

Your Images of One eNewsletter

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> There is nothing you cannot be, do or have.
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> Goals and Visions Unlimited

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> It is about time your marketing and business, heck, your life even,
> started working out successfully and predictably, isn't it? How are
> your plans working out? Your marketing plans, your business plans,
> your product plans, your life plans, and all other sorts of plans? Do
> they work out exactly or do they resemble a list of things that do not come true?

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> Often times we hear business, marketing and life gurus tell us that
> planning and goal setting are the key to creating a successful life.
> They tell us also to visualize and have vision. That is all well and
> good. But it is about time someone told us exactly how to exactly set
> those goals so that our results are exact. And it does not stop there.
> How do you visualize and think after that? Your goals and visions, in
> the presence of right thinking and certainty, are the prophecies of
> what you shall one day become. You are in luck, for this article goes
> exactly there. It takes you into the ultimate in goal setting and
> visualization. Here is a most effective technique.

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> Let us start with the goals and visualization then move on to thinking.
> These are the goal setting steps to follow. These steps are the same
> whether you are doing it for your business or for life. In fact, try
> not to separate your life. Life is a whole, and it works out that way.
> Separation only exists in the mind at the level of the ego. Make life
> goals that include your business and marketing. Do not make business
> goals only by themselves on the side and forget life goals as this
> will actually short-circuit the business goals. Everything works together as a system.
> So here we go:

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> 1. List what you would like to have, do and be between now and the
> next 30 years. List everything you can think of, small and large.
> Places to visit, things to have, residences, experiences, partners,
> skills to acquire, things to do, people to meet, projects, charities,

- > health, habits - everything! This is not a list of what you think you
- > can achieve. It is a list of what would give you the most incredible
- > life of you liking, whether you think you can achieve it or not. A
- > life that is unbelievably fantastic for you. Your list should have at
- > least 100 things in there - it is not hard to come up with at least
- > 100 things for 30 years. To be very wealthy, have about 5,000 things -
- > even small details regarding your desires should be in there.
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- > 2. For each goal you listed, write the reasons why you wish to have
- > it. If for example you wish to have a large home, write down the
- > reasons why. In other words, what will you do with and in this home? Put drama into it.
- > Reasons empower your goal and make it easier to imagine and visualize
- > and attain it. They give life to it and make the subconscious accept
- > it a whole lot better.
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- > 3. Get cuttings from magazines, brochures, the Internet, photographs,
- > etc, of the items in your goals and stick them in your journal. Start
- > a goals and visualizations journal on paper or computer. In it, place
- > pictures of the things you wish to have - cars, stocks, buildings,
- > boats, land, travel, clothes, or anything else. Refer to it often -
- > twice a day is highly recommended. The more real and detailed your
- > visualization and imagination is, the faster and more accurately you
- > will realize your goals. Pictures are very important to have in your life.
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- > 4. Everyday, read your list, look at your pictures, and then spend at
- > least 20 minutes twice a day imagining, animating, and visualizing in
- > detail all your goals. If you meditate, and it is highly recommended
- > that you do your goal visualization, do your goals visualization in
- > meditation as well. Meditation puts you closest to The Source, the
- > best place you can be to plant your seed of visions into the field of
- > infinite possibilities and creation.
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- > 5. Then, Here, Now, do something that takes you closer to your goal.
- > There is always something to do now, however small. It will open the
- > next step to you, a step that may be unseen until that first act is
- > taken. Every act is an act of self-definition and creation. Act
- > deliberately and with awareness so that each act takes you closer to your goals, not further.
- > Act with purpose.
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- > 6. Do everything with gratitude. Think, speak and act with gratitude,
- > the gratitude of knowing you are guaranteed success if you act in the
- > ways of these laws. Gratitude is a statement of certainty. That is
- > power. Be genuinely grateful and excited about the fact that you
- > already have your goals realized, for they will be by universal law,
- > guaranteed, and so they are. This type of gratitude works wonders.
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- > 7. Enjoy your fruits, enjoy experiencing your goals when they manifest
- > into your reality! They are sure to do so, guaranteed by universal law.
- > The reason they are guaranteed is that every moment of your life is
- > created by your mind (and in a lesser extent the collective minds of
- > people around you). Your life is images of your mind, expressed,

- > translated and crystallized into form. You are literally the source of
- > your life, although it may not appear so especially if you are not
- > present and aware of your daily thoughts, worries, desires and
- > beliefs. Most people are unconscious and engulfed in their mind in one huge day dream.
- > Wake up and watch yourself!
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- > 'I Am....' 'I Am....' No matter what you are trying to create next in
- > your life, find a way of putting it into 'I Am'. For example if you
- > wish to loose weight, do not think or say 'I will loose 10 pounds 'or
- > 'I want to loose 10 pounds'. Instead say, think and write 'I am x
- > pounds now'. Do the same with wealth. The only time that exists in the
- > universe, scientifically and spiritually, is Now. Hence 'I Am'.
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- > Do not worry how your goals will be fulfilled. There are powerful
- > forces at work in all of nature, with infinite intelligence and coordination.
- > Things, people, books, places, TV shows, movies, etc, will start
- > appearing and helping you to achieve your goals. In other words,
- > 'coincidences' will happen. Simply visualize your goals believably.
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- > The trick is in the details and in consistency. For example, if having
- > a new home is a goal you have, write it down in detail. Write down
- > where the house is located, how many rooms it has, the size of the
- > compound, the size of the home, the furnishings in it, and so on. Then
- > visualize it that way. And do not change your mind - this is very
- > important. Understand that the universe is in activity manifesting
- > into physical form all your thoughts. Every single one of them turns
- > into some amount of physical form somehow and somewhere. If you change
- > your mind, you will be undoing your work. Just hold your thought until it become fully
- physical.
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- > You are almost done. All that is left now is to know a little bit
- > about creation and thinking, so that you maintain your vigilance and confidence.
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- > All thought has an effect. Therefore, imaging your life exactly as you
- > wish it to be and be it. Become it. Do not let another thought ever
- > come in that contradicts or weakens that vision. If you notice one
- > coming in, immediately block it, change it for a positive one, and
- > declare that you shall never let yourself think something like that
- > again. This is the ultimate in positive thinking. It is focused and
- > filtered. Do the same with your words and actions. Never let anything
- > you say or do go against your vision, your highest wished for life.
- > This is because life is created through thought, word and action, and therefore you must guard
- all three.
- > Do not stress over this. It may take effort at first but it will soon
- > become normal to you. And if you are in a 'bad' spot, remember that
- > all conditions are temporary, as is the nature of everything in the universe.
- > Conditions do not define you, for you are beyond them. In fact, only
- > you can determine how long you remain in a 'bad' spot by the way you
- > handle that situation in terms of your thoughts, words and actions.
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- > The final thing is to be present. Stop day dreaming all the time. Be

> present, be here, Now. It is the only time that exists, the only place
> you can be, the only place where life is. And it is the only place
> where you can do anything anyway. Be grateful for the present moment,
> as it resolves itself always at your command, and for that be grateful
> or else you miss its fruits and 'lessons'. Stop chasing your dreams in
> your mind, for such a place is a phantom world that does not exist.
> Instead, call them forth into your present moment, Now.
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> That is about it! A mouthful but that should get you going very well
> indeed! Be present, be vigilant, be certain, and be clear. If you wish
> to learn more about all this, see the free sections of the
> downloadable ebook called A Happy Pocket Full of Money at
> www.ImagesOfOne.com. I wish you all the very best.
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> Article written by David Cameron, CEO ImagesOfOne.com.
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