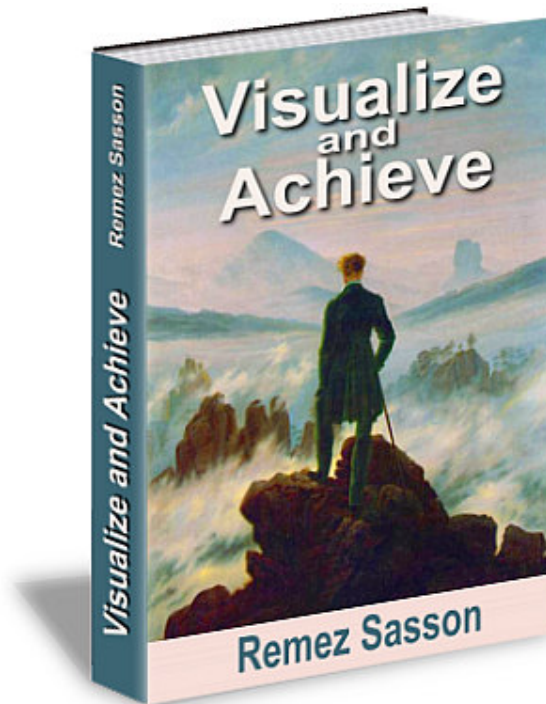


# Visualize and Achieve

By Remez Sasson

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The book's cover shows a painting by Caspar David Friedrich (1774-1840)

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About the author

## Foreword

"Visualize and Achieve" is a practical and unique ebook about creating and attracting success. It teaches, informs and instructs the reader how to turn his desires and ambitions into reality.

It is your mind and your way of thinking, which are responsible for what happens in your life, your circumstances and the situations that you encounter. By learning how to use correctly the powers of your mind you can change your life.

The full version of the eBook **Visualize and Achieve** teaches and instructs how to harness the incredible powers of the mind and let success, health, happiness, money and prosperity flow into your life.

It is a comprehensive guide about creative visualization, which is the technique of turning imagination into reality.

It contains clear and detailed information, guidance, instructions and exercises anyone can follow. It is of great value for whoever desires to achieve success, whether on a great scale or just to make daily events flow smoothly, improve his life and make it more comfortable.

The ebook you are reading now includes some excerpts selected from the full version. You can see the extensiveness of the full version by looking at the table of contents.

Every success, big and small, starts as a thought or mental image in the projection room of the mind before becoming a reality. This book will show you how to project your heart's desires on the screen of life!

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## Introduction

This book is dedicated to those who desire to wake up their inner powers, and hold the steering wheel of their lives.

You are now entering into the fascinating world of mind power and success. You are going to be the superstar of the movie of your life. The following pages will introduce you to a wonderful world, where dreams turn into reality.

We all possess marvelous mind powers, which we constantly use. Most people are not aware of these powers, and therefore use them unconsciously and often negatively. This book shows, step by step, how to utilize these powers consciously, and create a better and happier life. In this way we become the creators of our destiny, instead of being the puppets of fate, depending on lady luck.

We are fascinated by stories and movies about magic and the use of the inner powers. Stories about Marilyn the legendary magician and other great magicians of the past, captivate children and grown-ups alike. We may not believe these stories, yet deep inside, we wish we had such powers.

This book will take you to the inner world, where reality is created. In this world you hold the magic wand that shapes your life and achieves your goals.

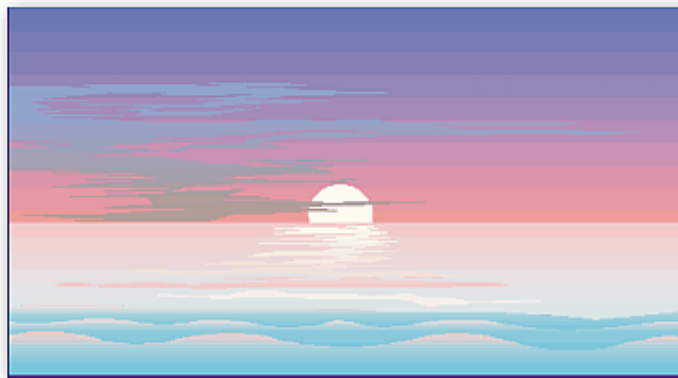
By the time you finish reading this book, you will find the secret golden key to a satisfying and successful life. This key will open the door to money, possessions, a better job, recuperation from illness, winning in sports, passing exams, harmonious relationships, happiness, conquering negative habits and realizing ambitions. This golden key is actually always within us. All we have to do is to become aware of it, and learn to use it correctly.

Everything that has been created began as a thought. The television and the space shuttle, a masterpiece painting or a statue, a vacation and a cake, all began as a thought in the mind. Thought leads to desire, desire to action, and action leads to realization.

The hypothesis and theory of creative visualization says that there is a Universal Power, which is omnipresent and omnipotent. This power has created everything in the universe. All things are made from its stuff and

exist in it, and therefore are interconnected. This power is called by many names, the Universal Mind, the Universal Consciousness, The Creative Principle or God.

The oceans, the mountains, the stars and galaxies are all creations in the mind of this Creative Power. Human beings are an inseparable part of this power, and participate in its work of creation.



Thoughts arise in this Universal power, and if they are powerful enough, they materialize into reality. Our minds are one with the creative power of the Universal Mind, and therefore every thought that passes through our minds has the seed of creation in it.

Success through visualization manifests in all areas of life, from small things to big ones, from finding a parking place in a busy area, to becoming a president of a country.

Thoughts are the creators of your life and circumstances. By altering the thoughts in your mind, you can create a different reality. You can reshape, transform, improve and bring miracles into your life.

## Altering the course of life

John had a good and secure job for many years. As time passed by, he started to feel that he was wasting his time and energy doing something he didn't like. He has always had hobbies and interests to which he devoted every free moment he had. He wished he could possess enough money to enable him an early retirement, in order to turn his beloved interests into his main occupation.

As time passed by, the thought of early retirement got more and more strength. It didn't leave him even for one day. He was sure and fully confident that this was going to happen one day. He was convinced of his ability to do better things than his humdrum job, and wanted to be free to pursue the subjects he loved.

Each day, on the way to his office and back home, and at other times during the day, he visualized being offered a good monetary compensation from the management for his early retirement.

In his imagination he heard himself telling his boss and colleagues that he was quitting his job. He experienced over and over again the joy of being free at last. These thoughts occupied his mind a great part of the day, and became a sort of a pastime for him.

Though these thoughts were on his mind for quite some time, he dared do nothing about them. To think and dream was one thing, but to act on this dream was a bit frightening. It would be quite insane to leave a secure job, since he had a wife and children to support! On one hand he wanted to retire, but on the other hand it was deterring to take actual action.

His common sense and intuition told him that early retirement was a right step. Whenever he took into consideration all the details, facts and his financial situation, he always came to the conclusion that it was okay to leave. Yet the fear was there.

This went on inside his mind for some time, until he decided to share the matter with his wife. Surprisingly, she welcomed the idea, as she knew he did not enjoy his work, and was aware of the wear and tension it was bringing into his life. She also knew where his heart was and that he could do better things.



With her encouragement he gathered enough courage to call the executive in charge of early retirement, in order to discuss the retirement terms. After reviewing the matter, a nice amount was suggested.

After some more negotiations, amazingly, but not surprisingly, as John's mind was set on a successful outcome, a satisfactory amount was agreed upon.

John's thoughts about money and early retirement finally materialized. Now he had the time and the freedom to engage in the subjects that he has always loved, and to accomplish his long lasting ambitions.

John's decision to leave his job was not reached haphazardly. This important step was contemplated deeply with regard to the consequences.

I do not suggest leaping before thinking and planning. It is always advisable to think deeply, plan and take into consideration all the financial consequences, before taking decisions like the one in this story.

The above story is a true one, except that John is a fictitious name. I know very well the characters involved, because this is my very own story.

My website, and the book you are reading now, have come into being due to my early retirement. Now I have the time to do things I love and enjoy.

I believe that a lot of people desire to improve their lives. Some dream about an early retirement, and others dream about a more lucrative job. Some have hobbies they wish they could turn into a source of income, and others are gifted with a talent they wish they could develop and enjoy. Some have big ambitions and others small ones.

It is not enough just to daydream passively in order to realize dreams. Several ingredients are necessary to make dreams come true, and there are some rules to be followed. This book will show you what to do. Read and reread the book and put it into practice. There is a lot you can do to improve your life and make your dreams come true.

This is an excerpt from chapter 1.

## Why creative visualization works

Experience has shown that creative visualization works. It is quite possible to prove that circumstances and events follow thoughts. Take any situation or happening in your life, and go back to find what kind of thoughts preceded the event. You will find out that a particular event, followed particular thoughts.

Here are the reasons why visualization produces results:

- We are an inseparable part of the creative Universal Mind. Our thoughts are projected into this omnipotent power, and cause its tremendous power act on our behalf. The Universal mind and us are partners in creating our life.
- Everything in the Universe is interconnected. Each thought, action and event in the universe are connected, and influence each other. Each thought and action causes reactions and repercussions.
- Everything in the Universe is energy. We see differences because each object has a different wavelength and density. We live in an ocean of energy. Each wave in this ocean influences the other waves. Thoughts, as part of this body of energy, work with the creative Universal energy and interact with it.
- Thoughts are like a magnet, they attract similar thoughts and circumstances. Thinking one thought invites into the mind more similar thoughts and ideas. These thoughts tend to attract circumstances that are in accordance with them.
- A clear mental image radiates from the mind of the one thinking it, and is transmitted to other minds. Whoever is receptive to this kind of thought may perceive it and act on it, thus being the agent to fulfill the desire.
- By repeating the same thoughts day after day, the subconscious mind is driven to act on them. In this way habits and behavior are formed. The thoughts that sink into the subconscious mind drive people into corresponding action.
- Each thought we think arouses an associated emotion. If the emotion is strong enough, it incites to action. Strong thoughts energized by emotions cause more energetic and definite action than weak thoughts. Such an action brings results in accordance with the thought that prompted it.

● Similar thoughts bring people together. When one person has a need, and the other can supply it, their thinking can bring them together in a surprising manner. This is what we call a coincidence.

Some time ago I have heard the following story, which can illustrate such a coincidence:

A woman has been searching for of a new job as a graphic designer. One morning while going towards her car, she found out that she had a flat tire. Reluctantly she took the spare tire out, and prepared herself for the unpleasant task of changing it.

As she was trying to loosen the screws of the tire, a car stopped by, and the driver asked he if she needed any assistance. She accepted his help, and while changing the wheel they started to talk.

It turned out that he owned a graphics designing company, and needed desperately a qualified and experienced graphic designer. To her surprise and joy, he requested her to come to his office later during the day, with her certificates and recommendations for an interview.

She did not have to wait for the interview, as she was always carrying her certificates and recommendations with her. When he saw them, he was deeply impressed and hired her on the spot.

This meeting brought together two people who needed each other in some way. It was no coincidence, as one was thinking about hiring someone, and the other about finding a new job. Their thoughts brought them into meeting each other.

This is an excerpt from chapter 1.

## Wishes do come true

When my children were younger, I wanted very much to share a vacation abroad with my wife, but it seemed to be a difficult task. Who would take care of my two young children for a whole week?

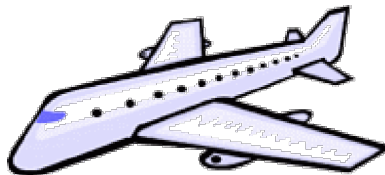
We decided to visualize and affirm that we have a wonderful vacation abroad together, and our children are happy and very well taken care of. We had a strong belief that a solution will somehow appear.

Some time later, we met a very good friend, whose kids were about the same age as ours. He said to us:

"I have a proposition for you. My work has offered me an attractive vacation abroad, but we have no place to leave our children. Would you agree to take care of my children for a week, and then you could travel, and we will take care of yours?"

My wife and I didn't even need to think for a second. We said, "yes", at the same time.

And so it happened that we were able to go on a lovely vacation to Europe, while our good friends were taking good care of our children.



This experience shows how visualization produces results in a natural, yet unexpected manner. Visualization, faith and desire, work together to make dreams come true.

This is an excerpt from chapter 1.

## The resistance of the mind

While trying to do what I am suggesting, you might find out that you do not always remember to be aware of your thoughts. But even if you succeed only occasionally, this is a good first step.

The mind might resist your efforts, whirl you into negative thoughts, and make you forget to substitute them with positive ones. If you don't give up, success will crown your efforts.

It is quite probable that you will find it hard to think positively whilst you are in a negative mood. Remind yourself that thoughts have power, and as repeated thoughts materialize, it is not wise to mess with negative ones.

Visualizing success and expecting health and happiness, might feel inconvenient and look unreal to some people. They might feel they are cheating themselves thinking about success and happiness, while in reality it is not so.

The mind usually resists any change. It likes to stick to its habits, even if they are to its detriment. In some cases the expectation of failure is too strong, as previous experiences might have been negative. It takes time and effort to break a long-standing habit and acquire a new one.

This is an excerpt from chapter 2.

## Foreword to guiding stories

It is said that a picture is worth a thousand words. Stories are like pictures, they evoke images in the mind. The stories included in this section of the book were written in order to portray in a picturesque manner, the process, information and inner tools, necessary to gain success through creative visualization.

This part is actually a manual written in the form of stories. You can take each story and repeat it in your life like a ready-made script, and obtain the same results as depicted in each story.

The stories have a concluding part called "**Summary and Instructions**". Please give them special attention, as they analyze the important points of each story, and point out how to use the rules and laws of mind power. By studying them carefully, you will be able to bring the same 'miracles' into your life.

Before we proceed, I would like to recapitulate in a few words, some of the basics of creative visualization that were explained so far. Further on in the book, you will find all the necessary details to put the power of the mind work for you.

- Creative visualization is a technique for creating a new reality.
- Creative visualization is similar to daydreaming, but is dynamic.
- Its tools are thoughts, imagination, affirmations, desire and concentration.
- Imagination is a power that gives shape to things. When it is infused with desire and emotion, it becomes a mighty force.
- Thoughts and feelings create a subtle reality on the astral and mental planes.
- Whatever is created on the astral and mental planes tends to manifest on the physical plane.
- Repeated thoughts and affirmations sink into the subconscious mind and influence its actions and reactions.

- The subconscious mind is the mediator between the conscious mind and the omnipotent Universal Mind.

All of us visualize creatively, though unconsciously. Knowing how to do it consciously and correctly is the gateway to a happy, successful and satisfying life.

This is an excerpt from chapter 4.

## Patience and perseverance

Most results do not occur overnight, even if you are experienced with creative visualization. It is not a sort of magic that you just whisper the magic words, or think a thought and miracles happen on the spot. Creative visualization **needs time to create the proper circumstances** to fulfill your wish.

If after visualizing for a few days, you don't get results, don't give up. Go on until you succeed. It may take days, weeks, months or years, to achieve your desires, depending on the size of your goal.

A simple intent, such as finding a parking place in a crowded area, usually materializes quickly. Bigger desires, such as owning a house, or becoming a manager of a company, need more time to materialize. So **have patience, and don't give up**, if you don't get fast results.



A seed planted in the ground, does not become a blooming flower overnight. Planting a small plant does not produce fruits the next day. They need time to grow, and have to be nurtured regularly and properly with patience and perseverance.

Visualization needs time to produce results. The right circumstances have to be created in order to materialize your wish, so patience is needed

**Patience and perseverance** are necessary if you want to succeed. Visualizing just once for a few minutes rarely brings any results. Only repeated thoughts and images accumulate enough energy to produce the proper circumstances to materialize your goals.

This is an excerpt from chapter 5.



## Unlimited thinking

Imagine yourself watching the same movie many times a day, day after day. After a while you know it by heart and it becomes boring. There are no surprises anymore. Watching it becomes a habit, and you accept it as a way of life. You cannot stop watching it. It becomes a part of your life. You forget that you can watch other movies.

Real life is like this. It is like a movie that we keep watching nonstop. We may not like the whole movie, or only some parts of it, but we keep watching it because it is in front of our eyes.

If we accept the premise that our thoughts are responsible for the kind of life we live, and what we call reality is the replica or projection of our thoughts, we discover a mighty secret.

Why limit our thinking? Why let circumstances dictate what we think? If we constantly think about our existing circumstances, we limit ourselves to experiencing these circumstances and situations over and over again in a variety of forms. We limit our life by not thinking beyond our circumstances. If we keep recreating in our minds the same kind of life, how can anything new happen?

Each person lives within a circle with a limited circumference. Small thoughts limit this circumference.

To widen the circumference of your life, think bigger thoughts. To widen the scope of your life, dare to think beyond your immediate circumstances. **Dare to think big.** You **can** think beyond the boundaries of your reality.

If your life at the present is not to your liking, and you feel unhappy and limited, it need not be so. Open your mind to unlimited thinking, and the impossible becomes possible.

Through thoughts and imagination you can soar high above the ground level.

The mind can think about anything, small or big. Don't limit your thinking to what is familiar and known. Enjoy expanding your thoughts beyond any limits. Don't put limits to what is possible.

This is an excerpt from chapter 5.

## The role of feelings and emotions

Thoughts are cold, and need to be charged with feelings and emotions, in order to trigger them into action. Feelings and emotions add fire and zest to thoughts.

Feelings and emotions are like electricity is for electrical instruments. Without electricity, even the best tool or instrument cannot work. Without feelings and emotions, it is difficult for thoughts to materialize.

Think about things you did in your life. What prompted you to act? What thoughts impelled you into action? What causes did you support or fight for?

If you analyze what passed in your mind at that time, you would find that only thoughts charged with strong emotional content spurred you into action.

Thoughts without emotions do not stay long in the mind, and have no power. Trying to work with creative visualization without putting feelings and emotions into the thoughts is a waste time and energy. Moreover, after a while we may lose our interest and abandon our project.

Even when starting to visualize enthusiastically, there may come a time that we get a little bored or tired, especially if we are working on a project that needs time to be achieved.

There are two ways to strengthen the feelings and emotions:

1) Think about the benefits of realizing your desire, and the pleasure it is going to bring you. You may even daydream a little about your goal. This will cause your desire to get stronger, and make you more determined to succeed. The feeling of anticipation, and the eagerness to start moving things, will get stronger.

2) Just before starting to visualize, think and daydream about happy events, and about success you have experienced in the past. This usually rekindles and evokes the feelings and emotions that were experienced at that time. Enjoy and relive the event in your mind. You can visualize and relive your wedding day, graduation day, the time you bought your first car, first time you traveled abroad, a time when you won a large sum of money, etc.

Let all the emotions and feelings associated with this situation awaken. Then, when you start to visualize your goal, associate these emotions and feelings with it. Visualize achieving your goal and at the same time experiencing these feelings and emotions.

This is an excerpt from chapter 9.

## You deserve prosperity

There are people who say:

"Me, getting rich? It's not for me, I don't deserve it, I haven't done anything good to deserve the pleasures of life that money offers."

They cannot believe that they can have money. They feel it is not for them. They may wish they had money, but cannot think about this possibility as a serious one.

Money is the product of feeling deserving, thinking positively about it, expecting it confidently, and doing something to get it.

You deserve prosperity as everyone else. If other people are prosperous, so can you be. There is no reason to feel bitter and resentful. I do not mean that everyone can become a billionaire. Not everyone has the talent, or really desires to be a billionaire. But you can certainly be prosperous and well off, whoever you are.



**Everyone deserves to enjoy prosperity and live a comfortable life.**

You can choose to believe that you do not deserve money, and you can choose to believe that you do deserve it. It is just a thought in the mind, but this thought has a great influence on your life. So what do you choose?

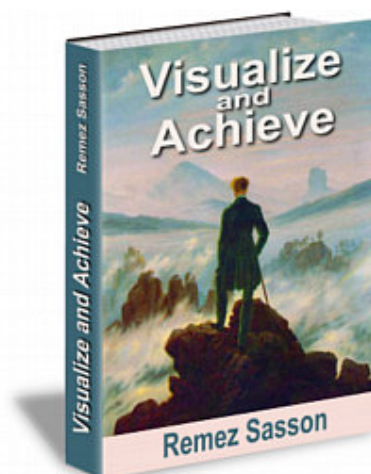
This is an excerpt from chapter 10.

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## Visualize and Achieve

By Remez Sasson

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## About the author

Remez Sasson has been studying creative visualization, positive thinking, self-improvement, mind power, concentration and spiritual growth techniques for many years.



He is now lecturing and writing books and articles about the above-mentioned subjects.

You can find many of his articles at his website:

<http://www.SuccessConsciousness.com>

Remez Sasson also publishes the bi-weekly newsletter, “Consciousness and Success”. To subscribe, send a blank email to:

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