

## Fine-Tuning Your Mind To Manifest What You Desire

**Science is now proving how our thoughts and belief systems affect our realities.** No longer is this awareness purely a spiritual concept. These discoveries are allowing the mainstream community to understand the power and responsibility we have to ourselves to choose and create the versions of life we'd like to live.

**These truths give us back our power.** By connecting with our inner intelligence, we're shifting away from relying on our outside world to make us happy and into beings that decide and create our own happiness. We do have the power to manifest our desires. The discoveries the current generation of physicists is making are both dividing the scientific community and thrilling the spiritual community. Previously science believed the world we live in is objectively real. That is, it exists as a separate entity regardless of our connection to it. Quantum Science is now considering that every aspect of our energy affects the energy that surrounds us. As humans we all have our own separate consciousness that is definitely unique, yet it is now also viewed as being linked to the consciousness of the entire universe.

**We are connected to everything.** In essence, every human experiences a reality of being the center of their own universe. Everything we believe and think doesn't just govern our behavior, it literally creates the world we experience. We actually shape our life and everything in it via our thoughts, beliefs and perceptions we have about ourselves within it. We've always been doing this, albeit much of this process has been unconscious, in other words, we haven't realized we're actually doing this. Our thoughts literally draw real and solid things from the multiple possibilities involved in our entire existence.

**Our thoughts will always relate to the belief systems we've adopted.** Our beliefs have nothing to do with religious affiliation or practices. They are the programming that we have internalized through life based on our experiences, both negative (unpleasant) and positive (pleasant). The way to change our consciousness is to change our belief systems. The world we experience is not a random event. If we change our belief systems we can in fact change our personal world.

**Our thoughts, based on beliefs, are extremely powerful.** Most people don't realize the effect this has on their everyday life. For example, maybe you're having difficulty with a family member, and you have to drive over to their house to see them. On the way there you're feeling extremely defensive and agitated. You fully anticipate, or believe, it's going to be an unpleasant experience. Chances are it will be.

**What if, though, you were conscious and realized there's a better way to work with this emerging scenario.** If you did, you may imagine a warm and loving scene with this family member, and set an intent in your mind, "This will be a harmonious and loving visit and will be resolved in the most loving and perfect way for all involved." Chances are when you arrive, this family member will be calm, loving and accommodating and any differences would be diminished or dissolved.

**Haven't we all had the experience of being in a bad mood and the whole day goes wrong?**

You get held up at every traffic light, you get a speeding ticket, your boss is in a foul mood and the milk you put in your coffee has gone bad. It seems like the whole world and everyone in it is against you and it appears like it's all happening outside of you. But is it? Or did you create it? What happens when you decide to pick your mood up? All of a sudden things outside of you seem to go so much better. If we can understand these concepts in relation to a good day or bad day we can start to look at the stage setting of our life. If your life is often full of bad situations wouldn't it be fair to say you've accumulated many thoughts, or belief systems, that aren't serving you?

## Some helpful belief systems that can change your thoughts or perceptions about life are:

- I have the power to change my life
- All of this has happened for a powerful healing reason
- I am no longer a victim
- I am the only person who thinks in my head therefore I am a powerful being who is in control of my reality
- This is an exciting journey of self empowerment and I can create a life much greater than I ever thought possible
- I now have the opportunity to do the work on me so I can be free
- I alone decide how my life is going to be

## Reflections:

- Your energy directly affects every aspect of your life
- Knowing this grants you the power to create the life and love you desire
- You may be physically hooked on your 'less than' belief systems
- If you don't change what you believe and think about your life you will be continually replaying your 'less than' circumstances
- Your bondage is created within your own mind
- By changing your belief systems you can change your life beyond recognition
- You have the power to change events simply by what you believe and think about them
- Only you decide how your life will go. Take charge of what you think and believe now!

## Creative Visualization and the Power of Thoughts

### How does it work and why?

**Thought is power and has its effect on the material world.** Thoughts, if powerful enough, can travel from one being to another. If we keep thinking the same thought, people in our environment perceive it, respond to our energy, and act on it, furthering, usually in an unconscious manner, the manifestation of our desires. If you are naturally positive, then the way you approach and handle situations is such that attracts positive results. On the other hand, if you are fearful and negative, then you expect negative results, and behave, look, and talk accordingly. The results will then be what you do not desire. This negative result will reinforce the negative beliefs, and the cycle will continue until the thought patterns are altered.

**By changing our thoughts and mental pictures, we change our reality.** We can change the illusory world we believe we live in. We are not employing magic or supernatural powers when creating and changing our life and circumstances. It is not something material that we change; we only change our thoughts. It is like dreaming a very realistic dream and then switching to a different dream. We are not awakening, just changing the dream. This explanation has to be read and reread and pondered upon in order to understand its full meaning. You can employ the power of positive visualization, even if you do not accept what you have just read or it seems too complicated or far-fetched. Yet, understanding and accepting the above, at least in theory, will help you achieve results faster.

**So why not change your dreams to something more satisfying?** For example, you are living in small apartment and need a larger one. Instead of brooding about your fate, that you don't have enough money, and that you have to continue living in a small apartment, change your thoughts. See yourself in your imagination living in the apartment of your dreams. It does not matter if you don't currently have the money. Just imagine yourself living in your new apartment and SEE IT AS A REALITY in your mind.

Don't just think about it once, truly believe at all times that this new reality is possible for you. Think and feel as if it is already true. The opportunity or way will present itself. This process will work for you if you maintain these positive, affirming thoughts.

**Creative visualization can do great things**, but for every person there are some areas, which they may find hard to change, at least in the immediate future. This is a great power; however, there are some limits to using it, and these limits are within us.

**Very often we limit ourselves and cannot look beyond a limited circle.** We limit ourselves by our thoughts and beliefs. The wider we can look at the world and ourselves, the greater are our possibilities. Any limits are within our minds, and it is up to us to rise above them. It may take some time until things start to change. Simple, small demonstrations of this power may come fast, but bigger results may need a longer time to happen. The time and effort put forth in this study are really worthwhile. It is not your concern HOW the universe will manifest these aspects in your own personal world. Have faith and patience and results will start appearing.

#### **Guidelines for Creative Visualization:**

- Define your goal
- Think, meditate and listen to your intuition before you start
- Ascertain that only good will result from your visualization
- Sit alone in a quiet place, where you are not disturbed
- Relax your body
- Breathe rhythmically and deeply several times
- Visualize the object or situation that you desire
- See in your mind a clear and detailed mental image of what you desire to get or accomplish
- Use in your imagination all the five senses, such as sight, hearing, touch, etc
- Put feelings and emotions into what you are doing
- Practice at least once a day, about 10 minutes each time
- Persevere in your action until you succeed
- Entertain only positive thoughts, feelings and words

#### **Additional Guidelines:**

During the day, when negative thoughts and doubts arise, replace them with positive thoughts. As each negative thought comes, simply acknowledge it and then change it.

Keep an open mind, so that when the opportunity to materialize your desire arises, you will recognize it and take advantage of it.

After concluding your visualization session, say with concentration and earnestness: "Let everything happen in a harmonious and favorable way for all involved".

**Use the power of imagination only for your and others' good.** Never try to use it to get something that belongs to others. Never try to hurt with this power. You may succeed in this way for a while, but you will pay a price for these kinds of actions. Make sure that what you are creating is good for all involved and cause no harm to your environment.

**Nature always aspires to balance.** What we do to others, sooner or later returns to us. If we do good deeds, this affects our lives favorably. If we inflict harm, we receive it back. It is not that some outer power punishes us. The retribution is already within our actions. It is like a boomerang; what we do returns back to us.

**It is important to acknowledge that most of the time things happen in a natural way.** If you desire money, it won't necessarily drop on your lap from the sky, nor will you necessarily win it in the lottery. You may be offered an ideal job or an opportunity to render some service that will land you the money. If you desire to lose weight, the pounds won't just disappear overnight; but possibilities, opportunities, motivation, and perhaps even the perfect workout buddy might seem to come out of nowhere, and your ability to engage in the behaviors that will help you lose weight will become a lot more feasible and even effortless. In both cases, do not focus on what you no longer want. Make sure to visualize the OUTCOME you desire, an abundant life and your ideal physique, respectively.

**Creative visualization works.** Our thoughts and feelings, and the pictures we carry in our minds, control our life. But we have to know what we want and why. Be careful with your desires, otherwise you may get things and enter into situations that you do not want or are not the most appropriate for you, and then you will have to find ways to get rid of them. Focus on what it is you want, but spend some time contemplating what that truly is. Be selective.

**Approach this work with a positive attitude, earnestness and faith.** At the same time regard it as a game or play. Although creative visualization brings forth powerful results, practicing an attitude of healthy detachment from the outcome will take away any inner tension, rigid expectations, and restlessness. Be patient and practice this daily, or whenever you have a few minutes to spare.

**You are free to think and act.** The consequences of your thoughts and actions are your fate. You create your reality with your thoughts, and then you live and experience what you have created, whether so called good or bad.

**Thought is power, use it wisely. Enjoy creating your own special reality!**

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