

Relaxations Visualisations

With the pressures and stresses of modern society, we increasingly find it more difficult to slow down the mental activity of our conscious mind. It is through the practice of **Visualisation** which can assist us to divert our conscious mind and begin to focus on the subconscious. Our conscious mind often holds on to range of preconceived ideas and conditioning that we have received throughout our lives and this can prove to be limiting. With all the pressures of day to day life we find it difficult to focus on anything else but our immediate problems and needs.

It is during the practice of Visualisation that we can divert the conscious mind and contact the sub conscious mind which allows you to focus on those things we wish to manifest. Many people use Visualisation Techniques to manifest financial security, find that fulfilling relationship, learning to love and [healing](#) yourself and others and obtaining direction on your [spiritual](#) path.

This is a powerful technique which can allow our minds to slow down and bring about a state of body [relaxation](#). We have noticed the increase in patronage to meditation centres, yoga classes and the like where many are searching for relaxation techniques to assist them to cope with everyday life. Psychic Medium, Clairvoyant Gold Coast, Queensland

There are a number of techniques which you can use to assist you to obtain a relaxed state. These can be used at any time of the day or night.

First, ensure you are seated comfortably with no interruptions and clear your mind of any thoughts. To assist in the process you may wish to use some [meditation techniques](#) and concentrate on [breathing](#) slowly and fully for a few minutes. As you mind becomes clear, begin to imagine that all the physical stresses from [your body](#) have been removed. During your deep exhales of breath imagine the [stress](#) and tension has been expelled from your body and has disintegrated in the air. As you are visualising this [stress](#) leaving your body begin to feel your body becoming more relaxed.

Focus on the relaxed state of your body and say an affirmation that will enhance this process such as any of the following:

- I am now in a totally relaxed state.
- My mind is now clear and body has released all the stresses and tension.
- I am now protected from harm and feel great.
- I now feel relaxed and centred.
- I now feel inner peace and tranquility.

If you find it difficult to remain focused clear your mind again of all thoughts and commence your Creative Visualisation again using your affirmations at any time to assist.

Finally: Continue to visualise the desire as long as you feel is necessary and of course the time required will vary amongst individuals.

Meditation makes my day

To some it can even sound like some kind of religious ritual but once used [meditation](#) is a powerful tool that can bring peace and happiness to all in need. It takes some time to learn how to truly meditate but a short time to begin to discover its refreshing benefits.

Meditating daily refreshes your mind warms your heart and promotes great happiness. By simply sitting quietly for 20 minutes a day you can increase [your health](#) and happiness and charge yourself for a positive successful day.

Simply sit quietly and breath in thorough your nose and out through your [mouth](#) slowly taking each breath and holding for second or two before you exhale. Do this four or five times and then relax and begin to slow your [breathing](#).

Always keep your attention focus on your breathing, when your mind changes to one of its million other subjects slowly and easily bring it back to concentrating on your breathing. You will continually have thoughts crossing your mind and in many cases in the beginning you will latch onto these thoughts and throw in a comment only to give the thought power and be of in another direction than that of breathing. Don't let it bother you consider yourself allowing your mind to flush itself of its thoughts, just let them flow by and return to your breathing each time. You will begin to notice that the periods in between your relentless reoccurring thoughts begins to grow longer. From one hundreds of a second in the beginning to a couple of seconds after a few weeks. These couple of seconds of silence will start to give you a glimpse of true well-being and happiness, it is here that you can bath yourself in the most wonderful feeling you will ever have, one of [harmony](#) and satisfaction of self and surroundings. Once found you will cherish this place and go there often continually building your love happiness in yourself and circumstances that surround you.

But how does that work.

It works by giving you peace and confidence by stilling your mind and allowing your true being to shine forth. Shine forth and create as it wishes. It silences the negativity and lets al your optimism take hold. It makes you positive. It makes you strong.

Try and do this a week in your life and if done properly you will feel what I speak and give yourself that charge you never thought was there.