

## Using Creative Imagination to Get Results

by Mitch Meyerson

(Before developing the GMC Program, Mitch Meyerson has been a prominent therapist and author ([www.sixkeys.com](http://www.sixkeys.com)) of three personal growth books. Here is an excerpt of one of his articles. He [coaches](#) on personal growth issues as well).

What if we told you there was a technique which in five minutes three times a day could rid you of bad habits, curb negative thinking, and increase your self-confidence and motivation? It's called creative imagination.

Athletes have used the technique for years, picturing a flawless performance in their minds prior to an event. World class runner, Rodger Banister states that the reason he broke the four minute mile was because he visualized it many times before this historic race in 1954. Yet you needn't be performing in an athletic competition to harness the power of this technique.

In simplest terms, creative imagination is the process of actively creating an image in your mind of something you want to accomplish and holding that picture over a period of time. By shaping this mental picture repeatedly in a relaxed and receptive state you can reprogram the software in your mental computer.

It's well known by now that we only use 10% of our minds, and the other 90% is the unconscious portion. Creative imagination allows people to tap into this unconscious portion of their minds and harness its potential power.

We already have pictures and images in our minds. Trouble is, so many of them are self-defeating. For example, early on in life we might have experienced our best creative efforts being met with criticism and our minds hold onto these memories vividly. We tend to generalize, losing sight that this was an event, not who we are, (i.e. "I'm not very creative") because these pictures are emotionally laced with pain.

In creative imagination, you take control. You visualize images and pictures of success, confidence and the completion of goals. Or you can build inner support by embracing the the child within. The creative healing potential of guided imagery is amazing.

You say you can't visualize? Try this simple test. Close you eyes and see your bedroom. Notice the windows, the color of the floor and walls. What color is you bedspread? Any pictures on the walls? Lamps or books? If you are able to answer any of these questions, you can be successful at creative imagination.

For the most effective visualization experience, it is first helpful to relax or be guided into an alpha state. This can be done with soft music, progressive relaxation or a guided imagery by a trained hypnotherapist. After achieving a relaxed and receptive state, you not only picture the result you want, but feel the emotions of the result. For example, you see yourself at your year-end review. You hear your voice speaking confidently. You feel your back straight in your chair, your feet solid on the floor, your breathing relaxed. By using all the senses, it becomes a more powerful, impactful way to reprogram one's mind.

Janet, 29, used creative imagination as part of her weight loss program. "I pictured myself twenty pounds thinner. I could feel myself walk, and my step was lighter, I moved with more energy. I saw myself eating slowly. I'd picture myself running on the beach, feeling healthy, enjoying it not because it was part of a diet, but because it felt good on its own.

Mark, 43, used imagery to complete the book proposal he had been procrastinating on for six months. "In my first few imagery sessions I found it difficult to get a clear picture in my mind. The images were foggy and I felt vague sense of resistance. It became clear that something scared me about finishing. But rather than analyze it, my therapist gave me an imagery tape to use at home twice a day for fifteen minutes. Within two weeks the pictures in my mind became clearer, I saw myself handing in the finished product while feeling an incredible sense of pride and purpose. Amazingly enough, my writing became more focused as well".

How can you make visualization as powerful as possible?

**1. Be specific.** Include as many details in your vision as you can. If your goal, for example is to increase your income, see the balance in your checkbook, breathe in the scent of new-car upholstery, feel the sun as you lounge on the beach or the heat as you sit in front of the fireplace of your new home. What would you be doing, seeing, thinking, if you were more affluent?

**2. Repeat your vision several times a day.**

**3. Don't visualize the steps you will take to get there--just see yourself already there.**

**4. Anchor your positive image.** At the point you feel most connected with your result, touch your thumb to your middle finger on your dominant hand. Then when you return to consciousness you may touch these fingers together to recapture that positive emotional state.

**5. Get a coach.** Therapists who specialize in visualization can teach you techniques to quickly attain a relaxed, responsive state, and move you through the steps. They can also help you design a visualization that will help you achieve your goal and help you explore any resistance that comes up. For example, one man who was using visualization to help increase his confidence in making sales calls, kept hearing a voice saying no while he tried to imagine closing a sale. It's important to explore resistance, to ask yourself, "Why am I in conflict over this? Do I think I'm going to have to pay too high a price for what I want? Tapes are available in most bookstores, but a specialized recording can be made to your special needs.

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