

Hi Wayne:

I am new to the Secret and my question is, what is the best way to create visualization?

Harry

Hello Harry,

In creating visualization for myself, there are several steps that I personally follow. Remember there is no best way, just the one you feel good about.

In my head, I specify what it is that I desire, actually seeing that in my head gives me my intended result or desire. – eg. ***I would like a brand new vehicle.***

Next, to gain some clarity or a pivot type point, I think of what I really do not desire around the same topic. Be specific on do not wants. eg. ***I do not desire a big SUV, gas eater, older car and so on.***

At this point, I flip that non desire, 180 degrees to what I really desire. eg. ***I desire a mid size, red vehicle at a great price, this month, easy on gas, in good mechanical shape etc.***

I ask myself, why do I desire this and give myself answers. eg. ***I desire more mobility, I wish to get away from riding the bus and depending on others to get me around etc.***

Now I wave that magic wand and see it appear in my head. I focus on how it feels to actually have it, right now. eg. ***Free, happy, excited, the kid at Christmas.***

I now ask myself, what do I do now that it is a done deal? eg. ***Get into car and go when and where I desire and so I visualize that.***

And finally, I ask, why do I know it is coming to me? eg. ***This is where I appreciate myself, all the people and connections etc. that will bring this to me.***

In doing all these steps, I can create a perfect visualization for me.

Hope this helps Harry.....

Peace and Love

Wayne

The above format comes in part from an article authored by Marcy, called Intended Results. Copyright © 2003 by [Marcy Koltun-Crilley](#)