The Law of Attraction: The Guide to Visualization Techniques

By Dr. Joe Vitale

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Dedication

This book is dedicated to Shakti Gawain.
Table of Contents

Introduction........................................................................................................................................Pg. 5
Detailed Imagery Questions................................................................................................................Pgs. 6 - 14
Help with Visualizations.....................................................................................................................Pgs. 15 - 17
Defense Preparation.............................................................................................................................Pgs. 18 - 24
Mental Triggers...................................................................................................................................Pg. 25
Mobile Visualization.............................................................................................................................Pg. 26
Conclusion...........................................................................................................................................Pg. 27
About the Author................................................................................................................................. Pgs. 28 - 29
Introduction

The trouble with most visualization or guided imagery ebooks is they don't show you how to use your imagination to project more detailed mental visions. General or broad brain imagery isn’t as real to your subconscious mind. When you add more details to your ‘mind movie’ it allows you to consciously target your goals with more focus and precision and you'll have a greater chance of staying in a consistent positive state. Using highly specific visualizations will effectively hold off all the negative media, ads, and influences in your life than do general ones.

This ebook will give you strategies on how to create precise and positive images in your mind and how to project them into the outside world. You will be able to turn your negative reality into a positive reality quickly and easily anytime you want. You'll learn how to improve your wealth, health, and relationships. You be able to achieve your goals and manifest your dreams with fewer obstacles.

The powers of positive detailed imagery will eliminate your negative thoughts, emotions, habits, attitudes, and beliefs. Successful people all over the world use visualization and imagination to their advantage: doctors, athletes, actors, musicians, businessmen, and politicians all use positive imagery. It just takes a little know-how and practice and you’ll be on your way to manifesting anything you desire.
**Detailed Imagery Questions**

Using questions to trigger positive imagery is one of the most powerful and effective ways to stimulate detailed mental images in your mind. When someone asks you a question, your mind is creating mental images at lightning speed to determine your reaction and your answer.

When someone interviews another, their follow up questions are usually geared towards obtaining more detailed answers. You can do the same by asking yourself detailed questions about your inner images which will make your mental movies even more vivid.

The more detailed your positive mental images are, the more exact they will be. A dull mental picture won't give you as much motivation or positive energy to achieve your goals as a more specific one does.

To make your mental imagery more detailed you first need to relax. You can use one or more of these common techniques:

- Remove any distractions or go to a quiet uninterrupted place.
- Put on some comfortable clothes and do a little stretching.
- Sit or lie down on a comfortable piece of furniture or mat.
- Close your eyes, try to clear your mind of any thoughts, and take slow and deep breaths.

Once you feel you are very relaxed, read the first question below, close your eyes, and visualize your answer the question. Use vivid images and color in your mind's eye. Once you are satisfied with your vision, open your eyes. Continue on to the next question and visualize that answer. Repeat down the list through all of the questions below.

Once you start doing this several times a day you won’t have to stop and read each question, the visions and your dream lifestyle will naturally appear in your mind. It will eventually become like a mental movie that you can play in your mind anytime you want.

The more you focus on your goals using your imagination, the more your subconscious will drive your conscious mind to achieve these goals. You can use the questions below to create vivid mental pictures of your wealth, health, and relationship goals. You can also write your own questions or rewrite these examples to fit your specific situation. These questions are very detailed- the more vivid and specific you can be with your visualizations the better.

**Wealth Questions:**

- How much money will you make an hour, week, month and/or year?
- How much land do you own?
- What land is your house/mansion on? Do you see grass, woods, beach/sand, lakefront, beach front, desert, farm land, or meadows?
• What kind of landscaping do you have? Are there trees, shrubs, flowers, water fountains, small ponds, gazebos, or gardens?

• What colors are the landscaped images?

• What kind of fencing do you have around your home? Is it brick, wood, designer metal bar, or cement?

• What kind of entertaining outside items do you have around your house? Do you have a swimming pool, deck, hot tub, whirl pool, volleyball court, tennis court, golf range, football field, baseball field, off road track, or swing set?

• What kind of sports equipment would you have? Can you see soccer balls, bats, rackets, or golf clubs?

• What kind of drive way do you have? Is it cement, asphalt, stone, designer stone, or brick?

• What kind of expensive tools do you have to take care of your property? Do you own a tractor, riding lawn mower, or hedge trimmers?

• What services can you afford to take care of your land? Do you have a landscaper, gardener, or lawn care person?

• Do you have an attached and/or unattached garage?

• How many cars can your garage(s) hold?

• What kind of vehicles do you own? Do you have a sports car, SUV, jeep, limo, or motorcycle? Maybe you see vintage cars, trucks, monster trucks, boats, RVs, jet skis, family cars, expensive cars, dirt bikes, jets, planes, dune buggies, golf carts, or a helicopter.

• What special things will your vehicle have? Will it have a GPS system, DVD player, internet access, security system, camera, mp3 touch screen monitor, radar detector, or a remote control?

• What vehicle services will you be able to afford? Can you hire someone to wash and clean your vehicles, be your mechanic, or be your personal driver?

• What kind of buildings are on your property? Is there a barn, storage building, or guest house?

• How big is your house or mansion? How much square footage?

• How much did it cost?

• What is the color of your house?

• What kind of material is the exterior of your house? Is it brick, vinyl siding, stucco, or cement?

• What is the texture or design of the outside exterior of your house? Is it smooth or rough?
- How many windows and doors does your house/mansion have?
- How many floors does your house/mansion have?
- How many wings does your house/mansion have?
- How many rooms does your house/mansion have in total?
- How many kitchens does your house/mansion have?
- How many bathrooms does your house/mansion have?
- How many bedrooms does your house/mansion have?
- Does your house have an attic and/or basement? Are they finished?
- How big is your game room?
- What entertaining things are in your game room? Do you have a big screen TV, video game system, arcade games, pool table, computer, ping pong table, air hockey, mini bowling alley, ski ball, basketball hoop, home theater system, swimming pool, hot tub, bar, or a card table?
- What motivational decorations are on the wall? Do you have pictures of athletes, inspirational figures, or successful people?
- How big is your home gym?
- What types of equipment are in your home gym? Do you have a treadmill, weight set, exercise gym system, exercise cycles, stair masters, skiing machines, steam room, massage table, punching bags, or gym mats?
- What motivational music do you play when exercising?
- What types of personal fitness services can you afford? Can you hire a personal trainer, massage therapist, chiropractor, nutrition expert, or weight loss coach?
- Do you have a home office?
- What types of future and equipment do you have in the room? Are there desks, filing cabinets, library shelves, computers, or a laptop? What about a copier, fax machine, printer, comfortable desk chair, meeting table, or dry erase board?
- What kind of success items and decorations do you have in the room? Are there books, certificates, business licenses, study courses, and family pictures?
- What kind of software do you have on your computer?
• What awards do you display for your successes? Do you put out awards, promotion letters, plaques, or trophies?

• How big is your main bathroom?

• How many sinks/toilets do you have?

• How big is the shower and bathtub?

• How much counter space do you have?

• What color is your bathroom?

• How big is your main bedroom?

• What colors is your main bedroom?

• How big is your bed? Is it a queen, king, or bigger?

• How much closet space do you have? Do you have a walk in closet?

• What kind of clothes do you have in it?

• What type of ceiling fixtures does it have?

• Can you access the main bathroom from your main bedroom?

• Do you have end tables?

• Do you have a makeup area?

• Do you have mini bar in your bedroom?

• Do you have access to a deck outside your bedroom?

• What kind of flooring does your bedroom have?

• Do you have a fireplace?

• What entertaining things are in your bedroom? Is there a stereo, big screen TV DVD player, video game system, lighting system, or mirrors?

• What art work/ pictures do you have on the walls?

• Do you have any other furniture in your bedroom? Do you have a chair couch, desk, dresser or end table?

• Do you have a personal maid or cleaning service that cleans your home for you?
• How big is your main kitchen?
• What colors is your kitchen decorated in?
• What kind of flooring? Is it vinyl, hard wood, tile, or carpet?
• Does your kitchen have an island with or without bar stools?
• How much counter and cupboard space does it have?
• Do you have a walk-in pantry, freezer, or fridge?
• What appliances do you have? Do you have a stove, refrigerator, dishwasher, grill, sink, dish disposal, deep fryer, microwave, and warming rack?
• What brand or kind of appliances are they?
• What kind of fine dishes and cookware do you have?
• What kind of special mini appliances do you have? Do you have a blender, dicer, broiler, or juicer?
• Do you have a personal chef that cooks for you?
• What kind of good expensive foods are you able make?
• Do you have a shelf or space for all your cookbooks?
• What do the kitchen table and chairs look like?
• Do you have a dining room off from the kitchen?
• What color is the dining room?
• What kind of furniture is in the dining room?
• How big is your living room?
• What colors is your living room decorated in?
• What kind of ceiling fixtures does it have? Is there a ceiling fan, ceiling lights, or a chandelier?
• What kind of flooring does your living room have? Is it hardwood, tile, or carpeting?
• What kind of decorations does it have? Is there art work, sculpture, family pictures, plants, or knick knacks?
• What kind of entertaining things are in your living room? Do you have a big screen TV, stereo, game system, books, shelves, or cable television?
• What kind of furniture do you have in it? Do you have a couch, chairs, coffee table, end table, lamps, fireplace, or shelves?

• What specific kinds of movies and music would you own?

• Does your mansion have a stair case or a mini elevator?

• How big is your outside deck?

• What kind of outside furniture does it have on it? Are there chairs, tables, a picnic table with umbrellas?

• What kind of outside cooking equipment do you have? Do you have a grill, bar, or mini fridge?

• What antique furniture items do you have in your house?

• Do you have a separate laundry room?

• Do you have a personal laundry service or go to a dry cleaner?

• How big are your children’s rooms?

• What kind of furniture do they have?

• What kind of toys do they have?

• What theme is their room decorated in?

• What kind of outside toys do they have?

• What schooling does your child have? Are they in college, public school, private school, or home schooled?

• What entertaining things are in their room? Do they have a TV, stereo, computer, or DVD player?

• Does your house have central air or an air conditioner and furnace?

• What other types of other personal property do you own throughout the world? Do you own several houses, mansions, cabins, condos, or apartments?

**Personal Relationships:**

• What family members live with you?

• Are you married, dating, or single?

• What does your perfect mate look like? Visualize their hair color, weight, height, and eye color.
- What kind of personality does your perfect mate have? Are they funny, charming, caring, sensitive, and optimistic?
- What do you look like? Are you muscular, skinny, in average shape, or good looking?
- What health problems have been healed?
- What new attitude have you created?
- What kind of positive body language do you use?
- What positive character traits do you bring out that you hadn’t used before?
- What skills and talents have you discovered that you didn’t know you had?
- What kind of jewelry would you purchase? Would you get a watch, diamond earrings, or a pearl necklace?
- What plastic surgery would you be able to afford if you wanted it? Could you get a face lift, tummy tuck, or breast enlargement?
- What types of people do you socialize with? Are they creative, focused, inspiring, and successful?
- What addictions or bad habits could you afford to get treatment for if you needed it? Could you afford a rehab for gambling, alcohol, smoking, or cocaine abuse?
- How does being wealth help you cope better with your health problems?
- What kind of fears or phobias could being wealthy help you with? Can you afford help to conquer your fear of flying, heights, certain insects, socializing, or intimacy?
- How will having money build your self confidence? How?
- What kinds of clothes or special outfits would you be able to buy?
- How would wealth eliminate certain worries?
- What would you do with your time and money to fix things in your life?
- Now that you are wealthy, what hobbies do you have time for and can now afford?
- What places will you be able to visit? Can you see yourself traveling across the U.S, other countries, taking a cruise, tour, or safari?
- What fun things will you do there? Are you shopping, visiting museums, sightseeing, going to an amusement park, or taking a helicopter ride? What about going to the beach, theater, or a concert?
• Will you travel first class? Can you see yourself in an upscale hotel or in a fancy suite?

• Will you be famous and wealthy? How do you make a name for yourself?

• What places or opportunities will you be invited to? Are you attending award shows, after parties, movie premiers, concerts, TV radio interviews, private resort vacations, or speaking events?

• What media resources have worked with now that you are famous?

• What self improvement techniques do you participate in that keeps you positive and able to achieve your goals?

• What athletic achievements have you made?

• What expensive or exotic wild pets do you have?

• What kind of expensive training, schooling, or college can you afford?

• What new hobbies, interests, or activities can you now afford to do?

• What enlightening conversations will you have with friends, family, and famous people you meet in your life?

• What kind of health care professionals will you be able to afford if you need it? Can you afford a psychiatrist, psychologist, therapist, counselor, surgeon, specialist, or dentist?

**Career and Business Questions:**

• What kind of business will you own?

• How many businesses will you own?

• What kind of business will you own?

• What high paying dream job/career will you have?

• What niche will your business be in?

• Will you businesses be online or offline or both?

• How many employees will you have?

• How many outsourcers will you have?

• What jobs will you outsource or give to employees?

• How will you promote your business online and offline?
• How big is your customer list?
• How high are you ranked in the searches engine?
• How many affiliates do you have?
• What types of media outlets have promoted your business?
• Who are some famous people you had a joint venture with?
• Who are some of your famous customers that have endorsed your product?
• How many web sites do you own?
• How many profitable investments do you have?
• How many raises or promotions have you gotten?
• How much do you make at your job?
• How big is your store or office?
• How many of your businesses have you franchised?
• Is your business in a skyscraper in a big city?
• Do you have businesses or investments overseas?
• What major business mistakes have you made that you won't make now?
• What business goals or milestones have you achieved?
Help with Visualization

One effective way to move closer to your goals is to visualize specific things you need to do the day before you do it. It's basically planning out your day in your mind beforehand. You can even visualize your day right down to the minute. Writing out a schedule is also helpful, or make a to-do list to outline the main objectives of your day. This mentally prepares you for completing the tasks and focuses your attention on the right action.

Below is a list of common tasks or routines people may do on a daily basis. Anyone can use these visualizations as inspiration to make outer changes in their life. Try even feeling the positive emotions, body language, attitudes, and conversations you will have in these situations.

Imagine your morning goals:

- Waking Up - Waking up full of energy and ready to start attracting wealth into your life.
- Getting Dressed - Wearing clothes that make you feel professional and successful.
- Brushing Teeth - Helps keep a nice appearance with a bright, clean smile.
- Positive Self-Talk - Repeating affirmations to begin your day in a positive mood.
- Taking Shower/Bath - Being clean makes you feel good and ready to greet the world.
- Breakfast - Eat healthy foods that will make you feel strong and give you a lot of energy.
- Drinking Fluids - Having juice, water, or a cup of coffee gives you an extra boost.
- Exercising - Jogging or working out to improve health, strength, speed, and appearance.
- Reading/Watching News - Being informed of weather, industry news, and other stories that could affect you in your business day.
- Kissing/Hugging Hello and Goodbye - Improves and maintains a healthy relationship.
- Packing Lunch - Getting the healthy foods and drink you'll need to get through your day.
- Getting Kids Off To School/Babysitter - Making sure your children are safe and educated.

Imagine your job or business goals:

- Driving To Work or Business - Listening to motivational music, a self help DVD, positive news, or a radio talk show on the way.
- Greeting Others - Saying hi and having small talk with fellow employees, your employees, or other students.
• Review Day - Reviewing schedule, to-do list, assignments, checking stats, inventory quotas, etc.
• Getting Organized - Preparing your work space, work supplies, or scheduling people.
• Social Tasks - Contacting customers, checking/answering e-mails, making phone calls, networking, meetings, masterminding, and outsourcing.
• Having Lunch - Eating a healthy lunch and keeping yourself well hydrated.
• Work Tasks - Taking tests, doing assignments, running machines, selling to prospects, paperwork, marketing, and product development.
• Taking Break - Take a walk or read a book/magazine to rest your body and mind.
• Problems - Fixing problems and getting over obstacles that come along throughout the work day.
• Learning - Educating, researching, or training yourself or others about your job or business.
• Prepare for Tomorrow - Make a to-do list, schedule, write down goals, and get excited for tomorrow.

Imagine your evening goals:

• Driving Home - Unwind to beautiful music, a motivational DVD, or listen to afternoon radio talk/news show.
• Run errands - Take care of a few things before you go home like shopping, pick up dry cleaning, or pay bills.
• Get Mail - Read about your bills, offers, or other important information.
• Greet Spouse/Kids - Hug and kiss them when you walk in the door. Ask about each other’s day.
• Eat Dinner - Make a healthy meal at home or go out to dinner.
• Chores - Do chores around the house to keep your space clean and clutter free.
• Responsibilities - Do your homework, second jobs, classes, or go to meetings.
• Entertainment - Watch TV, play games, go to the movies, go to your children’s school events, help with homework, or read.
• Get Ready for Bed - Take a shower, brush your teeth, and get into bed to visualize for your next day.
You must be flexible because things don’t always go the way you envisioned. You will often run into roadblocks, obstacles, and unexpected delays in real life. Being mentally prepared will help you from feeling negative about the unexpected changes in life.
Defense Preparation

You can imagine blocking, defeating, or overcoming a specific negative situation or obstacle by having a plan ahead of time so when it happens you will be fully prepared. The problem itself will trigger your pre-planned visualizations which will pull you back on your path to achieving your goals.

Below is a list of negative situations that could possibly arise. Each is followed by visualizations you can use to change the situation into a positive one.

You can use the examples to make a detailed list for your own specific lifestyle. Review the relaxation technique listed earlier in this ebook. Imagine yourself turning around upsetting emotions, feelings, actions, reactions, habits, and challenges using specific visualizations.

- If you don't get a raise imagine learning from your mistakes and getting a raise in the future.
- If you don't get a job promotion, visualize getting promoted your next time around.
- If you are criticized think back on all the times in your life that you have been complimented.
- If you get caught in heavy traffic be thankful that you don't have to walk or ride a bike to your job.
- If you are late for work be inspired that you are still going to have a productive day.
- If you get sick and lose a day of work, take the time to watch some positive TV shows or movies.
- If you get a bad grade, visualize studying harder for your next test and doing better.
- If you are laid off have faith that you'll find a better job and celebrate the goals you have accomplished.
- If you are fired focus on what you do have and say a prayer to get another job.
- If you get diagnosed with a disease get good health care and see it as a challenge that you are determined to win.
- If you feel tired remember a time when you were wide awake or had a lot of energy.
- If you are depressed watch a funny movie or stand-up comedian to get yourself in a more positive mindset.
- If you are sad, read some funny jokes or stories to turn that frown upside down.
- If you are jealous make a list of reasons why you could be happy for the people you are envious of.
- If you are angry think about the many things you can be happy about.
• If you feel pessimistic seek out some optimistic people you know and have a positive conversation about your situation.

• If you feel nervous close your eyes, clear your mind, and do some slow deep rhythmic breathing.

• If you fear something imagine all the benefits if you face the fear and overcome it.

• If you are craving an addiction remember that you will be setting a good example for your friends, family, and children if you stay clean.

• If you feel confined, go outside and get a breath of fresh air.

• If you feel shame for something you did, apologize for your negative action and openly forgive yourself.

• If you feel neglected join a positive online social network and meet some new friends.

• If you are worrying remember a time when you worried and nothing bad happened. Remember the anxiety you put yourself through for nothing.

• If you’re facing a phobia read some success stories of people getting over the same type of phobia and all the positives that came from it.

• If you feel lonely get a pet that will keep you company.

• If you are shy, list the pros of overcoming your shyness. If you socialize you could end up meeting a new life-long friend or companion.

• If you feel confused about something, consult an expert or do some self-study to educate yourself about the subject.

• If you feel inadequate find a positive mentor that you can model and learn from.

• If a family member/friend passes away remember that this is part of life. Keep your focus the good times and experiences you had together.

• If you get hurt or laid up welcome it into your life. Take this time to heal other parts of your life that need attention.

• If you have constant physical pain seek out the medical attention you need. Surround yourself with positive people and situations to help take your mind off the pain.

• If you have a bad memory edit or change it in your mind into a good memory.

• If your monthly bills go up, see the bright side. Maybe it will motivate you to make more money.

• If you have gone into debt know that it’s only temporarily. Study the secrets of those who have already gotten themselves out of this situation.
• If you have a large tax bill realize that we all have to pay taxes. Appreciate that you make enough money to even have that big of a bill.

• If you get into legal trouble find a good lawyer and keep saying positive affirmations regularly to help get you through the progress.

• If you have to file bankruptcy think of it as a new start and the financial mistakes you made are all in the past.

• If you get into an argument with your spouse/friend take a break to really look at the situation. If you were at fault apologize and do something special to make it up to them.

• If your significant other betrays you and you have determined your relationship is worth saving, get additional help from a relationship professional.

• If you run into bad weather imagine the good weather you'll have again when it passes. Remember that the rain helps the trees and flowers grow.

• If your car breaks down know that unexpected good luck usually follows bad luck.

• If you lose your luggage at the airport trust that the airlines will find it for you promptly or compensate you for your loss.

• If you missed your flight and are frustrated, listen to a motivational c.d. or mp3 while you are waiting for your next one.

• If you get a traffic ticket accept that you made a mistake. Remember that it could have been worse.

• If you have to go to prison, make no excuses and don't blame others for your situation. Read positive books and inspiring authors to get ideas on how to create a better future for yourself.

• If you get sued keep a lucky charm with you during the legal process. Repeat to yourself that things will work out, you will win your case, or it will be settled with a good outcome.

• If you get demoted try to take it constructively. Don’t give up, observe and learn from the person who got your position.

• If they cut your wages remember that your employer is probably financially hurting too. Maybe the money you are giving up will help the company continue and you won’t lose your job completely.

• If you get written up at work, think of it as a chance to get good advice that can help you get a raise in the future.

• If you get a bad work review know that it will give you motivation to end the negative or bad routines you have that lead to it and you'll eventually move up the later.
• If you have slow sales be positive and don't give up. Invest in some different products or services that can help improve your sales.

• If your website crashes contact your hosting company or computer service about the problem. See how you can prevent this in the future.

• If you run out of something you need remember that you are productive enough to use it up in the first place. This shows you that you are getting closer to your goals.

• If something important breaks remember that things can be replaced and you can end your frustration by using positive self-talk through the whole situation.

• If you miss a deadline or quota remember that you tried your best. Read success stories where people made it beyond certain failures in their life to remind you that you will too.

• If you have to work overtime, read some inspiring quotes to get you through those extra hours. Visualize what you'll do with the extra money you make.

• If you are unable to generate much web site traffic, analyze and evaluate any negative thoughts or actions that may be contributing to this situation.

• If you get into an argument with someone, take a long nice walk and reevaluate the situation before you say something that you can’t take back.

• If you get rejected by someone you ask out remember that the one for you won’t say no. Keep going out and meeting new people until you find the right connection.

• If you are physically or mentally abused, talk to a professional. There are many resources and agencies that can help you get out of this situation.

• If your children won't listen to you educate yourself with child psychology books or find a website that addresses behavior issues.

• If you don't get enough sleep drink a cup of coffee or take a shower to wake yourself up. Then write down your sleep goals and follow them to get the sleep you need.

• If you are gaining weight find a good diet and exercise plan. If you get discouraged keep imagining what you’ll look like after losing weight.

• If you don't reach certain goals use meditation to help get you back on track.

• If you don't solve a certain problem, try a different approach and trust you'll make the best decision possible.

• If you get a headache take some pain reliever and listen to some nature sounds on a c.d. or music that will relax you.

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- If you start a bad habit use subliminal c.d.’s, dvds, or software to reprogram your mind to let it go.
- If you have gossip or bad rumors spread about you, bring up the situation with your peers to solve the problem and when it bothers you do something that always puts you in a good mood, whatever it is.
- If you get back stabbed by a friend it might be time to make some new friends!
- If you get depressed from a negative news story turn your attention or channel to some positive news stories.
- If your house gets damaged from a natural disaster or accident remember that with insurance you’ll be okay. You’ll also have friends and family to help you in this situation.
- If you have a physical/mental disability look for new technology that will help you heal them. Realize that many people have different mental or physical disabilities that you can’t always see.
- If you make a bad investment know that you are at least taking a chance to improve your life. Others are often too afraid to even take a risk.
- If your competition outsells you could go outside and yell your frustration out loud. Vow to make your business more competitive.
- If you have a bad credit score write down the score you want and educate yourself on how to get it by changing some of your spending habits.
- If you can’t pay a bill on time be honest with the business and make arrangements to fix the situation.
- If you have a lot of irritating distractions brainstorm creative ways to limit this.
- If your work load gets bigger because of layoffs, take one day at a time and find a way to be more productive with less time.
- If your limiting beliefs keep reappearing think about what will happen if you continue to let them get in the way of reaching your goals.
- If you feel overwhelmed with responsibility, find people who can help you with it so the load won’t feel so heavy.
- If you have to downsize your business think of all the money you’ll save and the future long-term survival of your business.
- If you have to ask for government assistance realize that everyone needs a little help now and then. It’s ok to seek it out and accept it.

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• If your girl/boyfriend breaks up or spouse divorces you think of it as an opportunity to find someone who appreciates what you have to offer.

• If you look or feel older than you are go out and do something you did when you were younger.

• If you cheated on your diet be flexible and restart it. If you mess up again think of it as a reward for trying to be on a diet.

• If you're interest rates go up find a resource to get cheaper rates. See the happiness in your family from the things you could afford to buy them with all the money you saved.

• If you are overdue paying a bill and you get a late fee, read some biographies of successful people who got those type of fees once too.

• If you have a nightmare or bad dream think about a positive dream or memory you had in the past.

• If you have negative self-talk, write a letter to yourself full of positive affirmations to counter it.

• If you are unorganized because of a negative attitude visit some positive web sites to change your mood or remove the negative physical and mental clutter in your life.

• If you are having a lot of bad luck, remember the good luck that you've had and the things you have won in the past.

• If a loved one is in the hospital, volunteer to help them with anything they may need like running errands, loaning money, or taking care of their home.

• If you make a mistake, try to think of it as a learning experience. Take your mind off of it by watching a funny movie or cartoon.

• If you don't feel safe in your home install things that make you feel more secure like a security system or outdoor motion sensor camera.

• If you feel unfulfilled at your job, reward yourself with a treat at the end of the day or at the end of the work week.

• If you are shy in front of people read some self improvement articles to help you in social situations.

• If you get turned down for a loan or credit card try applying for one at a new bank.

• If you feel bad for committing a sin confess it to a priest or close friend and find a way to make it up.

• If you feel unattractive make yourself feel better by getting a full makeover. Always remember it’s what's on the inside that really counts.
- If you forget something important apologize right away and find a way to make it up to the person. Do what you can to not repeat this mistake.

- If you get insulted don't take it personally, try to forgive the person and assume they are having some other problem in their life that is unrelated to you.

- If you feel sorry for someone do something nice for them like donate to their charity or volunteer your time to help them with something they need.

- If you feel you have too much competition, welcome it because it means what you are doing is in demand.

- If you don't feel comfortable with your environment, change your surroundings to a more positive atmosphere with positive objects like pictures, people, scenery, colors, candlelight, or a warm blanket.

- If you need to relax put on some comfortable clothes or get a symbolic tattoo you can view anytime you want.

- If negative people in your life are dragging you down spend less time with them and go to some events to meet new people. Listen to some motivational speaker or go to some group therapy sessions.

- If you don't have any motivation to accomplish a goal you need to achieve bet someone you can do it and it will feel like a competition or game instead of work.

- If you get a negative thought or image in your mind you can get rid of it by destroying it in your mind by blowing it up, dissolving, crushing, or smashing it.
Mental Triggers

Sometimes it can be difficult to visualize a positive mental movie. Often there is a lot of negativity around which can put a lens on how the mind perceives things. One of the easiest and fastest ways to create a positive visualization is to use a mental trigger image. A mental trigger is just a basic single image that you use easily and quickly to lead you to creating your mental movie.

Your mental movies/visualizations are your own creation and imagination so the sky is the limit on where you go with them. Use the mental triggers below to create some positive pictures. By creating mental pictures using certain words, images start to come up naturally. Before you know it, you’ll be in your own mental movie full of your dreams coming true.

- **Positive Holiday Triggers**: gifts, turkey, pumpkins, costumes, Christmas tree, angels, snowman, hearts, candy, flowers, fireworks, decorated eggs, basket, Pilgrims, Indians, Santa Claus, rabbit, birthday cake, and decorations.

- **Positive Vacation Triggers**: sand, hotel, plane, jet, oceans, shops, amusement park rides, souvenir, cruise boat, museums, sunshine, bar, camper, luggage, car, motorcycle, live event or show.

- **Positive Relationship Triggers**: love, smiling, compliments, giving good advice, listening, entertaining, telling a joke, kissing/hugging, motivating, helping, supporting, and being a friend.

- **Positive Home Triggers**: house, land, couch, bed, kitchen, pool, yard, garden, table, bathroom, bedroom, dining room, entrainment room, chair, stereo, TV, computer, books, music, movies, magazines, piece of clothing, jewelry, food, craft items, knick knacks, candle, antiques, art work, or video games.

- **Positive Career Triggers**: workplace, break room, workspace, desk, machine, boss pictures, co-worker pictures, parking lot, job review, paycheck, and work uniforms.

- **Positive Business Triggers**: computers, business building, website, desk, shelves, inventory items, products, service truck, employee pictures, awards, business license, and positive customers.

- **Positive Health Triggers**: healthy foods, healthy drinks, vitamins, exercise equipment, your doctor, a self-help expert, or medicine.

- **Positive Nature Triggers**: tree, grass, bushes, flowers, plants, mountains, river, lake, ocean, beach, sky, sun, animals, valley, leaves, and dew.

- **Positive Color Triggers**: red, green, blue, pink, neon green, light blue, purple, lavender, yellow, orange, and white.
Mobile Visualization

You can create a detailed mobile imagination sanctuary. You can use a collection of handpicked positive, inspiring, and motivational online images to create a personal web page, private site, blog, or social page. Make it an uplifting place you can visit online anytime of the day using your computer or mobile Internet phone. You could even password protect it for privacy. You can add new images and files anytime you want.

- **Pictures** - You can add positive pictures to your self-help web site from photo sharing or other picture web sites. You could also take your own motivational pictures, scan, or upload them.
- **Videos** - You can add positive videos to your site from video sharing or other video web sites. You could also create your own inspirational videos.
- **Graphics** - You can add positive art work/graphics to your web site from free/fee graphics sites. You could also design your own inspiring graphics.
- **Web Design** - You can add positive colors, designs, backgrounds, symbols, and templates to your site. You could pick colors and designs that make you feel happy and relaxed.
- **Articles** - You can add positive self improvement articles to your site from free article republishing directories.
- **Poems** - You can add positive and inspiring poems from free poem directories.
- **Forum/Chat Room/Blog Comments** - You can add ways for people to add or submit motivational and inspiring comments on your site.
- **Testimonials/Endorsements/Media Reviews** - You can add positive comments from others about you, your career/business or other achievements.
- **Music/Music Videos** - You can add inspirational music to your site. You can even set it to play automatically every time you visit it.
- **Affirmations** - You can add motivational affirmations to your site. You could also have them subliminally blink on your site.
- **Ebooks** - You can link positive ebooks to your site that can be downloaded for free.

Much of this can be downloaded from the internet for very little money and be used to create a positive sanctuary in your environment. Positive images and affirmations can be displayed in your home, office, workplace, or car. Put them anywhere you spend time to keep your positive energy going.
Conclusion

You will now be able to create and control your own visualizations instead of the outer world creating mind movies for you. No more programming your mind with imagery that will make you act a certain way or persuade you to purchase things that you didn’t want in the first place.

As people get older it gets harder for them to use their imagination because of all the news, TV, media, videos, internet technology, and negative images in the outer world. All of them are competing for our inner mind visions and attention. These techniques will help you create your own clear, positive, and ad-free mind movies with outside inference. Now you can focus completely on the dreams and goals you really want in life.
About the Author

Dr. Joe Vitale is the author of far too many books to mention here. Here are just a few of them:

He wrote the bestseller, The Attractor Factor: 5 Easy Steps for Creating Wealth (or anything else) from the inside out. It became a #1 bestseller twice, even beating the latest Harry Potter book.

He also wrote Life’s Missing Instruction Manual: The Guidebook You Should Have Been Given at Birth. It, too, became a #1 bestseller and was picked up by WalMart.

Joe also wrote Hypnotic Writing and Buying Trances: A New Psychology of Sales and Marketing. Besides all of his books, Joe also recorded the #1 best-selling Nightingale-Conant audioprogram, The Power of Outrageous Marketing.

Joe’s marketing methods have made people millionaires. He’s been involved with every aspect of marketing, from traditional direct mail to publicity to infomercials. He is the president of Hypnotic Marketing, Inc. and is the world’s first hypnotic writer. He created a home-study course called “Hypnotic Selling Secrets” -- and made $450,000 in 3 days selling it online.

He's being called "The Buddha of the Internet" and, after his huge weight loss, "The Charles Atlas of the Internet."

Known for his outrageous publicity stunts, Joe received local and national media attention from the likes of The New York Post for “The World’s First Canine Concert” (http://www.canineconcert.com/) in order to promote his bestselling book: There’s a Customer Born Every Minute - P.T. Barnum's Secrets to Business Success book.

Joe is also one of the stars in the hit movie The Secret (http://thesecret.tv/). He was seen on Larry King Live on November 16, 2006 and March 8, 2007.


He was also featured in Newsweek’s March 5, 2007 issue, story titled: “Decoding ‘The Secret.’” He was a Keynote Speaker at the prestigious National Speakers Association Convention in San Diego, CA in July, 2007.

In addition to “The Secret,” Dr. Vitale has been featured in the following films: “Try it on Everything,” “The Opus,” “Leap!” and “The Compass.” Also, coming soon to a theatre near you: “Breaking through the Barriers” and “The Meta-Secret.”

Dr. Vitale discovered that there is a "missing secret" to success. He says many people do everything right but still don't get great results. Why not? He says there are counter-intentions you need to clear. He's created several ways to do just that, from his new Miracles Coaching program (www.MiraclesCoaching.com), to the incredible method explained in his book, Zero Limits.

Dr. Vitale's style is inspiring and informative. He doesn't speak so much as to inspire. His mission is to help you achieve your dreams.
For access of Dr. Vitale’s marketing expertise, sign up for his complimentary newsletter “News You Can Use!” at his main website at www.mrfire.com

For thoughts, news, riffs and reviews by Dr. Joe Vitale ("Mr. Fire!") about marketing, publicity, selling, hypnosis, copywriting, books, fitness, metaphysics and anything else he cares to comment on, including healing, humor and the Internet, be sure to visit his blog at: http://blog.mrfire.com/

Also, have you picked up your copy of my newly released book, Attract Money Now? It's FREE! (If you don’t have it, you’re going to want to get it.)

You can sign up and get it here at...

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and remember, it's FREE!

To contact the author of this book, please e-mail Suzanne@mrfire.com or visit his website at: www.mrfire.com

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