

# CREATIVE VISUALISATION

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Imagination is the beginning of creation. You imagine what you desire; you will what you imagine; and at last you create what you will.

George Bernard Shaw



## Focussing intention on your vision causes physical reality to change.

By Nick Freedman

The purpose of manifestor is to teach you how to consciously play life bigger. We do this by educating you with knowledge that upgrades your scientific worldview from the limited perspective painted in Newtonian Physics to the more dynamic worldview illustrated through Quantum Physics. The concepts can be hard to grasp, however once a new way of seeing the world has been accepted and the tools applied to life, then you open yourself up to a world of exciting possibility.

This is a fulfilling journey that can bring you great rewards and also help you understand how to consciously navigate the personal challenges as well. So far on the journey of creating your future, you have encountered many

quantum concepts and worked through many practices. Let's review these, to build context for the creative visualisation process you're about to learn & practice.

Newtonian Physics describes a world made from *inert physical objects, which are separate and disconnected*. The *space in between the parts plays no role in their interaction*, and these physical objects move around in a never-ending cycle of cause and effect, just like *clockwork*. *Change only happens when an external force is applied to a physical object*. So to create change in your life, you have to move things (yourself, other people, your job etc) using either push or pull forces. In Newton's world *there is no connection between what happens inside you and what you create outside of you, as the two are separate*.

*Quantum physics*, on the other hand, explains that the physical world is an expression of energy. It informs us that all physical reality arises from a field of potential energy. And it replaces the concept that everything is separate & disconnected with the idea that *all things, including you, are interconnected via this field of energy*.

When the process of change is explored through the quantum lens, you learn that *the I inside (often called the observer) is both interconnected with the results you create, and also the cause of them*. So in accepting that *your intention or thoughts cause physical reality to change*, a new world of possibility opens up. This knowledge also helps you understand there is some reprogramming to do, to unlearn your past conditioning.





## Aligning your Energy

On the deepest level of your being, *you are made of energy*. As you increase the size of the particles which make up your body, coming up through the atom, into the molecules, cells, organs and brain, you identify with yourself as physical being made of flesh and bone. Arising out of these two views (physical & energy), there are *three aspects of being human* to understand, in order to learn how to create your future.

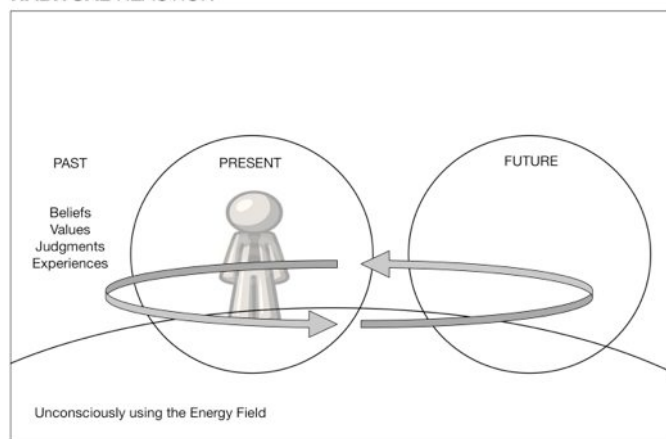
The first aspect is your *mind*, which is the realm of thought. The second is your *body*, where the thought becomes feeling, and leads into physical action to form the vehicle for creating. And the third level is your *energy body*, or spirit, which is the point where *you overlap with the quantum field*. This part of you is hardest to identify with, because you cannot see it or perceive it through the physical senses. There are several books on the reading list which will help expand your knowledge of this.

In order to become a powerful creator, you need to *align what you think, feel, say and do, with the future reality which you intend to create*. These are all movements of energy and although they take different forms and appear different, there is an interconnectedness about them. There is a flow and connectivity which is constantly happening between your mind, body and spirit, which you will mostly be unconscious of. By becoming conscious, or aware of this flow, then creating alignment from the inner point of who you are being, to the outer point of what you are saying and doing, you can start to turn your ideas about what you want, into real and true experiences in the world. This is how your imagined future defined in the vision will come into form.

**“Everyone takes the limits of his own vision for the limits of the world.”**

Arthur Schopenhauer

### HABITUAL REACTION



## Habitual Reaction

The next thing to understand is what prevents you being in this state of alignment, so you can see where the inner work needs to be done. The way your mind makes sense of the present moment is by filtering it through the memory banks of the past. It places reality into boxes by searching back through all your stored beliefs, values, judgements and experiences. It filters reality through both the good and bad memories that you've built up throughout your life.

There is an aspect of your mind, which exists to help protect you from experiencing the same pain, or threat you have in the past. It's on the constant lookout for potential threats in your environment, and kicks in before your rational mind, to make sense of reality. This aspect of mind is of great use for survival, however it blurs the window of perception as you often see reality as you were in your past, rather than how it truly is in the present. This is illustrated in the diagram above.

So by filtering reality through the beliefs and experiences of the past, with no real connection to the present moment, it's easy to see how the unconscious mind can limit the ability to create new future realities, which are different from the past.

We call this orientation towards life the *habitual reaction*. Information comes into the mind, is unconsciously processed based on the past, which causes an emotion, that becomes a *re-action*. Reactions are driven by avoiding the negatives, or grasping for the positives. Life becomes an ongoing repetitive cycle, and as the years accrue, people will say things like 'You can't teach an old dog new tricks'

## Becoming a Powerful Creator

The person who chooses to develop a creative orientation to life, seeks a new way of being, a new way of living that goes beyond the boundaries of what they previously thought was possible. By unlearning what they once held to be true, they open up to a new world of possibility. The person who orientates herself in this way, has learned how the quantum field works, and interacts consciously with it each moment, in order to cause results to happen in her life.

She knows her daily experiences are her greatest teacher, has developed high levels of self awareness by observing her mind, and undertakes transformational practices, such as meditation and visualisation, each day to maintain focus. The rewards she enjoys for living a conscious life and putting in the effort to walk the creative path are outstanding.

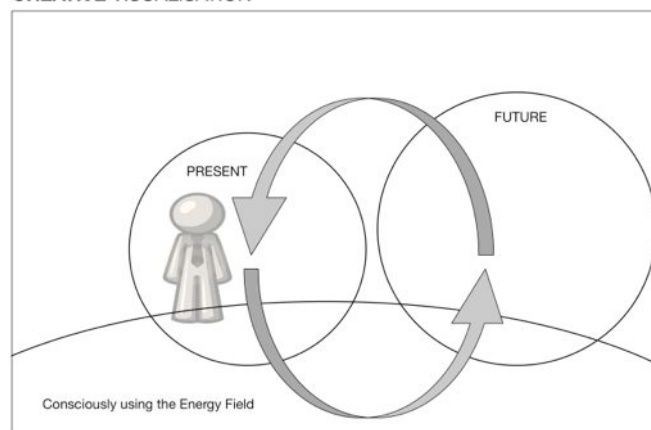
She enjoys a life of great health, by learning about and using a range of new wellbeing modalities to maintain her vitality and balance. She takes great joy from her work, having caused enough change to let go of old work, which no longer serves her. She pursues her passions and when the alarm goes off on a Monday, she's excited about the thought of what adventures will unfold in the following week.

She knows her ability to create new things in her life is bounded only by her imagination and so ceases to crave what she does not have, and rather sets about making real, that which she needs next. She is surrounded by people who love her and that she loves, simply by being a shining example of what's possible in the realm of being human, and living a joyous life in which anything is possible.

She has clear picture or vision, of what she has already, and what she is creating. She takes full responsibility for every thought, feeling and action, knowing which are aligned with her intended creation, and which are not.

She sees her life as an ever deepening journey of being the powerful creator and the more she imagines and creates new realities, the easier it becomes for her to change reality to align with her known and newly emerging passions.

### CREATIVE VISUALISATION



## Creative Visualisation

Creative Visualisation is a process which brings all of the theoretical knowledge about how you overlap with the quantum field, and makes it experiential. It is a process where you consciously use your mind to create change. The practice has been used for a long time in sports where athletes visualise themselves winning and it can be used by you in everyday life.

In simple terms creative visualisation is where you calm your mind through simple meditation practice, then start to visualise and imagine that your vision is true and real today. By engaging with this process several times a week, you will literally reprogram the neural networks in your brain to believe the vision is true. And as these thoughts overlap with the quantum field, you are using the power of your intention to bring your ideal future into physical manifested form.

Ordinary people believe only in the possible.

Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible.

Cherie Carter Scott



# Follow this process 4-7 times each week to visualise & manifest your intended future.

## 1 Give first, then receive

One of the important points to note about the use of visualisation is that the quantum field works in a cyclical flowing nature. That means that in any process where you are intending to receive something, the precursor is that you must give something first. With this knowledge, review your vision and ask 'in order for me to receive these things, what must I be giving to others?'

## 2 Be open and positive

As you know already, the mind connects with the quantum field to create reality. And you have both positive and negative thoughts which pass through your mind constantly. So it is important that you start your creative visualisation in a positive frame of mind. If you are feeling any kind of negative emotion, clear it before you start. If you try this and find your thoughts and feelings are not shifting, wait until they do.

## 3 Enter into an alpha state

The electrical activity in your brain has four distinct patterns each which possess different qualities. Your everyday waking consciousness is the beta state.

This is when your mind is busy & active. When you calm your mind, you increase the amount of alpha brainwaves, which enable you to be calm and visualise your intended results. Alpha brainwave patterns help you deepen your quantum connection, creatively solve problems and access your intuition. To do this use the MP3 file provided on the website to calm your mind through the simple meditation practice.

## 4 Bring in images & words

Once your mind is in a calm alpha state you are ready to start visualising. By now you will have created your vision and have a clear idea of your intended future. Start to bring in the pictures on your vision board. Place yourself inside your vision and deeply connect with all your senses, as you do so. Literally feel your way around the scene in your mind. Also bring in the key words in your vision of who are being and what future results you are creating.

Use language that is both specific and positive. Also imagine the vision is real now in the present moment, rather than in the future (see the vision builder for more information about why to do this).

## 5 Send your energy out

The boundary line between you and the result is only an illusion. In the quantum realm, you are interconnected with the possibility of your new future. So once you have the picture clearly formed in your mind, send it out into the quantum field as a positive intention of a new reality you are creating.

## 6 Open yourself to receive

Imagine that your intention in the form of a wave energy, moves into the field, interconnects with everything else and then returns to you. In order for your intention to start materialising, you must stay open to receive what comes back.

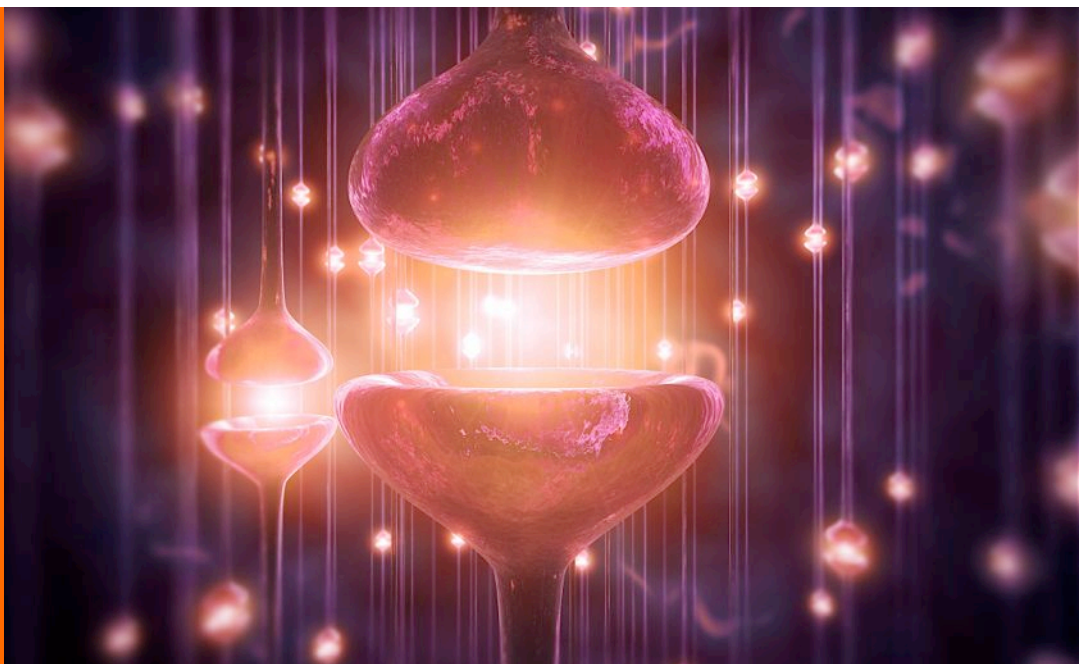
## 7 Let go of attachments

The other important element to effectively creating the future with your mind is that of non-attachment. If you stay attached to the intention coming to life in the exactly the form you want, you are interfering with the way the quantum field works. The best way is to get really clear about what you want, then let it go, allowing the quantum field to work its magic. If you try to control it, you will limit the process.

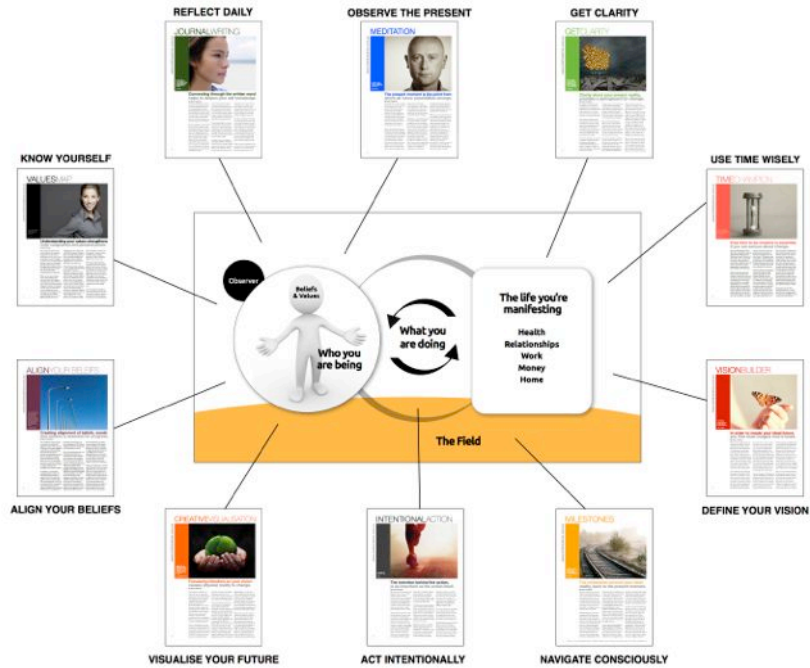
Without this playing of fantasy, no creative work has ever yet come to birth.

The debt we owe to the play of imagination is incalculable.

*Carl Jung*



# Your Manifestor Journey



Manifestor helps you play life bigger, by teaching you the skills needed to turn the vision of your ideal life into a physical manifest reality. This tool is one of 10, that makes up the complete learning journey.



## Social Learning Gym



If you like to study in a social environment with others, the social learning gym is worth exploring. Spanning across 4 weeks, you'll join other manifestors in a weekly online workshop, as well as getting 1-to-1 mentoring from Nick. You can join the public program, or book Nick directly to facilitate a learning gym for you and 8-10 of your friends, (you find a venue, then we work together with our video technology).

Visit [www.manifestor.tv](http://www.manifestor.tv) or email [clarity@nickfreedman.com.au](mailto:clarity@nickfreedman.com.au) to find out more.

## About Nick Freedman

Since 2002, Nick Freedman has been designing and facilitating programs which have helped 1000s to transform their lives and businesses from the inside out. His clients include organisations like Salesforce, Yahoo, Westpac, AoL, Ronald McDonald House & Coca-Cola, as well as 100s of SMEs & not-for-profits.

To gain more insight into Nick and the inspiration behind why he built the manifestor program, watch his TEDx talk "10 questions I asked the ocean" at [www.nickfreedman.com.au](http://www.nickfreedman.com.au)

