active conversation. It deals with concentration & alertness. It is also associated with anxiety & disharmony & releases a stress hormone called cortisol-which is responsible for pre mature ageing.

### [Alpha Waves](http://en.wikipedia.org/wiki/Alpha_wave) are electromagnetic oscillations in the frequency range of 8­ to12 Hz arising from synchronous and coherent (in phase / constructive) electrical activity of thalamic pacemaker cells in humans. They are also called Berger's wave in memory of the founder of EEG. They place the brain in states of relaxation times, meditation, hypnosis, Closed-Eyes Visualization – Each and every time that you shut your eyes and attempt to visualize, your alpha brain waves profoundly increase.  If you are able to focus on the images in your mind or use your imagination to create pictures, you know what it’s like to access alpha brain waves.  It is associated with the ability to learn, process, store & recall the stored information quickly & efficiently. It also helps in releasing the neuro- tranmittors & chemicals like melatonin & serotonin which helps in restful sleep.

### [Theta Waves](http://en.wikipedia.org/wiki/Theta_wave) is an oscillatory pattern in EEG signals recorded either from inside the brain or from electrodes glued to the scalp. They are found in day dreaming, dreaming, creativity, meditation, out of body experiences, ESP, shamanic journeys. When you are listening to your favorite song or music, you can get completely detached from your present state, not able to hear if someone calls out to you- this is a theta state. It also increases memory & creativity.

### [Delta Waves](http://en.wikipedia.org/wiki/Delta_wave) are high amplitude brain waves with a frequency of oscillation between 0­4 hertz. Delta waves, like other brain waves, are recorded with an electroencephalogram (EEG) and are usually associated with the deepest stages of sleep, also known as slow-wave sleep (SWS), and aid in characterizing the depth of sleep. It releases highly beneficial chemicals & hormones which improves the immunity of our body & helps in anti-ageing.

#### It is very necessary to be in the alpha state of mind to be able to achieve the benefits of visualization. When you are completely relaxed you are able to visualize your dreams or goals better, than when you are in stress or in the Beta state of mind. You may also do your visualization at night before going to bed and then allow your mind to drift you into your delta and theta waves, thus feeding your subconscious mind with the visions of your goals to be manifested successfully.

 Theta State


### binarycodebrain400Theta

### Everything that you see is not solid as it might appear. In Physics, you were taught that every solid object is made up of molecules and molecules in turn are made up of atom. Which means your hand or the chair that you are sitting on now is made up of atoms which are so small that cannot be seen with your naked eyes. Atoms which are considered as the smallest things ever existed are in turn made up of subatomic particles, which have no solidity at all, 99.99% air. AtomThey are, quite literally, packets or waves of information and concentration of **ENERGY**, which means your hand or the chair that you are sitting in is nothing but energy and information.

###  How can you prove that everything which appears to be solid is actually energy? It is so because every event that occurs in the quantum level is at the speed of light (note: light travels at a speed of 299,792 kilometers per second) and which at this speed, it is beyond the capability of our senses to process everything in detail. This phenomenon creates an illusion that makes us perceive thing as solid even though in reality they really are not.

### You can in reality say that the entire physical world that we are in, is made up of nothing but energy that is vibrating at different frequencies. The difference between a living being or any object is the different frequency that each are vibrating.

### One of the most fascinating facts about subatomic particle, also known as quanta is that, they are not particles or waves, they are both.

### Using your mind power (law of attraction) you know that you can attract into your life that which you focus on. Quantum physics teaches that nothing is fixed, everything is energy and there aren't any limitations. Based on these two laws from the mind power (law of attraction) and quantum physics, we can realize that there is no reason to be "stuck" in a life style that we don't enjoy and so you can change your situations of adversity into opportunity with the change of your thoughts and visualization.[Newton's law](http://csep10.phys.utk.edu/astr161/lect/history/newton3laws.html) teaches us that everything is a material and the universe is built of building blocks so to speak. However, quantum physics teaches us that everything is fluid-like and ever changing.With Newton's law, we came from the slime. With quantum physics, WE are the creators of our universe.Einstein explained the relationship between matter and energy- E=mc2. He taught us that everything is fluid-like and ever-changing energy. Everything that’s visible in the entire universe is a manifestation of the energy.

### The "energy" can and "is" influenced by your thoughts and, which is where the [mind power](http://www.learnmindpower.com) comes to play with quantum physics. With quantum physics and mind power, you can transform your "thoughts" into things. You can take energy and turn it into reality.Now, since nothing is actually stationary and everything is a potential, then anything is possible. With the keen understanding of quantum physics and mind power you can learn how to "attract" the things [energy] into your lives that you want to experience.

### You can now see that everything is connected to everything else. Your mind shapes up your reality (as what the scientists discovered in the experiment). The world is not actually out there, it is inside you and you choose your world by simply seeing the world the way you see it in your mind, just like the scientists trying to measure the properties of subatomic particles. You can influence the result of your world by changing the way you see it. Energy has no form and your mind shapes it with your thoughts & the information received.

### Lastly, the subatomic particles discovery also leads to the famous quote, “If you can see it in your mind, you can hold it in your hand.

# Art Of Creative Visualization

### Creative visualization is a tool that helps us take positive action. Through the process of visualizing we can define clear goals that provide direction in life. When a clear picture is created we get a better idea of how to go about reaching those goals. The ability to live out and manifest our dreams depends on how well we can [visualize](http://www.silvalifesystem.com/articles/visualization-techniques/how-to-visualize/) our dreams, goals and future life.

### The desires, dreams & wishes are given a shape, color, size or feel with the art of Creative Visualization. The human brain is both, a broadcasting and a receiving station. This transmission tower is able to create visions and relay them to the Universe to be manifested into actions. You have seen how the brain functions to help us in receiving, storing and implementing the knowledge which you have gathered all through your life. You can correct mistakes during visualization so that they don’t occur in the real world. In this way you are actually programming your mind to help you overcome obstacles which you may have to face in real life.

### All great artists, musicians, poets, business tycoons, actors & writers have created their success stories in their mind, developed their creative visualization powers, before they implemented them and achieved success.

###  An idea or a thought which you get is the seed, and it is the art of visualization which gives a shape to that idea. The commercials or advertisements which you see on the Television are a classic example of selling products through the art of Visualization. The marketing geniuses are always on the search of innovative visual ways of show casing their products. As it is been known & told that seeing is believing, it is therefore a fact that advertisements actually seen on the television & on hoardings certainly gives a more clear picture of the product, than what you only hear on the radio.

### Visualization makes the goal easily achievable because you actually see yourself in the desired role. Visualization is a way of living your dreams in a conscious state. . Imagining positive outcomes does not mean abandoning common sense, it is therefore to visualize practical and achievable goals.

###  There are many people who are not so visual and they cannot see their dreams, they could be either kinesthetic or auditory, by which they can feel the emotions of joy or satisfaction of having reached their goals. It is your intentions and desire which are the driving force behind the success of your visualization.

### In one of my workshops I had a girl who wanted to lose weight. She had been going to a gym and following a strict diet for more than a year, but the result was not really as satisfactory as she wanted. She had lost only 2 ½ kgs in a year. When talking to her I realized that she kept repeating that she is over weight and is not able to lose weight.

###  I first asked her to stop the negative repetition of the sentence, then I told her that while she was doing her work out she should visualize herself in the desired weight and not the weight she actually was or the kilos she wanted to lose. I also told her to actually see herself in the beautiful outfits she always wanted to wear if she were slim and feel the joy of being so slim and beautiful. She went one step more than what I told her. She got a poster of Priyanka Chopra and she cut off the face of Priyanka and instead put her face in its place. She kept looking at her poster and felt the thrill of seeing herself so slim and beautiful.

### It was a miracle for her when she lost 3 kilos in just one month. She kept up her daily regime of her exercises and visualization and it took her only 3 months to get herself all those outfits she always wanted to buy and wear. After having achieved this goal she set herself her next goal and kept visualizing till she also reached that, ever since then she has been daily visualizing her dreams till they become realities.

# Why Visualize

#### As the famous saying “Seeing is Believing,” so also it is necessary to actually visualize or see your goals, dreams and desires in detail for them to be manifested into realities. Visualization is a kind of meditation, wherein you are concentrating on your ideas and thoughts giving them a picture. The architect puts the entire house plan in a drawing on paper, with details, which he visualizes in his mind. If he did not see the house in his mind and then on paper first he would not be able to build the house in a disciplined and systematic way, it would be a lot of trial and error. Just as the architect is able to build the house which he had conjured up in his mind, you can build the life you want if you start making the blueprint of it in your mind. It is very necessary to able to see or imagine your life as you would like to live it. Just think what it would be like if you had no sight, your life would be nothing but darkness, similarly without the art of visualization your dreams, desires and goals would simply be thoughts without the energy, life, color or image.

###  Creative visualization is a powerful tool to enact the [Law of Attraction.](http://www.creativeaffirmations.com/law-of-attraction.html) If your vision is clear, if you can see, hear, smell, taste and touch the scenario you are seeing in your mind, you will find that you will also emotionally feel the feelings of the creative visualization.

### Our reality changes when we can match our vibration (feeling energy) to the vibration of what we want because the entire Universe is energy. It all comes down to protons, neutrons and electrons: energy. [The Law of Attraction](http://www.creativeaffirmations.com/law-of-attraction.html) tells us that like attracts like on an energy level. The stronger and more frequently we can feel the feelings of the life we want, the quicker we will attract that reality. Creative visualization can put you in the emotional (vibrational) state that powerfully attracts your intentions to you.

#### At the time when there was only the radio, all you could do was to hear the songs, stories or news, with the invention of the television you are now able to bring the world into your home. Just think when you hear your favorite song, and you start humming it, you more than often either visualize the actor or actress in that song and its situation, or if it is a beautiful love song you may even visualize yourself with your soulmate in the song, and feel abundant joy and love at that moment. Latest technology is becoming more visual, your cell phones with cameras, webcams or skype on your laptops or I pads.

#### Visualization definitely brings more clarity to your ideas and thoughts, it makes them seem more real and virtual. There is more joy in seeing someone you love than just to hear him or her.

#### How to Visualize

### The easiest way to manifest your thoughts into actions is to actually see it first in your mind’s eye, as clearly, with complete details, as if it is alive and as if you are actually living it. Visualization is the art of giving life to your idea or thought, by actually seeing it in its minutest detail. When you first begin to visualize you may not actually see what you want, it may seem as if it is just a white wall, light or a blank screen.

###  In many workshops that I have taken many participants are not able to see anything during the session, and they feel that they have some kind of a problem or may be are not smart enough. This is not true, as I had mentioned earlier people are of different kinds. Some are visual, some may be kinesthetic or some could be more auditory.

### To learn to be more visual you can practice looking at a picture for a few minutes, then close your eyes and now try to recall the details of what you have seen in the picture. You may also look at the sun for a few seconds, then close your eyes and see the bright light before your eyes. Your subconscious mind can help you to become more visual, all you have to do is repeatedly command to it, “I am able to see, perceive and visualize my dreams, desires and goals.” When you keep repeating it for a few days you are able to visualize more clearly.

# When to Visualize

### There is no specific time you should visualize. You should do it at a time which is convenient to you, when you are free and sure you will not be disturbed, and when you are relaxed. I prefer to do my meditation, yoga and visualization early in the morning, when I set the plan for the day. I also very often do my visualization at night just before I go to bed, I first relax myself completely, taking myself into the alpha state of mind. I then repeat my goal or desire several times, seeing it vividly and in details, feel the joy of actually living it, and falling off to sleep in this euphoric state. I continue it for a few days till it becomes a reality.

### It is though better to visualize when you are fresh in the morning, or when you completely relax yourself before going to bed.

# Steps for Visualization

### \*It is first important to have a goal or a dream which you want, and all that is needed for it, eg. First you must have a goal that you will be a winner, and then you have to see yourself running the race and reaching the finishing line in record time and defeating the rest.

### \*Take a comfortable position, you may sit down cross legged or on a chair. If it is difficult to sit you may even do it lying down but please do not go to sleep. It is important to be comfortable, so that your attention is not diverted to any discomfort in your body.

### \*Take a deep breath in and a deep exhale out, repeat this a few times till you slowly begin to relax. You must be completely relaxed which takes you into the alpha brain wave state, this is the state which brings the fastest results.

### \*It is when you are completely relaxed mind, body and soul, as I take my clients into, you can now start seeing yourself in a place of your choice. It may be a beautiful garden, with beautiful flowers, green grass and cool breeze, or it can also be the mountains or the seashore.

### \*It is now that you are ready to begin to see and visualize your dreams and goals. Try to make it as vivid as you can, you should be present in that moment in the place, where you are actually a part of it, living it. Try to see the details, eg. If your dream is to become a doctor, you must visualize yourself already a doctor, your chamber or hospital, see yourself actually healing your patients, see the joy and gratitude on their face, and it is very important for you to feel the complete joy of this fulfilled dream. As I have quoted in the beginning of the book ‘Whatever the mind can conceive & believe, the heart feels, with faith, you can achieve.” It is therefore important that you feel and live the emotions with visualizing your dream.

#### \*You can choose the right positive affirmation to strengthen the power of your visualization. Always have the affirmations in the present tense and feel the joy of living your dreams and desires.

#### When you create a mental scene it might not play out exactly how you intended because of your pre determined conscious mind which already has preconditioned ways of thinking. When you imagine something, it will probably coincide with what you think is possible, not necessarily with what you want.

#### It’s important to continuously practice so that you refine the mental picture to coincide with your intended goal. Use visualization on a daily basis. Each time you rehearse your mental scene you’ll learn something new. You’ll recognize what mistakes to avoid while also integrating appropriate mental scripts.

#### Even though you may need to refine your visualization practice don’t rush to change things too often. You should maintain persistence of vision so you have time to build the proper habits. If you change your goals constantly then you won’t be able to actualize any of them. Imagine your goal and patiently allow yourself to make it happen. By pursuing a goal with single-minded purpose you will attain focus and be able to overcome obstacles with greater ease and thus reach your goal. [like the paper burning when the sun’s energy is focused through the magnifying glass]

#### **Have complete faith in your success.**  When you visualize, you begin to think on a different level. You stop thinking with your reactive mind and you engage higher cognitive processes. Therefore, when you start using creative visualization you have to trust that your goals will become actualized. If you continue to use your old method of thinking, then you’ll get the same old results.

#### Letting go of your belief system is part of this process of creation. By focusing on your goal and continuously imagining it as if it’s already present you are moving towards making it real.

#### When you act as if you cannot fail, then you will fully commit to every action. Trusting that your goals will be realized allows you to think positively and confidently. A definite action plan is an important step for making big change in your life. Visualization will allow you to make these steps and realize these changes through a very natural process.

### Visualization and Health

####  As I have explained earlier you should not repeat the stories of your past illnesses or hereditary diseases, let the past remain the past, you can now create your perfect health by visualizing yourself in vibrant, radiant health. It was the art of visualizing that healed me, and this led me into the study, research and deeper understanding of the power of positive thinking, affirmations and visualization.

#### If you have read the book The Secret, you must know of the miracle man as they call him, Moris Goodman, he was completely paralyzed after a plane crash. His spinal cord was completely crushed, but fortunately for him that did not crash his will, desire, passion and determination not only to live but live a normal life and not bed ridden. He used the art of visualizing every part of his body healing, repeatedly affirming perfection. He actually walked out of the hospital on his target time.

#### I personally cured my headaches and severe backache with visualization. As I have mentioned earlier in this book, I used to visualized the sun energy and healing light entering my body, slowly touching and healing every cell, nerve, muscle and organ and I saw myself breathing out a dark smoke which I visualized as all my pains and stress. I ask my patients to visualize any beautiful light the color of their choice,[not black, red or very dark colors] and allow this healing, divine color to touch, heal and energy every part of their body.

#### If there is a problem in a particular part of your body, you should allow the healing light to remain focused on that part and visualize it getting better. If there is a tumor in any part of the body, you should visualize rich oxygenated blood flowing in the whole body excepting not reaching the tumor. The tumor should be visualized without the blood supply, this will atrophy the tumor and it can finally disappear. There was a case of a young boy who had an inoperable brain tumor. He suffered from severe, frequent convulsions. He was asked to visualize his brain as the space, his tumor as an unwanted object in the Universe and he was asked to visualize space wars, where the space ships attacked this object disintegrating it. Within a short span his convulsions stopped and he was better.

#### You can also visualize yourself looking youthful and energetic to prevent yourself from early ageing. A patient I had complained of severe hair fall, she told me if I did not help her with some magical doses of the sweet pills, she will soon have to buy herself a wig. I did give her some Homoeopathic medicines, but I also told her to visualize herself having the most beautiful hair, long, silky and thick hair. She did not believe that this could work, but I convinced her to give it a try. She did exactly what I told her to do. It was amazing to see the result, she not only had her hair fall stop, but her hair did grow much longer and beautiful.

### I even had a very good case of a teenage girl who had developed a lot of big pimples. She had taken a lot of medication, application of various magical TV commercials ointments and gone off oily food completely. When she came to me her face had got quite a few scars, besides the pimples. All I gave her was some Bach Flower medicine, and with that I taught her to visualize a clear, glowing complexion and to drink plenty of water. It took her only a month to clear her marks and the pimples were reduced by 80%. In another 2 months she got pimples which were much smaller in size and that too only 1 or 2 just before her periods. Her face was looking much more clear and her skin texture had also improved.

### As I have mentioned that there are many people who are not very visual. There was a patient who came with his wife. She told me that her husband was suffering from very severe shoulder and elbow pain. I gave my usual sweet pills , but I asked their permission to do something more. They were apprehensive but still allowed me to go ahead with whatever I planned to do. Well, here is what I did. I folded my hands together and first visualized a divine healing light and energy coming into my palms, this I did for about a minute, then I put one of my palms on his shoulder and the other on his elbow. I now visualized the light and energy from my hands flowing into his body, I did this for about another minute. After that I now asked him to see and feel the light and divine energy now in his shoulder and elbow, I told him that his hand is now feeling lighter and more relaxed, this took another two minutes. I now asked him to lift his hand which he did and to the surprise of my patient and his wife his pain had actually disappeared. He told me that he could not see any light but he certainly felt a warm sensation and his hand becoming light. It was the auto suggestions I gave him which healed his pain.

### There was once an amazing case where a woman of about 54yrs of age came to me with a sleep problem. She was a lovely woman with music and singing her passion. She was on tranquilizers since 8 years, her relationship with her husband was not very good and she was in stress most of the times. I explained to her the power of thoughts and told her she will need to undergo various sessions of releasing and forgiving, through visualization. It was one of my best cases when after the very first session she did not take the sleeping pill that same night. And slept very well the whole night. The very next day she went to her psychiatrist and told him she would like to discontinue the medicines, he was her husband’s friend and called him up, saying she was doing something quite stupid by stopping her pills. He told her this was just a temporary feeling she had with my treatment and that if would she discontinue her medication she will be in a terrible state later. Her husband came back home with medicines for a whole month, and they had quite an argument about her stopping the treatment. She called me up pleading she did not want to take the medicines, I asked her if her husband actually gave her the medicine himself, to which she replied, ”he does not even bother I have eaten my food, how do you expect such a man to give me my medicine,” “well, ”I told her ”that solves your problem. All you need to do is tell your husband you are taking the medicines, which he is not checking whether you are actually taking, and you don’t take them. After a month show him the whole months medicine which you have not taken and also to your doctor, and then tell them now you don’t need them.” That is what she did and after a month proved to her allopathic doctor and her husband she is now sleeping well without tranquilizers, and only by her daily visualization and meditation.

### There are hundreds of different cases which I have been able to heal with the art of visualization.

#### Visualization and relationships

### It is important to have good and caring relationships. In these competitive times, you often find people compromising on their relatives and relationships. Marriages are falling apart, unit families are mushrooming. With both the partners working there is a lot of stress both physical and emotional. Impatience, high strung nerves, ego and misunderstandings are a major cause in the death of depth of relationships. Life is more glamour, materialistic, parties and image building. Extra marital affairs, live in relationships and late marriages have lost the essence of trust in relationships.

#### Visualization plays a cementing role in relationships. I have been able to mend many broken relationships with the art of visualization. I once had a very unique case of 2 sisters. The older sister was very pretty and intelligent and the younger one was with a dark complexion and average. The younger sister came to me with the problem that it was now impossible for her to live under the same roof with her sister. She could not tolerate the constant comparison made between them, and blamed her sister for all that was going wrong in her life. She somehow managed to get into trouble with people and invariably said the wrong things at the wrong time. Her sister was not helpful or supportive in any way and instead neglected her most of the times. At first ofcourse I counseled her, but it did not give the desired result. Then I put her into the releasing technique through visualization-recalling her past and then forgiving and releasing the people, events and situations which had caused her pain, hurt, anger and fear. The deepest pain was due to her sister, which I made her realize was because of her own constant negative thoughts and anger towards her sister. I put her on some affirmations, made her forgive herself for hating her sister and visualize a close bond between them. It took her 3 months but today both the sisters share a wonderful, healthy relationship. She changed her thoughts and did not need to change her sister, now she saw her sister as a good friend and that is what happened.

# Visualization for Money/ Fame/Success

### When you want to manifest unlimited wealth the first thing you have to do is to stop talking about your debts or unpaid bills. “Well, how can I do that doctor, when I do actually have so many bills which are not yet paid, credit card payments, and yet I don’t have the money to clear the entire amount,” was what one of my patients told me. I do agree that it is very difficult and at times almost impossible to think positive when you are in financial trouble. But still as we have discussed earlier in this book in the Power of thoughts-“you are what you think,” you attract the circumstances you think. So if you say that I am in debt, you will always have loans in your life. So first begin by changing your thoughts to positive thinking before going into visualizing.

### You have to visualize abundance to be able to manifest it. One of my clients always talked about the bad influences of money and he told me that he never wanted too much of wealth, as he explained,” I see the rich people’s lives they are always under stress, they are club goers, party animals and have no commitments.” Probably he must have seen someone like the way he described, but I told him that all wealthy people are not like that, there are so many rich people who do so much of charity and take up social causes. Now when he thought of and saw wealth as something evil how can he ever get rich himself. I realized that he blamed his financial struggle as his dislike of money and wealth. But his struggle was only because of his biased image of the affluent. I made him change his perception and put him through sessions in which he saw himself wealthy and a generous man, enjoying all the luxuries without feeling guilty.

### As mentioned earlier the steps for visualizing wealth are the same, you have to see yourself with abundant money, you must visualize your dream house, car and other luxuries as if you already own it and are living it. If there is a holiday you want to take and visit the place of your dreams, you must find out all the details needed for you to actually be there-like the mode of transport whether you would take a flight or train, see the place you would stay when you reach there, see the sights you will be visiting and other details of your holiday. The more clearly and repeatedly you visualize, the sooner it will become a reality ****The secret of creative visualization is to feel your feelings fully while you are visualizing yourself, in the present, living in a world where your desired outcome has already been made real or manifested.****

###  Visualizing success and fame is when you actually see yourself in the position you want to be in life. For example, if you want to become the most successful business entrepreneur, you will first see what kind of business you want to be in, then, see your empire grow and spread to different parts of the world. You can visualize your beautiful office in details, feel the joy and happiness of actually living this as a reality. You can see your bank account with the desired amount and income flowing in generously. You may also visualize yourself being interviewed by the media and the recognition you get with it. You have to visualize yourself as a celebrity in the field of your choice.

###  You may also have a role model whom you can emulate and use creative visualization to develop the character of that successful individual. To achieve success it’s necessary to have scripts that align with your goals. Through the process of character development and modeling successful people, your actions will align with your goals, and you will be able to climb the ladder of success.

###  **First you should study the person who possesses the qualities that inspire you or your role model.**Get all the details through books, interviews, and internet of your role model. Become familiar with their work so that you can better understand how they think and work. When you understand them intimately, then you’ll find that you can build upon their knowledge.

###  When you read the biographies of successful people you will begin to see the patterns involved with success. Particular qualities and values will become apparent as you study success. Take note of these qualities and consider which of them you’d like to bring into your life. By making a list of positive qualities you’ll get a clear picture of what to focus on. Then visualize yourself having the same qualities as if it’s your normal way of being. When you visualize yourself in these mental scenes consider every detail precisely – imagine what you would think and feel, as well as the actions you will take.

###  Once you repeatedly visualize yourself as your role model , the traits will become a part of your character you will act in the desired way automatically. You won’t have to consider your words or actions – they will just flow naturally from the core of your being. You may get results very fast or at times it may also take some time, but you must not give up.

### Sports people, refine their performaces with the art of creative visualization and the power of thoughts. They actually see themselves succeeding before their success and feel the joy of it. The more you practice the art of creative visualization, the better is the journey of your life.

Visualization and Reiki

### Reiki is a Japanese form of healing that involves the transfer of energy from practitioner to patient to enhance the body's natural ability to heal itself through the balancing of energy. Reiki utilizes specific techniques for restoring and balancing the natural life force energy within the body. It is a holistic, natural, hands-on energy healing system that touches on all levels: body, mind, and spirit.

### .Reiki as you know has certain symbols which have to be visualized to treat the patients. Being a second level Reiki therapist myself, I have always used visualization when treating my patients*,* this is my personal experience, when I focus on the energy which I give my patients it is definitely more effective. When giving distance healing and when using the symbols you have to visalize your client who is not there with you but at a distant place, may not be in the same city or country, and yet you have to send the energy across to heal. I will not go into how Reiki works or its principles, but I can certainly say that it is also an energy healing which the therapist transfers to his client. When you are treating a patient at a distance you have to visualize his or her problem and focus the energy being transferred to him or her. Visualization always makes you more effectively focused on your client. When I visualize my patient while healing I actually see the energy moving into my patient, just as I saw the sun energy entering my body which healed my headaches and backache. I also prepare them to visualize themselves being healed.

Visualization and Mantras

### Mantras are certain powerful words which when repeated several times bring a change in the energy of the person using it. We have seen earlier in the book that thoughts and words can change the molecular structure of the body [Masaru Emoto], which means that when you are using a mantra for health you are actually affirming good health to your body and thereby transforming the diseased cells to healthy cells. There are mantras and prayers in all religions which are used for different purposes. There are mantras for health, wealth, relationships, peace, to find a lost person or thing and many other issues of life. In these stressful times I have known a lot of people who have complete faith in Mantras, it gives the person saying the mantras complete Faith that he will heal. I personally believe that if you add visualization while repeating your mantras it will certainly enhance the healing. There have been some patients who do not want to use any religious mantras, I ask them to repeat some affirmations which is related to their issues or probems and make it their mantra. In some of my seminars I have given these affirmations to the participants to be repeated atleast 5 times in the morning as soon as they wake up,”I am fine, I am healthy, All is well in my world, Thank you God,” and have asked them to visualize them, as they repeat it. They have made these affirmations their mantras and felt a change in their lives. They begin their day with this positive energy which attracts positivity in everything they do throughout the day.

Visualization and Affirmations

Every thought you think every word you say is an affirmation All of our self-talk or inner dialogue is a stream of affirmations. Every affirmation we think or say is a reflection of our inner truth or beliefs.

### You have already seen the power of thoughts and words in health, wealth, fame and success. Positive affirmations are the specific sentences used to alter the negative to positive. Affirmations are like the focused energy, the use of the right words for the right purpose. Positive affirmations, also referred to as mantras, are an essential key in attracting your desired outcomes into your life. Through the consistent use of this simple yet powerful tool, combined with [creative visualization](http://www.abundance-and-happiness.com/creative-visualization.html) you will begin to see miraculous changes begin to occur in your life, that before their use appeared to be hard to achieve or in some cases even impossible. Affirmations are more than just repeating words. It is a whole process of becoming aware of your thoughts and words in everyday life, choosing to think and project happy positive thoughts. The more you can consciously use affirmations into your daily thoughts and words, with the feelings of joy the quicker they will work for you.

### To affirm is to say with more conviction what you want to achieve. When you want to remain in good health always, you can affirm,” I am in perfect health, I am blessed with radiant health and energy, I enjoy a healthy, perfect and beautiful body.” Now, if you even visualize yourself in perfect health and feel the joy of this beautiful and healthy body, you are empowering your affirmations with effects of the power of visualization. Visualization makes your affirmations almost feel real. You breathe life into your thoughts when you visualize them. When you visualize yourself beautiful, energetic and healthy you feel the complete joy of the perfect health. I have very often seen that when visualization is added to the affirmations, my patients feel the true essence of the affirmations even more.

### You will find that by combining positive affirmations with conscious and focused [creative visualization](http://www.abundance-and-happiness.com/creative-visualization.html) you will be overwriting and replacing the random and unconscious thoughts that you may be thinking (unconscious affirmations) with purposeful, focused, and powerful positive affirmations which in turn creates positive and pleasing emotions within you. Now when you repeatedly practice this, it will begin to attract to you those events, situations, and circumstances, which you wish to experience. This combination is the fastest and most effective way to begin overwriting previously stored data and replacing it with fresh new thoughts that will attract to you your "desired" results. It is the emotions that your positive affirmations and creative visualization create that are responsible for attracting the things that you desire.

### You can make your personalised affirmations for different situations. I have compiled the sentences which I have changed of my patients from negative to positive and put them in an easy to use book on Positive Affirmations. Their are various ways to construct a positive affirmation that will be effective for you, depending on your individual circumstances and beliefs.

### I always insist the use of this art of visualization with the affirmations. Just as you have affirmations for health you have the same for wealth, fame, success, love and relationships, gratitude, forgiveness, happiness and joy. You can empower your affirmations with visualization and manifest your desired goals, dreams and wishes even faster.

Visualization and Chakras

### Before we go into the power of visualization with chakras you should know what chakras are.They are circular energy vortexes located throughout the body. From your tail bone, all the way up to the crown of your head. They are your energy processing centers and connect you to the realm of pure consciousness. Their energetic operations are what makes every aspect of our bodily, emotional, mental and spiritual life possible.

### Because the chakra system is basically responsible for keeping every part of our lives in balance, a blockage of even a single chakra is enough to launch us into chaos. Often wreaking havoc with our physical or mental health, careers, marriages, and spiritual well-being.

### In Sanskrit, the word "chakra" means vortex or wheel. It is believed that there are seven chakras, or energy centers, within each person's consciousness. When you meditate and visualize, you open your chakras to the possibilities of the universe. At some point, usually at the end of your meditation, it is advised that you close all seven chakras as well, to protect yourself from negative energy, shut out unwanted stimuli, calm yourself and find inner peace.

### Thousands of years ago, while meditating, the mystics of India reportedly discovered seven major energy channels in the body. These channels are referred to as chakras--meaning wheels. According to the mystics, these energy vortexes distribute the flow of life energy throughout the body. As it is said and observed that an open and clear chakra creates physical, emotional and mental stability, while a blocked chakra results in a state of imbalance leading to disease. Each Chakra has its own frequency, color, vibration and sound. At times we feel we have released all the mental stress, but the deep emotional issues still remain buried and get transferred to the cellular level causing the diseases.

### The chakras are not physical, they are aspects of conscious just like the auras but are more dense than auras and less dense than the physical bodies. They interact with body through the endocrine and nervous systems. Each of the seven chakras is related to one of the endocrine glands. This shows that each chakra is associated with the particular parts of the body, its function and emotions to the gland it is related, for example, if the root chakra is affected, you will find the patient suffering from physical symptoms like pain in lower extremities, lower back, constipation, haemorrhoids etc and this is due to certain childhood issues related with parents and guardians. I will not go into complete details of it because the study, understanding and healing of chakras is a vast subject in itself, though you need to know the basics of the chakras, there are seven main chakras-

### [Muladhara](http://en.wikipedia.org/wiki/Muladhara)- or root chakra

### The color related is red

### Element-Earth

### Mantra-Lam

### It is symbolized by a lotus with four petals and the color red. This center is located at the base of the [spine](http://en.wikipedia.org/wiki/Vertebral_column) in the [coccygeal](http://en.wikipedia.org/wiki/Coccyx) region. It is said to related to the [gonads](http://en.wikipedia.org/wiki/Gonads) and the [adrenal medulla](http://en.wikipedia.org/wiki/Adrenal_medulla), responsible for the [fight-or-flight response](http://en.wikipedia.org/wiki/Fight-or-flight_response) when survival is under threat.

### Muladhara is related to instinct, security, survival and also to basic human potentiality. Physically, Muladhara governs sexuality, mentally it governs stability, emotionally it governs sensuality, and spiritually it governs a sense of security.

### The Root chakra is your main power station and it is connected to your physical vitality and endurance, mental perseverance and it is the center that gives you your life’s passion. The root center is also your connection to your existence. The Root Chakra influences your career and money mindset.

### To heal this chakra you have to first understand the emotional issues which has caused it. You should release the emotions by the forgiving and forgetting method. This can be done by visualizing the situation which caused the emotions of anger, pain doubt or fear, who has been resonsible for them, when and at what age did it happen, where did it happen and other such details. After that you must forgive the concerned person and release the event from your memory and life. This will release the emotional aspect.

### I had a patient who was a well known architect, very creative and good, he was suffering from lower back pain, swelling in his left knee with acute pain and constipation. On taking down his case I found out he was under a lot of stress and financial debts. He was just not able to complete his project of a housing complex, I asked him several questions of his family problems and relationships. He told me that he was just not able to get along with his father, who thought him to be incompetent, and this was there since he was a child. His father thought he was not good enough and very often insulted him. He had developed fear and anger against his father who he knew he could never please. After a complete understanding of all his problems, I put him through visualization sessions of him forgiving his father for not believing him. I made him see his father really proud of him, happy with all his achievements, I made him visualize himself really happy with his father, loving him and living with him. I also taught him to release his pain with the light and energy entering his body healing his back and left knee swelling. He came to me daily for ten days, then twice a week, for two weeks, he was already better with his back ache and knee swelling in the 2nd week. After a month, he started getting funds for his housing project and his relationship with his father also improved. All I taught him was to heal his root chakra through visualization, forgiving and releasing to heal his ailments and improve his financial state.

### The physical symptoms can be healed by visualizing a healing energy or light entering your body and healing the pain or symptoms.

### You should also use the mantra Lam, the vibrations of this sound will also help in balancing and further energizing this chakra. While doing this you should visualize the chakra, see the cleansed red color without any dark spots, and feel the vibrations. Visualize yourself grounded, stable and confident, you may also visualize a strong, bright chord connecting you to Mother Earth.

#### 2. Swadhisthana-Sacral Chakra

### The color is Orange

### Element-Water

### Mantra-Vam

|  |
| --- |
| The Sacral Chakra is located in the [sacrum](http://en.wikipedia.org/wiki/Sacrum), two inches below the navel and is considered to correspond to the testes or the ovaries that produce the various [sex hormones](http://en.wikipedia.org/wiki/Sex_hormones) involved in the [reproductive cycle](http://en.wikipedia.org/wiki/Reproductive_cycle). Swadisthana is also considered to be related to, more generally, the genitourinary system and the adrenals. The key issues involving Swadisthana are relationships, violence, addictions, basic emotional needs, and pleasure. Physically, Swadisthana governs reproduction, mentally it governs creativity, emotionally it governs joy, and spiritually it governs enthusiasim. The energy center of sexuality and pleasure. |

### The physical problems related are with the associated organs, the kidneys and the reproductive organs, like urine infections, kidney failure, uterine disorders and sexual dysfunctions.

### There is often guilt involved due to sexual abuse in childhood, or the feeling of unworthiness.

### To heal this chakra through the art of visualization, you must release any guilt by forgiving any such incident of abuse and also forgiving your own self. Visualize yourself as a desirable person, healthy person. Visualize the pride of being who you are, love yourself and feel the love and joy of being you. I had healed all my illnesses and pains, backaches etc., but it was an amazing revelation to me when my friend who is an expert in aura and chakra scan and its interpretation, scanned my aura and chakra. My findings were my very weak swadhisthana and also my root and throat chakras needed to balanced. I had never enjoyed my feminity and in fact almost thought it to be a curse or an obstruction in my progress in life. This I realized was because I was not allowed to pursue my gymnastics and athletics because of my being a girl. I was an Inter-school champion and could have gone much higher if I was allowed to be trained. This led me to develop a dislike of my feminity, I chose to be more like a boy all through my growing up years, climbing trees, playing hockey, cycling and loved to dress like one too. I had even cut off my hair in school when they gave me a part of a boy in a dance, without my parents permission. Better not let you know what happened after that, but well I was very happy till my hair grew once gain. It was this strong emotions against my feminity due to which my swadhisthana chakra was so weak and I suffered the related symptoms of repeated urine infection, and severe lower back pains. I went into forgiving the situations and myself for almost hating my feminity. I visualized myself as a lovely, desirable woman and began to feel proud of my achievements as a woman. I not only healed my ailments but also enhanced my creativity in my work and started getting more recognition.

### You must also visualize your physical symptoms being healed with the divine energy and light flowing in your body. Use the mantra Yam and see it creating the energy and giving a bright, beautiful and clear orange color chakra. Visualize and feel the vibrant energy in the sacral region, as if there is life in you, which will help you create the life of your dreams in reality.

### When your swadhisthana chakra is healed, energized and balanced your creativity is increased, you get more focused, your self esteem goes up and you are more satisfied in life.

#### 3. Manipur chakra- Solar Plexus

### Color- orange

### Element - Fire

### Mantra-Ram

### Manipura is situated two inches above the navel and is related to the metabolic and digestive systems. Manipura is believed to correspond to [Islets of Langerhans](http://en.wikipedia.org/wiki/Islets_of_Langerhans), which are groups of cells in the pancreas, as well as the outer [adrenal glands](http://en.wikipedia.org/wiki/Adrenal_glands) and the adrenal cortex. These play a valuable role in [digestion](http://en.wikipedia.org/wiki/Digestion), the conversion of food matter into energy for the body. If this chakra is not balanced you may suffer from digestive problems, IBS, Diabetes, liver disorders.

### Solar, the name itself signifies the sun which is why this chakra has the energy of the sun. This chakra influences your personal power and ability to channel. People see you as a warm bright and charismatic individual, determined to use your charisma and power for making the world a better place. You have heard yourself and many people talk about gut feeling, well this is enhanced if your manipur chakra is balanced. It is an important center that is active in relationships. It not only absorbs prana energy from the environment but also from people. This is how we pick up good or bad ‘vibes’ from other people. Sometimes other people, unconsciously, draw energy out of you through manipura. At times you find yourself really tired after meeting a person who is really negative and hear yourself saying, “he drained me completely”. Here we create or destroy relationships.

### The mental and emotional issues of this chakra are self esteem, fear of rejection, oversensitivity to criticism, self-image fears, fears of our secrets being found out, indecisiveness. You develop problems in relationships causing the blocks. Manipura also helps transform thoughts into actions.

### A friend of mine was suffering from Irritable Bowel Syndrome [IBS] since five years, and had tried all kinds of medical treatment, but with not much relief. She would be well for a few days and then again have the same problems. She actually came to me for Homoeopathy treatment. When she came to me she was depressed and with complete despair of ever being able to eat normal food again. In this state of mind she was not ready for any visualization or meditation, so I started her the sweet pills. Homoeopathy itself is a miraculous therapy and in the first week itself she was feeling better and began to eat normal food without complaint. It was then, that I explained the power and art of visualization and explained to her about her weak Manipur chakra. She agreed to give it a try and was put into sessions of visualizing her Manipur chakra healing. She has completely recovered and has taken the complete course on Chakras and is now regularly healing them through visualizing.

#### To heal this chakra you can focus your attention on it, see it, feel its vibrations, repeat the mantra- ram. Release all your relationship issues and self doubts through positive affirmations and visualization. Visualize the beautiful yellow color, see all the dark spots disappear, feel the energy in the Umbilical region, see it flowing out from you connecting you to the Universe, see yourself as a leader, spreading warmth to the world.

#### 4. Anahata-Heart Chakra

### Color- green

### Element - Air

Mantra-Yam

The Heart Chakra is the 4th Chakra, located near a person’s heart in the center of their body. It rules the heart, circulatory and respiratory systems, plus a person’s arms, shoulders, hands, diaphragm, ribs/breasts and thymus gland. It’s where the emotion of love comes from and is also related to some of the other positive emotions such as joy, happiness, integrity, respect, compassion, understanding and generosity. Through the Heart Chakra a person is able to connect with other humans and show love or affection. It is also the symbol of spiritual security and healing. **Trust is an expression of the heart chakra. When you love somebody you trust him**.**With the heart chakra we send out and receive love.**

When the heart chakra is blocked, there are emotions such as guilt, rejection, and not being able to love oneself occur. You will also feel symptoms of guilt, hatred, self-pity and paranoia and your emotions will rule your every move. You will be a cold and unfeeling individual unable to love anyone, not even yourself

In extreme cases a blocked Heart Chakra can lead to diseases such as heart problems, asthma, lung and breast cancers, pneumonia, and upper back and shoulder issues.

If your Heart Chakra is balanced you will be a compassionate and generous human being. You will honor feelings such as respect, honesty and happiness and will be considerate to the needs of others. You will also be able to feel love for the people around you. You will be able to have good relationships and will have self respect for yourself and others.

I have seen that most people need to heal their heart chakra, because most of my patients have suffered heart ache at some time in their life.

To heal the heart chakra, visualize forgiving and releasing the people who have caused you the pain or betrayal. It never helps to hold strong grudges and hate against anyone, because it only blocks and weakens your own heart chakra causing the related illnesses. Visualize yourself with your soul mate in perfect harmony, send love to the world and see love flowing in abundance towards you. Use the mantra yam, visualizing the green color of the chakra a , spotless green and feel the vibrations and joy of pure love. Visualize your heart beating perfectly with blood flowing to and from the heart nourishing every cell of your body, energizing and healing you.

5. Vishuddha, or Throat Chakra

### Color –Blue

### Element=Ether

### Mantra-Hum

### The throat chakra governs the area of the throat, vocal chords, and the entire voice channel, the larynx, pharynx, thyroid and shoulders. In front of the larynx and the trachea, is the thyroid gland. The imbalance of the throat chakra causes hyper or hypo thyroidism.

### There is a strong connection between the larynx and the reproductive organs. The reproductive organs would express themselves creatively by producing new life; the larynx would express itself creatively by producing sounds, ideas and voice.

### The relationship between vishuddha and sexuality also shows at the beginning of puberty when the gonads cause the development of the Adams apple (expansion of the larynx), and a change in the vocal cords by which the voice becomes "heavier". The nice and soft voice of the child disappears and makes way for a stronger and more mature voice.

### The mouth takes in food, the nose and mouth take in air. Mouth and nose belong to vishuddha, and refer to the capacity of taking in what the world offers us. When we have difficulty with this, or when we are forced to accept something, then we have to ‘swallow it’. Or we ‘throw up’, or we feel ‘strangled’, or we ‘suffocate’.

### Speaking is an expression of oneself that happens through the throat chakra. Success not only depends on one’s capacities, but also on how well one speaks or is able to communicate his or her ideas. Often, people with great talents do not make it in society because they are not able to express themselves verbally. At the other hand people with only little talents make it in society because they are able to communicate and convince.

###  When you suppress yourself and are not able to speak up for yourself your throat chakra becomes weak and you may suffer from ailments like recurrent cough, cervical spondylitis or also thyroid problem.

### On the emotional front you will always be very submissive, an introvert, you will have stage fright.

####  I once had a lady who come to my Healing Centre, she was actually quite an extrovert, and held a high post. She was suffering from hypo thyroidism and uterine fibroids. The first question I asked her was what is it that she was suppressing and had never been able to speak. Well she was quite surprised at this question and thought I was stupid to ask her such a question, since she held high post and daily dealt with a large staff. After explaining to her that it could be something in her childhood which she had completely suppressed, she finally told me how scared she was of her father.

#### I put her through a session of visualizing her childhood days, when she was a young girl. I guided her to go to the age when she could see the incident which led her to the fear of her father. There were so many such incidents and she cried all through the session. She had never cried so much since she was a little girl. She took sessions for a month and the last she came to me was completely cured of her fibroids and her thyroid was also in much control.

#### To balance the vishudha or throat chakra, you should visualize and focus on the chakra, feel the energy vibrate, repeat the mantra Hum and see yourself as a confident, strong person. Release

#### 6. Ajna, or Brow Chakra or Third Eye chakra

#### Color- Indigo or violet

#### Element-

#### Mantra- Om

#### It lies between the eye brows and is the prime centre of intuition and higher intellig ence.

####  Also known as master chakra, the ajna chakra is located at the area between the eyebrows. It controls and energizes the pituitary gland, the endocrine glands and energizes the brain to a certain extent.

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### Indigo helps with making a connection with the higher self. It promotes intuition, and it is the color of wisdom. It is connected with the development of intuitive thinking and with deductive reasoning in order to expand the known towards the unknown. It opens the door of the subjective self to the objective no-self.

###  Concentration on ajna, situated between the eyebrows, can produce out-of-the-body and other spiritual experiences. This center is a gateway to other realms. One can also concentrate on the back of the head, where the ‘backdoor’ of ajna is.

### It gives us the ability of visualization and the formation of mental images and concepts. Here is the center with which we build our view of the world, and of reality. If we create a world view based on fantasy, then we are not connected with reality and we will experience difficulty in life. We might find that life is unjust, unfair. Most people then blame the outer world. One is responsible for one’s own actions. Blaming does not help, and thus it is better to look what is wrong with our ideas and our thoughts which are responsible for our lives.

### To enhance the Ajna chakra you must visualize and concentrate on the third eye i.e between the eye brows

# 7. Sahasrara, or Crown Chakra

### Color –White, gold or violet

### Mantra- Silence

**Sahasrara it creates a connection with the divine essence in man, and with the divine itself. It is the gateway to the entire cosmos. A beautiful Halo round the head of Jesus Christ or any other saints that you see is their aura and their crown chakra.**

### Violet has always been connected to priesthood. In this sense it is the color of Divine Love, goodness, purity and dedication. It is the magical color that sublimates everything to Spiritual Gold.

###  The crown chakra connects us with the Divine and helps us to ascend to higher dimensions. From the crown of the head a golden energy cord goes towards the divine source. We are all continuously connected with the Divine. Nobody is left alone. The golden cord nourishes us with divine food, inspiration and spirituality in the highest sense. Its role may be seen somewhat similarly to that of the [pituitary gland](http://en.wikipedia.org/wiki/Pituitary_gland), which secretes hormones to communicate to the rest of the endocrine system and also connects to the [central nervous system](http://en.wikipedia.org/wiki/Central_nervous_system) via the [hypothalamus](http://en.wikipedia.org/wiki/Hypothalamus), this chakra is said to be the link between body and soul.

### People with an unbalanced crown do not see the meaning of life, nor do they believe in the existence of the Divine, they are the atheists. For them, life is just a coincidence, some molecules that have came together and developed life on this planet.

### If your Crown Chakra is blocked you will be unhappy, have no concern for another person’s feelings, have no purpose in life, they may be depressed or confused, or have trouble learning things. They will have a low self-esteem and may feel misunderstood or frustrated with everything.In extreme cases a person my exhibit physical symptoms such as light sensitivity, dementia, cerebral tumors, chronic fatigue, dizziness or even things like Alzheimer’s, Parkinson’s or epilepsy.

### The balanced crown chakra allows you to connect to the vast cosmos, and helps you to reach your destiny is. It is a process each of us has to go by himself, but we can help each other on the path to the Divine Light.

# Meditation

#### Meditation is perhaps the most well-known and widely used healing technology today. Millions of people across the world use it daily to enter an alternate state of mind for enhanced relaxation, clarity, healing and intuition. Meditation is an inner path and one must understand, the only obstacle in this inner path is "You" yourself, and that is your “ego”.

#### It is a practice of concentrated focus upon a sound, object, visualization, the breath, movement, or attention itself in order to increase awareness of the present moment, reduce [stress](http://medical-dictionary.thefreedictionary.com/Stress), promote relaxation, and enhance personal and spiritual growth. Meditation produces a state of deep relaxation and a sense of balance. It brings emotional stability.

# How to Meditate

####  Meditation can be done in an upright seated position, either in a chair or cross-legged on a cushion on the floor. The spine is straight yet relaxed. Sometimes the eyes are closed. Other times the eyes are open and gazing softly into the distance or at an object or even a candle. You can begin your meditation by first relaxing, taking in deep breaths and exhaling slowly. Then simply focus on your breathing and on the sensation of the movement of the breath, counting the breath, trying to silent your mind. Do not focus on the thoughts that flow, just let them pass. Slowly the thoughts will reduce and you go into the stillness of the mind. This takes you into the deep theta and delta state of the mind giving you the benefits discussed earlier. Meditation is basically complete focus either on your breath, a mantra, a picture, or your thoughts.

# When to Meditate

### The best time to meditate as told by many spiritual gurus and experts is said to be early in the morning, even as early as before the sun rises. It has been opined by several healers, rishis and gurus that you should meditate for that many minutes as your age i. e if you are 50 yrs old you should meditate for fifty minutes. Personally I believe it is upto every individual to decide his comfort time span to meditate for his benefit.

# Benefits of meditation

#### Meditation can be used with other forms of medical treatment and is an important complementary therapy for both the treatment and prevention of many stress-related conditions. Medical practitioners now understand the mind's role in health and disease, therefore there has been more interest in the use of meditation in medicine. Regular meditation can reduce the number of symptoms experienced by patients with a wide range of illnesses and disorders. Based upon clinical evidence as well as theoretical understanding, meditation is considered to be one of the better therapies for [panic disorder](http://medical-dictionary.thefreedictionary.com/Panic%2BDisorder), generalized anxiety disorder, addictions, ulcers, colitis, chronic [pain](http://medical-dictionary.thefreedictionary.com/Pain). It is beneficial in [hypertension](http://medical-dictionary.thefreedictionary.com/Hypertension) (high blood pressure), prevention of cardiac arrest ([heart attack](http://medical-dictionary.thefreedictionary.com/Heart%2BAttack)), prevention of cancer, insomnia, migraine, and even paralysis. It has been reported to improve function or reduce symptoms in patients with some neurological disorders as well. Studies also imply that meditation is helpful in reducing symptoms of anxiety and in treating anxiety-related disorders.

### Meditation is one of the best stress busters. You can experience the alpha state immediately and if you go deeper into meditation you can reach the delta and theta state which is highly beneficial in increasing the immunity of the body, healing the body, anti ageing and improving memory and concentration.

### Meditation should be done by everyone on a regular basis to enhance the quality of life.

# Prayer, Gratitude and Forgiveness

#### When we are talking about miracles of life, it is essential to know the value of prayer, and forgiveness. Thank you is a simple word but yet has the power to instantly bring comfort and worthiness to the recipient. It is a way of showing that you appreciate the efforts taken. In one of my seminars I was asked a very appropriate question, ”Madam, you say it is important to say, I am fine, I am beautiful, I am wealthy, and such affirmations to attract the same in our life. But don’t you think “ I “ is ego?” It was a very good question, but then, I always add , “ I am perfect “ with “ thank you God” following it, by which I mean, “I” am [wealthy] because of You [God], so “I” is not ego anymore but a prayer and gratitude for the blessing of wealth, health and more.

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