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UNIVERSITY





**COMPASS**  
FOR LIFE

COURSE

*Don't settle for less than you can be!*



Bonus Module

Bonus  
Module

**VISUALIS  
ATION**



# Visualisation

Most people want to change something about themselves at some stage in their life. Anyone can achieve change, and the simplest, easiest way is by using visualisation, being able to conjure up in your mind a picture of what you want to achieve that is so real that it gives you the impetus to achieve that state.

Visualisation is the ability to use our imagination, see images in our minds and make them come true. Used in the right way, visualisation can bring changes into our lives. "The thought is the matrix or blueprint; the feelings provide the energy, the electricity".

Visualisation is a way of using your mind to get what you want out of life. By thinking of the good things you want to happen as part of a regular routine, you're creating a positive energy. This positive energy then takes on form as the actual reality you desired. Visualisation is so powerful because as you create pictures in your mind, seeing yourself with what it is you want, you are generating thoughts and feelings of having it now.

You can harness the power of visualisation to help you improve every area of your life. It is a power you use every day, whether you are conscious of it or not. With the conscious and effective use of visualisation, you can fill your life with success.

## The Daily Practice of Visualisation

Visualisation of your goals and dreams achieves some very important things.

- It sends a message to your subconscious mind that then responds by starting to generate creative ideas to achieve your goal.
- It programmes your brain to more readily perceive and recognize the resources you will need to achieve your dreams.
- It activates the law of attraction, thereby drawing into your life the people, resources, and circumstances you will need to achieve your goals.
- It builds your internal motivation to take the necessary actions to achieve your dreams.

Visualisation is a technique where you use your imagination to deliberately create a picture or movie in your mind of your own making. Rather like painting a picture, you have complete control to create an image that you desire.

Visualising is one of the most important techniques you will ever learn and is a critical factor in your goal achievement. You may set a goal, write it down, you may even read it aloud every day, but if you can't see yourself in possession of your goal, you will never realise it.

## Your Subconscious Mind

Your subconscious mind doesn't know the difference between something real and something vividly imagined. Whatever picture you consistently think about will drive your actions to create that exact picture. When you continually see yourself in possession of your goal, your subconscious mind will move you into actions that align with the mental image you hold.

You just have to make sure the goal you keep thinking of is really one that you want, and you're not thinking mostly about what you are trying to avoid.

## Visualising The Life You Want.

Make sure that you visualise what you desire, and do not place focus on what you don't want. Many people make the mistake of focusing on lack, or what they don't have, or don't want instead of on the actual solution, or what it is they really desire.

Effective and creative visualisation is done with the solution in mind, not the problem. By allowing the problem (or lack) into your awareness, you are actually nurturing it, giving it additional energy, and allowing it to grow.

Decide what it is that you want. Become clear on what you want and why you want it. Everything in life comes down to knowing what you want.

Regardless of the area in which you are striving for success such as relationships, business, career, finances, sports, or any other area of your life, if you do not know exactly what you want then you certainly will never know when the opportunities or solutions present themselves to achieve it.

Visualisation is focused mental work. You can make wonderful things happen in your life simply by thinking them! Yes, it's true. Picture the idea or object exactly as you want it to be. Picture yourself in the situation or using the object as if you already possessed it. Make sure you see this very clearly. "What you visualize, you materialize". Visualize your goals. If you cannot see yourself in receipt of what you want, then you will always just want it, never have it. This is a very simple truth.

## Stay Focused

Laser focus on your desire. Regardless of what the desire is, everything you do will either move you toward your goal or away from your goal. To become this aware of your thoughts and visualisation, you must be focused and totally clear on what you are looking to achieve. What you think about and give energy to, will come about. "You reap what you sow"? Well, you're "sowing" when you think of what you want. The more positive energy you send out, the more you will get back.

By visualising an event, a situation, or an object, we attract it to us. We see in our imagination what we want and it happens. It is like daydreaming. It resembles magic, though actually there is no magic here. It is the natural process of the power of thought.

The process works like this;

- Set your desired outcome
- Visualise it in your mind's eye
- Focus on it often, preferably a set time every day
- Always give it positive energy.

Be sure not to mix up those positive thoughts with thoughts of negativity, which can easily creep in.

A thought without emotions has no energy and no force behind it. It is like running a car on empty. Feel the emotions of having what you want. As you can see, the trick is to make the image as real as possible by using all of your senses and emotions. Remember, the more realistic the visualisation process, the better and faster the results.

## Unconscious Visualisation

We live out so much of our lives in our imaginations, making pictures or movies of what we'd like to happen or what we fear will happen. We visualise all the time, but in an unconscious way. With visualisation, you can consciously decide and take responsibility for what you want to manifest as reality in your life.

Visualisation is an activity, which all of us perform every day. We plan and conduct our life according to the images that rotate in our minds. All the strivings, desires and ambitions have much to do with our mental images. We visualise constantly, whether we are aware of the fact or not.

## Exercises to develop your visualisation skills

It is a fact that everyone can visualise, but you may need to strengthen your visualisation abilities in order to gain the effects you are working for. The following techniques are highly effective in intensifying one's visualisations.

Using all your senses (see, touch, hear, taste, smell) with your mind's eye, visualise each of these:

- a familiar face
- a galloping horse

- a rosebud
- your bedroom
- a changing traffic light
- a newspaper headline
- the sound of rain on the roof
- the voice of a friend
- children laughing at play
- the feel of a cat's soft fur
- a touch of a hand
- a gentle breeze on your face
- the muscular feeling of running
- the taste of a lemon
- the taste of toothpaste
- the taste of chocolate
- the smell of bacon frying
- the feeling of hunger
- you waking up in the morning
- a stone dropped into a quiet pond with concentric ripples forming and expanding outward
- these words flying away, high into the blue sky, finally disappearing.
- your shoe coming apart in slow motion and each piece drifting away into space
- an orange being cut into five equal pieces

Do this exercise daily until you can notice the improvement in your visualisation technique.

## People Visualise In Different Ways.

Most people, when they think of visualisation, perceive that to mean that you must paint a picture or see images in order to visualise. There are actually 3 types of modalities people use for visualisation, and determining your predominant method initially will yield easier and quicker results.

1) **Auditory** - The auditory types visualise with words and sounds or are more apt to hear the results of their visualisation. During their visualisation sessions the sound of their desired outcome will create and cause to surface specific emotions within them.

2) **Visual** - The visual types actually see the pictures or images in their mind. This type of person finds it easier to visualise by actually seeing the scenes being played out. They are more easily able to see the result of their visualisation in greater detail and have the ability to actually see the outcome happening in their visualisation much like on a movie screen.

3) **Kinaesthetic** - The kinaesthetic types are more prone to the emotion, or feeling during



visualisation. They can actually feel what it will be like to have their visualisations manifested. The kinaesthetic type usually utilises one of the other predominant methods to effectively generate those feelings or emotions.

Each of us has a predominant type of visualising method that we use, although we do also use the other two in combination with our predominant method, just to a lesser extent.

If you are not already aware of which type of visualisation your predominant method is that you use, take a few minutes and determine that by closing your eyes and thinking about something that you really desire to have in your life. You will either see, hear, or feel that which you are focused on.

Different people visualize in different ways. Some see mental images by sensing, rather than seeing them. Others see them as if they were looking at photographs. You might even both sense and see an image at the same time. The picture might be vague and blurry, or clear and sharp. It doesn't matter how you get it. What matters is that you can recognize what you're seeing, or you hear it, sense it, whatever is your way. So let me confirm that you don't have to actually see what you visualize. You just need to imagine it. For visualization works with: "sense", "feel", just as much as "seeing."

Can you see, hear or feel this

1 Imagine sitting on (or watching) a rollercoaster.

2 You are sitting right at the front and the carriages are full.

3 The metal safety bar comes down in front of you.

4 You grip it. The metal is cold.

5 Loud music is pumping all around you, like at a fairground.

6 With a jolt, the ride begins.

7 Slowly you begin to climb up the first incline.

8 You cannot see what is over the top, but below you, to your left and to your right, the crowds are getting smaller.

9 As you get higher, the noise of the crowd gets quieter and seems to echo in the air.

10 Your adrenaline is rising and your grip on the safety bar tightens.

11 Your carriage reaches the top of the first peak, and with a big WHOOOOSH it descends at great speed.

12 You can feel the wind against your face and the pressure on your body as it is pressed back



into the seat.

13 You let out a big 'YEEHAAAAA OOOOOOOOOOHI'

14 The ride slows at the bottom, but immediately picks up speed again as you face the loop-the-loop.

15 There is no time even to think.

16 Next you know you are upside down, trying to force your head back on the seat as the speed of the ride forces it forwards.

17 Your stomach feels as though it has been turned inside-out as the ride slows down.

18 You get off, legs a little wobbly, exhilarated and a little relieved that it is over.

How did you visualise this – in picture, words or feelings.

Let's dig deeper to determine your modality.

Relax and, as long as you feel comfortable to do so, close your eyes. You are on holiday. The sun is warm and comfortable and you are wearing your summer clothes. There is a gentle breeze and you can feel it on your bare legs, arms and on your face. You are walking through a beautiful lemon grove. Everywhere you look you see Lemons. The earth under your feet is dry and stony and you can hear it crunch beneath your feet. The leaves on the lemon trees are a fresh green colour and you can see lemons tucked in amongst the leaves.

Some of the lemons are hanging quite low. So you reach up and pick one, feeling the branch give as you pull the lemon off. You hear a twang as the lemon breaks away from the branch. You look at the lemon that's now in your hand and see how intensely yellow it is in colour. You feel the weight of it in your palm. You touch the waxy dimpled skin. You feel the oval shape and the pointed ends. You lift the lemon to your nose and smell the zesty vapour.

You have a penknife in your pocket. You take it out and carefully open it and cut into the lemon - through the rind and pith and into the juicy centre. As you cut through a little juice sprays out of the lemon. The fresh lemon scent now fills the air. You pick up the slice of lemon and put it in your mouth. You bite on it and gently chew. Lemon juice fills your mouth with sharpness and flavour

Let me share with you a Secret. I am a verbal thinker, rather than visual. Things pop up into my head in verbal form and not in image form. As images my brain carries a black void as it does hearing the lemon script. But I feel as though I'm there, I know I'm doing each of the things asked, and I can certainly taste the juice in my mouth at the end. But I saw nothing the first few times I went through this script, but for me I sense everything through words, that's just me. I can't watch stories unfold in my head, but I hear them instead. It's all about the

words for me. I don't think in pictures, I think in words. BUT IT DOESN'T STOP ME VISUALISING.

## How I learnt to Visualise

When I first began realising the importance of visualisation, I was completely frustrated at my ability of not being able to conjure up any form of image in my head. I closed my eyes, and a blank canvas appeared. Well in truth it was just blackness, no pictures at all.

I tried to see each of my daughters inside of my head. I created nothing, again just blackness. For quite some time, I determined that I must be one of those who couldn't picture things. I was not only unable to see these wonderful videos that I read people can create in their heads, I couldn't conjure up a simple still photograph or image of my loved ones.

I'm pleased to tell you, that now I do visualise. It is a wonderful, fulfilling process. It has brought to me much success, and it really works big style.

So, how did I go from the blackness to multi coloured video production? I created a story book, very much around something that I did on a daily basis, my gym workout. I made up the story. And on my way to the gym each morning, I talked it through in my head. It took a couple of weeks, but suddenly it went from me deliberately narrating a story in my head, to sensing video playing with unbelievable emotions and feeling, so much so that it felt real like I was actually there.

As it was such an important area of my life, and one where I put myself on the line, trying always to stretch my comfort zone, it was an area that could create a higher level of stimulation and intensity. Visualising before my workouts, seeing myself lifting every weight, one went to help improve my workout.

I visualised the gym; the racks of dumbbells; rows of machines; stacks of iron weights; the bench I would use; voices from the aerobics room; the sound of the energising music played through their sound system; the water fountain, mirrors,... hearing the noise of smashing weights and the sound of people running on the treadmills. I could feel the heaviness of dumbbells in my hands; the comforting tightness of gloves on my palms; the softness of shoes. I visualised myself performing each exercise, every set, every rep, with flawless execution, and perfect form. I ran through each set of exercises that I would perform in my workout, inside my head. Feeling the heaviness of the weight and the strain in my muscles; seeing myself pushing the weight, and experiencing the muscular tension that liberates my body. I felt the way the weights feel in my grip; the burn on my muscles as I slowly lowered and lifted the weights. I imagined the soreness, the pain, the sense of completion and achievement. I even pictured the tightness in my biceps making it almost impossible to fully extend my arms in the shower.

At first, it was an imaginary story book. It was just words describing a common day of my life, in an area that thrilled me. I could say the words but not see the movie. But eventually I could, and now I could visualise.

Now it is your turn to create a story book of something in your life that will be so emotional, that it can open up your mind to the wonders of a personally made movie.

## Powering up your day

You should consciously visualise every day. First, try to clear your mind of everything else. You may wish to use some relaxation techniques here. Some people find deep breathing works well: deep breaths in through the nose and out through the mouth. Now you're going to simply create the mental image in your mind that you wish to achieve.

Practice visualisation first thing in the morning, before the worries of the day have entered your restless mind. This guarantees that you set yourself up to have a great day.

Focus daily on what you want.

As you begin your visualisation sessions, look at each one as your time to escape from your hectic lifestyle, if only for a few minutes per day. Use this time as your retreat into whatever world that you wish to create for yourself. The things that must be accomplished in the external world will wait for a few moments. Really learn to use this as your time to live the life and experience the things that you most desire.

### Visualisation Technique

It is now time to get started. You are now going to have to let go of your logical conscious mind. Just let it go. Ask your logical mind to take a break.

### Visualisation Script

Here is the most important message from this bonus module – we each possess a power within us that once we learn to use it, can and will change our lives. It is the ability to create powerful mental pictures and this is called visualisation.

Is Visualisation Complicated? Not at all. Visualisation is relatively easy. It's simply the ability to see or sense images in your mind. It's actually a lot like daydreaming! The difference – and it's a crucial one – is that while daydreaming is casual and random, visualising is structured and directed.

It's now time to RELAX YOUR BODY AND MIND

We are going to try and use a relaxation technique. We will do this together, and I strongly suggest that over the next few weeks you practice everything we are about to do. Make it a

part of your life.

Start by sitting upright in your chair, so that every part of your body is adequately supported, I want you comfortable then breathe very deeply in and out a few times to calm the body. Close your eyes and concentrate on my voice.

Turn your entire attention and focus on your breathing. Just allow yourself to breathe naturally. Don't try to adjust your breathing. Just let it happen. Breathe normally. With you just paying attention to it. Don't consciously try to make any changes. Just let yourself breath. Simply observe your breath. Breath in and breath out.

In and Out

In and Out

In and Out

Keep breathing. Now if you're not already breathing in through your nose, make the adjustment, take a breath into your body through your nose, now hold it for a second, 1001 and then slowly breathe the air out of your body through your mouth. So in through your nose, hold it, 1001, now out through your mouth. And repeat in through your nose, hold it, 1001, now out through your mouth. Now carry on, keep breathing. As you take each breath out, feel yourself going deeper and deeper into a state of relaxation. Breathe in through your nose, and out through your mouth. In through your nose, and out through your mouth And Relax.

Keep breathing. Empty your mind of all thoughts. Any message that comes, just say thank you, I'll deal with that later. Keep breathing. Let nothing interrupt this peace. No thoughts. Keep breathing. Just pay attention to my voice and your breathing.

Nothing else matters right now just breathe.

Sense your body as a whole, let your mind just wander over every part of your body as you sit there, feel it in your mind, sense how your body feels, tight or relaxed, little aches in parts, maybe a little itch on your shoulder. Notice how your body feels at this precise moment. Observe which body parts feel tense and which ones feel relaxed. Just let your mind wonder up and down reviewing your body in your mind

Now lets focus your attention on to specific body parts, bring your total concentration on one part at a time. Start with the scalp at the very top of your head and work your way down to your toes. Just feel how they feel. Now take a deep breath, hold it, for a slow count of three while you tense as many of the muscles in your body as you can 1001 squeeze hard, 1002 keep squeezing , 1003 squeeze. Feel yourself squeezing your whole body every muscle,

everything.

Now exhale by pushing out all your breath, and feel yourself pushing away all your tension, and sense your whole body just relaxing. 1001 relax , 1002 keep relaxing, 1003 relax .

Let's repeat that one more time

Take a deep breath, hold it, for a slow count of three while you tense as many of the muscles in your body as you can 1001 squeeze hard, 1002 keep squeezing , 1003 squeeze. Feel yourself squeezing your whole body every muscle, everything.

Now exhale by pushing out all your breath, and feel yourself pushing away all your tension, and sense your whole body just relaxing. 1001 relax , 1002 keep relaxing, 1003 relax .

Let's make sure that your whole body is relaxed.

Concentrate on your scalp. Feel it in your mind. Feel it relaxing. Your scalp is relaxed.

Concentrate on your forehead . Feel it in your mind. Feel it relaxing. Your forehead is relaxed.

Concentrate on your eyebrows and eyelids . Feel them in your mind. You feel them become limp, almost heavy. Feel them relaxing. Your eyebrows and eyelids are relaxed.

Concentrate on the muscles of your face . Feel them in your mind. Feel them relaxing. Your facial muscles are now relaxed.

Concentrate on your mouth, your lips, your tongue. Feel them in your mind. Feel them relaxing. They are now relaxed.

Concentrate on your jaw and throat. Feel them in your mind. Feel them relaxing. Your jaw and throat are now relaxed.

Concentrate on your neck. Feel it in your mind. Feel it relaxing. Your neck is relaxed as is your head on top of it.

Now feel the pleasant experience of relaxation energy flowing slowly downwards to your shoulders



Concentrate on your shoulders . Feel them in your mind. Feel them relaxing. Your shoulders are relaxed.

You have a warm feeling going deeper and deeper

Concentrate on your arms . Feel them in your mind. Feel them relaxing. Your arms are relaxed. They feel limp at your side.

Concentrate on your fingers. Feel them in your mind. Feel them relaxing. Your fingers are relaxed.

Concentrate on your chest and upper back . Feel them in your mind. A warm glow of deep relaxation completely relaxes your chest and runs through into your upper back. Feel them relaxing. They are relaxed.

This healthy relaxing feeling continues to flow down into your abdomen and lower back. Feel them relaxing. They are relaxed.

Your stomach that's now relaxed; very, very relaxed indeed

Concentrate on your buttocks. Feel them in your mind. Feel them relaxing. Your buttocks are now relaxed.

You have a warm feeling going deeper and deeper .

Feel this warm sensation continue to flow downwards as you become more and more relaxed.

Concentrate on your thighs . Feel them in your mind. Feel them relaxing. Your thighs are relaxed.

Concentrate on your knees . Feel them in your mind. Feel it relaxing. Your knees are relaxed.

The relaxation is now spreading into your calves, becoming ever more relaxed, very, very relaxed, and on down to your ankles ... They are now relaxed, so relaxed ... and now to your feet ... toes ... the soles of your feet, your heels ... completely, completely relaxed

Sense the restfulness that you now feel from having released the tension in your muscles.

Let's not stop here. Turn your entire attention back to your breathing. Allow yourself to breathe naturally. Don't try to adjust your breathing. Observe your breath. Feel the air entering your body, try and sense its path around in side of you and then notice the feeling as it exits through your mouth. Just be one with your breath. Enjoy the serenity and relaxation this brings.

BREATHING

## EXERCISE

Notice your breath coming in and out of your body. Does it come in your mouth and out your nose? Observe how air passes through your nostrils and throat. Notice your chest and tummy rising as you breathe. Just sit still and pay attention to your breathing. If your thoughts turn away from your breath, simply bring them back.

Notice the speed of your breathing. Become aware of the rhythm of your breaths. Discern the depth of each breath. Keep breathing. Notice the subtle changes that will automatically happen. Still, remain just an observer, don't try to adjust your breathing in any way, just let it happen on its own. Simply watch it come and go. Just observe how you take in the air. Feel it filling your lungs.

Now hold your breath for a second or two, 1001, keeping it in your lungs 1002 hold it, now breathe out, 1001, keep going 1002, empty it all.

And again

Hold your breath for a second or two, 1001, keeping it in your lungs 1002 hold it, now breathe out, 1001, keep going 1002, empty it all.

Now go back to breathing naturally without trying to control your breathing, refocus on the sensation of each breath as it enters and leaves your nostrils. Concentrate on this sensation, nothing else.

Just breathe

Take a breath

In and out

Now stay in this relaxed state while just listening to my voice.

## **VISIT THE BEACH**

You are feeling very relaxed, calm and at peace.

You are now going to imagine yourself in a very relaxing, calming place. This is a place you feel at peace.

You can now see yourself on an exotic tropical island. You are strolling along a palm tree covered remote beach, on a beautiful summer's day, gliding across the soft sand gleaming like silver dust the sand crunching under your feet. It is late in the afternoon, you can see the sun, a golden blazing yellow ball, slowly dropping in the distance. The sky is a brilliant blue, and not a cloud in sight. Yet the heat is still radiating over your body, but it is so pleasant. You can smell the sea weed from the ocean in the air, taste the salty water from the spray which the

breeze brings on to your lips. You listen to the sound of the rolling waves crashing on to the beach, hearing the soft sound of birds in the background. Apart from the sound of nature there is silence because you are all alone, safe in this your private beach. You can see the birds as they fly through the sky....seeing a few dive down into the sea and then flying back up and off again. The ocean waves continue to move in and out, the sound of them crashing in then subsiding as they withdraw back from where they came.

You can hear the waves .... you can smell the ocean spray.... the air is moist and warm.... feel a pleasant, cool breeze blowing through the palm trees Keep walking along, to the far end of the beach, where you come across a sand dune, a hill of pure white sand, You stop, and sit down by the side of the dune. You look out over the ocean, taking in the view of the waves crashing against the rocky shores and sandy beaches. The aqua ocean just coming to life. The waves persistently crashing against the rocky coastline, while frothy swells gently roll toward the shore onto the sandy beach, the waves rise upward along the beach forming an impression of white foam and then slowly drop down retreating back out into the ocean. Only to be replaced by another wave that crashes against the shore – working its way up the beach...and slowly retreating back out into the ocean. Just watch, listen, take in this wonder of nature.

With each movement of the waves as they roll in and as they roll out, you find yourself feeling more and more relaxed, more and more calm, more and more peaceful. The waves are rolling in ... the waves are rolling out. The waves are rolling in... the waves are rolling out. The waves are rolling in ... the waves are rolling out. You find yourself feeling more and more relaxed, more and more calm, more and more peaceful. The waves are rolling in ... the waves are rolling out. You are more and more relaxed.

See the waves washing up onto the sand..... and receding back toward the ocean.... washing up.... and flowing back down..... enjoy the ever-repeating rhythm of the waves...

Hear the waves crashing to the shore....

Smell the clean salt water and beach....

You gaze far into the distance; the sun is continuing to drop down into the horizon. The sun is moving down ... down ... down, as it does you relax more and more. As the sun is beginning to set, the sky turns into amazing different colours, pink, orange and red. You are watching the transformation.

Turn your attention back to the waves. Smell the sea weed from the ocean in the air; taste the

salty water from the spray which the breeze brings on to your lips; listen to the sound of the rolling waves crashing on the beach,

Imagine yourself walking away from the water.... over the fine, hot but cooling sand....

Walk further away till the sound of the waves dims on each step until its all but gone.

Up in the distance you can see a beautiful building. It looks like a palace. You begin to cross the sand walking towards it.

Your feet now feel a harder surface. You realise you have reached a gravel path that is leading you up to these big metal gates at the front of this palace.

These giant steel gates slowly open to reveal the building just up ahead of you. You are now in beautiful huge gardens. You continue to walk. The grounds are huge, in a beautifully designed landscape. Pebbled paths lined with bushes of spring flowers. Naked statues everywhere. All around you lie the most beautiful trees and plants you have ever seen. It is peaceful but you can hear the sounds of birds chirping and small forest creatures frolicking in the under bush. As you continue to walk along the path the end starts to appear. You now see the house for the first time up close.

Nothing could have prepared you for the moment you are about to experience. You keep moving forward until you reach the front door. You walk between two pillar columns take 1 step up and then reach your hand forward and take hold of the large golden door knob. You feel it turn in your hand and slowly the door squeak open. You are now inside the house.

You look around and see a line of doors. They are made of mahogany and each have a stained glass window in the center.

You walk up to the door right ahead of you at the end of the hall. Walk across the plush thick carpeted floor surrounded by framed paintings on the wall. Open it. As you do you see a marble staircase just ahead. The marble steps are just in front of you, wide strong steps, a banister on each side, very well lit. You are now about to count down from ten to one ... and with each descending number you will take a single step going down, and with each step you will feel more calm, more relaxed. As you take each step, you will go deeper into a relaxing state. It is a magnificent feeling, a total state of relaxation... and as you little by little go down these stairs... you will feel a sense of complete relaxation... all through your whole body... You can feel the steps beneath your feet and when you reach the bottom safety, you feel exceptionally tranquil with a sense of excited expectation...

Now step off the last step. Look around and you find yourself in your very beautiful large airy and tranquil room.

You see a big comfy bucket type sofa with big arm rests and you walk over and sit down, your

body seems to mold into the material and it feels so comfortable.

In front of you are large red velvet curtains going from the ceiling to the floor.

Slowly the lights begin to dim until the room is in virtual darkness with just the merest of illumination radiating through the curtains. Then the curtains begin to open revealing inch by inch a large lit screen. As the whole screen comes into view. The screen is 6 feet in front of you. and the number three appears on the screen, appearing and disappearing 3 times as you relax ... 3 flickers away ... 3 flickers away ... 3 flickers away ... and now the number two appearing and disappearing 3 times ... 2 ... 2 ... 2 ... and now the number 1 ... three times ... 1 ... 1 ... 1 ...

Now an image begins to appear. You see on the screen me, Larry, standing on a stage. The camera is zoomed up to me standing there wearing a black suit and white shirt. Behind me you can see a blue banner and read the words welcome to the reinvention university world tour. You can now hear me speaking. You hear me say every one of you is now ready to start your reinvention journey. You can feel the excitement in the room hear the sounds of people shouting yes and others just clapping their hands.

I continue speaking. Its time to Reinvent Yourself. You have come to this point in your life because you have decided that there are certain things that you would like to change about yourself. It is important to realize that the way you are now, is a result of your past thoughts and memories. The things that you have placed your thoughts, focus and energy on in the past have made you the person that you are. You have decided that it is now time to create a new you ... and the way you are going to do that is simply by placing your thoughts, focus and energy on the new you that you want to become. I'm saying that you now have the tools and knowledge to totally transform your life as others have done before you.

You now see the audience. Packed from front to back in the auditorium. You look up and see there's not an empty seat in the upper balconies either. You can see the look of excitement and belief on every face.

Then the front row immediately in front of the stage comes into view. And you see yourself sitting there.

You hear my voice, and the words I say;

I am delighted and proud to introduce you to one of our greatest success stories through the reinvention university, my good friend, and you hear me say your name. I then invite you to come on to the stage so that you can tell them your success story built over the last 10 years. You see yourself jump out of your chair, the biggest smile imaginable across your face, and you virtually bounce up the steps in front of you with total confidence and excitement to share your story.



You walk onto the stage and shake my hand. I step to the side and you now stand in front of the microphone. You place your hand around it. You have become the new you that you wanted to become. You painted your unique masterpiece. Standing there you now live your dream life. You have attained your goal of reinventing yourself. You are about to describe to the audience the steps that you took to attain your goals. Now hear yourself say 'I had a dream of the life I wanted to live, the things I wanted to do, the places I wanted to go, the person I wanted to be. And now I've achieved my dreams. Life for me today is simply tremendous and shortly I will share with you the dreams I set about achieving once I had realised reinvention was possible for me and set about making changes.

I now want you to see the movie pause, and there you are just frozen in time. Now watch yourself sitting in front of the movie screen. Stand up and walk towards the screen. Step to the side and see the door, open it, and step through into the movie. You can see the back of yourself standing at the microphone, and beyond you an audience captivated by your words. Now walk up to your future self and shake yourself by the hand, or give yourself a hug, and tell yourself how proud you are of your achievements over these last years.

To bring yourself out of this relaxed state, start to count slowly from one to ten. 1 ... 2 ... 3 .. 4 ... 5 ... 6 ... 7 ... 8 ... now open your eyes, 9 ... 10 ... You now feel fully awake and totally alert. Stand up, stretch out, and feel great.

You now have the power of visualisation and creative imagery to use for your future life. Your next exercise is to visualise your life in 10 years time. My favourite method is to build the picture of a day in your life. See your success happiness and all those dreams that have come true. Now list what your dreams were.

As a tool visualisation is incredibly powerful. You can create your dreams. And you can make sense of your past as well as deal with your current problems. Today was just an introduction, a taster session, if it is something you wish to develop you now have the basis for what you need.

