

## Calm Down Your Mind Using Visualization

The technique called visualization has one purpose - to enable you to clear mental stress as quickly as possible. You can use visualization every time you feel stressed out, and it's particularly useful when fear starts to overwhelm you.

The process of visualization has proven as very effective for eliminating intrusive thoughts and mental chatter. To gain maximum benefit, you must practice visualization for more than 10 minutes at a time.

There is no right way to do visualization. Rely on your intuition, and be sure you can do it. It doesn't matter if you are poor at creating mental images. As long as you are paying attention to the exercise itself, you will get results. With time, you will master visualization which will, of course, make the effect even better, but there is no rush.

Practice visualization in a quiet place, and make sure that you won't be disturbed. When you get enough experience visualizing, you will be able to get results even if you are visualizing in a busier environment such as your office. The most common effect is that you will notice your mind quieting down. A sensation of mental release will be all over your body.

Do visualization by either sitting or standing, with closed eyes. First move your attention to your breath. This will have a calming effect by itself. But keep in mind that this is just the beginning.

To get the awareness about your breathing, place one hand on your upper chest, and the other one on your stomach. Take a breath, and let your stomach swell forward. This is the natural way of breathing. Do this 2-3 times, until your steady rhythm of breathing calms your mind down even more.

Then begin to gradually slow down your breath. Every time you are visualizing, breathe a little bit slower than last time. You will get used to breathing slowly. Once you achieve that, you can practice slow breathing even when you're not visualizing. And you will get nice effect from that.

After you've calmed down your mind, it's time to start the real visualization. Notice all the negative thoughts that are still in your mind. Let them go slowly. This will happen quite naturally once you are calm. Then think of what you want from your day, your week... even your life. But always state it in positive sentences.

For example: instead of saying "I don't want to go to work every day." say "I want to find a way to have more time for my family." Although, on second thought, you can always think of a better example.

These positive statements will make you feel good about yourself. And they will also lead you in that direction. It has been proven that people become what they think about. So with visualization, you can become a better person... having a better life.

Visualization also gives you a sense of security. By letting your guard down, you will begin to think more clearly about your life situation, and this will help you get to where you want to be. This is what visualization is all about.

By putting aside only 10-15 minutes per day, you will make profound changes in your everyday life. You will notice yourself being more and more relaxed. And things that would normally upset you will now fail to do so. It is really that effective.

## About the Author

Ivaylo Ivanov is specialized in helping people get more out of their life the natural way. Check out Ivaylo's websites about [female enhancement](#) and the one about [male enhancements](#). Watch out for his next article. [relaxation](#)  
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