

## Visualization Technique

In this Video exercise I'm going to demonstrate a technique which will help you to move in the direction you need to move towards, in order that you can visualize a different and compelling future for yourself in your business or personal life.

All you need to do is to click on the Video and listen to what I'm saying to you. Some people have difficulty in visualizing certain things and it's true that when most of us close our eyes we are able to visualize much more clearly, so you'll hear me ask you to close your eyes, it's not uncommon that at this point people do just close their eyes, relax and listen quietly to the many beneficial suggestions being made as they listen quietly to the sound of my voice.

But let me first ask you a question and it's this.....

If you were to go to bed tonight and awoke tomorrow morning and a miracle had occurred, and all the things which had been causing you concern or anxiety in your life had simply vanished, disappeared, how would you feel.....?

And how would that change your life.....? I'd like you to contemplate that for a moment.....

And now you've thought about that, I will ask you to consider where you are now in deciding where you are in your life?

And talking of decisions, we come to so many decision points in our lives....