

Empowering visualization

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Imagine you enter a magical mountain temple where you are alone. Imagine mirrors that are tall as human. Now you slowly move from mirror to mirror:

1. Start by concentrating your attention on breathing. When your mind is calm, start with each breath visualize your feet walking down stone steps. Imagine yourself standing in front of the door roughly carved into a mountain wall. Open the door and step inside. As your eyes grow accustomed to the dim lighting, you realise that you are standing in a cavern with five full-length mirrors in it. Notice the colour of the walls and shapes of the mirrors.

2. Walk up to the first mirror. In this mirror, your reflection is wearing your favourite sport kit. You are fit and sporty. There is something about your posture, the glow of your skin and the tone in your muscles that tells you that you are tension-free and at the pick of your physical fitness. Examine your reflection and take it in you;

Repeat the process in front of next three mirrors – observe yourself, get the feeling how great you are and move forward carrying the feeling with you

3. Second mirror – you are wearing your favorite underwear. You are just beautiful

4. Third mirror – a perfect work outfit. You look confident and professional.

5. Forth mirror – you are relaxed and casual, you are surrounded by people you love and who support you.

6. Fifth mirror – you are fit, healthy, confident, successful, happy and loved. The combination of all the attributes shown in the previous four mirrors. This is not a mirror, it is a portal. Walk through the portal into your new life. Healthy, happy, confident, loved.

As you exit the portal you find yourself standing with your back to the stone door. You know that something has changed in your life, something for good.