

An Exercise To Open Your Mind To Your Possibilities

Everything exists twice. First, in your mind. Later, before you in three-dimensional space.

In your mind, then, create a perfect room. See yourself sitting in the middle of it, buried deep in the folds of a huge, comfortable chair that feels as soft as a cloud. See a smile of contentment float across your face.

Closing your eyes as you sit or snuggle in your favorite chair and begin to invent the rest of the room. Fill it up with your favorite things. It might have luxurious furniture, or it might be an art studio, a library, or anything else that would make you feel that you are in your element. Let the room be an expression of you.

Now shape the walls. Do you want brick walls? Do you want to be in a geodesic dome? Do you feel an adobe dwelling would work for you? Choose the ideal shape, form, color and textures of your walls.

Finally, place your room wherever you feel most secure and yet excited. Do you want it sitting on a mountaintop overlooking a breathtaking valley or an infinite ocean? Do you want it in a glass bubble in the depths of the ocean?

Now that you're ensconced in your "cave" begin to project how your life could be.

Imagine what it would be like to have your ideal body.

Imagine what it would be like to be with people you love all day long.

Imagine the freedom to do work or play that you find truly exhilarating.

Surround yourself with the resources that you need to be living your unique and fascinating destiny.

Spend time doing this exercise, luxuriate in it. Make this daydream long and deep.

This exercise will open up your mind to your possibilities.

Do not concern yourself with how you will realize your ideal scene. Leave that to your subconscious mind.

Your task is simply to dream boldly. The details will then become apparent to you over time.

Imagine, just for a moment, if you could create a life-pattern where you could live your ideal day.

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About the Author

Saleem Rana got his masters in psychotherapy from California Lutheran University. His articles on the internet have inspired over ten thousand people from around the world. Discover how to create a remarkable life. Free information. <http://theempowered soul.com/enter.html> Copyright 2005 Saleem Rana. Please feel free to pass this article on to your friends, or use it in your ezine or newsletter. It's a shareware article.