

A Beginner's Guide to Visualization: Tips to See Clearly

By Chariss K. Walker

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Introduction

A little about me and why I've written this book: I've studied metaphysical sciences along with religion and spirituality for over thirty years. I have a master's degree in Metaphysical Sciences and an honorary doctorate in Divinity, but I've also spent a lot of time forming my own opinion about these topics through experience, reading and studying what others have to say, and helping others. In spite of all this, I consider myself an average person who desires to help others by sharing all that I have learned.

Still, with all that has been written by scholars and people who have far more degrees than I do, there seems to be a lack of basic information that would improve our lives. This concept reminds me of a friend or relative who makes a wonder chocolate cake. When asked for her recipe, she begrudgingly shares it, and in the process, leaves out one special ingredient that makes the mixture so divine. Those who make her recipe never get the same results. I don't want to be like that person. I want my readers to know what I know.

This book might feel simplistic to some, but I'm not convinced that the information I share in this text is widely known. With that in mind, I want this information to be easily understood. I promise not to get too extravagant or use words that you have to look up in order to understand the context. I'm going to write this book as simply as possible and elaborate with examples and details, including personal experiences, in hopes that anyone reading this text can understand what is within these pages. If I

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repeat something you already know, perhaps the next person doesn't know that information. If I repeat something I've already said, I do so in order to stress its importance.

Some books about spiritual laws, prosperity, new-age topics, and other metaphysical subjects are written by authors who haven't made the discussion easy to comprehend. Sometimes, they don't follow through with illustrations that expand the concepts. And, unfortunately, sometimes, they leave out a simple concept that would really benefit us. It is my desire to provide as much information as possible so that what I have written is easy to read and understand, not only in this book, but in all the books I author.

Special Note: If you are reading the paperback version of this book, I have left space for your notes. If you are reading the eBook version, I recommend that you have a notebook and pen available to record the exercises given as well as your thoughts and inspirations as you read. Most people learn best by reading, writing down what they've read, and then, explaining the information to another.

Chapter 1 | Understanding Visualization

To visualize is to "see something in your mind's eye" or to "imagine something." It's also to create a positive mental picture of something such as a desired outcome. When done correctly, to visualize good things happening to us promotes a sense of comfort and well-being.

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Why?

Because you are acting as if those good things have already happened. You are pretending, role-playing, play-acting, that good things come from the good pictures you imagined.

To imagine a positive outcome is a very important aspect of visualization.

If we trust the concept of Universal Laws, then we must evaluate The Law of Attraction.

The Law of Attraction – Like attracts like – specifically demands that whatever we think about the most is drawn to us like a magnet.

Let's rephrase that statement to include:

- whatever we dream
- whatever creates a mental picture or image
- whatever we imagine
- whatever ideas we have

So to expand on the Law of Attraction with that in mind, that law specifically demands that whatever we think about, whatever we dream, whatever creates a mental picture, whatever ideas we have most often is drawn and attracted to us like a magnet. Those thoughts and ideas entice and encourage those dreams, images, and ideas to come to us.

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Now, consider this: if we think about good things, good things will find us, right?

What good things will find us?

Does it matter as long as it is something good?

It does to me and I can only imagine that it does to you also.

Likewise, if we think about bad things, bad things will also find us, right?

But, exactly what bad things will find us?

Does that matter?

It does to me... and again, I can only imagine that it does to you as well.

Can you see the conundrum and confusion in that?

Let's take that further... If I think happy thoughts, I will feel happy and joyous.

If I think sad, depressing thoughts, I will feel sad and depressed.

I cannot think sad and happy thoughts at the same time. One will cancel out the other.

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If you don't believe that previous statement, try it now. Try to think of a happy memory and then a bad memory. You will leave one memory for the other because the mind cannot entertain two opposing thoughts at the same time.

This we understand.

Now, what else is missing from our understanding?

Can we think about things other than positivity?

Can we think about other things besides joy, happiness, elation, pleasurable thought?

Can we include good material possessions or personal achievements?

Of course we can. Our thoughts can expand into any area of our body, mind, and soul because we are multidimensional beings.

We are not human beings on a spiritual journey. We are
spiritual beings on a human journey.

~~ Pierre Teilhard de Chardin (1881 – 1955)

We can visualize financial prosperity and abundance, spiritual prosperity and growth, personal health and wellness, the list is simply endless.

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I like to visualize those things that bring me joy.

Certain things bring joy to me when I ponder or think about them. For example, I feel happy and content when I know I have helped someone through personal interaction or through my writings. I feel joyful when someone leaves a review about one of my books to let me know that it inspired or helped them on their personal journey.

As another example, when I think about financial or material prosperity, I feel happy when I consider helping my family, providing something special for them that they can't afford to do on their own. I believe that the entire purpose of prosperity is to share and give to our loved ones. In my estimation, there is no joy in having anything that can't be shared.

What brings you joy?

In the space provided or in your notebook, make a list of five things that bring you joy.

Chapter 2 | Where do we begin?

We begin at the beginning. One of the main purposes of this book is to be certain that you know how to visualize, that you're convinced that you can do this for yourself, that you understand the steps and the benefits. Without the proper application techniques, you can't expect to profit from the rest of this book or any other book on the topic. You cannot expect to draw your desires to you.

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Visualization is like any other new knowledge. For example, in mathematics, you can't expect to do long division or algebra without first knowing how to add and subtract.

First prepare yourself:

- Get comfortable
- Try not to stress or worry
- Try to minimize distractions and outside noises
- Breathe
- Relax

Remember that intention (our aim and objective) counts.

Let's start with something simple. We'll use an exercise that teaches you to visualize. I've used this example in several of my other books and I reuse it here because it really works.

I've worked with several people who feel they can visualize or meditate. They feel that they cannot control their minds to either focus or calm it.

Practice. Practice. Practice.

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I know, that doesn't sound like much fun, especially when our attention spans are short. But you can do it with practice and desire. You have to want it bad enough to do the work.

If you are a person that thinks you cannot visualize or if you've had trouble in the past, use the following exercise. You might find it helpful to first read this exercise into a recording device to play back during your practice.

- In your mind, imagine (see or picture) a delicious red apple.
- Hold the picture of the apple firmly in your mind seeing all of its beauty and perfection. Notice its color, shape, and the location of the stem.
- Turn the apple so that you can see each side of its round, smooth firmness.
- See the stem and the indentation at the top that lets you know where the core is centered.
- Remove the stem and mentally toss it into the trash can.
- Mentally take a paring knife and begin to firmly but gently slice into the peeling at the top of the apple. Use a firm but gentle motion being careful not to break the peeling.

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- Turn the apple as you pare off the peel. Your intention is to peel the apple completely in a circular motion without breaking the peel.
- Allow the peel to form a complete and unbroken ring.
- Now that you have finished peeling the apple, set the peeled apple aside.
- Lay the peeling on the countertop and then hold the top portion of the peel and pull up slightly so that you can once again see that it forms an entire apple shape.

Congratulation! You have just practiced visualization. This one little practice has shown you that you can see something in your mind, in your mind's eye. It will prepare you to visualize more complicated images that you desire to manifest in your personal life.

Practice the exercise often and until you feel confident about it. If, in the beginning, the pictured apple isn't clear or fully formed, keep working on it. Look at an actual picture of a red apple for a few moments before you begin the practice. Keep the picture in your mind as you work on this exercise. If the picture of an apple doesn't work, then use an actual apple. Hold it in your hand and become familiar with it before beginning the exercise.

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Keep working at it. It will come.

Use your notebook or the space provided, to journal your thoughts and feeling about this exercise. Be sure to notate how the experience affected you. Use the following questions to get started, but add notations on everything about the experience that feels important to you.

- Were you able to do the exercise the first time you tried?
- If not, how far did you get?
- Did you keep trying?
- At what point did you succeed?
- Once successful, did the exercise give you confidence?
- Did you feel anything different after successfully visualizing the act of paring the apple?
- Did the exercise open new pathways of understanding?

After you are successful with the apple exercise, write in your notebook or the space provided another exercise that you are familiar with, such as, preparing coffee, making tea, or walking to your mailbox. Start at the beginning and write each step you

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must take to complete the task (the same as we did for paring the apple).

Now, visualize that activity.

Homework: Each day for the next 21-days, practice both the apple visualization and the one you have written in your notebook.

Chapter 3 | Creating

By this point, we may realize that to ensure that good things find us; we must think about or imagine those good things. Perhaps we've even made a leap in understanding – that we must be specific about the good things we desire to find us.

Below, I've used a personal material example and the process used in order to find the best car for me:

If I desire a better car to drive, then I can't haphazardly and unconsciously imagine a new or different car. I must know which car is the best for me and which is the worst vehicle for me to drive. That requires some careful considerations... Let me repeat: I don't desire just any car or vehicle. I desire the best car choice for me.

As I've grown older, I've developed three issues that influence my desires in a vehicle.

- First, I would prefer a used car with low mileage that fits within my budget. Perhaps I prefer to pay cash or perhaps my situation is one where I don't want a monthly payment. Either way, this area of concern and desire must be considered.
- Second, my skin is sensitive to heat. A white car better reflects the summer sun. A black car seems to absorb heat, making it hotter half of the year. At least, that's been my experience.
- Third, my peripheral vision is not what it used to be. I do not need a car with blind spots on the right and left side. I don't need a large vehicle that is difficult to park or is so large I can't tell how much room I have when backing out of a parking space. Also, at five feet six inches tall, I need to be able to see over the hood and to sit up a little higher than other drivers while navigating traffic. Some of that can be managed or controlled by adjusting seats, but all of it must be considered.

*** As an aside, and this has nothing to do with my growing older... It is merely a preference. I enjoy going to antique stores and flea markets to buy small furniture items to either refinish or clean up with a little polish. It seems I can always find something to fill an empty spot at home. I'd like to have a

vehicle that has enough cargo space to accommodate that desire. I don't relish the idea of trying to stuff an item in the trunk or backseat.

All of these considerations are important to me.

Understanding these particular items also allows me to know what I don't want:

- An expensive new car
- A large or full-size SUV
- A sports car
- A van

Working out these consideration might feel mundane and tiresome to you the reader but, as in all things, it is important to know what we want if we hope to get it. This thoughtful process of examining my needs has also allowed me to understand what type of vehicle I do want.

- Sounds like I need: a white, gently used, small to midsize SUV.

Now that I know which car is best for me, I need to carry this idea a step further. I need to “see” or visualize this desire as mine. Here’s how to do that:

- I imagine that vehicle sitting in my parking spot.
- I create a mental picture of me driving that small white SUV.
- I see myself sitting in the driver’s seat with my hands lightly gripping the steering wheel and driving down a familiar street.
- At a stop sign, I look to my right and have perfect clear sight of everything outside that window.
- I look to the left and also have perfect clear sight of everything outside that window.
- I feel happy that there’s no chance that I have a blind spot and will pull out in front of oncoming traffic as I head to the grocery store.
- I imagine myself backing out of a typical parking space at the grocery store and I can easily see out the rear windows and rearview and side mirror. No chance of missing an oncoming vehicle or pedestrian.
- I have a mental picture of driving home and pulling into my home parking space, shutting off the engine, getting out of my white, small SUV, and going inside.

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- I feel happy and joyful about my choice and my vision of the perfect car for me.
- I look out my window at the vehicle and feel grateful that it is in good condition and without any mechanical problems.
- Maybe, I even do a happy dance expressing my joy and gratitude.

As I have said repeatedly in all my other nonfiction books: We have to know the destination in order to get there.

Now, in the space provided or in your notebook, pick one thing that you truly desire and that you feel is to your highest good. Go through the steps described in the previous example:

- Figure out the precise desire you wish to bring to yourself
- See that desire before you
- See yourself enjoying that desire
- Daily visualize that desire and the happiness and joy it brings until it is fulfilled
- Notate your journal about the outcome

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It is important to remember that many times the things we desire never reach us for several reasons:

- We change our minds.
- We focus on something for a limited amount of time and when it doesn't happen right away, we give up and move our thoughts and desires to something else.
- Our life changes in other ways making that desire obsolete.
- Other times, what we desire is not to our highest good or the highest good of all concerned. Don't try to get something for yourself that will harm others.

Visualization takes consistence and patience.

To read the entire book, you can find this book at any of the following links:

Universal link <https://books2read.com/u/mBMqVZ>

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