

## **Inspired Life Formula with Nina Lockwood**

### **Module 5: Reimagine Your Life**

This is Nina Lockwood and You're listening to visualization techniques based on Jack Canfield's three-step Guide to Visualization.

The best time of day to visualize your goals is when you're in a relaxed, allow mode; for instance, first thing in the morning, after meditation or prayer or before you go to bed at night.

This is a very easy and fun process: lie down or sit comfortably, close your eyes and imagine your goal already accomplished, in as vivid detail as possible.

When you begin to imagine in this way, you'll be activating your creative subconscious and creative ideas will begin to bubble up. Your brain will start recognizing the resources that you'll need to achieve your goals. You'll begin to draw into your life the necessary people, resources, and circumstances for your goal to become a reality. And you'll be increasing your internal motivation to take the necessary actions.

These are the three steps:

**STEP 1.** Imagine sitting in a movie theater, with the lights dim, and the movie just beginning. It's a movie of you doing perfectly whatever it is that you want to do better. Create as much detail as possible, including what you're wearing, your facial expression, your posture, small body movements, as well as the environment you're in and any other people that might be around. Add in any sounds you'd be hearing — traffic, music, other people talking, cheering or applause, sounds in nature. And finally, recreate in your body all the feelings you think you'd be experiencing as you achieve your goal.

**STEP 2.** Get out of your chair, walk up to the screen, open a door in the screen and enter into the movie. Now experience the movie all over again from inside of yourself, looking out through your eyes instead of simply

watching the movie on a screen in front of you. This is called an “embodied image” rather than a “distant image.” Let this deepen the impact of the experience. Again, see everything in vivid detail, hearing the sounds you’d hear, and feel the feelings you’d feel.

STEP 3. As you bring this experience of you accomplishing your goal perfectly in every detail, open a door and walk out of the screen that’s still showing the movie of you successfully performing your goal. Return to your seat in the theater, reach out and grab the screen and shrink it down to the size of a cracker. Then, bring this miniature screen up to your mouth, chew it up and swallow it. Imagine that each tiny piece — just like a hologram — contains the full picture of you performing perfectly and successfully. Imagine all these little screens traveling down into your stomach and out through the bloodstream into every cell of your body. Then imagine that every cell of your body is lit up with that movie of you performing perfectly, like the store window of an appliance store where 50 televisions are all tuned to the same channel.

When you have finished this process — it should take less than five minutes — you can open your eyes and go about your business.