

# **Your Invisible Power**

## **Introduction**

*Your Invisible Power* by Geneviève Behrend is a seminal work in the New Thought movement, emphasizing the transformative power of visualization and mental imagery. As the only personal student of Thomas Troward, Behrend distills his complex teachings into accessible guidance, illustrating how individuals can harness their inner faculties to manifest desires and shape their reality.

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## **Core Principles**

### **1. The Creative Power of Thought**

Behrend asserts that thought is the primary creative force in the universe. By consciously directing our thoughts and mental images, we can influence our circumstances and bring about desired outcomes. This principle underscores the importance of mental discipline and the deliberate use of imagination.

### **2. Visualization as a Tool for Manifestation**

Central to Behrend's teachings is the practice of visualization. She emphasizes that vividly imagining one's desires as already fulfilled sets in motion the creative forces necessary for their realization. This process involves engaging all senses to create a detailed mental picture, thereby aligning one's inner state with the desired external reality.

### **3. The Role of Faith and Belief**

Faith is portrayed as an essential component in the manifestation process. Behrend highlights that unwavering belief in the attainment of one's desires reinforces the mental images and accelerates their materialization. Doubt and fear, conversely, disrupt this process and hinder the realization of goals.

### **4. The Subconscious Mind as a Creative Medium**

The subconscious mind is depicted as a fertile ground where thoughts and images take root and grow into tangible experiences. By consistently feeding the subconscious with positive and constructive images, individuals can influence their behaviors, habits, and ultimately, their life circumstances.

## 5. Personal Responsibility and Self-Empowerment

Behrend emphasizes personal responsibility in the creation of one's reality. She encourages readers to recognize their innate power and to take active roles in shaping their destinies through conscious thought and visualization. This empowerment fosters a sense of control and purpose in one's life journey.

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### Application and Practice

Behrend provides practical exercises and affirmations to aid readers in applying these principles. She advises daily visualization sessions, the use of positive affirmations, and the cultivation of a mindset aligned with one's desires. Through consistent practice, individuals can develop a 'magnetic mind' that attracts the conditions and experiences they seek.

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### Conclusion

*Your Invisible Power* serves as a guide to unlocking the latent creative abilities within each individual. By understanding and applying the principles of thought, visualization, and faith, readers are empowered to transform their lives and achieve their aspirations. This foundational chapter sets the stage for the practical exercises and reflections that follow in this workbook, facilitating a journey of personal growth and manifestation.

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## ***Your Invisible Power Practical Workbook***

### Introduction

*Your Invisible Power* by Geneviève Behrend is a seminal work in the New Thought movement, emphasizing the power of visualization and mental imagery to manifest desires. Behrend, the only personal student of Thomas Troward, imparts teachings that guide readers to harness their inner creative power.

This workbook is structured to align with the key principles presented in the book, facilitating personal growth and spiritual development.

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## 1. The Power of Visualization

**Objective:** Understand and harness the power of visualization to shape your reality.

### Exercise 1: Daily Visualization Practice

- Set aside 10 minutes each day to visualize a specific goal or desire. Engage all your senses to make the visualization vivid and real.

### Exercise 2: Vision Board Creation

- Create a vision board with images and words that represent your goals. Place it somewhere you'll see daily to reinforce your intentions.

### Reflection Prompt:

- Describe how consistent visualization has impacted your motivation and actions toward your goals.
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## 2. Mental Imagery and Faith

**Objective:** Develop unwavering faith in your mental images as precursors to physical manifestations.

### Exercise 1: Affirmation Development

- Craft affirmations that align with your visualizations. Repeat them daily to reinforce belief in their realization.

### Exercise 2: Faith Journal

- Maintain a journal documenting instances where faith in your mental images led to tangible outcomes.

### Reflection Prompt:

- Reflect on a time when faith in your visualization led to a successful manifestation. What did you learn from this experience?
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## 3. The Role of Desire

**Objective:** Recognize desire as the starting point of all achievements and learn to channel it constructively.

### **Exercise 1: Desire Clarification**

- List your top five desires. For each, write a paragraph explaining why it's important to you and how it aligns with your values.

### **Exercise 2: Desire Visualization**

- Visualize each desire as already fulfilled. Note the emotions and sensations associated with each fulfilled desire.

### **Reflection Prompt:**

- How does clarifying and visualizing your desires influence your daily decisions and actions?
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## **4. Overcoming Fear and Doubt**

**Objective:** Identify and overcome fears and doubts that hinder the manifestation process.

### **Exercise 1: Fear Inventory**

- List fears and doubts related to your goals. For each, write a counter-affirmation that empowers and reassures you.

### **Exercise 2: Fear Visualization**

- Visualize successfully overcoming a specific fear. Imagine the confidence and freedom that result from this triumph.

### **Reflection Prompt:**

- What strategies have been most effective in transforming fear into confidence?
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## **5. The Law of Attraction in Action**

**Objective:** Apply the Law of Attraction principles to attract desired outcomes.

### **Exercise 1: Gratitude Practice**

- Each day, write down three things you're grateful for. This practice shifts focus to abundance and attracts more positive experiences.

## Exercise 2: Positive Energy Cultivation

- Engage in activities that elevate your mood and energy levels, such as exercise, meditation, or creative pursuits.

### Reflection Prompt:

- How does maintaining a positive emotional state influence the opportunities and experiences that come your way?

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## Conclusion

This workbook is designed to be a practical companion to *Your Invisible Power*, facilitating the integration of its principles into your daily life. Regular engagement with these exercises and reflections will deepen your understanding and enhance your ability to manifest your desires.

For further study and structured guidance, consider exploring resources such as the illustrated edition of *Your Invisible Power*, which offers additional insights aligned with Geneviève Behrend's teachings.