

The Power of Visualisation

Unleash your Rainbow



Follow these 9 insightful steps to discover how I Visualise and ignite my imagination.

Step 1

It doesn't matter whether you sit or lie down when you visualise. The important thing is to set the scene for your visualisation, so find a quiet spot where you can be safe, comfortable and undisturbed.

I'm fortunate I can walk from my apartment block across the road to a wonderful park. It's my sanctuary in the hustle and bustle of South Brisbane.

I visualise there when I can, but if that's not possible, then I have options; my favourite chair at home, my verandah, or if travelling, I find a spot that feels right.

Step 2

Take a few minutes to consider what you want to focus on during your Visualisation. It can be your whole goal or dream, or a specific task on the way to fulfilling what you want.



Step 3

When you're ready, close your eyes and breath normally through your nose until you feel relaxed. If you need to slow your heart rate down, take a deep breath, hold it for a few seconds and then exhale. Repeat this until you feel calm.

Step 4

As you drift into this state of relaxation and free your mind from your surroundings, I want you to prepare for your Visualisation by engaging your senses.

Imagine yourself stood on a peninsula looking out to the horizon.

The weather conditions are perfect! A storm has just passed through, the temperature is ideal, and you can hear the ebb and flow of the wind around you.

Sunlight filters through the clouds... there's drizzle in the air, and it feels cool and refreshing on your skin.

You breathe in the clean, post storm air, and as you do, your rainbow bursts on to the horizon... it's big, it's bold, it's beautiful!

It feels so close as it arches up from your left, and touches ground to your right. You feel blessed, uplifted, and compelled to explore, and as you reach out to touch it, you're suddenly transported to your rainbow's end.

Now begin to Visualise yourself in the moment of your success; being, doing, having, whatever it is you want to manifest in your life.

Step 5

As you Visualise your goal, make the experience feel even more real. Engage your senses once again; imagine the scenery, sounds and people, the dialogue, and any tastes or smells, that you associate with your success.

Ask yourself; What can I see? What can I hear? What can I taste? What can I smell?
What am I or others' saying?



Step 6

Immerse yourself in the triumph of fulfilling your goal. Really connect with the positive emotions you feel; the sense of excitement, joy, and purpose... if you find yourself smiling, then you've really connected with the experience.

Step 7

Continue to Visualise yourself fulfilling your goal until your story of success has played out... you'll instinctively know when it's time to bring your Visualisation to a close.

Step 8

When you're ready, open your eyes and familiarise yourself with your surroundings. Take a few slow, deep breaths and savour the moment with each intake of breath.

Let the feelings of fulfilment, contentment, and success cascade throughout your being.

Step 9

As you breath out, project those same warm, positive feelings out into the space around you.

Let the universe know you're grounded, and you have; hope, promise and purpose!

Do you feel good? ... Do you feel energised? ... Do you feel focused?

My visualisation practice typically lasts between 2 - 5 minutes, but there's no set rules! It's whatever feels right in the moment.

I usually try and visualise after my mindfulness practice. I've already spent 10-minutes grounding myself into the present moment, and I feel calm, centred, and able to focus clearly on what I want to manifest in my mind.



Visualisation is a great way to manage your rainbow and unleash the real you, as you journey towards your goals and dreams, with: **Focus, Discipline** and **Determination**.

Start Visualising today and send some positive rays of light into your sub-conscious, as you ignite your imagination and bring your dreams to life.

...and if you need support to take the next steps towards your goals and dreams, and the pot at the end of your rainbow, then I'd love to hear from you.

Head to [Manage My Rainbow](#) and see how I can help you go from; 'aHa' to 'WoW'.

I'm Allan Bennett! I'm managing my rainbow and I'm here to help you manage yours, so you have confidence to be yourself, embrace life and thrive.



Regular **A**ction **I**s **N**ow **B**elieving **O**ur **W**ishes