

FOCUS & VISUALIZATION ENHANCE PROCESS

Do this technique in a calm, quiet environment. You can even play soft music and light your favorite incense cones or sticks to enhance the experience. Before you start the exercise ensure that you have a small object in your hand, this small object you are going to use in the exercise.

When visualizing, some people see black and recall the information from memory and some people see the actual image - both are as powerful as each other.

1. Do the eyes up method; counting back from 60 to 1 then relax the eyes whilst keeping it closed.
2. In your imagination see a room in your house; you might see the room as a movie on a screen or you might see it as if you are there in the room and looking through your eyes. See the room in detail and in your imagination walk around in your room.
What furniture is in the room? What colour is the room? What does it feel like, as you walk around your room? Touch the objects in the room, what does it feel like? What smells do you smell in the room? What sounds are in your room? Pick up different objects in your room and smell it, now if you can, taste it, what does it taste like?
3. Open your eyes and look at the object you chose earlier. Look at it in detail, feel the shape, see the colour, see the size, etc. Feel what it feels like, taste it, smell it, what does it smell like? Tap it with your finger nail what sound does it make? Now close your eyes and imagine the object in the same detail, go through the same motions as you did when your eyes were open, shape, colour, size, feel, taste, and sound.
4. Now think of a small object you want to have, but yet do not have. Preferably, use an object you have seen before, but do not have. Use your imagination to see it in detail as before, using all your 5 senses.
5. Now expand your imagination and think of an object that is better than the one you've just imagined. Feel what it feels like when you expand your imagination and break the barriers of your own limitation, feel what it feels like to have something better than you first wished for.
6. Hold the image of the better object in your mind for 2-3 minutes, excluding all other thoughts. If thoughts do appear, quickly put them in a bubble and let them float away and return your focus to the object.

This technique is from the book *Creating Money*
By Sanaya Roman & Duane Packer
<http://www.orindaben.com/>

EXPRESSING A HIGHER QUALITY

YOU CAN USE THIS EXERCISE TO LEARN TO EXPRESS A HIGHER QUALITY MORE OFTEN BY VISUALIZING HAVING AND BEING THAT QUALITY.

Find a time and place where you can relax and think without being interrupted. Relax using the eyes up method.

- Close your eyes and think of a higher quality you would like to have more of in your life, such as courage, peace, happiness, well-being, or love.
- Preferably, choose a quality you think you would have if you received your number one manifestation. As you think of this quality focus on your heart area and imagine you are feeling it.
- Allow this feeling from your heart area to flow through your whole body in the same way your blood is flowing through your body.
- Notice any changes in your posture or breathing as you feel it. Picture a past event in which you expressed or experienced this same feeling.
- Pick one scene in your mind from that event – a past imagine that gave you the same feeling. Keep the picture simple. Repeat it in your mind, over and over.
- Feel the feeling you had at this event and radiate it from your heart and flow this feeling through your entire body. Notice how you are picturing this scene.
- Fill out the picture in your mind with as many details as you can imagine. What are you wearing? Who else is there? What does the environment look like? What sounds do you hear?
- As you observe your picture of the scene notice; is it bright or dim? Make the picture brighter, and notice your feeling of this higher quality as you do.
- Are you seeing this as a picture in front of you, as if you are looking at a movie screen, or are you in the picture?
- Is the picture on a small screen or big screen? Is it in front of you or far away? Make the picture so real that you are standing inside of it.
- Change the scene any way you want to, to a scene that would enhance and increase the feeling of your higher quality.
- If someone gave you \$10, see them give you \$100. If someone is talking to you, make his or her voice beautiful, pleasing, comforting, and rich. Add pleasing, beautiful, sounds and colors to your picture.

- Make the setting even more beautiful and pleasant. In your mind, make the colors more intense. Feel the objects in the scene and imagine the smells.
- See the picture as 360° wide, all around you, above you, and a part of you. Make the feeling even more real. If your thoughts wander, bring it back to your scene and the quality you want.
- The more vivid you can picture your scene or feel the quality, the better. See yourself enjoying having that feeling or quality. Make the picture so real you can almost touch, hear, and see it. Bring in the full play of your feelings.
- Slowly let the scene fade. Enjoy your feelings as long as you like, and then open your eyes. Take a deep breath, and bring your full attention back to present reality.
- The more you can put yourself in the picture, rather than just seeing it as something outside of you (as if you were watching a movie), the more easily and rapidly you will create the feeling of the quality you want.
- The more real you can make your imaginary scene and the feelings of this quality, the more frequently you will experience having this quality in your life.
- If you can't picture a scene, you can draw a quality to you by simply thinking of that quality as often as you can remember. Imagine you are feeling it.
- Bring the feeling into your body, and make it as real as possible. Acknowledge yourself every time you experience, feel, or demonstrate that quality, and it will increase.

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Important Note: Always visualize your manifestation as a positive end result.