

SECRET # 5 - VISUALIZATION

*“There is one thing which gives
radiance to everything. It is
the idea of something around
the corner.”*

G.K. Chesterton

Have you ever watched golf on television? The golfer walks up to the tee block. They approach the ball, take a few warm up swings and just when you think they are about to hit the ball he or she walks back behind the ball and gazes down the fairway. Why do they do this?

If not golf, have you ever seen a gymnastics competition? Prior to getting onto the gymnastics equipment of choice, i.e. the balance beam you see the participant on the sidelines going through the motions as if they are actually on the beam. Are they practicing?

What about a basketball game? The player is fouled during the game, a penalty. This results in him or her receiving a free throw from the foul line. As the player lines up under the basket the shooter is pretending to throw the ball even though the referee has yet to give the ball to them. Have they not practiced enough prior to the game?

Another example of this concept is figure skating. The skaters are performing on the ice. While they are doing this, the skaters who are about to perform are in the dressing room. Even though they are dressed and ready to go they are constantly going through the motions that they will complete on the ice to prepare themselves for their own performance.

What they are doing is visualizing. **VISUALIZATION** is defined as creating a mental picture. So in the case of the golfer, what they visualize is the swing they are about to take and the direction and flight of the ball they are about to strike. The golfer can picture in their mind where the ball will land and where they would like it to roll. By doing this they create the ideal scenario for their shot and the result.

Similarly with the other examples, the gymnast pictures herself going through every move of the routine, how it will look, how it will feel to her and what the end result will look like. The same can be said for the skater. Every move has previously been practised and is being replayed in their mind prior to their performance. The basketball player visualizes the force of the throw, the arc of the ball as it travels toward the basket, the ball going through the basket, the swoosh of the ball as it goes through the hoop, and the sound and cheering of the fans.

Given that so many athletes use this technique for success is this not something that you may want to use in developing success in your endeavours?

It does not have to be a sporting event. Let us say that I have always wanted to be an author, to write the next great novel. What are some of the things that I may wish to visualize? Well, if I have a problem with getting going I may start by seeing myself at the keyboard or typewriter, typing away to my hearts content, the fingers are seemingly flying as I express my thoughts. Next, I see myself selecting several publishing firms to send the manuscript to. I visualize being at the mailbox sending the manuscript to the publisher. Then I see myself receiving a letter stating I have been selected as an author. I further picture myself at bookstores doing a book signing session. The people are lining up to have me sign their book. They are excited and cannot wait to talk to me and have me autograph their books. I am smiling at and with them; I can feel my contentment and sense of success as members of the public praises me for my work.

By visualizing you are practicing the success that you desire by creating a picture of what you want and how you want it to be. You can practice how it will feel to win the award, or to become financially successful, or to succeed in your particular endeavour.

Have you ever seen this situation? A child at a very young age tells you that they want to be a firefighter when they grow up. You see them playing with toys that relate to firefighting, trucks and cranes and the like. They have the colouring book that relates to firefighting. They pretend to be firefighters and make the sounds like the sound of fire engines when they play. They cannot wait to go by the station and see the shiny fire trucks hoping to catch a glimpse of them in action.

Years later you bump into them as an adult. You ask them what they are doing and indeed they work for the fire department.

That person has visualized their entire life to become what they desire. Is it any wonder that they have succeeded in their choice of occupation?

There is a saying that goes “whatever the mind can conceive and believe it can achieve?” By visualizing the steps or the result of your dreams and desires you can help the mind conceive and believe that you will in fact produce the result that you are seeking.

If you cannot see yourself succeeding, then you cannot succeed. It is impossible to reverse the programming that you have received since childhood without consciously doing things that will change the way you think. Visualization is one of the ways that you can do this. It does not require any money or take any training to visualize, to dream and imagine what it will be like to get where you want and how the journey will unfold.

An experiment was completed with a select group of basketball players. One group practiced for a week while the second group did nothing but visualize taking shots at a basket. When the test period was over and both groups were measured for their shot making, the group that did nothing but visualize shot a whopping 30% better than the group that actually practiced their shooting. This is the power of visualization. Put this power to work for you in your life.

Be aware that we all have five senses, hearing, seeing, taste, feel and smell. Use these in your visualization process. Let’s say I have always wanted to own this certain car. So how can I help my visualizations with my other senses? I could cut out pictures of the car from magazines, newspaper

articles, car dealer brochures, and then post them in my bedroom or office. Some place where I will see the picture frequently and it is hard to miss. Next, I could go to the car dealer. I could get the sales person to start the car so that I can hear the sound of the car's engine. Then I could sit in the car. Smell that new car smell, feel the steering wheel in my hand and how the seats feel against my body. How about a test-drive? Hear the engine accelerating, feel the gas pedal and the power of the automobile. Again the key here is repetition. Go to different dealers if you are uncomfortable about sitting in the same car at the same dealer. Or you could rent that car at an auto rental facility for the day and get these sensations again. In fact I could pretend that I already owned a car like the one I have rented to get that feel of pride of ownership. Then I may lease this car (if you can afford to do so), which is, as close to owning as you can get. Try on "visualizations" you may like it!

EXERCISE: I

Select the dream or aspiration of your choice.
What does the end result that you desire look like?
Write down the steps necessary to achieve the end result.
Visualize yourself going through the steps successfully.
Repeat the visualizations until you achieve your goals.
Adjust the visualizations as you go along for things you learn
will be required to fulfill your dream or desire.

EXERCISE: II

What things can I do to assist in my visualizations? Re-read the last paragraph.
What can I do to keep my desires, dreams and aspirations fresh in my mind?