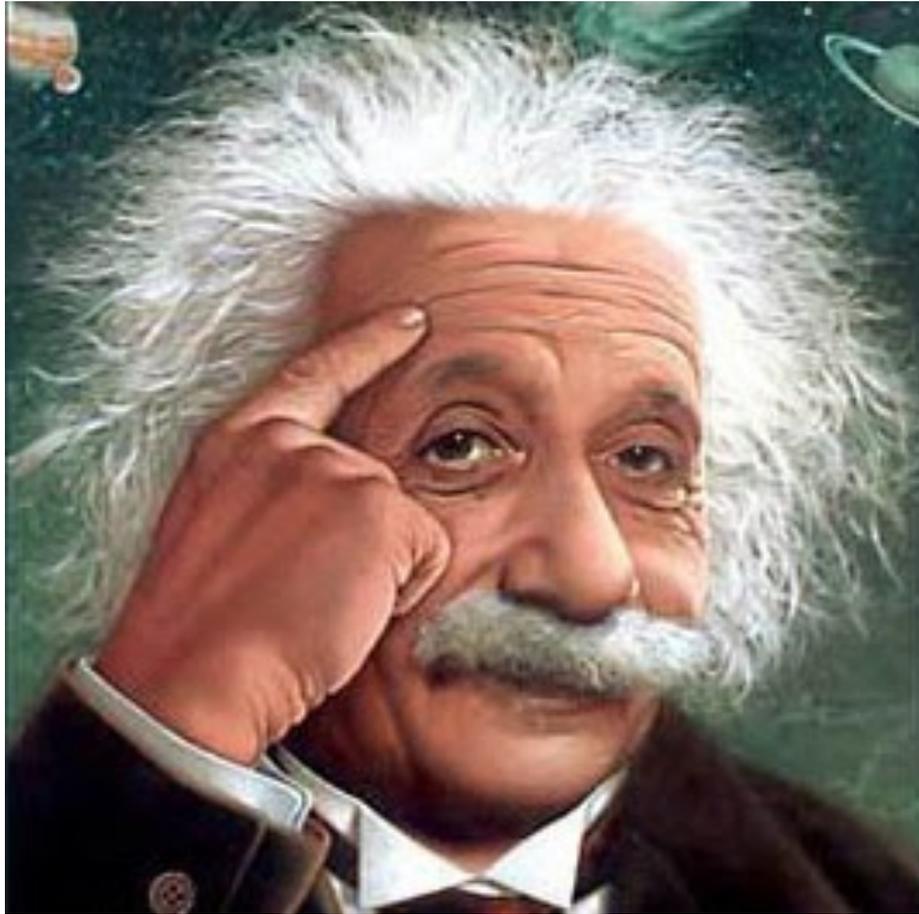




My Yoga Nidra Online



Yoga Nidra. Personal Self Development Plan.

Discover Your True Potential.

VISUALISATIONS

Introduction.

If you have completed the previous two work pdf's, and followed the suggested Yoga nidras, by now you should be beginning to develop some ideas about what your goals are, and where you'd like to see your life headed in the next 10 years.

The next step in helping to accomplish these goals, is to visualise them. Not only what they look like, but seeing them come into fruition. This technique is one of the most important parts in ensuring your success in achieving your goals.

The method of visualisation is not a new concept, and is used regularly by professional athletes and celebrities. In fact, Einstein firmly believed that a visual understanding was the most important form of education--more important than knowledge itself. He firmly believed that “Your imagination is a preview of your life's coming attractions”. We all know what a genius Einstein was, and what he went on to achieve.

The act of visualising success, is a tool regularly used by many successful people. For example, Michael Phelps, professional athlete, mentally rehearses his perfect swim each night before he goes to sleep to experience feeling victorious before he even sets foot in the pool. Michael Phelps is currently the most decorated olympian of all time, with a total of 22 medals in three olympiads.

What is visualisation?

Visualisation is one of most powerful features of the mind. Explained simply, it is the ability to create mental images at will. But as you will soon discover, this ability can have an incredibly powerful affect on your motivation, concentration and desire to achieve something.

Most of us spend our lives totally absorbed in the outside world. We are easily distracted and loose concentration, focus and motivation easily. For example, did you know the average attention span of an adult has plummeted from 12 mins to around 3 mins?

This is a result of changing technology and the fast pace world we now live in. However, this lack of concentration doesn't help us in staying focused and motivated in achieving our goals.

The visualisation technique, which is applied during meditation, is a method of opening the realms of the mind. In Yoga nidra, we spend time introspectively and begin to develop our untapped potential. The act of visualisation, provides a focal point for awareness and confines our attention to a limited field, removing it from outside distractions.

This one-pointedness, even for a short time, results in many benefits. It brings about relaxation, and acts as a focal point for looking into the mind and being able to clearly focus on our goals and aspirations.

Why visualisations?

Have you ever noticed how children have highly imaginative and creative brains? They often play many games where they visualise and act out things happening to them. Everyone has this ability to mentally tap into the creative side of the brain, however many people lose this ability to do so easily, through lack of practice. As we grow and mature into adults, we tend to become overloaded with verbal concepts. This capacity to visualise internally remains, but is dormant and rarely utilised.

Although there is nothing wrong with thinking and working in terms of ideas and concepts, continuous functioning at this level tends to limit the awakening of the inner powers of the mind. These deeper levels of the mind do not function in terms of words, they function in terms of psychic pictures.

Using visualisation techniques can help expand your awareness and develop the deeper realms of the mind, which can be incredibly powerful.

For example, think about what happens to you when you read a good book. Your mind turns off from the outside distractions and you go within the book. You begin to see the pictures as the story unfolds. You may even begin to experience some of the emotions of the characters in the story. You begin to experience the story as though it is happening to you, now.

In a similar way, learning to visualise your goals can start to change the way you live your life. You start living as though these goals are coming into fruition, now. You start to make the changes and preparation you need to make these goals successful, and you may even begin to experience some of the elation associated with finding that success. Your life changes in a powerful and dramatic way.

Just like Michael Phelps, the more you practice this technique, the easier it becomes, and the more you begin to believe in the success of achieving your goals. You develop the one-pointed concentration the mind needs to remain focussed and motivated.

How to practice visualisations?

Everyone has this ability to visualise, however, many people may find this hard to begin with, as many of us have reconditioned the brain to mostly think in the form of words and concepts.

Everyone has the ability to remember the past, and it happens spontaneously without conscious effort. However, we rarely relive the past in the form of images, but more in the form of thoughts and feelings.

We tend to require more conscious effort to form mental images, particularly for future events. Over time, and with practice using the guided meditations provided here, you will find it will get easier.

As you begin to develop this technique of visualisation, and when combined with your repeated affirmations, you will find it a powerful tool in which to help you see yourself achieving your goals and being successful in your future.

What to visualise?

It is best to visualize yourself in a situation where your sankalpa has already materialized. You may even like to start to evoke the emotions associated with it. As an example, imagine a person who is afraid to talk in front of people. This person could develop the sankalpa “I am a brilliant speaker”, or “I speak fluently and confidently in front of people”. As he repeats the sentence, he visualizes himself speaking in front of a group of people, evoking the feeling of security and confidence. He also remembers to practice the material well, so he is confident and assured of his presentation.

The best place to allow these visualisations to occur, is behind the closed eyes, on the screen of the mind--called the chidakasha. The best time to practice in order to attain clear visualization, is after deep relaxation of the body- which occurs during the Yoga nidra. Once the body is relaxed your sensitivity and creativity is heightened, making inner visualization much easier.

*** Additional tips**

* Use the Yoga nidra audio for visualisations to help get you started.

- * Try to learn to watch these images as though watching a television screen. Start by watching the blank space that you see in front of the closed eyes.
- * You can practice by thinking of any object. Try to visualize this object in chidakasha. The image can be stationary or moving.
- * There is no limit to the objects you can choose. The scope is inexhaustible. It is only limited by your imagination, and this will build with time and practice.
- * Try and watch the image for a short time to start with, up to 30 seconds--maybe you can view it for longer.
- * As you become more practiced at creating your visualisations, start to build on associating emotions and senses to go with the visualisation. For example, how do you feel at this time in your life?
- * Using the following questions might help you in developing your visualisations.

VISUALISATIONS

Take a moment to think about what your life would look like having completed your main goal.

Write down what that looks like in one year:

Consider where you are?

Who are with?

How you feel emotionally?

What is your confidence like?

Your finances?

Relationships?

Any other details you might like to include to help develop the visualisation?

Fast track your life another 5 years. Write down what your life would look like now having completed your goal. Are you in the same location, same people around you, or has this changed? What are your finances like now and your relationships? Write down as many details as you can.