



Starting from Zero

You have written a book, constructed a blog, created a personal work or have a practice to promote. What's the first step?

Visualization

Don't waste valuable time. Instead, visualize a happy outcome or solution. For the visualization to "quicken," and grow its own feet, you must feel and see the actual result before it arises. Enjoy your visualization time with a savor for gratitude, for the people with whom you come in contact. Write a scene or describe a conversation which makes you realize that other people see you in the way that you visualize. The condition has already been created.

Use an index card which will later be kept under your pillow.

Inscribe as follows "Thank

You" statement, directed at the Ineffable, i.e., "Thank you Lord of Life for...." Substitute the words that evoke the highest, most cosmic identity for you.

Consider the emotions of the scene, not the details, the satisfaction, the look on peoples' faces, the feeling of telling your spouse or children the good news. The scene which you describe is a heartfelt satisfaction describing the scene, not just the object for which you are yearning.

This is written in the present tense, as it has "wink, wink" it already happened. Try to keep this to one sentence. A simple example, "Thank you Lord of Life for the gorgeous red motorcycle, I just love the feeling of the wind in my hair, and my friends are so happy for me." This is the specific object of satisfac-

tion, reinforced with the emotions that attend it.

Raising the level of gratitude is a sensation. You will create a palpable feeling in the heart which expands, and elates the mind. Here we learn we have difficulty trusting joy.

Foreboding may overshadow such hopefulness. A damper on good feelings rise like admonishments, "be real, you'll never do this, this is for lucky people, not me." In this case, you may need a really quick "shot" of gratitude, an injection on a grand scale to jump start the visualization process.

<http://www.youtube.com/watch?v=9lp0IWv8QZY>

The voice of Susan Boyle took the world by surprise in April 2009, this during a unique period of Venus' retrograde. She would go direct in the last degree of the sign of her own exaltation. This exaltation can be seen as a moment of lifting up and gratitude.

In this visualization I suggest the event on video, not for Susan's triumphant performance, but also because of the energy of the audience. Queue the YouTube video and go to minute three to hear an event of gratitude on a grand scale; continue listening about 30 seconds. Susan scales a crescendo and raises the audience to standing and cheering. The audience returns strong and freely demonstrated emotion of gratitude for having touched a vulnerable spot.

Imagine your exciting goal as if accomplished. We are having a celebration of your fulfilment. Embrace that image. Extend it to a larger context. See it as it changes how you will organize your life.

Stand up and salute the powerful voice, and join in this out-

pouring, and direct your feelings to the image of your Desire. Hold your visualization during this 30 seconds, and sense that this wonderment and gratitude is for your accomplishment. The gratitude is combined with your visualization twice daily. There is a deeply brain biology reason for attaching the positive good feelings to each visualization. These receptors of the brain are themselves a full creator of the future. There are two opportunities in the day to take advantage of this unexplored potency of the brain.

In his book on Synchronicity (required reading for all serious astrologers) CG Jung referred to it as, *the moments just before waking or falling asleep*. These are states of relaxed modes of consciousness, your eyes are sleepy, your head is heavy and before closing your eyes for the night, and your TV show is this visualization. The Swiss psychologist suggested this was a moment for creating the future, or absorbing dreams.

In the movie, "What the Bleep," these moments were also mentioned as ideal for the creation of powerfully precognitive visualization. These two moments of the day (take a nap to double the opportunity) are "future portals," moments when the brain is in its most deeply creative mode, and in its most effective position to imprint a clear vision.

<http://youtu.be/sG14-HqC9GI>

Create your day. Visualize. Gratitude. Relax completely. Rinse. Repeat.

Be most clear about your feelings focus in the heart and raise levels of joy. Conversely do not make this effort about the actual object of your desire.

Ask for what you need to get to the next level of your develop-

ment. Failure and vagueness are bed partners. Sharp, clear deadlines and a serious focus toward their accomplishments is all that matters. When the decision is taken, and any daily commitment adhered, there is no stopping you.

4. Create your presence and be interesting

The story of what we have to say to each other is the all-important beam from which hangs your motive for your clients.

Have you written a book?

Why?

What feeling do you wish to deliver to your people? Your passion is what counts. How does it burn in your heart? Are you offended when you see it somehow insulted? How do you defend it?

Learning a new future is about establishing new patterns.

5. Be teachable.

6. Find a teacher.

7. Teach.

Dear Lord of Life

Insert description of your desire, but written as if it has already occurred. Describe your new experience, but write it as if it's been going on for a while.

Read twice on each occasion of waking or sleeping. Take time with this. Don't do your visualization in a hurry.

Conjure joy. Not just see the thought of joy, but ride a physical activity of high feeling joy. Feel it. Feel the intense joy of which you are capable.

Then proceed.

