

# What are guided visualizations and how can they help us relax, feel uplifted and reach our goals?

Guided visualizations are creative, meditative experiences that harness the power of the imagination in a positive way. Many people say they can't quiet their minds long enough to meditate so Guided visualizations are a great alternative. You listen to a spoken message that reinforces the positive changes you want to make in your life. This technique focuses our concentration on images held in our mind's eye. Science has proven that what exists in the world of your mind will also exist in your physical world. Guided Visualizations allow you to use your brainpower and imagination to change your life experiences and to manifest more of what you want in your life. If you want to create more peace and calm, more relaxation and less stress or anxiety, worry or fear you can use Guided visualizations to help yourself create those experiences.

This means we can use guided visualizations and our imaginations to help shift desired goals into reality!

Guided visualizations help you shape your reality exactly as you want it. It's very important to understand that our brains cannot tell the difference between a real experience and an imagined one. Of course, we know the difference, but structurally, your brain doesn't treat imagined thoughts and feelings any differently than real ones. And *that's* exciting because what this means is there's true power in the imagination – power to bring about the changes you desire using visualizations!

Essentially, you can use your imagination to change how you think and feel about things and in turn change your real life experiences! Visualizing what you want means you begin to rewire your brain in an entirely new way. (There's a quote I really love by philosopher, Neville Goddard. He said, "**That which you *feel* yourself to be, you are.**" For me that quote is really indicative of the power of the imagination.) When using visualizations you literally think and *Feel* your way to your desired outcome. Professional and olympic athletes use guided visualization all the time!

It's quite intriguing! Here's a little about the mechanics of how this works so you can understand how to rewire your brains for success!

Guided visualizations can radically improve your life – because of the way your brain works. There's a fantastic book called *The Brain That Changes Itself*. The author, Norman Doidge is an expert in neuroplasticity, which is the term that describes our brain's ability to change and explains how thoughts, feelings and experiences reorganize nerve pathways in the brain

Think about the phrase *stuck in a rut*. Literally, it means a wheel gets caught in, and guided by, grooves in a road. This happens because the wheels of whatever you're driving have been over

and over that track so many times they've carved a rut. This same thing happens in our brains! You become what you repeatedly think, do and FEEL. Just like the wheel that gets trapped in the rut, our behavior gets caught in the rut we've created from repetitive thoughts and feelings. But we CAN literally change our default thought. We can use visualizations to create new, positive "ruts" in the brain that support the goals we want to achieve.

We can literally change our thoughts and our outcomes using the power of the imagination, subconscious brain and visualization!

Picture it this way. Our brains contain groups of synapses. With each thought, one synapse shoots a chemical across an empty space to another synapse, which builds a bridge for the electric signal carrying your thought

Using your imagination, repetitive positive thoughts and feelings move these synapses closer, creating shorter bridges. Your default thought becomes the one that the shortest distance to travel. Through repetition and visualization, that image or positive thought becomes your dominant thought, replacing the negative "old tapes" you may have been playing in your head for years. You begin to integrate these new thoughts and feelings by focusing on the desired outcome so yes, visualization allows us to create long lasting functional changes in the brain and therefore, in our lives.

This is exactly why I create a personalized guided visualization for every one of my coaching clients – because they really ARE that powerful! Everyone has their own unique set of circumstances, challenges and goals they want to achieve. By using personalized guided visualizations regularly, we can reinforce the positive outcomes we desire to help us reach our goals more quickly and easily.



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