

Can You See Your Dream?

Your dream lives in your mind and is made up of images or pictures, feelings and thoughts.

Visualising is a powerful technique in turning your dream into a reality.

According to many personal development experts including Jack Canfield, Bob Proctor, Tony Robbins, James Arthur Ray, just to name a few... the brain does not know the difference between actually doing something and just visualising something being done. The brain processes these two things the same way. Your brain will work to make happen what ever thoughts, images and feelings you have. In other words, what you think about, what images you have, you will bring about.

Three sayings you may be familiar with:

"Seeing is believing!"

"What you see is what you get!"

"If you can see it, you can achieve it!"

All inventions e.g. the aeroplane, all discoveries e.g. electricity, all great works e.g. Sistine Chapel, all success stories e.g. Jack Canfield, Bob Proctor, Tony Robbins, all major activities e.g. Sir Edmund Hillary climbing Mount Everest, Jeanne May going to Mongolia... everything begins as a dream... as an image in the person's mind.

In my dream of being in Mongolia I could feel, see and experience myself there. I felt the grasslands... I immersed myself in the energy of Mongolia. I had not seen many pictures of Mongolia so I had few visual cues to use in my dream -- my imagination filled in all the missing details. Amazingly, when we got to Mongolia, I discovered that those details my imagination provided were incredibly accurate.

Often your dream gives you a purpose in life... and it is so fulfilling when you can make that dream become reality, when you can live your purpose.

The key to visualising your dream is to do it in detail as if you are already living your dream... as if it is already a reality. Not how it would be like... but rather how it is now that it is reality.

Some people are able to see images very clearly in their mind whereas others have difficulty and are unable to "see" images... they are not good at visualising. But visualising your dream isn't only about seeing pictures in your mind... it's about the feelings you have when you are thinking about your dream, it's the thoughts you have when you are in your dream, it's about your spirit coming alive when you are in your dream...

Another powerful technique is to put visual images e.g. photos, newspaper or magazine articles and pictures, typed or hand written words describing your dream, play music or messages that you can relate to your dream, in your environment so that your eyes and ears are constantly reminded of your dream.

These send strong messages to your brain which, in turn, will open you to opportunities that bring you closer to turning your dream into a reality.

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