

The Power Of Negative Thinking – Exercise One – Positive Visualisation

Once you have carried out the first meditation, take some time to write down everything you saw, felt and experienced. Now is the time to create as rich and positive a picture of what it would look, feel and be like to have already achieved or created the outcome you desire. Really go to town here – include all sensory information and all the great feelings that you would have if you already had this outcome in your life.