

HOW TO VISUALIZE LIKE A WORLD CHAMPION

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**Manifest Your Dreams With Creative
Visualization In 6 Steps**

UPDATED AND EXPANDED

Vincent A. Santiago

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INTRODUCTION

Visualization is one of the most powerful techniques you can use to change your reality. It is positive, creative dreaming, whereby you create mental pictures or movies in your mind as if it is already happening. After seeing yourself as you wish to be, this new idea will become firmly implanted within your subconscious mind. Since the subconscious mind does not know the difference between the real world and the imaginary world, it will wonder why it's not currently a part of your reality and will begin working to externalize it in your material world. The subconscious mind is mighty in that it will carry out anything you wish as long as it is within your unique ability.

Many of the world's top high-performance individuals and top athletes around the world, openly talk about how they saw themselves doing what they're doing today in a vision long ago. Conor McGregor, a Featherweight and Lightweight Champion of the UFC is a perfect example of this. He predicted a first-round knockout in the UFC 194 championship against Jose Aldo before the fight happened. A reporter from the post-fight press conference asked him, "how did you do that?" Conor McGregor responded by saying, "If you can see it here, and have the courage enough to speak it, it will happen." He openly talks about his philosophy and visualization techniques in many of his interviews.

Muhammad Ali who was arguably the greatest boxer of all time once said, "I am the greatest, I said that even before I knew I was." Allyson Felix is an American track and field athlete, and Olympic champion said, "I am a big believer in visualization. I run through my races mentally so that I feel even more prepared." Mike Mentzer, an American bodybuilder, had this to say about the power of visualization, "one cannot actualize his goals until he visualizes them clearly in the mind's eye."

If you're like most people who have researched the topic of the law of attraction, you probably already know that you attract what you are or what your most dominant thoughts are. The problem with this idea is that they didn't tell you what your dominant thoughts are. Most people think that their dominant thoughts are the ones they are consciously aware of, but this is far

from the truth. The reality is that there are three facets of the mind.

First, you have the instinctive mind or the reptilian/action brain which is responsible for the 4 F's; fight, flight, feed and fornicate. Next is the Limbic System or the emotional brain which is responsible for long-term memory, emotional memory, behavior, positive emotions and spirituality. Finally, we have the Neocortex or the thinking brain which is responsible for conscious thought, sensory perception, generating motor commands, spatial reasoning, and intellectual memory. In summary, the thoughts you are consciously aware of are not your dominant thoughts. The emotional mind is responsible for long-term memory and responds to the instructions given by the Neocortex or thinking brain. The emotional mind thinks in pictures and responds to feeling, intuition and never sleeps. Those dominate thoughts are the result of years of positive or negative affirmations hidden beneath the surface of conscious awareness drive you to act accordingly.

To simplify the concept of the sleeping and waking mind, we will not use technical terms such as the Neocortex or the Limbic System as this might confuse. Instead, this book will refer to the waking mind as the conscious mind, the sleeping or dominant mind as the subconscious/unconscious mind, and the superconscious mind, which works through the Limbic system as God, Infinite Intelligence, The Universe or The Field.

You may not be aware of it, but we all have access to the most advanced supercomputer located right between our ears. Unfortunately, we use this power for small things instead of important things. We'd rather search for something outside ourselves for success rather than looking within, and consequently, we sabotage our success. Think of it as a jet engine with an anchor on the back. The jet engine is your conscious mind ready to take on the world, but the anchor is your dominate or subconscious thought, feeling, and emotion. Until you can remove the anchor, you'll never reach your full potential. Thus it is essential that you take an accurate assessment of where you are and begin working towards where you want to go.

Visualization allows the powerhouse called the subconscious and superconscious mind to act on your behalf towards the vision you have created. It's about knowing the life you

want to live and watching it unfold before your very eyes. To become a world-class speaker, top athlete or high-performance individual, you can harness the power of visualization as often as you'd like to become the world champion of your world. Anything you're able to see vividly in your imagination will connect you with the correct vibratory affinity and subconscious correlation to it.

The single greatest thing that separates us from any other species on the planet is the ability to form a mental picture in your mind, and the capacity to bring it to life. Whether you'd like to build the never revolutionary computer like Apple or get over your fear of heights and ride in a hot air balloon, the infinite power of your mind will take you there. Just think about how powerful movies and books are. We often get carried away and ride on an emotional roller coaster as if we are there until we realize it's just a story. But that's the beauty of life. It's your story! You are the writer, director and most importantly, the star actor or actress, not an extra!

Not all concepts explained in this book can be explained scientifically. Therefore we have referenced universal laws, spiritual laws, science and quantum physics to make sense of the interworking power of visualization. The Affirmation Network has a spiritual foundation that is at the core of this message, and although traditional science typically steers away from religious teachings, we are beginning to learn that they work harmoniously.

The first law of learning is repetition, so this book is purposefully redundant on the principles and strategies provided. Each chapter will list questions, provide the proceeding step to creative visualization, and provide you with a powerfully written affirmation to summarize the chapter. I've seen miracles happen in my life over and over again, and I am convinced that success is not the result of chance, race, creed, religion or social and economic background. It is the creative power that is locked within us all, but to manifest your desires, and you must unlock the door to freedom. Absolutely.

The Birth of Neuro-Visioning™

Neuro-Visioning™ did not emerge as a theory developed in isolation. It formed gradually through lived experience and persistent questioning while I found myself moving between two worlds that rarely acknowledged one another. On one side were spiritual and manifestation teachings centered on belief, imagination, faith, and inner knowing. On the other were scientific explanations of how the brain functions through neural pathways, prediction systems, conditioning, and habit formation. Each claimed to explain why life unfolds the way it does, yet neither fully accounted for what I was observing in my own experience.

Much of the manifestation language I encountered felt poetic but imprecise, while scientific explanations, although rigorous, often dismissed subjective experience altogether. My life, however, did not separate these domains. It unfolded at the intersection of belief, identity, emotion, and nervous system response. Over time, I began to notice consistent patterns whenever change occurred, especially when outcomes shifted without force, strain, or excessive effort.

What became clear was that meaningful change rarely arrived through intensity or effort. Instead, it emerged through familiarity. The experiences that altered my direction financially, materially, and psychologically did not come from wanting something more strongly or visualizing it more frequently. They appeared when a future scenario no longer felt distant or foreign, but familiar enough that my body and nervous system stopped resisting it. Once that internal resistance dissolved, external circumstances reorganized naturally.

This observation marked a clear departure from traditional manifestation thinking and became one of the foundations of Neuro-Visioning™. Manifestation teachings often emphasize desire, yet desire is emotionally loud and unstable. Expectation, by contrast, is quiet and neurologically efficient. The brain does not organize behavior around what we want but around what it predicts is likely to occur. When expectation changes, perception, behavior, and decision making follow without conscious force.

As I studied neuroscience more deeply, particularly

predictive processing, neuroplasticity, and the role of emotion in learning, I recognized familiar principles expressed through a different language. The brain is not a passive receiver of reality but an active model builder that continuously forecasts what should happen next based on prior experience, identity, and emotional weighting. In practical terms, the brain is always operating slightly ahead of the present moment.

This understanding reframed how I viewed visualization. Visualization was not a technique for attracting outcomes but a method for updating the brain's internal model of what feels normal, safe, and expected. When imagination is used correctly, it functions as a rehearsal mechanism that gradually shifts identity and perception. Once the internal model adjusts, behavior changes automatically, opportunities become visible, emotional responses soften, and effort decreases.

From the outside, these changes can appear as coincidence or luck. Internally, they feel inevitable. This is where Neuro-Visioning™ distinguishes itself by addressing what many manifestation frameworks leave unexplained. It integrates belief with embodiment, intention with nervous system regulation, and imagination with identity formation. Rather than asking you to deny circumstances or suspend logic, it asks you to understand how perception is formed and how repeated internal experiences shape external outcomes over time.

Neuro-Visioning™ treats belief not as a personality trait but as a trainable biological state. Sustainable change does not arise from emotional peaks or momentary motivation but from what the brain repeatedly experiences as familiar. When a thought, image, or identity becomes familiar enough, the nervous system no longer flags it as a threat or novelty, and effort naturally fades. This is the point at which results begin to compound.

For this reason, Neuro-Visioning™ emphasizes calm clarity over intensity, repetition over excitement, and embodiment over motivation. The language throughout this book reflects that orientation, favoring integration over force and becoming over striving. When something becomes part of who you are, you no longer need to make it happen.

The chapters that follow move between explanation and

experience, drawing from neuroscience and lived reality to show how imagination reshapes neural wiring, how emotion influences speed and resistance, and how identity quietly directs outcomes. Neuro-Visioning™ is not about chasing a better future but about teaching the mind to recognize a different present. Once that recognition stabilizes, life reorganizes on its own, and the real work begins.

PART I

Foundations of the Mind

Chapter I: The Blueprint of the Mind

“I've failed over and over and over again in my life. And that is why I succeed.” — Michael Jordan

Before you're able to realize your dream, you must have one defined and have a burning desire for its achievement as mentioned in the classic book, 'Think and Grow Rich' by Napoleon Hill. You'll be surprised that most people do not know what they want. Therefore it is of vital importance for you to define your overall objective and visualize it as frequently as possible throughout the day. If your objective is to have a thriving business, describe everything down to the last detail in writing. This first step will enable you to visualize quickly with little to no resistance. Also, you must have a great desire for its achievement. Little to no hunger for something will yield little to no results. Therefore desire is an important key to success with visualization.

Define Your Objective

What do you want to become in this world? Your desires have no limits, as long as they align with your unique abilities. For instance, not everyone can be president of the United States. So, it's important to define what is best suited for you.

Take a moment to think about something you'd like to have or become. This process is easier when you limit your desires to one or two things at a time. Listing too many things at once may cause you to become discouraged, as it can overwhelm you during the visualization process. Also, each desire has its gestation period, meaning some goals may take longer than others, and you might just miss an opportunity to fulfill a desire because there is simply too much going on.

Once you have defined your overall objective, write 1 or 2 sentences describing in the present tense exactly what you want or what you'd like to become. Write down your goal in the present tense and view it as often as possible. The unique thing about the mind is that a lie told long enough will start to become real. Remember, we're not teaching you to be fake, or to lie to people,

we're giving you the tools necessary to train your mind to become the person you need to be to have your goal. You must be qualified before you can apply for the job.

Desire

Desire is an essential key to manifesting your reality. Until you're able to feel it in your bones, your desire is not strong enough. Napoleon Hill calls this type of desire a white heat. In other words, nothing can put that fire out baby! The will to win and the ability to see yourself as you wish to be will direct your mind towards the accomplishment of your desires. In Proverbs 29:18, it says, "where there is no vision the people perish: but he that keepeth the law, happy is he." What that means is, if you can not visualize yourself in a new state of consciousness, you will die in that state of conscious awareness. In other words, if you can not see yourself as a world champion, you will never become one, and the chances of you even trying are slim to none.

Decide on what you'd like to have or experience and keep that vision in front of your eyes as often as possible. Before Conor McGregor ever became a UFC champion, he borrowed someone's belt and had his girlfriend snap a photo of it over his shoulder. He would stare at the picture as often as he could soaking up the feeling of what it would be like as a world champion. He would also visualize himself with other nice things such as a luxury vehicle when in reality he was driving a beat-up old car that would often give him problems.

Life is all about how you see it, and as the great saying goes from *The Dramatics*, "what you see is what you get." In an interview with Fox Sports Conor McGregor sums up visualization in one sentence, "say what you're gonna do, and go and do it." Our definition is, "knowing exactly what you want and letting God fill in the details." It's as simple as that. You can have your dream if you hold onto that desire with faith and purpose. It's easy to visualize and connect with the feeling when good things are happening, but can you imagine and feel the same feeling when it seems as though everything is coming against you? Creative imagination is real power.

Whether you're an athlete on the road to becoming a champion, a songwriter, an inventor looking to change the world, or someone looking to improve your confidence, visualization helps you become that person now in the present tense.

The Miracle Of Your Mind

Perhaps the most beautiful thing about the mind is that it has the unique ability to create mental pictures so clearly and so vividly, that it can change your state of mind and affect your environment. Western science is now taking a closer look at how visualization influences the environment around us, and its ability to heal a diseased body through a powerful feeling. Christian pastors are utilizing unshakable faith and power of Christ through them to heal people instantly. With faith as small as a mustard seed, mountains are moved, mental illness is gone and diseases are cured.

Princeton University developed a project called The Global Consciousness Project which measures conscious awareness and collects global statistics and data according to one's thoughts. The same thought and feeling that heal the sick can also impact peace among nations according to the Global Consciousness Project. In one experiment, hundreds of thousands of people joined together through the internet for a window of time thinking and feeling peace and the results were astonishing. During that window of time, there was a measurable dip in crimes against others, aerial bombing scheduled to deploy in Iraq reversed, and emergency hospital visits declined.

Consider all the things that your mind brought to you. Think about everything currently you currently have - your relationships, philosophies of life, your home, and your current occupation. Everything you have now is a direct result of you using your mind. We've all heard the estimates that most experts say that we have been operating on 10% of our brains capacity, while Dr. Margaret Mead quotes 6% and Dr. Herbert Otto quotes 5% capacity.

The UCLA Brain Research Institute shines a new light on human potential as neurological studies reveal astronomical

abilities latent in each of us. They suggest that the creative ability of the human brain may be infinite. In other words, our mind is an infinite storehouse of data that has been recording every second of every moment you've ever had, even during sleep.

Now, let's compare your mind with a standard computer. The average computer can hold around 250,000 pictures, 20,000 songs and hundreds of movies all on the size of a small thumb drive. On the other hand, your mind can perform an estimated ten quadrillion operations, per second without your knowledge.

Think about your heart or the air you breathe for a moment. Are you consciously making your heart beat or do think to yourself to breathe in and out? No. All of this is happening beneath the level of conscious awareness in the subconscious mind. The great secret is that your mind can attract everything you've ever wanted, or it can destroy you.

Along with the great ability to serve the trillions of cells in your body per second and perform many other tasks simultaneously, it has only one limitation. The only limitation the subconscious mind has is its inability to distinguish something vividly imagined, and a fact. Sounds hard to believe right?

You have probably experienced waking up from sleep in a cold sweat, breathing heavy with your heart racing. We've all experienced unpleasant dreams. The fact is that you were not in any real danger whatsoever, but your mind did not know that. Your body reacted as if the nightmare was a fact.

A doctor conducted a study of an elite athlete skier with a device that measured the athlete's muscle fibers. He instructed the skier to just think about skiing without moving any muscles. The mere act of thinking fired off the same muscle fibers that would normally fire off if he was skiing.

The Placebo Effect

Numerous experiments validate the placebo effect whereby an individual's expectation affected the body's chemistry in a similar way that alcohol or medication might have caused. In one experiment group, A suffering from a particular illness received an FDA approved drug specifically for that disease, while group B

who suffers from the same illness gets prescribed a sugar pill. Both groups had a 100% cure rate.

Researchers believe that at least 1/3rd of all medical treatments are successful due to the belief that it will be a success. It is the expectation of success that brings success. The incredible power of your mind can lead and guide you to new heights, or it can lead you to the gutter. Your results depend on how you use your marvelous mind.

The Blueprint of the Mind

Before anything changes in your life, something has already shifted quietly beneath the surface. Long before circumstances rearrange themselves, the mind has revised its internal map of what is possible, familiar, and expected. This internal map is what I refer to as the blueprint of the mind. It is not a metaphor meant to sound poetic. It is a functional description of how the brain organizes reality.

Every experience you have is filtered through this blueprint. It determines what you notice, what you dismiss, what feels achievable, and what feels unrealistic. It shapes not only your thoughts but also your emotional reactions, your habits, and the decisions you make without conscious effort. Most people live inside this blueprint without ever realizing it exists, assuming that their reactions to life are simply personality traits or fixed tendencies rather than learned patterns.

The brain does not wait for reality to happen and then respond. It predicts. It builds expectations based on prior experiences, emotional conditioning, and identity, then uses those expectations to interpret what is happening in the present moment. In this way, the mind is constantly preparing you for a future it already believes is likely. That preparation influences how you behave long before you are aware of making a choice.

This is why two people can encounter the same opportunity and respond completely differently. One sees possibility, the other sees risk. One feels curiosity, the other feels resistance. The difference is not intelligence or motivation. It is the blueprint each mind is operating from.

The blueprint of the mind forms early and reinforces itself quietly over time. Repeated emotional experiences strengthen certain expectations. Familiar outcomes become normal. Unfamiliar outcomes feel uncomfortable, even when they are objectively beneficial. This discomfort is often misinterpreted as intuition or realism, when in truth it is simply the nervous system responding to something outside its learned pattern.

What matters most is that this blueprint is not fixed. Neuro-Visioning™ begins with understanding that the brain is plastic, meaning it is capable of reorganizing its structure, wiring, and function in response to repeated experience, thought or emotion. The same mechanism that once reinforced limitation can be used to establish expansion. The mind does not resist change because it is incapable. It resists change because it is designed to preserve familiarity.

Once you recognize this, much of the struggle around personal change begins to make sense. Effort alone does not produce lasting results because effort does not update the blueprint. Motivation fades because it operates at the surface level of behavior. Lasting change occurs only when the internal model shifts and the new outcome begins to feel expected rather than hoped for.

This is where imagination plays a critical role, not as fantasy, but as rehearsal. The brain does not strongly distinguish between vividly imagined experiences and actual ones when emotion and attention are involved. When an internal experience is repeated with consistency and emotional neutrality, the brain begins to treat it as familiar. Over time, this familiarity reshapes expectation.

Neuro-Visioning™ uses this principle deliberately. Instead of trying to force belief, it trains expectation. Instead of chasing outcomes, it focuses on identity. The goal is not to convince yourself of something intellectually, but to allow the nervous system to acclimate to a new internal normal.

As the blueprint shifts, subtle changes follow. You notice different details. You respond differently to challenges. You make decisions with less hesitation. Opportunities that once felt invisible now stand out. None of this feels dramatic from the inside. It feels

natural, even obvious. This is how the blueprint works when it is aligned with growth rather than resistance.

It is important to understand that the blueprint does not determine worth. It determines familiarity. Many people unconsciously reject opportunities not because they feel undeserving, but because the outcome does not match the internal model they have grown accustomed to. When the mind cannot reconcile an outcome with its blueprint, it creates hesitation, doubt, or distraction to restore equilibrium.

Changing the blueprint requires patience rather than intensity. The brain learns through repetition and emotional consistency. Sudden bursts of enthusiasm rarely last because they do not provide the brain with enough repeated exposure to update its model. Calm repetition, however, allows the nervous system to relax into new expectations without triggering resistance.

This is why Neuro-Visioning™ emphasizes steadiness over excitement. The work happens quietly, often without immediate external confirmation. The internal shift always comes first. External evidence follows later, sometimes subtly, sometimes all at once.

When you understand the blueprint of the mind, you stop fighting yourself. You stop interpreting resistance as failure. You recognize it as feedback from an internal model that has not yet been updated. This perspective replaces frustration with clarity and effort with precision.

Every chapter that follows builds on this foundation. Neuro-Visioning™ is not about adding something new to who you are. It is about reshaping the internal blueprint that determines how reality is perceived and engaged. Once that blueprint changes, the world you experience cannot help but change with it. This is not optimism. It is architecture.

How Your Brain Builds Reality Before You Ever Live It

Long before an experience becomes something you can point to and name, the brain has already prepared a version of it internally. This preparation does not happen consciously. It unfolds beneath awareness through expectation, prediction, and emotional

memory. In many ways, what you experience as reality is the brain confirming what it has already rehearsed.

The brain's primary function is not to observe the world objectively but to anticipate it efficiently. At every moment, it is generating predictions about what is likely to happen next based on past experience, learned patterns, and internal identity. These predictions shape perception itself. What you notice, what you ignore, and how you interpret events are all influenced by what the brain expects to find.

This is why reality often feels consistent, even when circumstances change. The internal model remains stable, so new information is filtered through familiar assumptions. Opportunities that align with expectation stand out, while those that contradict it are minimized, rationalized away, or overlooked entirely. The brain is not trying to limit you. It is trying to conserve energy by relying on what it already knows.

From this perspective, reality is not something you encounter and then respond to. It is something your nervous system helps construct moment by moment. Perception is an active process. Sensory input arrives incomplete and ambiguous, and the brain fills in the gaps using prediction. What you experience feels immediate and real, but it is always shaped by what the mind anticipates.

This process explains why change can feel difficult even when it is desired. When a new outcome does not match the brain's internal model, the nervous system interprets it as uncertain or unsafe. That reaction can appear as hesitation, doubt, procrastination, or distraction. These responses are often mislabeled as lack of discipline or confidence, when they are actually signals that the internal blueprint has not yet been updated.

Neuro-Visioning™ works by addressing this process directly. Rather than attempting to override resistance through willpower, it focuses on reshaping the expectations that generate resistance in the first place. When the brain begins to anticipate a different outcome, behavior changes naturally. Decisions require less effort. Emotional reactions soften. Action becomes more fluid because it aligns with what the mind already believes is likely.

The key insight is that expectation precedes experience. The

brain is always preparing you for a future it already assumes will arrive. That preparation influences posture, tone of voice, attention, and micro decisions that accumulate over time. None of this requires conscious planning. It unfolds automatically based on the internal model in place.

Imagination plays a central role in this process. When imagination is used casually, it remains disconnected from expectation. When it is used deliberately and consistently, it becomes a tool for updating the brain's predictions. The brain does not strongly distinguish between repeated imagined experiences and real ones when emotion and attention are present. Over time, imagined scenarios that are rehearsed calmly and repeatedly begin to feel familiar.

Familiarity is the gateway to expectation. Once an outcome feels familiar, the nervous system stops treating it as foreign. At that point, the brain begins preparing for it in subtle ways. Attention shifts. New information becomes relevant. Behavior adapts without conscious effort. This is not because the world has changed yet, but because the brain is now oriented toward a different future.

This orientation has practical consequences. When the brain expects success, it notices pathways toward it. When it expects difficulty, it prepares for defense. When it expects lack, it scans for threat. These expectations influence how you interpret feedback, how long you persist, and how you respond to uncertainty. Over time, they shape results.

Neuro-Visioning™ emphasizes calm repetition because the brain learns best when it feels safe. Intensity can temporarily override resistance, but it does not retrain expectation. Calm, consistent internal experiences allow the nervous system to acclimate. As acclimation occurs, the predicted future changes, and reality begins to reorganize accordingly.

It is important to understand that this process does not eliminate effort or responsibility. It refines them. When expectation is aligned, effort becomes focused instead of scattered. Action becomes timely instead of forced. Progress feels less like struggle and more like momentum.

The brain builds reality not by commanding it, but by

preparing for it. Every expectation you hold is a rehearsal for a future version of your life. Neuro-Visioning™ teaches you how to choose those rehearsals intentionally, so the reality you step into feels less surprising and more inevitable.

Once you understand that your brain is always living slightly ahead of the present moment, the work becomes clear. You are not trying to control outcomes. You are training expectation. When expectation changes, reality follows, often quietly at first, then unmistakably.

This is how the brain builds reality before you ever live it.

Predictive Coding and the Law of Assumption

At its core, the brain is not a passive observer of reality. It is a prediction system. Long before you consciously register what is happening around you, your brain is already forming expectations about what should happen next and adjusting perception to match those expectations. This process is known in neuroscience as predictive coding, and it offers a practical explanation for what many spiritual traditions have described for decades as the law of assumption.

Predictive coding describes how the brain continuously generates models of the world based on past experience. Sensory input does not arrive as a complete picture. It arrives as fragments. The brain fills in the gaps by relying on what it already believes to be true. In this way, perception is less about receiving information and more about confirming expectation. What you experience as reality is the result of this ongoing negotiation between prediction and input.

The law of assumption operates in a similar way, though it has traditionally been explained in symbolic or philosophical terms. It suggests that what you assume to be true internally tends to become true externally. When stripped of mysticism, this idea becomes much more grounded. Assumptions shape expectation. Expectation shapes perception. Perception shapes behavior. Behavior shapes outcomes. Nothing supernatural is required for this chain to operate.

Most assumptions are not consciously chosen. They are

built quietly through repetition. Experiences that carry emotional weight leave stronger impressions. Over time, these impressions become defaults. The brain learns what to expect based on what it has seen before, how it has interpreted those events, and how the body reacted in response. These learned expectations then guide future perception automatically.

This explains why change can feel difficult even when circumstances improve. When reality begins to move outside of what the brain predicts, the nervous system reacts with uncertainty. The reaction may show up as doubt, discomfort, or hesitation. It can feel like self sabotage, but it is actually the brain attempting to reduce prediction error and restore familiarity.

Prediction error is a key concept here. When something unexpected occurs, the brain has two options. It can update its internal model to accommodate the new information, or it can reinterpret the information to preserve the existing model. The second option is often easier and requires less energy. This is why people can remain stuck in the same patterns even when evidence suggests change is possible.

Assumptions act as filters. They determine which signals are amplified and which are ignored. When you assume opportunity is rare, the brain becomes efficient at overlooking it. When you assume success is temporary, the brain prepares for loss even during growth. These assumptions do not feel like beliefs. They feel like realism. That is what makes them powerful.

The law of assumption is not about pretending or convincing yourself of something you do not believe. It is about recognizing that the brain is already assuming something and understanding how those assumptions shape experience. When assumptions remain unexamined, they continue to operate in the background. When they are brought into awareness, they can be updated.

Updating an assumption does not happen through argument or force. The brain does not change its predictions because it is told to. It changes them through repeated exposure to new patterns that feel emotionally safe. This is why consistency matters more than intensity. A single powerful experience can inspire, but it rarely rewires expectation on its own.

The most influential assumptions are often subtle. They involve identity, timing, and deserving. Assumptions such as how long things take, what effort should feel like, or what outcomes are realistic quietly shape behavior. These assumptions influence when you act, how long you persist, and how you interpret feedback. Over time, they create self reinforcing loops.

Understanding predictive coding reframes responsibility in a useful way. It removes blame while restoring agency. You are not limited because you lack willpower. You are responding to predictions that were learned over time. Once you understand this, the task becomes clearer. You are not trying to fight yourself. You are teaching the brain a new pattern of expectation.

When assumptions begin to shift, perception changes first. You notice different details. You interpret events differently. The same circumstances that once felt discouraging begin to feel neutral or even supportive. These changes often go unnoticed because they feel natural rather than dramatic. That is a sign the internal model is updating.

This is why the law of assumption works most effectively when it is quiet. Loud affirmations and forced positivity can create resistance because they conflict with existing predictions. Calm repetition, paired with emotional neutrality, allows the brain to gradually accept a new expectation without triggering defense.

Predictive coding explains why outcomes often appear to follow belief rather than precede it. The brain prepares for what it expects and filters reality accordingly. When expectation changes, the filter changes. The world you experience begins to reflect that shift not because reality is being commanded, but because perception and behavior have reorganized.

The law of assumption is not about controlling outcomes. It is about understanding how expectation shapes experience. When you see that the brain is always assuming something about what comes next, the work becomes practical. You learn to work with the system rather than against it.

Once assumptions align with the direction you want to move, effort feels lighter and progress feels steadier. The brain is no longer resisting unfamiliar territory. It is preparing for it. That preparation is what quietly turns possibility into experience.

Why the Brain Is the Real Assumption Engine

When people talk about assumptions, they often imagine conscious beliefs or deliberate thoughts. They think of assumptions as opinions they hold or ideas they repeat to themselves. In reality, most assumptions never reach conscious awareness. They operate at a deeper level, embedded in how the brain predicts, filters, and prepares for experience. This is why the brain itself is the real assumption engine.

The brain is built to anticipate. Its primary job is not to observe reality objectively, but to reduce uncertainty and conserve energy. To do this, it relies on learned patterns to predict what is likely to happen next. These predictions shape perception before conscious thought has time to intervene. What feels like an immediate reaction is often the result of assumptions that were formed long ago.

Assumptions are not stored as statements. They are stored as expectations. The brain learns them through repetition, emotional reinforcement, and identity formation. If a certain outcome has occurred frequently in the past, or carried strong emotional weight, the brain begins to treat it as likely. Over time, likely becomes normal, and normal becomes expected. Once something is expected, the brain prepares for it automatically.

This preparation happens continuously. Posture shifts. Attention narrows or expands. Emotional tone adjusts. Micro decisions are made without conscious deliberation. All of this occurs before a single deliberate thought is formed. In this sense, the brain assumes first and explains later. Conscious reasoning often arrives after the assumption has already shaped behavior.

This explains why people can logically understand a concept yet continue to act in ways that contradict it. Intellectual agreement does not override expectation. The brain does not change its predictions because an idea makes sense. It changes them when experience repeatedly contradicts the existing model in a way that feels emotionally safe.

The assumption engine is closely tied to identity. The brain builds predictions around who you believe yourself to be, not who you wish to become. Identity answers quiet questions such as what

people like me experience, what outcomes fit my life, and what level of ease or struggle is normal. These identity based assumptions guide behavior far more powerfully than motivation or desire.

Because assumptions operate below awareness, they often masquerade as intuition or realism. A hesitation may feel like good judgment. A limit may feel practical. A delay may feel inevitable. In many cases, these reactions are simply the brain enforcing an assumption it learned through past experience. The feeling of certainty does not necessarily mean the assumption is accurate. It means it is familiar.

The brain prefers familiarity even when familiarity is uncomfortable. This is not because it enjoys discomfort, but because familiarity is predictable. Predictability reduces cognitive load. When a potential outcome feels unfamiliar, the brain flags it as uncertain. That uncertainty can trigger resistance, distraction, or over-analysis, all of which serve to keep behavior aligned with existing assumptions.

Understanding this removes a great deal of unnecessary self judgment. You are not resisting change because you are lazy or unmotivated. You are responding to an internal model that has not yet been updated. Once this is understood, the task shifts from forcing behavior to reshaping expectation.

Reshaping expectation requires repeated internal experiences that contradict the old assumption without triggering threat. This is why calm repetition is more effective than emotional intensity. Intensity can temporarily override resistance, but it often reinforces the idea that change requires effort or strain. Calm exposure allows the brain to absorb a new pattern without activating defense.

As expectations shift, the assumption engine begins to operate differently. The brain prepares for new outcomes. Attention moves toward different information. Behavior adjusts subtly. These changes often go unnoticed because they feel natural rather than deliberate. This is a sign that the assumption engine has updated its model.

Once updated, the brain begins enforcing the new assumption just as faithfully as it enforced the old one. This is why

change can suddenly feel easy after a long period of resistance. The effort did not disappear because discipline improved. It disappeared because expectation changed.

The idea that assumptions create experience is not mystical. It is mechanical. The brain assumes in order to function efficiently. What you experience as reality is shaped by those assumptions at every level, from perception to decision making. When you understand this, you stop trying to overpower the mind and begin working with it.

The real work is not convincing yourself of new outcomes, but allowing the brain to become familiar with them. When familiarity shifts, assumptions follow. When assumptions follow, reality reorganizes quietly around them. This is how the brain functions as the real assumption engine, shaping experience long before conscious choice ever enters the picture.

The Science of Faith

Faith is often misunderstood because it is framed as something abstract, emotional, or irrational. In many conversations, faith is treated as the opposite of evidence, a leap taken in the absence of proof. From a scientific perspective, however, faith operates very differently. It is not a denial of reality but a biological state that influences how the brain organizes expectation, attention, and behavior over time.

At its core, faith is the brain's capacity to maintain a stable expectation without immediate sensory confirmation. This ability is not mystical. It is fundamental to how humans learn, plan, and adapt. Every long term goal requires some form of faith because action always precedes outcome. The brain must commit energy and attention to a future that does not yet exist in the present moment.

Neuroscience shows that the brain constantly weighs prediction against feedback. When an expectation is reinforced repeatedly, even without immediate external confirmation, neural pathways strengthen. This strengthening does not require blind belief. It requires consistency. Faith, in this sense, is the sustained alignment of expectation over time despite delayed evidence.

What makes faith powerful is not intensity, but stability. A nervous system that remains regulated while holding an expectation sends a very different signal to the brain than one that fluctuates between hope and doubt. Emotional volatility weakens prediction. Calm consistency strengthens it. This is why faith often feels quiet rather than dramatic. When expectation is stable, the brain treats it as likely.

Faith also plays a direct role in how the brain allocates attention. The brain filters enormous amounts of information every second. It cannot process everything, so it prioritizes what it believes matters. Faith influences this prioritization. When the brain assumes a certain outcome is possible or probable, it begins noticing details that support that assumption. Information that once seemed irrelevant becomes meaningful. Opportunities that were previously invisible come into focus.

This process does not require conscious effort. It unfolds automatically once expectation stabilizes. This is why faith often produces results indirectly. It does not force outcomes. It changes perception and behavior in ways that make different outcomes more likely. Over time, these small adjustments accumulate into measurable change.

Faith also affects persistence. When the brain predicts a favorable outcome, it tolerates uncertainty more easily. Delays feel temporary rather than threatening. Obstacles are interpreted as part of the process rather than signals to stop. This interpretation reduces stress and preserves cognitive resources, allowing for sustained engagement instead of burnout.

From a physiological standpoint, faith is closely tied to nervous system regulation. Chronic doubt activates threat responses. The body prepares for loss or failure. This state narrows focus and limits creativity. Faith, when grounded rather than forced, supports a regulated state in which the brain can explore options and adapt flexibly. This regulation is essential for learning and long term change.

It is important to distinguish faith from denial. Faith does not require ignoring facts or pretending circumstances are different than they are. Instead, it allows the brain to hold a future oriented expectation while remaining present with current conditions. This

balance is what makes faith sustainable. It integrates realism with possibility rather than pitting them against each other.

Many people struggle with faith because they attempt to generate it through emotion alone. They try to feel confident before the brain has accepted the expectation. This often leads to oscillation between enthusiasm and doubt. Faith develops more reliably through repeated internal alignment that feels emotionally neutral or calm. When the brain is not pressured, it adapts more easily.

Over time, faith becomes embodied. It stops feeling like something you are doing and starts feeling like something you are operating from. Decisions become simpler. Effort becomes more efficient. The mind no longer argues with itself about direction. This is when faith shifts from an idea to a state.

The science of faith shows that belief is not a moral virtue or a personality trait. It is a function of how the brain predicts and prepares for experience. When expectation is stable, behavior aligns naturally. When behavior aligns, outcomes follow. Faith is not about certainty. It is about coherence.

When understood this way, faith becomes practical. It is no longer something you either have or do not have. It is something you can cultivate by shaping expectation, regulating emotion, and allowing the brain to familiarize itself with a different future. This is how faith moves from abstraction into biology and becomes a measurable force in how life unfolds.

Belief as a Biological and Neurological Process

Belief is often treated as something abstract, as if it exists only in thought or philosophy. In practice, belief is far more concrete. It is a biological and neurological process that shapes how the brain predicts, prepares, and responds to experience. What you believe is not merely what you think is true. It is what your nervous system has learned to expect.

From a neurological standpoint, belief is the stabilization of expectation. When the brain repeatedly encounters a pattern and assigns meaning to it, neural pathways strengthen. Over time, these pathways become efficient. Efficiency is the brain's priority. Once

a belief is established, the brain uses it to conserve energy by predicting outcomes rather than evaluating each situation from scratch. This is why beliefs feel automatic and why changing them can feel difficult even when logic suggests otherwise.

Beliefs form through repetition and emotional association. Experiences that carry emotional weight leave stronger neural traces. A single emotionally charged event can shape belief more powerfully than many neutral ones. Over time, repeated experiences that carry similar emotional tones reinforce a particular expectation about how life works. These expectations then become beliefs, not because they are universally true, but because they are neurologically familiar.

This process begins early and continues throughout life. The brain is constantly updating its internal model based on feedback. However, once a belief becomes stable, the brain tends to protect it. Incoming information is filtered through existing expectations. Evidence that aligns with belief is noticed and reinforced. Evidence that contradicts belief is minimized, questioned, or ignored. This filtering happens automatically, long before conscious reasoning intervenes.

Belief is therefore not housed in a single thought or statement. It is distributed across perception, emotion, and behavior. You can often identify what you truly believe not by what you say, but by how your body reacts. Tension, hesitation, excitement, or calm are all indicators of the nervous system responding to expectation. The body reveals belief more honestly than language.

This is why affirmations alone often fail to produce change. Repeating a statement does not automatically update belief if the nervous system does not accept it as plausible. When an affirmation conflicts sharply with existing expectation, the brain registers it as noise. In some cases, it can even strengthen the opposite belief by highlighting the gap between words and felt experience.

Belief updates most effectively through experience, not argument. The brain learns by comparing prediction to outcome. When a new experience contradicts an old belief in a way that feels emotionally safe, the brain has an opportunity to revise its model.

If the experience feels threatening or overwhelming, the brain is more likely to dismiss it to preserve stability. Safety and repetition are therefore essential for lasting belief change.

This explains why gradual change often succeeds where dramatic change fails. Small experiences that gently challenge an existing belief can accumulate without triggering resistance. Over time, these experiences create enough evidence for the brain to adjust expectation. Once expectation shifts, belief follows naturally.

Belief is also closely tied to identity. The brain organizes expectations around who you believe yourself to be. Identity answers questions such as what outcomes fit my life, what level of ease or struggle is normal for me, and what I am capable of sustaining. These identity based beliefs influence behavior more deeply than conscious goals. When a goal conflicts with identity, identity usually wins.

Because belief is biological, it is affected by the state of the nervous system. Chronic stress narrows perception and reinforces threat based expectations. In this state, the brain prioritizes safety over exploration. Beliefs formed under stress tend to be rigid and limiting. A regulated nervous system, by contrast, supports flexibility. When the body feels safe, the brain is more willing to update its model and consider new possibilities.

Understanding belief as a biological process removes much of the moral judgment people place on themselves. Difficulty changing belief is not a character flaw. It is a natural consequence of how the brain learns. Once this is understood, effort can be redirected away from self criticism and toward creating the conditions that allow belief to evolve.

Those conditions include emotional regulation, repeated exposure to new internal experiences, and patience. Belief does not change because it is forced. It changes because the brain encounters enough consistent evidence to expect something different. When that expectation stabilizes, belief becomes embodied. Behavior aligns without strain. Action feels natural rather than effortful.

Belief is not something you either have or lack. It is something your brain is constantly forming and reforming based on

experience. When approached as a neurological process rather than an abstract idea, belief becomes workable. It becomes something you can influence by shaping experience rather than fighting thought.

This is the practical power of understanding belief biologically. It turns belief from a vague concept into a measurable process. When expectation changes, perception changes. When perception changes, behavior changes. And when behavior changes consistently, life follows.

Questions:

What would you like to be?

What would you like to have?

What would you like to experience?

How to Visualize Like A World Champion

Step 1: Define your ideal life/objective, what do you want or would like to experience. Purchase a small notebook and list your goals and overall objective. If you would like to lose weight, describe yourself and how you would feel if it were true.

Affirmation: “The incredible power of my mind can choose and select ideas to become, have or experience.”

Chapter II: Clearing Negativity and Rewriting Expectation

“Dwelling on the negative simply contributes to its power.”
— Shirley MacLaine

If your unconscious thoughts are negative towards the good that you desire, you will always sabotage the manifestation process, thus delaying your dream. It's the equivalent of driving a Ferrari with 500 horsepower with a governor that won't allow you to go past 55mph. Until your thoughts and visions become impressed deep within the subconscious mind, you'll always get the same results.

In most cases, there is so much negativity held within the subconscious mind that it requires a great deal of visualizing and affirming your desire to supplant the contrary ideas. If you have ever tried to use these great universal laws but failed miserably and gave up because you thought it doesn't work, it is simply the response of your dominant thoughts.

Often you may get the opposite of what you want for two reasons. First, it stirs up the negative ideas in your mind so much that it causes a reaction that leaves you in doubt and back to square one. At this point, you have a choice to continue affirming and visualizing what you desire, or you can simply give up and go back to what you were doing.

There is an old saying that says, “let sleeping dogs lie.” 'Sleeping dogs' represent the negative ideas in your mind and if you don't want any issues, don't wake them up. The negative ideas may be implanted in your brain through childhood programming from parents or peers or even a traumatic experience.

Taking a closer look; if your parents always talked about how money was hard to get or that money somehow is evil, you will have a money rejection complex that is unconscious. However, if you expand your awareness during adulthood and realize that money is good and a servant to you, those negative ideas held deep within the mind will arise and attempt to disrupt your new idea. If a negative thought comes up, cast it away as if it were a sin and keep visualizing until it supplants the negative perception of reality.

We will go over how to get rid of negative beliefs effectively, ideas and people so that your dream will not delay. Finally, the law of attraction makes you aware of the things that you need to clean up before anything else can happen, but you ignore these signs.

Visualization opens your eyes to new possibilities by pulling you towards what you want. If you'd like to have more money, you may get fired or laid off from your current job so that a new job opportunity will present itself with the salary you desire. The key to success when dealing with negativity is not allowing 'adverse circumstances' to cloud your judgment and destroy your spirit. Rather, you should continue affirming and visualizing because when success meets opportunity, you'll be ready.

How To Remove Negativity

Understanding where you place your focus is crucial in mastering the art of visualization, and it plays a significant role in how your life will pan out. We believe that visualization is the most powerful way to optimize your surroundings and increase your chances of success. There are various ways in which you can eliminate negativity from your environment and consciousness, so we listed other methods that aid in the removal of negativity.

1. Build A Fortress

If you have ever been to Bel-Air, Los Angeles or The Hamptons, New York or 'Millionaires Row' in Miami, you'll notice that most of these homes have massive walls and gates with security on the premises. By building a fortress around their property, the owners are more secure and come back to a peaceful place with little to no distractions. You must build a fortress around your invaluable mind as well. Guard your thoughts, feelings, and emotions so that anything that is incongruent with the good that you desire will not be allowed in. You may also have to build a fortress around certain people that are negative towards your dreams. Of course, family members are hard to eliminate from your life, because well, they're family. Therefore, we would suggest

limiting your time with that particular individual.

2. Surround Yourself With Like-Minded People

By surrounding yourself with like-minded people, you will have encouragement 24/7 and constant support during the ups and downs on your road to success. Conor McGregor had this to say about surrounding yourself with like-minded people, “I just listen to the people that are close to me...listen to my family, listen to my friends, listen to my team...and then that's it nobody else exists, absolutely nobody else exists. I'm just tunnel vision on this path...”

Surround yourself with like-minded people who are eager to win and want to become the best version of themselves. We are all products of our environment, but you also can create your environment on a day to day basis. Examine your five closest friends and ask yourself if they are looking out for your best interests and do they support you. If your five closest friends are broke, unhealthy and have no plan to succeed, you'll be the 6th.

3. Affirm Positive Ideas

Every day we are affirming positivity or negativity whether we're conscious of it or not. By becoming more aware of your thoughts, feelings, and emotions, you'll be able to filter out and correct negative self-talk. By replacing negative affirmations with positive ones, you will dramatically improve the chances of taking action on your ideas. For example, if you find yourself saying within your mind, “I'm just not good enough.” You can replace that negative idea by saying something like; “I am good enough. I take inspired action and stand boldly in spite of fear.”

Your words are power. In Proverbs 18:21 it says, “the tongue has the power of life and death.” It also says in Proverbs 6:2, “thou art snared by the words of thy mouth.” Ralph Waldo Emerson said this about the power of thought, “A man is what he thinks about all day long.” All throughout history, great leaders have disagreed with one another, but when it comes to this idea that man is the result of what he thinks about, they are in a complete accord.

4. Visualization

Visualization is perhaps the most efficient way to get rid of negativity within your mind, as it allows you to create infinite states of consciousness that can immediately alter your thoughts, feelings, and emotions. When negative thoughts or circumstances present themselves, you can quickly go to a quiet place, relax the mind and visualize yourself sitting on a beach for 5 to 10 minutes. With constant practice and development with visualization, you will find it easier to get centered and enter into a state of consciousness that occupies your desires. It is a skill that you must practice and develop to experience what you want but to also get rid of the negatives within your mind.

5. Prayer

A potent tool for eradicating negativity from our lives is prayer. We invite good energy to surround us when we approach God with open hearts and minds. By releasing our worries, fears, and burdens through prayer, we make room for the uplifting influence of faith. We shift our attention from the negative aspects of life to gratitude and hope as we seek solace in prayer. When we release our worries to God, we feel at ease and confident, and negativity is completely replaced by a deep sense of comfort and fortitude. By praying on a regular basis, we cultivate a positive environment, bringing goodness and light into our lives while letting go of the darkness that once bound us.

6. Forgiveness

Clearing or altering contrary thoughts, events, and emotions from the mind by keeping the lesson and letting the rest go is also a way of forgiving yourself. If it is genuine and deep, looking in the mirror and forgiving yourself is a good way to get rid of the negative ideas held within the mind. There are many ways that you can forgive yourself. You can write your frustrations on a piece of paper and burn it, indicating that it has disappeared and no longer a part of you. You can also write it in the sands of the beach and

watch the ocean wash it away. If you do not live near a beach, you can visualize yourself writing and witnessing the sea wash away anything you'd like to clear up.

Questions:

What negative thoughts arise when you think about a goal you'd like to achieve?

What childhood experience or teaching led you to believe it is true?

Who are your five closest friends and are they helping or hurting you?

Describe your environment. Does it support your dreams?

How to Visualize Like A World Champion

Step 1: Define your ideal life/objective, what do you want or would like to experience. Purchase a small notebook and list your goals and overall objective. If you would like to lose weight, describe yourself and how you would feel if it were true.

Step 2: Remove negativity. Removing negativity includes negative thoughts, negative people, and a negative environment. Take note of any negative thought or negative affirmation and repeat a positive affirmation when that negative thought arises.

Affirmation: "I surround myself with my dream and like-minded people."

PART II: Visualization and Mental Mechanics

Chapter III:

Visualization Identity and Real-World Results

“It is better to fail in originality than to succeed in imitation.”
— Herman Melville

One key to success with visualization is the ability to humble yourself and imagine in the same way that children do. In kindergarten children are encouraged to use their imagination during recess and to let their minds soar. But something happened during our adolescent and adult years. The school system begins to place limitations on our desires, and we're often told to stop daydreaming so that we can, “snap back into reality.” Creating images within your mind is a natural born gift that you are all blessed with as this innate ability helps you create your reality.

Visualization Definition

Visualization is the ability to create mental pictures and movies in your mind as if it were a present fact. It is the process by which you construct scenes from formless substance until it expresses itself physically. One of the characteristics of the subconscious mind is that it does not know the difference between something vividly imagined and material reality. If you continue to see yourself as a world champion, a successful speaker or best-selling author, the subconscious mind accepts the idea as if it were already a fact and proceeds to make it a reality in your external world.

You will find yourself guided across a series of events that will ultimately lead you to your vision. Serendipity is the term we use to describe these 'coincidences' that seem to work like magic and happen effortlessly. So stop trying so hard when visualizing. Kanye West, a multi-platinum recording artist, once said, “when you try hard, that's when you die hard.” Realize that everything is simple and effortless when you leave the hard work up to an unseen power that is God.

Success Stories

There are far too many personal success stories to list, but I will list some of the most recent visions that either came to pass instantly, 24 hours or less than a year to manifest.

Hair Regrowth

During my childhood, I contracted a common fungal infection amongst children that left my scalp itchy, scaly and had two bald patches on my head. It crushed my confidence growing up as it took months to heal and my hair didn't completely grow back after the doctor stated that it would. After testing many products, nothing seemed to work for me. With my head held low, I swallowed my pride and accepted it as is.

Over the next 20 years, the bald spots began to fill in slowly but would peak at about 55%. I often kept my hair long so that it would cover up the spots nicely with a few strokes of the comb until I joined the US Air Force. Around this time I already made peace with my long lost hair and I didn't allow it to affect my confidence.

Fast forward to today I recently created a list of all of the things I wanted compensation for as well as dreams I never got the chance to experience. Having my hair back was in the top 10. Because I was acutely aware of the power of the subconscious mind and its power, I had no problem in believing that it would help my hair fully grow back. Next, I created an affirmation written in the present tense that said, "I am so grateful now that I have a full head of hair."

I said this over and over again before sleep and would visualize hairs growing back in the spots that were missing. The next day I felt compelled to do some research on natural home remedies for hair regrowth, and I thought I'd give it a try. Well after about a month of visualizing, affirming and applying the home remedy at least four times a week, my hair started to fill in. Not only that, it began to thicken in places that were frail and thin. It was a miracle.

Beautiful Fully Furnished Guest House

When I moved to the city of Los Angeles, my friend was gracious enough to allow me to crash in his studio room for \$400 per month. Not bad at all for Los Angeles huh? But I needed more space to operate my business and a bit of personal space, as well as people, were often in and out of the studio for recording and photography. One night I thought to myself before sleep, “wouldn't it be nice to have my own place with everything included and fully furnished?”

That seed wouldn't escape my mind. So the next day I began searching for a one bedroom guest house with a kitchen and office fully furnished with everything included in the price. Not only that, I want to live in a safe location that also represented abundance. After a few places didn't work out, I started to give up hope and felt defeated. But after about an hour I got the courage to hop back on my computer to continue my search.

After a few tweaks in the word search, one place, in particular, stood out around 6:45 pm. The description of the property, the location, the security, price and it was fully furnished, so it was a perfect candidate. The irony of it all was the fact that there were no pictures. So I thought to myself, “why not.”

The number was available, and I immediately called, and to my surprise, the landlord answered and told me to come check out the place right away if I wanted. I immediately hopped on the road and discovered that the place was more than I had expected. It was beautiful, and there was a luscious garden that friends call, “The Oasis.” The very next day I was approved and secured the place and moved in a few days later.

A Free Guitar

A few years after I sold my guitar collection and music equipment I had a strong a strong desire to pick it up and start playing again. That's just part of a musicians life I guess, you can take the guitar away from a guitarist, but it'll somehow find you again. It started with that simple desire, and then it grew so much

that all I could hear was guitar songs playing in my head.

I was addicted to CandyRat Records on YouTube with their list of the greatest players in the world. It never left, even while driving as my steering wheel became a guitar and anything else that touched my hands. I would pluck the strings and hear the notes so clearly and slap the body for the percussion until I came back to reality.

About a week later of doing this my friend called me and asked if I would like to join him in the studio to record a new song and I gladly accepted. During a break in the studio session, my friend said, “hey do you want this guitar? ..I'm not sure where it came from I think it was here before we moved here and no one else claimed it. You can take it unless someone calls for it.” No one ever did call for it, and the guitar plays great by the way.

A Home That Arrived Before It Made Sense

At the time, my living situation was simple and constrained. I was renting someone else's home. It served a purpose, but it no longer fit who I felt myself becoming. The space felt temporary in a way that went beyond logistics. It was not just about square footage. It was about identity. I had reached a point where I wanted room to think, room to move, and room to grow into what felt like the next version of my life.

The desire did not arrive dramatically. It showed up quietly as a sense that I was ready for more space and more autonomy. I remember thinking that I wanted a place where I could breathe without adjusting myself to someone else's rhythms. I wanted to spread my wings, not in a symbolic way, but in a practical one. I wanted doors that were mine to open and close. I wanted silence when I needed it and room when I wanted it.

Once that desire became clear, I did not rush it. I began researching homes casually, almost curiously. I looked at listings without urgency. I paid attention to what felt right rather than what seemed realistic on paper. I noticed the types of spaces I was drawn to and the environments that felt aligned. At the same time, I kept returning to a simple internal statement that grounded me throughout the process. I deserve this.

That thought was not spoken with arrogance or desperation. It was calm. It felt settled. I did not attach it to timelines or mechanics. It was simply a recognition that growth often requires space, and that wanting more room to live and think was not excessive or irresponsible. It felt natural.

Then something unexpected happened. A family member mentioned a new housing development that was just beginning its first phase. It was not something I had been searching for specifically. The timing felt coincidental, but it also felt worth exploring. I decided to take a look without attaching any expectation to the outcome.

The development was part of a larger multi phase project. Seventeen phases in total. When I applied, I learned that I was second in line for the very first phase. At that moment, nothing felt guaranteed. I did not celebrate prematurely. I simply moved forward with the application process and stayed present with each step as it unfolded.

What surprised me was how little internal resistance I felt. There was no panic about whether it would work out. No internal bargaining. No mental gymnastics. I did what was required and then returned to my life. The desire for space remained, but it no longer felt urgent. It felt assumed.

Approval came without drama. Then came the waiting period. Five months passed between application and receiving the keys. During that time, my external circumstances did not change much. I was still renting the same guest home. Nothing about my daily life signaled what was coming. Internally, though, there was a quiet steadiness. I found myself thinking about the home not with excitement, but with familiarity.

When I finally received the keys, the moment was surreal in its simplicity. I walked into a five bedroom home with more space than I knew what to do with. The rooms were open and bright. There was silence. There was possibility. Standing there, I realized that the home did not feel foreign. It felt like something I had already accepted internally.

That was the part that stayed with me. The external shift felt significant, but the internal shift had already happened long before. I had moved from wanting space to expecting it. From hoping to

deserving. That internal alignment had been reinforced repeatedly through small, calm thoughts rather than dramatic affirmations.

One phrase had guided me throughout without me fully realizing its importance until later. I deserve this. Not because of comparison or entitlement, but because growth requires room. Because expansion is a natural part of life. Because I believed, in a grounded way, that as a child of the Most High, my path did not require shrinking or apologizing for wanting more space to live fully.

Looking back, what stands out is not the speed or the outcome, but the absence of struggle. There was no sense of forcing anything into place. Each step appeared when it was needed. Each decision felt obvious rather than stressful. The opportunity arrived through a conversation I did not orchestrate. The approval came without negotiation. The timing unfolded without urgency.

This experience taught me that when desire is clear and expectation is stable, life has a way of organizing itself efficiently. The mind stops pushing and starts allowing. The body relaxes into what feels appropriate rather than bracing for disappointment. Action becomes simple and responsive.

The home was never just about property. It was about identity catching up to readiness. It was about allowing myself to occupy more space internally so that occupying more space externally felt natural rather than intimidating. The keys were symbolic, but the real shift had already taken place long before they touched my hand.

That is what made the experience feel earned rather than lucky. It was not about convincing myself that something would happen. It was about recognizing that I was ready for it and allowing my actions and expectations to align quietly with that truth. When the door closed behind me that first night, there was no disbelief. Just gratitude and a calm recognition that life had expanded to match the space I had already made for it within myself.

130k in 3 Weeks

This experience unfolded during a period when most people were anxious and reactive. The market felt unstable and the dominant mood was fear. Conversations were filled with warnings and worst case scenarios. People were pulling back, protecting what they had, and waiting for clarity. I understood the concern, but internally I felt something different. Where others were running for the hills, my attention kept moving in the opposite direction.

I was not chasing excitement or trying to prove anything. I was simply observing. When markets become emotional, inefficiencies appear. Assets get mis-priced. Strong fundamentals get temporarily overlooked. I found myself naturally drawn to what was underperforming rather than what was popular. Not because I wanted to be contrarian, but because my focus was steady while others were scattered.

At the time, I started with ten thousand dollars. It was not an amount that could absorb reckless decisions, so every move required clarity. What mattered most was not predicting the future perfectly, but staying aligned with what I believed was already unfolding. I was not looking for miracles. I was looking for probability.

This is where focus played a critical role. The brain's reticular activating system acts like a filter, highlighting information that aligns with what you are oriented toward. When attention is scattered, the filter becomes noisy. When attention is clear, patterns emerge. I noticed opportunities because my mind was tuned to them. I was not glued to fear based narratives. I was scanning for value.

What surprised me was how calm the process felt. I was not rushing trades or reacting emotionally. I was simply positioning myself where the math made sense. Each decision felt deliberate rather than impulsive. That calmness allowed me to stay present with what was actually happening rather than what people were projecting onto the market.

Internally, I was holding a quiet expectation. Not in a boastful way, and not with urgency. I had already accepted the outcome I was moving toward, even though it was not visible yet.

That acceptance changed how I showed up. I was patient. I was focused. I did not second guess myself every time volatility appeared.

One simple habit supported this mindset every night. Before sleep, instead of replaying charts or worrying about outcomes, I counted one hundred dollar bills in my mind. Slowly. Methodically. I would imagine the texture, the weight, the rhythm of counting. There was no excitement attached to it. It was almost boring. That was the point.

- *“Why count sheep when you can count money.”*

That routine was not about fantasy. It was about familiarity. I was teaching my mind to treat the result as normal rather than distant. Sleep is when the brain consolidates information. Ending each day with that quiet repetition kept my attention oriented toward abundance rather than uncertainty. It grounded me.

Over the next three weeks, the positions unfolded better than expected. Assets I had identified began to correct. Momentum returned where others had lost patience. Ten thousand dollars turned into one hundred and thirty thousand dollars in a short window of time. Not through luck, and not through reckless leverage, but through alignment, focus, and timing.

What mattered most to me was not the number, but how it happened. There was no chaos. No sleepless nights. No emotional roller coaster. The external gain reflected an internal steadiness that had been present from the beginning. The market did what markets do. I simply stayed aligned with what I was already prepared to receive.

Looking back, the lesson was clear. Opportunity does not announce itself loudly. It appears where attention is calm and focused. When fear dominates, clarity becomes scarce. When clarity is maintained, value becomes visible.

This experience reinforced something I already suspected. Results often arrive fastest when expectation is settled and behavior is disciplined. I was not trying to make something happen. I was responding to what I was already prepared for. The outcome felt less like a surprise and more like confirmation.

Counting money before sleep did not make the market move. Staying focused did not eliminate risk. What those habits did was keep my nervous system regulated and my attention aligned. That alignment allowed me to see what others missed and act without hesitation.

In the end, the return was measurable, but the real gain was internal. I learned that when belief is quiet and focus is sustained, opportunity has room to find you.

A Brand New Car!

This experience started with a feeling rather than a plan. I was not actively shopping for a car, and I was not scrolling listings or comparing models. What I kept returning to was a sensory impression. The feeling of my hands on a steering wheel that felt solid and warm. The quiet confidence of sitting inside a space designed with intention. The ease that comes with comfort you do not have to justify.

I began focusing on that feeling without attaching it to a specific outcome. I would imagine driving calmly, not fast or flashy, just steady. I paid attention to details because details make things real. White leather seats that felt clean and intentional. A moon roof that let in light without effort. A heated steering wheel on cool mornings that made the drive feel welcoming rather than rushed. None of this felt aspirational. It felt familiar.

That familiarity was important. I was not trying to convince myself that I wanted something. I already knew that. What I was doing was allowing the experience to settle internally so it no longer felt distant or special. I would revisit the feeling briefly during the day, then let it go. There was no pressure attached to it.

One habit supported this more than anything else. When I sat in my current car, I treated it with respect. I kept it clean. I drove it calmly. I acted as if the transition to something new would be smooth rather than forced. That mindset made it easier to let go when the time came.

Within a short period, circumstances began to align naturally. Conversations surfaced. Options appeared without searching. The idea of upgrading stopped feeling like a future plan

and started feeling like a present decision. When I finally looked at a luxury vehicle that matched the feeling I had been holding, there was no internal debate. It felt obvious rather than exciting.

At the same time, something else fell into place just as cleanly. I decided to sell my previous car. There was no hesitation or emotional attachment. Letting go felt appropriate. I listed it and it sold quickly at top dollar. The timing was precise. There was no overlap of stress or uncertainty. One thing made room for the next.

Within a month, the new car was in my garage.

The moment I sat inside it for the first time, what struck me was not excitement, but recognition. The steering wheel felt exactly as I had imagined it. The white leather seats were clean and quiet. The moon roof opened without effort. The heated steering wheel made the interior feel welcoming rather than impressive. The experience did not feel new. It felt confirmed.

That was the clearest signal that the shift had already happened internally. The external result simply caught up. What stood out most was how little effort it required. There was no chasing, no forcing, no second guessing. Each step unfolded naturally because there was no internal resistance. I was not trying to upgrade my identity through a purchase. I was allowing my environment to match an identity that had already settled.

Selling the old car felt just as important as acquiring the new one. It was a clean transition. Letting go created space physically and mentally. There was no sense of loss. Only completion. That clarity made the arrival of the new car feel earned rather than indulgent.

This experience reinforced something simple and practical. When you focus on the feeling rather than the object, the path becomes clear. Details matter because they train the mind to accept the experience as normal. When something feels normal internally, it stops being resisted externally.

The car itself was not the achievement. The alignment was. Holding a calm expectation, honoring what was already present, and allowing space for something new created a smooth transition. Nothing was rushed. Nothing was delayed. The timing felt precise

because it was unforced.

Looking back, it is clear that the real work happened before anything changed. The moment the experience felt familiar rather than distant, the outcome was already underway. The garage simply caught up to what had already been decided quietly within.

Keys To My Success: (NOTE: We will discuss these keys in great detail in subsequent chapters and sections, but as the old saying goes, “repetition is the mother of all learning.” So we will hammer these principles away until it's deeply ingrained in your mind.)

I knew what I wanted

If it's money, how much. If it's a car, what color, year, make and model. Be as specific as possible.

Unquestionable belief

There was no question that I believed in what I wanted to manifest. A strong belief is essential. If you find it hard to believe in your vision, it's perfectly okay to turn it down a notch. For example, if you are visualizing 1 million dollars in your bank account, but find it difficult or find yourself in conflict, try imagining a smaller amount like \$500,000 or \$200,000 instead until you can work your way up.

Visualize and affirm before sleep.

Because the conscious mind is subdued when you're in a theta state, your affirmations and visualization quickly pass into the subconscious mind. Have you ever had an idea during the day but your reasoning mind talked you out of it? That is because your logical mind is on guard for anything that is not in harmony with your story, which includes all present and past dominant thoughts. It is there to protect you from harm. However, this is self-suggestion, so the only person you are 'manipulating' is yourself. During the theta state, your mind is more relaxed and open to suggestion. Therefore this is the best time to practice visualization.

A Word Of Caution: Use these principles for good purposes only. Your mind will accomplish more if it stays home and doesn't drift off and attempt to manipulate or control others. We believe that you should have full integrity when practicing these principles.

Have Fun

Be humble, use your imagination to create as children do, and be sure to use all of your senses. Being uptight will keep your desire from flowing right. Relaxing the mind will allow things to flow naturally and with little to no work. Have you ever experienced an answer to a question suddenly flash into your mind when you were relaxed? Hard visualizing prolongs the process. Therefore, I encourage you to affirm, visualize and let go.

Discipline

In this process of visualization, you must have a white heat of desire for what you want. You must be fascinated with your dream. You must surround yourself with your desires in every way possible so that it becomes a part of you no matter where you go or where you look. For example, Drake, a multi-platinum recording artist once had a picture of a 12,000 sq ft mansion on his desktop years ago before he bought that house. He often talks about success principles in his music and interviews.

In a song called 'Both' Drake says, "...see the power of the mind is not a joke, man, I said that I would do it and I did." Whatever it is that you'd like to experience in your life, you must be willing to put in the effort necessary to make it happen. Songs will not write themselves, weight does not fly off instantly, and champions do not become so without the required effort. Nothing is free in this world. It requires self-discipline, patience, and persistence to accomplish your desire. The interesting thing about this process of visualization is that it will assist you in your mental discipline as you learn to set aside time each day to shut out all sensory perception to see and feel your wish fulfilled. Also, it will help you keep out those negative ideas that come from within your

mind as well. It takes discipline to see yourself with your desired goal.

Practice Makes Perfect

Visualization is an art and skill that you must practice and develop every day. It's just like anything else you'd like to become great at; you must practice, practice, practice. The good news is that you have been doing this your whole life, mostly unconsciously. Think about some of the good that has come into your life and try to think about the times you were daydreaming about it. This guide will help you increase your awareness of your visions, thoughts, feelings, and emotions as this contributes to your mental compulsion to act progressively.

The problem most people have however is the natural inclination to visualize negative situations and circumstances that may significantly impact the results you're getting. Our natural inclination to think negatively is not uncommon in us humans though. In fact, imagining negative situations is how we survive. We wouldn't be capable of running, hiding or even fighting off a life-threatening animal without first visualizing what it can do to us.

The problem is that this mentality is a little outdated, by at least 500 plus years. The chances of us getting attacked by a shark are exceedingly rare. In fact, you're much more likely to get hit by an asteroid or struck by lightning than bitten by a shark. The media is notorious for highlighting all of the negativity in the world, and because it's all we see every day, we tend to have a more negative outlook on the world. Therefore I would encourage you to limit your exposure to the media and even social media as well for the next seven days and take note of the level of optimism in your life. In this business of life you must take control of your thoughts, feelings, and emotions because if you don't, someone or something else will.

Reason vs. Imagination

The reasoning mind, also known as the conscious mind cannot imagine, while your imagination cannot reason or think for itself. The reasoning mind will tell you that you're down to your last penny as it accepts it as a fact. However, everyone can shift gears into another area of the mind and instantly become a multi-millionaire through visualization. Your visualization can take you anywhere you'd like to go.

You can become anything you'd like, and you can have the confidence or any material possession you want to have without the restraint of the conscious or reasoning mind. The secret goal of visualization is to manage both your thinking mind and your imagination. It is quite easy to become subject to the facts of the reasoning mind, but you must also learn not to get too carried away with imagination. Just like anything else in life, it's all about balance.

Everything that you currently see in this material world is a result of imagination. After an idea flashes into the reasoning mind, it begins the process of building a clear picture. Once an idea becomes affirmed with emotion and conviction, it'll become firmly planted into the subconscious mind, where the magic happens. For example, the vehicle you drive every day was the result of an idea that passed into the part of the mind that imagines until it materialized into fact. Before anything can occur in the outer world, it must first exist in the inner mind and imagination.

Albert Einstein once said, "imagination is everything. It is the preview of life's coming attractions." Nikola Tesla never started a new project until he first developed the idea fully in his mind and corrected any faults before putting any serious effort into creating its physical reality. In this same manner you must first build your ideal life in your imagination, and once it passes onto the subconscious mind, it will lead you to the manifestation of what you visualize.

Creative vs. Transformative Imagination

Before you visualize your desire, you must first ask yourself if you would like to create something entirely new or alter something. Creative and transformative imagination are the two methods of visualizing. Both visualization and imagination are one in the same. Creative imagination is the process of creating something entirely new that does not currently exist.

Transformative imagination starts with something that already exists, and you would like to alter it. For example, if you would like to remodel your kitchen, that process of visualizing a newly transformed kitchen would be considered transformative imagination.

If you'd like to create an entirely new television show based on your characters, this method is creative imagination. Now that you know the difference between creative and transformative imagination, you can begin by starting with one of the two categories. Because you can create something new and you can transform something, you cannot remain stuck in your present situation unless you want to. Your current experience does not bind you.

The Best Time To Visualize

When is the best time to visualize? The correct answer to this question is ALL of the time. However, most people have work, families, events and personal lives to live. We're all busy. So, if you can not find the time to visualize during the day when is the absolute best time to imagine? Before sleep is the best time to visualize. When you're about to go to bed the conscious mind shifts into a theta wave vibration which is around 4-8 Hz, where the pitches and troughs are significantly slower than your awakened conscious state. During this time of drowsiness, the conscious mind is subdued, allowing you to visualize your dreams in this state until sleep.

You should visualize before you sleep to pass an idea onto the subconscious mind without your conscious mind attempting to discourage or talk you out of it. When you arise in the morning, it'll

be too late for the conscious mind to talk you out of it, as the idea will already become a part of your deeper mind. During sleep, your subconscious mind remains awake and immediately connects you with all necessary solutions, contacts, and resources to fulfill your desires. In Psalm 46:10 it says, “be still and know that I am God.” This verse of scripture means to know what you want and lets the infinite power of God fill in the necessary details.

You've probably been to a family gathering and heard something like, “..well, it runs in the family.” Right? The evidence of something occurring over many generations may be a fact, but you also have the power to accept it or not. I'm sure you have experienced a nightmare from time to time. We all have, but your strength comes from your reaction to it. If Sally and Johnny experience a similar dream of an unwanted deity or a premonition of an unpleasant event, Sally might immediately reject the idea while Johnny might become fearful. Fear is a negative state of consciousness of things that are not real. It is the negative use of your creative ability. I like the acronym False Evidence Appearing Real whenever I become fearful about something. Therefore it is imperative that you guard your mind against things that may creep into your consciousness during the day and most importantly, during sleep.

My most effective way to reject a contrary idea that attempts to enter my mind is the word 'cancel.' You can also say within yourself, “you know this is not real right?” You may use a different word or phrase as long as it gets the job done. Your only job is to decide on what it is that you would like to have or experience, and the subconscious mind will create solutions to that which you visualize. In the same manner that it can create heaven on earth for you and your family, it can create hell. In Isaiah 45:7 it says, “I form the light, and create darkness, Causing well-being and creating calamity; I am the LORD who does all these.” A lot of people see the Isaiah 45:7 as a contradiction but what it means is that you create your light and darkness. You have the power of choice to allow visualization to take you to new heights or enable it to control you. The choice is yours.

One Word You Should Never Use

The word '**how**' should never be a concern when you visualize. The reason why you should never consider how your vision will materialize is that it will cause you to shift from the area of your mind where you imagine, back to the reasoning mind which thinks according to its present circumstance. Do not be discouraged if you do not know the solution to your vision at the moment. Continue to see and feel as if it is already a fact, and you will be lead to the solution or 'how' it will materialize. Act as if. When the answer reveals itself to you naturally, follow that idea, and once it materializes, you'll see that it was all a part of the manifestation process.

The first line in an old hymn written by William Cowper in 1774 reads, "God moves in mysterious ways, his wonders to perform." There is a power greater than us that knows intimately more solutions, connections, and resources than you have the conscious ability to create. Many call this power; the higher self, infinite intelligence, the subconscious mind or God. No matter what you call this higher power, you must trust that it is looking out for your best interest. Therefore you should never wrestle with the idea of how it will materialize. Only continue to see and feel what it would be like if it were true and it will soon become a reality to you.

The Theatre Of Your Mind

The theatre of your mind is that special place where you'll act out the vision of your desires in your mind. There are two requirements before you can enter into the theatre of your mind. First, you must know what you want or the person you would like to be, and finally, you must become a great actor or actress who acts out the vision over and over until your outer world reflects what is going on inside. There is a great book entitled 'The Art of Acting' by Stella Adler that teaches you exactly how to become that person you are trying to portray. You must see the person you want to be clear in your mind, and act out mental movies much like how an actor or actress does when preparing for scenes. Fully

absorb yourself into the character with conviction and feeling you would like to have associated with it and keep that idea with you throughout your day. Think about the role that you're going to play in this game of life and realize that you are the star in your film.

The problem with most people is that it is easy to visualize others becoming successful but not for them. Perhaps past experiences or the reasoning mind conflicting with the new idea. You must realize that the only time that exists in this world is now, and you don't have to take on life living in an old story. You can create something entirely new by becoming the director, lead actor or actress and writer. In fact, you are the star, the writer and the director of your life, and you can immediately become anything you wish in your imagination until it becomes a fact. Before you can enter into the theatre of your mind, you must ask yourself what character you would like to create, then begin building that ideal character clearly in your mind.

Visualize the perfect level of health that you would like to have, and you'll find that your positive visualizations and affirmations will ward off many diseases and illnesses through the power of your subconscious mind. Visualize yourself as a happy person by taking on the characteristics of happiness, fulfillment, and self-love. Imagine the kind of person that has great relationships with friends, family and a lifelong partner, and you will be led by the power of your mind to great relationships. Visualize a peaceful person and how they would act towards people and circumstances. Imagine success and prosperity by living out the vision in your mind and with the feeling it brings you. See yourself as a person that has a lot of money quickly and effortlessly flowing into your life with investments and businesses that produce more money for your enjoyment and personal use.

In Mathew 17:9 it says, "tell the vision to no man until the Son of man is risen again from the dead." You shouldn't tell anyone or most people your dreams and ambitions because they will most likely talk you out of it. Visions held within YOUR heart and mind are like small seeds that must be taken care of, and if you are not careful, someone will crush them. Perhaps because they have tried and failed in the past or they secretly do not want you to become more successful than they are. They also did not receive

that same flash of inspiration to become something greater, so it is best to just keep it to yourself until it becomes a fact. This practice will limit any outside friction as things come to fruition. In Mathew 6:6 it states to shut the door during your prayer, and that the father or the superconscious will see your prayer in secret and will reward you openly. Everyone will see you in your new home, but they didn't witness the prayers in your secret place. The father was there with you during your prayer in secret, and the world saw the manifestation of your visualization.

From Vision to Neural Wiring

A vision begins as an image, a thought, or a quiet sense of direction, but it does not remain abstract for long. The moment a vision is revisited repeatedly, the brain begins translating it into structure. What starts as imagination gradually becomes neural wiring. This is not symbolic language. It is a description of how the brain adapts to repeated internal experience.

The brain is constantly changing in response to what it encounters most often. This change is not limited to external events. Internal experiences such as thoughts, images, and emotional states also shape neural pathways. When a particular pattern of thinking or imagining is repeated, the brain treats it as relevant information and allocates resources accordingly. Over time, these repeated internal experiences become embedded in neural circuitry.

This is why vision matters. A vision that is revisited consistently is not simply motivating. It is instructional. It teaches the brain what to prepare for. The brain does not distinguish sharply between what is vividly imagined and what is physically experienced, especially when attention and emotion are involved. Both forms of experience influence neural wiring.

However, not all visualization leads to change. Casual or emotionally charged imagining often reinforces desire without updating expectation. In these cases, the vision remains separate from identity. The brain interprets it as fantasy rather than rehearsal. Neural wiring changes only when the internal experience is repeated in a way that feels plausible and emotionally regulated.

Neural wiring forms through repetition and coherence. When an internal image is revisited calmly and consistently, the brain begins to treat it as familiar. Familiarity reduces resistance. As resistance decreases, the brain becomes more willing to integrate the vision into its internal model. This integration is what transforms vision into expectation.

Once expectation shifts, wiring follows. Neural pathways associated with attention, decision making, and emotional response begin to reorganize. You may notice subtle changes before any external results appear. Thoughts arise more easily in the direction of the vision. Decisions feel simpler. Certain actions no longer require as much effort. These changes are signs that wiring is being updated.

This process also explains why inconsistency undermines progress. When a vision is revisited sporadically or paired with emotional volatility, the brain receives mixed signals. It does not know whether to treat the vision as relevant or dismiss it as noise. In response, it defaults to existing wiring. Consistency communicates importance. Calm communicates safety. Together, they allow the brain to adapt.

Neural wiring does not change through force. Trying to convince yourself of a vision through intensity or pressure often creates internal conflict. Conflict activates threat responses that reinforce existing patterns. The brain learns best when it feels safe. Safety allows flexibility. Flexibility allows new wiring to form.

This is why small, repeated internal experiences often outperform dramatic efforts. A vision held gently but consistently teaches the brain that the future it represents is not threatening. Over time, the brain begins to prepare for that future automatically. Preparation influences perception. Perception influences behavior. Behavior influences outcome.

The relationship between vision and wiring is bidirectional. As wiring changes, vision becomes easier to hold. What once felt effortful begins to feel natural. The image no longer requires concentration. It arises spontaneously. This is a sign that the vision has moved from imagination into identity. At that point, the brain no longer treats it as a possibility. It treats it as a direction.

This shift has practical consequences. When vision is

integrated into wiring, attention becomes selective in a new way. Information relevant to the vision stands out. Distractions lose their pull. Choices align without deliberation. These changes often go unnoticed because they do not feel dramatic. They feel normal. That sense of normality is evidence that wiring has changed.

It is important to understand that neural wiring does not guarantee outcomes in isolation. It prepares the system. Action still matters. Decisions still matter. What changes is the quality of action. Instead of being driven by effort or urgency, action becomes responsive and timely. You move when it makes sense rather than pushing constantly.

This is also why patience is essential. Wiring changes incrementally. The brain updates through exposure, not deadlines. When progress is measured only by external results, internal change is often overlooked. Yet internal change is what makes results sustainable. Without it, outcomes tend to feel unstable or temporary.

From vision to neural wiring is a process of translation. Imagination provides the image. Repetition provides the signal. Emotional regulation provides the safety. Together, they allow the brain to revise its internal model of what is likely and appropriate. Once that model changes, behavior follows with less resistance.

When a vision becomes wired, it no longer feels like something you are chasing. It feels like something you are moving toward naturally. The brain has already begun preparing for it. In many cases, reality simply catches up.

This is the quiet power of understanding how vision becomes wiring. It shifts the focus from forcing results to shaping the internal conditions that make results inevitable.

The Neuroscience of Imagination and Identity

Imagination is often misunderstood as something secondary to reality, a place the mind goes when it is not dealing with what is real. From a neuro-scientific perspective, imagination plays a far more central role. It is one of the primary tools the brain uses to construct identity, anticipate outcomes, and guide behavior. Far from being separate from reality, imagination is one of the

mechanisms through which reality is shaped.

The brain does not wait for experience to occur before preparing for it. It simulates. These simulations are not idle fantasies. They are rehearsals that influence neural organization. When you imagine an experience with enough clarity and repetition, the brain activates many of the same networks that would be involved if the experience were happening in real time. This activation is not symbolic. It is physiological.

Neurons that fire together wire together. This principle explains why repeated imagined experiences can influence identity as strongly as repeated physical ones. The brain is less concerned with whether an experience is external or internal and more concerned with whether it is consistent and emotionally meaningful. When imagination is engaged regularly, it becomes data. The brain incorporates it into its model of who you are and what your life contains.

Identity emerges from this model. Identity is not a static label. It is a living prediction. The brain uses identity to answer ongoing questions about behavior, risk, and expectation. Who am I determines what I notice, what I attempt, what I tolerate, and what feels appropriate. These answers are rarely conscious. They are embedded in how the nervous system responds automatically.

Imagination influences identity by repeatedly exposing the brain to a version of the self in a particular context. When you imagine yourself acting, deciding, or living in a certain way, the brain begins to familiarize itself with that version of you. At first, this familiarity may feel fragile or artificial. Over time, with repetition and emotional neutrality, it begins to feel ordinary.

This shift from novelty to normality is critical. The brain resists what feels unfamiliar, even if it is desirable. Familiarity signals safety. When an imagined identity becomes familiar, the nervous system relaxes around it. Resistance decreases. The brain begins preparing behavior that aligns with that identity without requiring conscious effort.

This is why imagination works best when it is calm rather than intense. Emotional intensity can signal urgency or threat, which limits integration. Calm repetition allows the brain to absorb the experience without activating defense mechanisms. The

imagined identity does not need to feel exciting. It needs to feel plausible.

Once imagination has influenced identity, behavior follows naturally. Decisions begin to align with the internal model. Certain actions feel obvious rather than forced. Others lose their appeal. This change is not the result of discipline or motivation. It is the result of coherence. The brain prefers consistency between identity and behavior.

Neuroscience also explains why imagining outcomes without integrating identity often leads to frustration. When an outcome is imagined but the self experiencing it is not, the brain treats the image as external and distant. Desire increases, but expectation does not. This gap creates tension. Imagination becomes a source of longing rather than preparation.

When identity is included in imagination, the effect is different. The brain is not just seeing an outcome. It is rehearsing being someone for whom that outcome is normal. This rehearsal updates prediction. Updated prediction changes perception. Perception changes behavior. Over time, this chain produces results that feel natural rather than dramatic.

It is important to note that imagination does not replace action. It refines it. Action guided by an updated identity is more precise and less reactive. Effort becomes targeted rather than scattered. Timing improves because the brain is no longer conflicted about direction. This is why results often appear smoother when imagination and identity are aligned.

The neuroscience of imagination and identity shows that change does not begin with effort. It begins with familiarity. The brain adapts to what it encounters repeatedly. When imagination is used deliberately, it becomes a way to introduce the brain to a new normal before circumstances demand it.

Over time, imagined experiences that once felt aspirational become expected. Expected experiences guide behavior. Behavior shapes environment. This sequence unfolds quietly, often without conscious awareness. What feels like a sudden change is usually the result of gradual internal alignment.

Understanding this process removes much of the mystery from personal transformation. You are not trying to convince

yourself to become someone else. You are allowing the brain to practice a version of you until it recognizes that version as its own. Once that recognition occurs, the rest follows with far less resistance.

Questions:

What role are you playing in your life? Are you the star actor/actress or are you in the background?

What role do you want to play?

What are the characteristics of the character you would like to become?

How to Visualize Like A World Champion

Step 1: Define your ideal life/objective, what do you want or would like to experience. Purchase a small notebook and list your goals and overall objective. If you would like to lose weight, describe yourself and how you would feel if it were true.

Step 2: Remove negativity. Removing negativity includes negative thoughts, negative people, and a negative environment. Take note of any negative thought or negative affirmation and repeat a positive affirmation when that negative thought arises.

Step 3: Get into a comfortable position and relax your entire body. Shut the door to all possible distractions. Shut your eyes and breathe in deeply and exhale 5-10 times. Stay in the present.

Affirmation: “I am the star, director, and writer in my movie.”

Chapter IV: Rewiring the Subconscious

“Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality.”

— Earl Nightingale

Visualization is the practice of seeing and feeling yourself already with your wish fulfilled, and once your subconscious mind has a new idea, it will proceed to make it a fact. The subconscious mind is so powerful because it does not know the difference between reality and something vividly imagined. It is also not associated with the time; therefore the absence of your desired wish will push the subconscious mind to seek solutions to make it a present fact for you. There were many times in my life where I needed something, and I would immediately get a phone call with the solution on the other line. Other visualizations may take longer as each vision has its gestation period. The subconscious mind only knows one time, and that is the present moment.

Subconscious Correlation

Subconscious correlation is responsible for all of the necessary details associated with your desired wish. For example, when I visualized myself playing an imaginary guitar and hearing the sounds it produced, the subconscious mind immediately began to search for solutions to make it a reality. It subconsciously correlated the meeting with my friend who happened to have a guitar with no owner. It had every detail worked out, and as I was led to record one day, there was a beautiful new guitar with my name on it. In my mind I already had the guitar in my possession, it was just a matter of time before it externalized itself. During your visualization, you must utilize all of your senses as if it were a present reality. You must see, hear, taste and touch your desires over and over until it gets passed over to the subconscious mind which works to solve problems even while you sleep.

Our definition of subconscious correlation is the relationship between a thought and the reality of that idea. In other words, any idea held in your mind will eventually manifest itself

into reality through the solutions within the subconscious mind through all necessary resources, people, and events. When Rodger Bannister first ran a mile in 3:59, no one ever thought it could be a possibility because it never happened. How did he do it? How did he achieve the impossible?

Rodger Bannister could not have broken the 4-minute mile record by physical strength alone because he failed in the past. He first had to achieve it within his mind until there were no questions that he could pull off the impossible through the actions of his body. Since then in the last 50 years, the record has lowered by almost 17 seconds as the glass ceiling above the heads of non-believers shattered. Within two years after he broke this record 37 other people also ran the mile in under 4 minutes through the power of belief. The subconscious correlation between where you are and want to be will lead and guide you to the fulfillment of your vision for your success, or something you would like to possess physically.

Is there something you would like to accomplish but find yourself hung up because of a physical limitation or doubt within your mind? How do you shift from lack and limitation to unlimited possibilities? If you have all of the necessary attributes to become an NBA basketball star but do not see great potential within yourself, your actions will affect your results, thus reinforcing the belief that you can not do it. And as the cycle continues it becomes a self-fulfilling prophecy. However, a champions mentality starts from the vision and belief that it can happen even if there is a physical limitation. Tyrone 'Muggsy' Bogues was the shortest NBA player ever to play the game standing at a tall 5 ft 3. But he didn't let his size disadvantage stop him from playing 14 seasons as a starting point guard with 6,858 career points, 6,726 assists, and 1,369 steals. He said, "I never really thought about my height, other people see me as 5'3" I just play the game the best way I know how." Never let your limitations limit you.

Self Image

The incredible power of choice gives us all the ability to choose our unique self-image, thus creating a life of great success

or failure. What you see in yourself every day will become a direct reflection of what you visualize. If you see within your mind, feel and expect sickness, that's what you'll get. However, if you see within your mind, feel and expect good health, you'll be guarded against all illnesses when most of the world is expecting the flu during, "flu season." Aldous Huxley once said, "There is only one corner of the universe you can be certain of improving, and this is your own self."

Gary Vaynerchuk, a successful entrepreneur, and investor claims not to have been sick since his marriage began 11 years ago. This idea of perfect health was said to be the result of his subconscious mind not allowing him to succumb to illness. We must do away with the old idea that life happens to us or that success rests in the hands of chance. No matter what, "runs in the family" you now can expect the same experience to happen to you, or you can choose your future. Your real power comes when you know that you have the potential to change an unhealthy environment and your perception of reality so that you do not fall victim to chance.

The hidden self-image is the primary cause of extraordinary success and failure in life. It is an essential element as it controls every aspect of life just as the mind controls a heartbeat. The results you are currently getting whether it is your relationships, money, happiness, success or health is a direct reflection of your self-image. If you do not like the results you are getting in any area of your life, you now can recreate your life by changing your self-image through the power of creative visualization. Your results are an expression of what is going on inside the image that you hold within your mind. Until you begin to create changes within your mind, you will continue to get the same results.

One of the most common mistakes that most people make is the idea that change must come from something outside of you. Moving to a new location will not make you more successful or provide you with better relationships. You will always attract the same results, relationships, and circumstances because you're attempting to change something outside yourself. Do you turn your car by moving the tires or do you control it from the inside by taking control of the steering wheel? Of course not, but this is what

most people do. To become a world champion, you must first qualify by working on the inside until it becomes your new identity.

How To Begin A Visualization

The first thing you must do before starting your visualization is to build your ideal self-image within your mind. Whether you are visualizing for a few minutes during the day or before sleep, you should first get into a comfortable position on your chair or bed and repeat the following example. You are encouraged to add more details of how you'd like your ideal life to be to capture the feeling necessary to impress your subconscious mind.

“I enter into the theatre of my mind, and as I shut the door, I see myself as a happy, vibrant and successful person...”

The only question you must ask yourself before starting your visualization is; “what do I want to be, do or have?” The answer to this question will clarify your vision exactly as you build a perfect image of yourself through the process of visualization. The very fact that you know what you want out of life will place you in the top 5 % of the people who know where they are going in life. The sad reality is that most people do not know what they want, and this is perhaps why approximately 88% of the population are unsatisfied with their lives.

Healthy Habits

A good habit to adopt during your visualization practice and in your waking hours should involve an image of perfection for yourself and others. It will help you clarify what you want through the universal conductor which is the subconscious mind, and it will substantially reduce judgments of people based on outer appearances. In Mathew 7:2 it says, “For with what judgment ye judge, ye shall be judged: and with that measure ye mete, it shall be measured to you again.”

To realize that we are all equal and come from the same source, we should hold an image of perfection for ourselves and others. To see others as God sees others takes power. For example, if you come across a so-called vagrant on the street, visualize them as God sees them, perfect. To pass judgment on someone else, you must hold a negative image in your mind which only passes that judgment upon you. I do not recommend catering to this beggars consciousness, but I do recommend giving them something to ponder. For example, if you have time you can share an affirmation such as; “I see something better in you.” This statement forces them to look within themselves and wonders what you see in them that they may not. Thinking leads to solutions.

Neuroplasticity and the Law of Repetition

Neuroplasticity refers to the brain’s ability to change its structure and function in response to experience. This capacity is not limited to childhood or recovery from injury. It is a continuous process that operates throughout life. Every thought pattern you revisit, every emotional response you reinforce, and every behavior you repeat contributes to how neural pathways are strengthened or weakened over time. The brain is not static. It is always adapting to what it encounters most often.

Repetition is the mechanism that drives this adaptation. The brain learns through exposure. When a particular pattern is activated repeatedly, the neural circuits involved become more efficient. Signals travel faster. Less energy is required. What once felt effortful begins to feel automatic. This efficiency is not a sign of truth or accuracy. It is a sign of familiarity. The brain prioritizes what it recognizes.

This is where the law of repetition becomes relevant. Whatever is repeated internally or externally becomes neurologically reinforced. Repetition tells the brain what matters. It does not discriminate between constructive or limiting patterns. If worry is repeated, the brain becomes skilled at anticipating problems. If confidence is repeated calmly, the brain becomes accustomed to expecting favorable outcomes. The content matters, but consistency matters more.

Many people misunderstand repetition as something that must be intense or emotionally charged. In reality, the brain responds more reliably to steady, low stress repetition. Intensity can create temporary shifts, but it often activates threat responses that interfere with integration. Calm repetition allows the nervous system to remain regulated, which makes learning more durable.

This explains why habits form quietly. A behavior repeated daily without drama becomes automatic. The same principle applies to internal experiences. Repeated thoughts, images, and emotional states shape neural wiring just as effectively as repeated actions. Over time, these internal repetitions influence perception, attention, and decision making without requiring conscious effort.

Neuroplasticity also explains why change often feels slow at first. Early repetitions do not immediately override existing wiring. The brain compares new input against established patterns and defaults to what feels familiar. With continued repetition, however, new pathways strengthen while old ones gradually weaken. This process is incremental. It rarely announces itself. It reveals itself through subtle shifts in ease, focus, and response.

The law of repetition operates whether you are aware of it or not. This is why unconscious repetition can be more influential than deliberate effort. Patterns rehearsed automatically throughout the day often outweigh brief moments of intentional practice. What you repeatedly return to mentally during neutral moments shapes the brain more than what you do occasionally with intensity.

Sleep plays a critical role in this process. During sleep, the brain consolidates learning. Neural patterns activated during the day are reinforced or pruned based on frequency and emotional tone. This is why the last thoughts you engage with before sleep can have a disproportionate impact. They are often the ones the brain revisits and stabilizes overnight.

Repetition does not require belief to begin working. It requires exposure. Over time, repeated patterns influence expectation. Expectation influences perception. Perception influences behavior. This sequence creates feedback loops that feel self sustaining. Once a pattern is established, the brain continues reinforcing it because it is efficient, not because it is optimal.

Understanding this removes the pressure to force change

through willpower alone. Willpower operates at the surface level of behavior. Neuroplasticity operates at the structural level of the brain. Structural change takes time and consistency. When repetition is applied patiently, resistance decreases because the brain is no longer being asked to operate outside its learned patterns.

This is also why abrupt attempts to change everything at once often fail. When repetition is inconsistent or overwhelming, the brain receives mixed signals. It does not know which pattern to reinforce. In response, it maintains existing wiring. Consistency provides clarity. Clarity allows adaptation.

The law of repetition does not demand perfection. Missed repetitions do not undo progress. What matters is overall exposure. The brain tracks patterns across time, not isolated moments. A pattern repeated most days will eventually outweigh occasional inconsistency. This perspective replaces rigidity with steadiness.

As repetition reshapes neural wiring, behavior begins to align naturally. You find yourself responding differently without effort. Certain choices feel easier. Certain reactions lose their intensity. These changes are often noticed only in hindsight. They feel normal because the brain has integrated them.

Neuroplasticity reveals that change is not a battle between old and new selves. It is a gradual re-weighting of patterns. The brain does not erase old wiring instantly. It de-prioritizes it as new wiring becomes more efficient. This is why patience is not optional. It is part of the process.

When repetition is applied intentionally, it becomes a tool rather than a habit. You begin choosing what the brain rehearses. Over time, what you rehearse becomes what you expect. What you expect becomes how you move through the world. This is not a philosophy. It is how the brain adapts.

The law of repetition works quietly, continuously, and without judgment. It reinforces whatever is most familiar. When you understand this, you stop trying to change everything at once and start focusing on what you are repeating. That focus alone begins reshaping the mind from the inside out.

How the Brain Learns What to Believe

The brain does not adopt beliefs because they are logical or because they are stated often. It adopts beliefs because they are reinforced through experience. Belief, at the neurological level, is the brain's conclusion about what is reliable, predictable, and worth preparing for. What the brain learns to believe is shaped far more by repetition and emotional context than by conscious intention.

From early life onward, the brain is constantly testing predictions against outcomes. When an expectation is confirmed, the neural pathways associated with that expectation strengthen. When an expectation is contradicted, the brain evaluates whether to update its model or reinterpret the experience to preserve familiarity. This process happens continuously and largely outside of awareness. Beliefs form as a byproduct of this ongoing evaluation.

Emotion plays a critical role in this learning. Experiences that carry emotional weight leave stronger neural traces. The brain prioritizes emotionally charged information because it signals relevance. This is why a single intense experience can shape belief more powerfully than many neutral ones. Over time, repeated experiences with similar emotional tones consolidate into stable expectations about how the world works.

Belief also depends on frequency. A pattern that appears consistently, even if mildly, becomes more convincing than a rare but dramatic event. The brain is statistical by nature. It tracks patterns across time and assigns belief based on what appears most often. This means that everyday internal experiences, such as habitual thoughts or emotional reactions, often shape belief more strongly than occasional conscious practices.

Another factor is coherence. The brain prefers internal consistency. When new information aligns with existing beliefs, it is integrated easily. When it conflicts, the brain experiences tension. Resolving that tension requires energy. In many cases, the brain conserves energy by dismissing or rationalizing contradictory information. This is not a flaw. It is a feature designed to maintain stability.

Beliefs are also shaped by identity. The brain learns what to believe based on who it understands you to be. Expectations about ability, worth, timing, and effort are organized around this sense of self. When information supports identity, it is reinforced. When it challenges identity, it is often resisted. This is why belief change is difficult when it threatens how someone sees themselves.

The brain does not learn belief through force. Trying to convince yourself of something that conflicts sharply with existing expectations often creates resistance. The nervous system reacts to incongruence as uncertainty. That uncertainty can show up as doubt, tension, or mental fatigue. In these moments, belief does not strengthen. It fragments.

Belief changes more reliably through experience that feels safe and consistent. Small confirmations accumulate. Emotional regulation allows the brain to remain open rather than defensive. Over time, repeated exposure to a new pattern gives the brain enough evidence to update its model. Once updated, belief feels natural rather than imposed.

This process explains why behavior often changes before belief becomes conscious. You may notice yourself acting differently without fully understanding why. The brain has already revised its expectations, and behavior is following suit. Conscious belief often lags behind neurological belief.

Sleep plays an important role in this learning. During sleep, the brain consolidates patterns from the day. Experiences that were repeated or emotionally salient are reinforced. This consolidation process stabilizes beliefs and makes them more accessible. What the brain revisits repeatedly before rest often becomes part of what it learns to believe.

Understanding how the brain learns belief removes the pressure to manufacture confidence or certainty. Belief is not something you summon. It is something that emerges when the brain encounters enough consistent evidence. That evidence can come from external experience or internal rehearsal, but it must be repeated and emotionally regulated.

When belief shifts, it does not announce itself. It reveals itself through ease. Decisions require less effort. Doubt quiets. Action feels aligned rather than forced. This is the brain signaling

that its internal model has updated.

The brain learns what to believe by observing patterns and protecting stability. When new patterns are introduced patiently, belief adapts. This is not a matter of willpower or personality. It is a process. Once understood, it can be worked with deliberately rather than fought against.

Self Talk and the Subconscious Script

Most people think of self talk as commentary, something that runs in the background while life happens in the foreground. In reality, self talk functions more like a script. It quietly instructs the brain on how to interpret experience, what to expect next, and how to prepare the body emotionally. Long before conscious decisions are made, this internal dialogue has already shaped perception and response.

The subconscious does not evaluate language for accuracy or optimism. It evaluates it for repetition and emotional tone. What you say to yourself consistently becomes familiar, and what becomes familiar is treated as reliable. Over time, this repeated internal language forms a narrative that the brain uses to organize expectation. This narrative is the subconscious script.

Self talk is not limited to words. It includes tone, implication, and the conclusions drawn after events occur. A brief internal comment after a setback can carry more weight than a long motivational speech delivered occasionally. The brain pays attention to what you return to habitually, especially during neutral moments when defenses are low.

This is why casual self talk often has more influence than deliberate affirmations. Statements repeated without resistance slip into the subconscious more easily. When language feels natural, the brain accepts it as part of reality rather than questioning it. Over time, these accepted statements shape how situations are interpreted before conscious thought intervenes.

The subconscious script influences behavior indirectly. If the internal narrative frames effort as exhausting, the body anticipates fatigue. If it frames opportunity as rare, attention narrows. If it frames progress as slow, patience erodes quickly.

These effects do not feel like beliefs. They feel like realism. That is what gives the script its power.

Self talk also interacts closely with emotion. Language paired with emotional states becomes more deeply encoded. Repeated phrases spoken internally during stress or relief can anchor those states. Over time, certain words or thoughts automatically trigger emotional responses because the brain has learned to associate them.

Changing the subconscious script does not require constant positivity. Forced language often creates internal friction. The brain resists statements that feel disconnected from lived experience. Instead, subtle shifts in phrasing can be more effective. Replacing absolute language with neutral or directional language reduces resistance and allows new patterns to take hold.

For example, moving from statements of limitation to statements of observation creates space. Instead of declaring outcomes, noticing patterns invites curiosity rather than defense. The subconscious responds well to language that feels honest and grounded. Consistency matters more than intensity.

Timing also matters. The brain is more receptive to internal language when it is relaxed. Moments before sleep, during routine activities, or after emotional resolution are particularly influential. During these times, the subconscious is more open to suggestion because the mind is not actively filtering information.

Over time, the subconscious script becomes identity reinforcing. The language you repeat internally answers quiet questions about who you are and what life expects of you. These answers guide decisions without debate. When the script changes, identity begins to shift subtly. Behavior follows.

It is important to recognize that silence is also part of the script. What you choose not to say internally matters. Interrupting automatic negative commentary without replacing it immediately can weaken its influence. The brain notices the absence of repetition as much as its presence.

Self talk does not need to be constant to be effective. It needs to be consistent. A few repeated phrases that feel believable and emotionally neutral will shape expectation more reliably than frequent declarations that feel forced. The subconscious responds

to what feels normal.

As the script evolves, reactions soften. Internal tension decreases. Decisions feel less conflicted. These are signs that the brain is operating from a different narrative. The world may not change immediately, but the way it is experienced does. That shift is often the first visible indicator that the subconscious script has been rewritten.

Understanding self talk as a script rather than a monologue changes how it is approached. Instead of trying to silence the mind or control every thought, attention can be placed on what is repeated most often. Over time, those repetitions become instructions the brain follows automatically.

When the script changes, behavior aligns quietly. Effort decreases. Response becomes cleaner. The mind stops arguing with itself. This is not because problems disappear, but because the internal narrative guiding perception has shifted. That shift shapes experience long before conscious intention ever enters the picture.

Why Words Do Not Describe Reality They Design It

Words are often treated as passive tools, as if they simply label what already exists. From the brain's perspective, words are active inputs. They do not wait for reality to happen and then describe it. They participate in shaping how reality is perceived, anticipated, and responded to. Language acts on the nervous system before conscious reasoning has time to intervene. When the brain processes words, it does not treat them as neutral symbols. Each word carries associations built from past experience, emotion, and memory. A single phrase can trigger a cascade of sensations, expectations, and bodily responses. This happens automatically. The brain has learned what certain words tend to predict, and it prepares accordingly.

I began to notice this most clearly in my own internal language long before I understood it intellectually. There was a period in my life when progress felt slow, not because things were not moving, but because of how I was narrating what was happening. I would tell myself that things were "taking too long" or that I was "behind." Those phrases felt harmless, even honest.

But what they were actually doing was training my nervous system to anticipate frustration and delay.

Once I noticed that pattern, I experimented quietly. I did not replace those thoughts with forced optimism. Instead, I adjusted the language slightly. “This is unfolding.” “This is in progress.” “This is moving.” The circumstances did not change overnight, but my experience of them did. I stopped bracing emotionally. Decisions felt less urgent. I responded instead of reacting. The shift was subtle, but it changed how I moved through each day.

Words also shape how the brain interprets events after they happen. Memory is not a fixed recording. It is reconstructed each time it is recalled. The language used during that recall determines how the event is stored. I have seen this play out repeatedly.

There was a time when an opportunity did not work out the way I expected. Initially, I described it to myself as a failure. That word carried weight. Each time I revisited the experience, my body tightened slightly. The memory felt heavy. Eventually, I reframed the language, not to excuse the outcome, but to describe it more accurately. It became “a redirection” and later “a correction.” Nothing about the event itself changed, but the emotional charge did. With that change came clarity. I could see what the experience had made possible rather than what it had taken away.

Language also designs expectation before events occur. The brain uses words to forecast how an experience will feel. When something is described internally as stressful, the nervous system prepares for threat. Heart rate increases. Focus narrows. Creativity drops. When the same situation is described as demanding but manageable, the physiological response is different. The body stays regulated. Attention remains flexible.

I saw this clearly in high pressure situations where performance mattered. On days when I told myself “this is going to be intense,” my body responded with tension. On days when I framed the same situation as “this requires focus,” the experience felt cleaner. The outcome was often better, not because the situation changed, but because my internal design allowed me to show up differently.

Casual language plays an outsized role here. Offhand comments matter more than people realize. Phrases like “that’s just

how I am” or “this always happens to me” may feel descriptive, but they function as design instructions. Repeated often enough, they become identity markers. The brain treats them as rules rather than observations.

I once caught myself repeatedly saying that I was not a morning person. It felt factual. But over time, I noticed how my body responded each morning. Sluggishness. Resistance. Expectation of difficulty. When I stopped using that phrase and replaced it with neutral language like “mornings take a moment to warm up,” the experience shifted. Nothing dramatic happened. I simply stopped reinforcing an identity that my nervous system had been organizing around.

Words also guide attention. The brain filters information based on relevance, and language provides those relevance cues. When internal language emphasizes scarcity, attention scans for lack. When it emphasizes opportunity, attention broadens. This is not optimism. It is filtering.

I experienced this during periods of financial decision making. When my internal language centered on risk and protection, I noticed threats everywhere. When it shifted toward value and positioning, different information surfaced. The market did not change. My filter did. That shift allowed me to act with clarity rather than fear.

Even humor can function as design. Self deprecating jokes repeated often enough become familiar narratives. The brain does not recognize sarcasm the way the conscious mind does. It tracks repetition. What is repeated becomes expected.

This is why deliberate language does not need to be dramatic. In fact, subtlety works better. The brain resists exaggeration. It responds to plausibility. Language that feels honest and grounded integrates more easily than language that feels forced.

Design happens over time. No single word creates reality. Patterns do. The language you return to most often becomes the framework through which experience is organized. Over weeks and months, that framework shapes how you interpret events, how you make decisions, and how you respond emotionally.

Understanding this removes pressure. You do not need to

monitor every thought. You only need to notice what repeats. Awareness alone begins to loosen rigid patterns. Small shifts in language accumulate. Over time, they redesign expectation quietly. Words do not describe reality after it happens. They participate in shaping what the brain prepares for next. When language is chosen with awareness rather than habit, it becomes one of the most practical tools available. Not to control outcomes, but to design the internal conditions through which outcomes are experienced. By the time reality appears to change, the design has already been in place for some time.

Questions:

What is your current self-image? Is it clear or unclear?

What results are you currently getting?

What have you been planting in your mind? Think about your interactions, television, movies, and music.

How to Visualize Like A World Champion

Step 1: Define your ideal life/objective, what do you want or would like to experience. Purchase a small notebook and list your goals and overall objective. If you would like to lose weight, describe yourself and how you would feel if it were true.

Step 2: Remove negativity. Removing negativity includes negative thoughts, negative people, and a negative environment. Take note of any negative thought or negative affirmation and repeat a positive affirmation when that negative thought arises.

Step 3: Get into a comfortable position and relax your entire body. Shut the door to all possible distractions. Shut your eyes and breathe in deeply and exhale 5-10 times. Stay in the present.

Step 4: Visualize and affirm greatness. Use our intro visualization template to get started. "I enter into the theatre of my mind, and as I shut the door I see myself" Use positive affirmations to connect with the images you see in your mind and include all of your senses. The goal is not to just visualize and affirm your desires, but to feel them so it will quickly pass onto the subconscious mind.

Affirmation: "I close my eye and see and feel whatever I wish."

PART III: Faith Identity and Embodiment

Chapter V: The Mindset of a Champion

“Try not to become a man of success. Rather become a man of value.” — Albert Einstein

The manifestation of your desires first starts with mental pictures held within the eye of the mind. The eye of the mind is the esoteric or inner ability to see things in its physical expression. The inner eye is always seeing things into manifestation. Therefore, you must answer the following four questions before you start your visualization.

4 Question To Ask Yourself:

What do you see yourself becoming in mind's eye?

What is your inner self-image? Furthermore, is it clear or unclear?

What do you see yourself having?

What do you see yourself doing?

You can begin the process of building the ideal image of yourself by including all senses such as sound, color, smell, movement, feeling, and reality. Once you have that image of perfection within your mind's eye, you must hold that image before you with faith, persistence, conviction, and feeling. Once you have successfully impressed the new idea into the deep reservoirs of your subconscious mind, you will find yourself experiencing a series of events that will ultimately lead you to your true place in life. A good affirmation to use during your visualization can be the following; “the infinite power of my subconscious mind leads and guides me to my destiny.”

Years ago I experienced the feeling of being stuck and hopeless at a particular job while also living in a city that I did not see many opportunities. With this thought in mind, I began to transform the images from the physical eye into something better. First, I saw myself living in a city with great opportunity all around

me while living comfortably in a beautiful new home. A few weeks later after visualizing myself doing better and feeling more accomplished, I received a call from my employer while on the job telling me to come up to the office. It wasn't good news. Unfortunately, I was one of many that were laid off that day with no prior notice. Getting laid off may seem like an unfortunate event, and it did at the time, but after landing a better job with better pay, I realized that it was all part of God's plan. When you visualize and experience an unpleasant event, just realize that it is all part of the necessary mechanics to bring forth that which you seek. Always see the good in everything because it will ultimately lead you to your destiny. Giving thanks in all situations and asking for wisdom when you are uncertain is always a good idea.

All three levels of mind are all connected to help you see things into physical manifestation. In other words, God is always seeking to create through your imagination. This visualization guide will help you become more aware of the higher power that is already working within you. Earn Nightingale once told a story of a boy who struggled to play piano in which the music in his head didn't quite express itself at that moment. The keyboard is capable of sounding quite beautifully, but do not discard this instrument if it is not fully expressing itself the way you intend at this moment. With practice and persistence, you can begin to take control of the most advanced technology known to man, which is the ability to transform or create images within your mind into physical reality.

God's only intention for you and the creation is good, but the problem comes when we relate to it negatively. For example, and automobiles intention is for convenience and comfort, but if you relate to it in a negative way you can seriously hurt yourself and others. Most people refer to their current circumstance negatively by seeing negative images thus creating more of that prevailing thought, feeling and emotion. Because the original intention of the cosmos is noble, you must make it a practice to relate to your current circumstance positively. You were not born just to live a life of scarcity and limitation, but of perfect health, happiness, joy, success, love, prosperity and having money easily flow into your life. You must cooperate with this good intention of God by seeing yourself as you are originally intended. See yourself

opulent and in perfect health because that is your original state. See yourself happy and joyous because that is who you are. See yourself giving and receiving love because that is what you are.

You Are Good

Many churches preach the doctrine of original sin but is it true, and how does this teaching have to do with results with visualization? This section is devoted to the population of people who have certain hangups with the thought of receiving God's goodness. Everything that God declared when He created everything in this world was good according to Genesis 1:1-31. How can sin be original if God said everything to be good? Because man originally comes from God who is good, sin, therefore, cannot be original being made from this perfection. The doctrine of original sin places those who believe in it on the negative law of mind which believes that we do not deserve the goodness of God. Instead of seeing yourself as an undeserving sinner, you must begin to see yourself as you are, perfect in the eyes of God. That image of perfection within your consciousness will reflect your outer experience, and you will see yourself and others accordingly. The focus on sin in the church consequently attributes to more sin in the world. Your attention goes where your power flows. In other words, you cannot become healthy by studying illness just as you can not become rich by studying poverty. To come to be great in this world, you must first believe that you are great and that you expect nothing but the best. Relating to yourself negatively will cause you to fail and lose on the battlefield of life. A true champion sees him or herself as a winner before the title match otherwise you have already lost.

Look Within

Visualization is looking within your mind's eye and shutting the door to all outside influences to see what you want to see. You must learn to look within your inner eye to see what you want, and the thought, feeling, and emotion associated with that vision will begin to clothe itself into reality by the power of the subconscious

mind. When you see with your outer eye, you may see things that are not in harmony with your desire, but you can see yourself as you wish. When you see with your physical eyes only, you will continue to get what you picture in your mind and dominant thoughts.

Faith

The great thing about visualization is that there is a gestation period associated with that which you visualize. I know there are some things that you would probably like to see manifest immediately, but unfortunately, the cosmos does not operate that way. Imagine visualizing a car, and suddenly a car appears out of nowhere or a mountain lion appearing in your living room after watching the Discovery channel. Paulo Coelho once said, "It's the possibility of having a dream come true that makes life interesting." The possibility of having a dream become a reality requires faith. In Hebrews 11:1 it says, "Faith is the substance of things hoped for, the evidence of things not seen." Patience is the key to see things into physical expression. Can't you expect to get fit by going to the gym once right? It takes effort and dedication to grow daily with your vision until it becomes a part of your daily ritual. Once your image is firmly planted deep within your mind, you will be compelled to take inspired action, and that action will lead to the results you want in due time.

Real Beauty

The statue of David sculpted by Michelangelo between 1501-1504 is a perfect example of creative imagination. Many people probably came across that same stone and saw nothing but a giant rock, but Michelangelo looked upon the stone and saw a perfect statue of David. Some people see things as they are, but if you would like to become a master at visualization, you must learn to see things as you wish them to be. When Michelangelo started carving, chiseling and sculpting the stone he was releasing everything he saw within the rock. So you are always releasing everything into manifestation every time you visualize what you

want within the eye of your mind. Any vehicle you see on the road was first a vision held within the mind's eye of the designer, and that idea became sketch before being sculpted into a prototype. There are many designers in this world such as; architects, men and women's clothing designers, computer designers, interior decorators and jewelry designers. In the same manner that any great creator builds from the images within their mind to make the world a more convenient and enjoyable place, you must design your ideal life. It is also interesting to note that any design that does not utilize the interworking power of the mind ends up in disarray. After the second world war there thousands upon thousands of oil steel drums left in the Caribbean which would seem to be a nuisance. However, someone looked at these same oil drums and instead of seeing a problem, they saw musical instruments and began tuning the steel drums to play notes just as any other instrument.

Nothing Is Free

You cannot get something for nothing in this world even if it states that it is, "free." Many families learned to survive generation after generation by depending on the government for handouts, but this mentality does more harm than good. First of all, it will rob you of your self-sufficiency which demeans your self-image on an unconscious level. For this reason, giving someone too much will cause them to dislike you without them being aware of it. More often than not someone will bite the hand that feeds them because they are given a little too much. Giving too much to people will rob a persons dignity on an unconscious level because the law of giving and receiving states that you get what you put out. In other words, you reap what you sow. When you depend upon a handout without the thought of getting on your own feet, it will take your dignity, self-sufficiency, and you'll hate that person or government without knowing the reason why.

Protesters against cutting welfare are a perfect example. They receive everything necessary for survival but remain in a dependent state of mind. I do believe that it serves a purpose much like unemployment insurance, but there is a thin line between

receiving help when necessary and becoming dependent. If you do not transform the image that is before you with your physical eye to something better with the eye of the mind, you will be changed by something else. Learning to modify or create something new within the eye of your mind will free you from political policies or any other change that may occur. In Romans 12:2 it says, “and do not be conformed to this world, but be transformed by the renewing of your mind.” Renew your vision by changing the image you see into something better.

What The Evil Eye Is

The evil eye is the negative use of the eye of the mind. In John 7:24 it says, “judge not according to the appearance, but judge righteous judgment.” Every judgment that you pass will become impressed upon your subconscious mind, and it will reflect itself in one way or another. The fact that a particular person may be terrible based on their actions, it is best to leave it alone. Not to say that you have to befriend that particular person, but true forgiveness deep within your mind is probably best for you.

When you come to the place where you do not judge evil whether it is illness or an unwanted action by another, it will disperse when you use your inner eye to see good. The possibility for anything can occur in this world according to quantum physics, but you also can choose another option. In Proverbs 20:8 it says, “A king sitting on the throne of judgment separates out all evil with his eyes.”

You not the king over others by your judgment, but you are the king over your mental faculty to see things as you wish. This practice will help you neutralize negativity by sending love to the appearance of evil. According to USA Today, the city of Los Angeles has the most homeless in the nation, and you might find yourself being tempted to pass judgment according to that appearance. However, it is a good practice to see them as God sees them in a perfect state, or if you find yourself overwhelmed it is best to mind your own business to avoid unrighteous judgment. What you see is what you become therefore you should see positively with the inner eye.

The Quantum Mirror

The idea behind what I call the quantum mirror is simple, but it takes time to feel it rather than just understand it. Life does not respond to what we want or what we say. It responds to what we consistently reflect internally. The outer world mirrors the inner state, not as a reward or punishment, but as a consequence of alignment.

I did not arrive at this understanding through theory. I noticed it through patterns. There were periods in my life when things seemed to flow without effort. Opportunities appeared at the right time. Conversations led somewhere meaningful. Decisions felt clean. Then there were other periods where everything felt delayed or resisted, even though I was working just as hard. The difference was not action. It was internal orientation.

I remember a stretch of time where I was focused on protecting what I had. Nothing was objectively wrong, but internally I was cautious. My thoughts revolved around maintaining, avoiding loss, and minimizing risk. Without realizing it, that internal posture shaped everything. Opportunities that required expansion felt uncomfortable. Conversations stayed surface level. Growth slowed. The mirror reflected exactly what I was holding.

Later, during a different phase, my internal state shifted. I was no longer trying to guard against loss. I felt open, steady, and expectant without being urgent. What followed was not dramatic, but it was consistent. Introductions led to new directions. Ideas turned into action more easily. The external world began responding differently, even though my daily routine looked similar on the surface.

This is the quantum mirror at work. Not as mysticism, but as feedback.

At the highest levels of performance, this principle shows up clearly. Elite athletes often talk about being “in the zone.” When they are there, the game slows down. Timing improves. Decisions feel automatic. Nothing about the external conditions has changed,

but their internal state has aligned so precisely that the environment responds fluidly. The mirror reflects coherence.

The same is true in business and investing. Some of the most successful investors are not the loudest or most reactive. They are calm when others panic. They see value where others see threat. Their internal steadiness allows them to perceive information differently. The market does not reward emotion. It reflects it. Panic creates distortion. Clarity reveals opportunity.

I saw this firsthand during periods of market uncertainty. While many people were reacting emotionally, I stayed focused on fundamentals and probability. I was not trying to predict chaos or control outcomes. I was holding a stable internal state. As a result, the opportunities I noticed were invisible to those operating from fear. The mirror reflected my orientation, not my effort.

The quantum mirror also explains why force rarely works. When you try to make something happen while internally feeling lack, urgency, or doubt, the mirror reflects that contradiction. The external world responds with delay, resistance, or confusion. Not because you are doing something wrong, but because the signal is mixed.

This becomes obvious in relationships as well. When someone seeks validation externally while internally doubting their worth, interactions tend to reinforce insecurity. When that internal state shifts to quiet self assurance, dynamics change without explanation. People respond differently. Respect increases. Boundaries become natural. The mirror reflects identity.

One of the clearest personal examples for me was during a period of transition. I was no longer attached to proving anything. I felt settled in who I was becoming. During that time, I noticed that doors opened without effort. Not because I asked louder, but because I was no longer signaling need. The mirror responded to calm expectation.

The quantum mirror does not respond instantly. It responds consistently. Internal states held briefly may not register. Internal states held steadily begin to shape perception, behavior, and interaction. Over time, those changes accumulate into visible results.

This is why emotional regulation matters so much. The

mirror reflects coherence more than excitement. Intensity without stability creates noise. Stability without force creates clarity. The external world responds to clarity. What makes this principle powerful is that it removes blame. If something is not moving, it is not a personal failure. It is feedback. The mirror is showing you the signal you are holding. That signal can be adjusted without struggle.

World class performers understand this intuitively. They do not obsess over outcomes. They focus on state. They train their internal environment because they know performance emerges from alignment, not pressure. When the internal signal is clean, execution follows.

The quantum mirror is not about controlling reality. It is about recognizing that reality is responsive. It reflects what is sustained, not what is wished. When the internal state changes, perception changes. When perception changes, behavior changes. When behavior changes, outcomes reorganize.

By the time results appear, the mirror has already been reflecting something new for a while. The visible shift is simply the last step in a much quieter internal process. Once this is understood, effort becomes more intelligent. Instead of pushing harder, attention turns inward. Instead of asking how to make things happen, the question becomes what signal am I holding consistently. That question alone begins to change the reflection. This is the quantum mirror. Not mystical. Not symbolic. Responsive.

How Expectation Emotion and Attention Shape Reality

Reality does not arrive neutrally. It arrives filtered through expectation, colored by emotion, and highlighted by attention. These three forces work together continuously, shaping not only how life is experienced, but which version of life becomes visible in the first place. This process is subtle enough that most people mistake it for chance, personality, or circumstance, when in truth it is patterned and repeatable.

Expectation sets the frame. It answers the quiet question of what is likely to happen next. Long before anything occurs, the

brain has already made a prediction. That prediction influences posture, timing, tone of voice, and decision making in ways that rarely feel deliberate. When expectation is aligned with growth, movement feels natural. When expectation is aligned with limitation, effort increases and progress slows.

I saw this clearly during a period when I was working toward expansion but internally expecting resistance. Outwardly, I was doing the right things. Inwardly, I was bracing. I expected delays, complications, and friction. That expectation shaped how I interpreted everything. Neutral feedback felt negative. Small setbacks felt confirming. My attention locked onto obstacles rather than openings. Nothing dramatic was wrong, but nothing flowed either.

When that internal expectation shifted, the experience changed before circumstances did. I stopped anticipating resistance and started expecting clarity. Not excitement, just clarity. Conversations felt different. Decisions took less time. What stood out to me was not that new opportunities suddenly appeared, but that I noticed different aspects of the same environment. The frame had changed.

Emotion acts as the amplifier in this process. The brain prioritizes emotionally charged information. Whatever carries emotional weight gets tagged as important. This is why two people can experience the same event and walk away with completely different conclusions. Emotion determines what gets encoded and remembered.

Elite athletes understand this intuitively. Under pressure, emotion can either sharpen performance or fracture it. The difference is not talent. It is emotional regulation. When an athlete expects success and remains emotionally steady, attention stays wide. They see the whole field. Timing improves. When expectation collapses into fear, attention narrows and mistakes multiply. The game has not changed. The internal state has.

The same principle applies in business and investing. During volatile periods, emotion dominates headlines. Fear pulls attention toward worst case scenarios. Those operating from panic see only threat. Those who remain regulated see mis-pricing, inefficiency, and opportunity. The market does not hide these

opportunities. Attention filters them out for those who are emotionally overwhelmed.

I experienced this firsthand when navigating uncertain conditions. While others were focused on protecting themselves, my attention kept returning to value. That was not bravery. It was regulation. Because I was not emotionally charged, my attention stayed flexible. I could assess information without distortion. Expectation guided me toward opportunity rather than away from it.

Attention is the final gatekeeper. The brain cannot process everything, so it selects. What it selects is determined by expectation and emotion. Attention follows what the brain believes matters. When expectation is narrow and emotion is heightened, attention becomes rigid. When expectation is open and emotion is regulated, attention broadens.

This is why sustained focus matters more than intensity. Intensity spikes attention briefly, but it rarely holds. Sustained attention quietly shapes perception over time. What you repeatedly attend to becomes familiar. What becomes familiar begins to feel normal. Normality sets expectation. Expectation influences emotion. The cycle reinforces itself.

World class performers across disciplines train this loop deliberately. They do not wait for confidence to appear. They build expectation through preparation. They regulate emotion through repetition. They direct attention through discipline. The result is not perfection, but consistency. Consistency is what reality responds to.

This also explains why forcing positivity often backfires. When emotion is pushed too high without expectation being stable, attention fragments. The nervous system senses incongruence. Doubt creeps in. Reality reflects confusion. Calm expectation paired with steady attention produces far better results than excitement paired with instability.

In everyday life, this shows up in simple ways. When you expect conversations to be difficult, emotion tightens and attention looks for conflict. When you expect clarity, emotion softens and attention notices cooperation. The conversation itself may be the same. The experience is not.

Expectation sets the direction. Emotion determines intensity. Attention decides what becomes visible. Together, they form the lens through which reality is experienced and shaped.

Understanding this shifts effort away from control and toward alignment. Instead of trying to change outcomes directly, attention turns to the internal conditions that shape perception. When those conditions change, behavior changes naturally. When behavior changes, results reorganize.

Reality is not shaped by a single thought or feeling. It is shaped by what is sustained. Sustained expectation, sustained emotional tone, and sustained attention quietly design experience over time. By the time the external world appears to change, this internal alignment has already been in place for a while.

This is not theory. It is observable. Once you begin watching how expectation, emotion, and attention interact, patterns become obvious. And once they become obvious, they become workable.

Questions:

What are the images you see in your mind's eye?

What judgments do you quickly find yourself passing?

How to Visualize Like A World Champion

Step 1: Define your ideal life/objective, what do you want or would like to experience. Purchase a small notebook and list your goals and overall objective. If you would like to lose weight, describe yourself and how you would feel if it were true.

Step 2: Remove negativity. Removing negativity includes negative thoughts, negative people, and a negative environment. Take note of any negative thought or negative affirmation and repeat a positive affirmation when that negative thought arises.

Step 3: Get into a comfortable position and relax your entire body. Shut the door to all possible distractions. Shut your eyes and breathe in deeply and exhale 5-10 times. Stay in the present.

Step 4: Visualize and affirm greatness. Use our intro visualization template to get started. "I enter into the theatre of my mind, and as I shut the door I see myself" Use positive affirmations to connect with the images you see in your mind and include all of your senses. The goal is not to just visualize and affirm your desires, but to feel them so it will quickly pass onto the subconscious mind.

Affirmation: "I look within my mind's eye, and I see what I want to see."

Chapter VI: The Only Time Is Now

“Success is stumbling from failure to failure with no loss of enthusiasm.”

— Winston S. Churchill

Visualization is active, creative imagining with your thoughts feeling and emotions until physical expression. There are two key points you must always keep in mind when visualizing. First, you must always include yourself playing the starring role in your visualization. Secondly, you must think from your visualization by seeing yourself already with your desired outcome. It is not necessary to just visualize a car or money because this will separate you from it. To get closer to where you want to be, you must include yourself in your visualization from a first-person point of view. If you would like a brand new car, you must get behind the wheel of the car you'd like to have and check your mirror, smell the leather, turn on the radio and drive through the city in consciousness. This practice of connecting your thoughts with your feelings and emotions will lead you to the realization of your vision. You may be surprised at the speed of its materialization the more you practice.

The Only Time Is Now

The only tense that exist within the subconscious mind is the present. Whenever you visualize and see yourself as a more confident high-performance individual or even a world champion, the subconscious mind accepts it only as a current reality. In Luke 23:43 it says, “I tell you the truth, today you will be with me in paradise.” This verse of scripture means that you must impress your mind with the positive vision in the present tense. Because the subconscious mind is always present, you must never think or project your thoughts accomplishing your dreams someday in the future. You should never think, “I will be,” instead think, “I AM.” The essential operation of the visualization process involves, “I AM.”

Joel 3:10 says, “Beat your plowshares into swords and your

pruning-hooks into spears: let the weak say, I am strong.” This verse of scripture may cause you to believe that you should lie, but the truth is that you are strong and that weakness is the lie. You are just affirming the truth in the present tense because the only time that exists is now. Visualization is perhaps the most efficient way to fill the shoes of the person you would like to become. It is challenging for the subconscious mind to project itself into the future as becoming or eventually having what you want. Therefore you must always refer to what you want or want to become as it already being a present fact.

I AM

Another goal for visualization is to transfer the images from your conscious mind to the subconscious mind with the thought and emotion that you already are what you want to be. You must get to that place where your conscious and subconscious mind says, “I AM.” 'I AM' is the name of God. Therefore whatever you add to 'I AM' you will become. If you think and feel good health, you will become what you visualize, and if you see, and feel rich, you will become it.

Three ways to use the law of 'I AM'

- 1. Verbally:** A verbal affirmation. For example, you can say, “I am rich.”
- 2. Visually:** Visualizing yourself already with your desire.
- 3. Feeling:** A vibration of energy from the result of thinking and emotionalizing your vision.

The Mental Process Of Visualization

Before you can begin your visualization, you must first choose what you want to experience in your conscious mind. The conscious mind can select an idea that it would like to pass onto the subconscious mind. Once you define and describe an idea that you would like to visualize, it moves into another area of the mind that operates on fantasy and imagination. Because most people like the

idea of having more money in their lives, we will talk about the mental process for visualizing money.

Conscious Mind: Here in the conscious mind you will choose what you want. In this case, we are choosing to have and enjoy money. You must also be specific. Let's start with \$50,000. If you feel that \$50,000 is too small or too large, work with a number that feels more comfortable to you. Your visualization of money can be in the form of paper currency, a check or a number in your bank account or all. Whichever one you choose, make sure you study a \$100 bill, a check written to you for \$50,000 or numbers in your bank account. It's not hard to take a screenshot of your bank account and use photoshop to make it easier for you. You can also write yourself a check, just be sure to keep it in a safe place. Remember, this is for your eyes only because you are training your mind to be the one who can receive that money.

Beyond The Threshold Of Mind (Eye of the Mind): The area of your mind that is in between your conscious and subconscious mind. When you enter into the theatre of your mind, and you begin to visualize money before sleep in a drowsy state, you are coming into the eye of the mind which is beyond the threshold of the intellect. The eye of the mind is where you will control your imagination in a relaxed, passive way, so there is no interference from your reasoning mind. Let's say you'd like to hold \$50,000 in paper currency. Visualize yourself at this moment with a bank teller and manager in a closed office counting \$50,000 cash for you. They are placing a large stack of crisp \$100 bills into a counting machine. She presses start, and the machine begins counting the money each stopping at \$10,000. She grabs each stack for you and places yellow and white strap labels that say \$10,000. She then stacks all five \$10,000 stacks on top of each other and asks, "would you like rubber bands around your money?" You reply, "yes please." You then place the money along with your statement in your bag, and as you leave the room she asks, "would you like security to escort you to your vehicle?" You reply, "yes ma'am." Engage in small talk with the bank teller and manager. See the new \$100 bill design over and over as each new bill adds to the

stack. Hear the machine counting your money. Smell the money as its scent enters the atmosphere. Feel the money as you place it into your bag. Do this over and over again each night before you sleep. Your visualization should include all of the senses as if it were a reality.

Subconscious Mind: When you add all of the senses of reality and mix it emotion and, it will move into the subconscious mind which speaks the language of feeling. It seeks to solve problems for you while you sleep and will grow anything you plant in it. The subconscious mind is the universal conductor that connects with the superconscious mind which connects you with the people, resources, and events that will lead you to the \$50,000. It might show up in the form of a job, business, winnings, a gift or inheritance. No matter what form it takes, you must keep your mind open to all possibilities and take inspired action when necessary.

Superconscious Mind: God, Infinite Intelligence, The Cosmos, or also known as The Universe. It is the love energy and compassion that holds the cosmos together. Its desire for you is to win, succeed and express itself fully in you. Because there is an infinite power looking out for your best interest, you should leave the details to this great power. Do not worry about 'how' things will happen, when or with who, just know that you are now in possession of that which you visualize and you are the one who is entitled to the blessing. The 'empty' space in the universe is God.

Questions:

Do you think about the present or the future during your visualization? If you'd like something to happen on a specific date, consider projecting your mind from that time and rejoice as if it were a present fact.

What ways have you used the law of I AM? Negatively or positively. Remember, anything you add to "I AM," you become. Speak and feel the truth of who you want to be.

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Use positive affirmations to connect with the images you see in your mind and include all of your senses. The goal is not to just visualize and affirm your desires, but to feel them so it will quickly pass onto the subconscious mind.

Affirmation: "I envision my desires with joy and love."

PART IV: Embodiment in Action

Chapter VII: Living As If

“The secret to having it all is knowing you already do.”

— Paul Chucks

Gratitude is an expression of appreciation, and the more you give thanks for what you have, more will be given to you. Recognition plays a significant role in the visualization process because it expresses to the cosmos that you appreciate what is happening and you would like to experience more of it. Since you are visualizing in the present tense, having received your desires in your mind and feeling, you should also give thanks for it. Giving thanks for what you have is easy, but giving thanks for a desire that has not expressed itself into physical reality takes power. Dr. Joseph Murphy wrote in his book *The Miracle Power of Your Mind*, “What you bless, you multiply. What you condemn, you lose.”

If you are seeking a new and exciting relationship a good practice to adopt is to bless couples in your mind as you go about your day. Do not become envious and condemn a happy couple just because you currently feel disconnected with your life partner. Instead, continue to visualize beyond the threshold of the intellect every night to reprogram your mind for the giving and receiving of love. The next time you see a couple hold hands at a park or in the city just send your blessings and love to that couple in your mind. This appreciation for the love you have within your mind and what you see will raise your energy levels to match the vibration of your ideal partner. Do not be surprised to discover your life partner sooner than you think. In Mark 11:24 it says, “Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.” This verse of scripture means to live in the end or on the receiving end of your blessing and to give thanks for what you now have in consciousness, and you will have it.

Consider a gratitude journal to increase your appreciation for what you have and want. Keep a small journal with you for one week and list everything you are grateful for throughout the day. Think about your health, success, your present circumstance, your new vision, your home, friends, and family. You can also list every

past success as well to serve as a reminder that miracles do happen. If you have little to no time during the morning, and you often rush out the door before work, consider prioritizing the practice of gratitude as it will retrain your mind to appreciate your surroundings. This return of kindness to the universe will keep you aligned with the flow of infinite possibilities. Therefore this step should not be overlooked. The ultimate goal is to come to the place in your mind where you give thanks always in your conscious and subconscious mind.

Guided Visualizations

We recommend using these guided visualizations before sleep. However, you can be encouraged to visualize as often as you can throughout the day. These guided visualizations serve as a template, and you are invited to change and expand them.

Good Health: “I shut the door to all outside influences, and as I look into the theatre of my mind I see myself in good health. I'm stepping on the scale, and I see myself exactly at the weight I want to be. The reflection in the mirror is how I see myself. I am in the best shape of my life, and my clothes never fit better. My skin is glowing, my eyes focused, my teeth are like pearls and hair is healthy and full. My energy is soaring. I feel young again. I am so happy and grateful for good health.”

Love: “I shut the door to all outside influences, and as I look into the theatre of my mind I see myself giving and receiving love. There is a warm fuzzy feeling going down my spine to my toes and back up to my head. I feel a deep and warm appreciation when my partner walks in the door. Our touch is like magic. Our kiss is pure bliss. My life partner is everything I have ever wanted. I am so happy and grateful now that I have a new and exciting love relationship with my best friend.”

Happiness: “I shut the door to all outside influences, and as I look into the theatre of my mind I see myself very happy and satisfied with life. I look in the mirror and smile for no reason. My smile

lights up any room. My happiness is contagious. My energy level is naturally high. My vibration is soaring. Listen to the way that I'm laughing I love life. I am achieving all of my goals and strive to raise the bar. I am so happy to be me.”

Success: “I shut the door to all outside influences, and as I look into the theatre of my mind I see myself as a high-performance individual. I have achieved all of my goals and look to reach new ones. I have climbed mount, Everest. I feel accomplished. My confidence is soaring through the roof. I have soared with the Eagles. Every success leads me to new ones. I am the lucky person I have always wanted to be.”

Peace: “I shut the door to all outside influences, and as I look into the theatre of my mind I see myself having peace of mind. My peace of mind overrides any worries, fears, and frustrations. My emotional intelligence is very high. I am calm and relaxed throughout the day. Nothing bothers me like it used to. It feels like I have a whole new frame of mind. I am grateful now that I have inner peace.”

Money: “I shut the door to all outside influences, and as I look into the theatre of my mind I see myself as a wealthy person. I always have a lot of money no matter what is going on with the economy. My money makes me more money every day of the year all day and night. I can buy and experience anything my heart desires. I love giving to my favorite charity every month. Good people surround me and are looking out for my best interest. I now have all of the funds I need to make life more comfortable and convenient for my family and me.”

Questions:

What are you thankful for today?)*List 10 things you are grateful for and double it everyday for 30 days. Example Day1=10, Day 2=20, Day 3=30, etc.)*

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Step 5: Gratitude. Give thanks for what you currently have and for what you are visualizing.

Affirmation: "I give thanks for every good thing that I have."

Chapter VIII: The Emotional Amplifier

“Take Massive Action” — Tony Robbins

Visualization is your God-given ability to see yourself in your mind's eye exactly what you want to become, have or experience. You can close your eyes and picture yourself walking on your favorite beach and drinking your favorite drink. You can feel the breeze and the spray from the ocean water, and the sand between your toes. You could generate the feeling of what it would be like if your vision were a present reality by engaging all of your senses.

When you learn to shut out all negativity and concentrate on what you would like to achieve, you are choosing a vision or objective. Not only must you have a vision, but you must also be very specific about what you would like to become, have or experience. You must affirm and visualize as often as possible to firmly implant that new idea into the deep reservoirs of your subconscious mind. Once an idea has successfully passed over to the subconscious mind, you will find yourself led to a series of events to lead you to your desires ultimately. When an opportunity presents itself, you must take massive action as Tony Robbins says.

If you do not take action, you will not release the vision in your mind. Therefore you must not delay in taking as much action as you can each day. Taking action will not seem like hard work at all, it will seem surreal and like magic. You must start with the vision of yourself being, having or experiencing what you want, and from that point that image will release infinite possibilities and belief, thus causing you to act progressively and having better results.

The Universal Laws as One Operating System

Over time, many different “laws” have been named to describe how reality responds to the inner world. The law of attraction, the law of assumption, the law of belief, the law of vibration, the law of cause and effect. Each points to something real, yet when they are taught separately, they can feel fragmented

or even contradictory. In practice, they are not separate laws at all. They are different entry points into the same operating system. I used to approach these laws one at a time, trying to apply them like tools. At one point I focused heavily on attraction, believing that feeling good would draw experiences toward me. Later, I emphasized assumption, working on what I accepted as already true. At another stage, I paid close attention to belief, noticing what I actually expected beneath my words. Each approach worked to a degree, but none felt complete on its own.

What eventually became clear was that these laws are not independent forces. They are descriptions of different stages of the same internal process. When understood together, they stop competing and start reinforcing one another.

The law of attraction describes what happens when attention and emotion align consistently. The brain and nervous system orient toward what feels relevant and familiar. Opportunities that match that orientation become noticeable. Behavior shifts subtly. From the outside, it appears as if experiences are being drawn in. From the inside, it feels like alignment.

The law of assumption operates one layer deeper. It explains why attraction works only when something is internally accepted as likely. You do not attract what you want. You attract what you assume is normal for you. Assumption sets the baseline. It defines what the brain prepares for before attraction ever comes into play.

The law of belief describes how that assumption stabilizes. Belief is what remains when repetition and emotional experience have reinforced an expectation enough that it no longer feels hypothetical. Once belief forms, behavior aligns automatically. At this stage, effort decreases because the brain is no longer negotiating direction.

The law of vibration is often misunderstood, but at its core it refers to emotional and physiological state. Your state influences timing, perception, and interaction. Two people can hold the same belief but experience different outcomes because their emotional regulation differs. Vibration is not about being high or low. It is about being coherent.

The law of cause and effect grounds all of this in reality. Internal states cause behaviors. Behaviors cause interactions. Interactions cause outcomes. Nothing here bypasses action. Action simply becomes more precise when internal causes are aligned.

When these laws are viewed separately, people often try to apply them out of sequence. They attempt to attract without assuming. They try to believe without repetition. They amplify emotion without stability. This creates inconsistency, which the brain interprets as noise.

When the laws are understood as one system, the order becomes clear. Assumption sets direction. Belief stabilizes expectation. Emotion amplifies signal. Attention filters perception. Action expresses alignment. Outcomes follow.

I noticed this integration most clearly during periods when things unfolded smoothly. There was no conscious effort to apply a law. I was not thinking about attraction or vibration. I was simply operating from a settled internal state. Decisions felt obvious. Timing felt natural. The environment responded without friction. World-class performers operate this way instinctively. They do not separate mindset from action or belief from preparation. They embody expectation first, regulate emotion under pressure, focus attention deliberately, and act consistently. The results appear extraordinary, but the process is grounded.

This unified view also explains why forcing positivity or emotion often backfires. Emotion without assumption creates longing. Assumption without belief creates tension. Belief without embodiment creates inconsistency. Each law depends on the others. The value of understanding the universal laws is not to memorize them, but to recognize what they are pointing to. They are maps, not mechanics. The mechanics are internal and biological. The laws describe the patterns that emerge when those mechanics are aligned.

When the system is coherent, life feels responsive rather than resistant. When it is incoherent, effort increases and results scatter. The difference is not morality or worth. It is alignment. This section exists as a reference point. Not to give you more concepts to apply, but to simplify what you are already experiencing. You are not meant to juggle laws. You are meant to

operate a system.

Once that system is understood, the laws stop feeling mystical. They feel practical. And when they feel practical, they stop being something you try to use and start being something you naturally live from.

Universal Laws and Foundational Concepts

Law of Attraction

The principle that attention and emotional focus influence perception, behavior, and opportunity recognition. What feels relevant and emotionally familiar tends to be noticed, reinforced, and acted upon over time.

Law of Assumption

The principle that outcomes align with what is internally accepted as normal or likely. The brain prepares behavior and perception based on assumptions held beneath conscious thought.

Law of Belief

The principle that repeated experiences and expectations stabilize into belief, which then guides behavior automatically. Belief reflects what the nervous system has learned to expect, not merely what is intellectually agreed with.

Law of Repetition

The principle that whatever is repeated consistently becomes neurologically reinforced. Repetition strengthens neural pathways, shaping expectation, perception, and habit over time.

Law of Cause and Effect

The principle that internal states influence behavior, behavior influences interaction, and interaction influences outcome. Internal

causes precede external effects in a continuous feedback loop.

Law of Vibration

The principle that emotional and physiological state influences timing, clarity, and interaction with the environment. Coherent internal states tend to produce smoother external responses than incoherent ones.

Law of Attention

The principle that attention filters experience. What attention consistently rests on becomes more visible, meaningful, and influential in perception and decision making.

Law of Identity

The principle that behavior aligns with self concept. The brain organizes expectation and action around who a person believes themselves to be rather than what they consciously want.

Law of Embodiment

The principle that internal state precedes external confirmation. When an identity is embodied internally, behavior and perception adjust before evidence appears.

Law of Expectation

The principle that the brain predicts future experience based on prior patterns. Expectation shapes emotional response, attention, and readiness long before outcomes occur.

Law of Emotional Amplification

The principle that emotion intensifies whatever expectation is already present. Emotion strengthens signal but does not determine direction.

Law of Familiarity

The principle that the nervous system favors what feels known over what feels new, even when the new is desirable. Familiarity reduces resistance and increases behavioral alignment.

Law of Coherence

The principle that aligned expectation, emotion, and identity produce clarity and consistency, while misalignment produces friction and delay.

Turning Feeling into Frequency and Frequency into Form

Feeling is not sentiment. It is physiological state. When a feeling is sustained, it becomes a signal the body and brain organize around. That signal influences posture, attention, tone, and timing. Over time, it shapes interaction with the environment. This is how feeling becomes frequency, and frequency becomes form.

I saw this clearly when I stopped trying to feel excited about outcomes and started feeling settled in them. Settled felt different. It was quieter. Less dramatic. More stable. That stability changed how long I stayed focused, how I responded to setbacks, and how I interpreted delays. Delays no longer felt like rejection. They felt like sequencing.

In practical terms, this meant fewer emotional spikes and more consistency. The feeling I held most often was not happiness or excitement. It was expectation without tension. That frequency guided my actions without requiring constant motivation. World-class performers cultivate this state deliberately. They train themselves to feel composed under pressure. That composure becomes a frequency others respond to. Teammates trust it. Opponents feel it. Systems adapt to it. The form follows the frequency because behavior follows state.

Form is simply the visible result of sustained internal alignment. It is not created directly. It emerges. When feeling stabilizes, frequency becomes coherent. When frequency becomes

coherent, form has a path to organize.

This is why the work always begins internally and remains there longer than most people expect. The external shift is the final step, not the first. By the time something shows up physically, it has already been rehearsed neurologically and embodied emotionally.

These principles are not separate techniques. They are layers of the same process. Assumption sets direction. Embodiment stabilizes identity. Emotion amplifies signal. Feeling sustains frequency.

Form follows quietly.

Nothing here requires force. It requires consistency. When these elements align, outcomes stop feeling chased and start feeling inevitable. That is not mysticism. It is coherence made visible.

The Emotional Amplifier

Emotion does not create outcomes on its own. It amplifies whatever expectation is already present. This is why emotion can either accelerate progress or destabilize it. It does not decide direction. It increases signal strength.

I learned this the hard way early on. There were moments when I tried to use excitement to push outcomes into existence. The more I wanted something, the more emotional I became about it. What I did not realize at the time was that my emotion was amplifying uncertainty rather than expectation. The result was urgency, not alignment.

Later, when I approached things with emotional neutrality, outcomes arrived more smoothly. This felt counterintuitive at first. I expected that stronger emotion would produce stronger results. Instead, calm expectancy proved far more effective. Emotion worked best when it amplified certainty, not desire.

Athletes experience this constantly. Too little emotion leads to disengagement. Too much leads to mistakes. Peak performance happens when emotion amplifies focus without overwhelming it. The same principle applies outside of competition.

Emotion locks in learning. Whatever emotional state accompanies repeated thoughts or images gets reinforced neurologically. This is why anxiety can strengthen limiting patterns and calm repetition can build confidence quietly. The amplifier is always on. The question is what signal it is amplifying.

Living As If

Living as if does not mean acting recklessly or ignoring reality. It means allowing the internal state to reflect completion before evidence appears. This is embodiment before proof. It is one of the most misunderstood aspects of visualization, because it is often confused with performance.

In my own life, embodiment showed up in small, quiet ways. It was not about spending money I did not have or making declarations to others. It was about how I carried myself internally. I noticed that when I truly embodied a direction, my behavior changed without effort. I stopped checking constantly. I stopped explaining. I stopped bracing for disappointment.

One clear example came during a period of transition when I was moving toward a new level of responsibility and visibility. I had no external confirmation yet. No title. No validation. But internally, I began relating to myself as someone who already held that role. I organized my time differently. I spoke with more clarity. I tolerated less distraction. None of this was forced.

The interesting part was how others responded. Without announcing anything, I noticed that people began treating me differently. Conversations shifted. Expectations changed. Opportunities aligned. The embodiment had communicated something before words ever did.

High-level leaders operate this way consistently. They do not wait for consensus to embody authority. They move with clarity first, and the environment organizes around it. This is not arrogance. It is internal congruence.

Embodiment works because the nervous system leads behavior. When the body feels settled in a role, actions align naturally. When the body feels uncertain, behavior fragments. Evidence follows embodiment because embodiment alters

perception, timing, and decision quality.

Questions:

What opportunities have you passed upon only to see someone else invent or achieve a goal that has flashed in your mind?

How to Visualize Like A World Champion

Step 1: Define your ideal life/objective, what do you want or would like to experience. Purchase a small notebook and list your goals and overall objective. If you would like to lose weight, describe yourself and how you would feel if it were true.

Step 2: Remove negativity. Removing negativity includes negative thoughts, negative people, and a negative environment. Take note of any negative thought or negative affirmation and repeat a positive affirmation when that negative thought arises.

Step 3: Get into a comfortable position and relax your entire body. Shut the door to all possible distractions. Shut your eyes and breathe in deeply and exhale 5-10 times. Stay in the present.

Step 4: Visualize and affirm greatness. Use our intro visualization template to get started. "I enter into the theatre of my mind, and as I shut the door I see myself" Use positive affirmations to connect with the images you see in your mind and include all of your senses. The goal is not to just visualize and affirm your desires, but to feel them so it will quickly pass onto the subconscious mind.

Step 5: Gratitude. Give thanks for what you currently have and for what you are visualizing.

Step 6: Take action. Taking action is the final key necessary to achieve your every desire. If you would like to learn a new skill and suddenly you get an email or hear something you'd like to do on the radio, take it as a sign that you must follow through to make your dream become a reality. By now you should be excited and inspired so just go for it. Remember to keep your eyes open for

these opportunities.

Affirmation: “I look into the face of fear and take massive action anyway.”

SOURCES INFLUENCES AND ACKNOWLEDGMENTS

No framework is created in isolation. Every idea is shaped by what came before it, refined through experience, and clarified through application. This work stands on the shoulders of thinkers, teachers, spiritual traditions, and researchers who explored the relationship between mind, belief, identity, and reality long before the language of neuroscience emerged.

What follows is not an exhaustive academic bibliography, but an acknowledgment of the primary influences that informed the thinking, language, and structure of this book. Some contributed through direct teaching, others through research, and others through spiritual or cultural transmission. Each played a role in shaping the perspective that ultimately became the Neuro-Visioning™ framework.

The Bible represents one of the earliest and most enduring sources addressing belief, imagination, faith, and embodiment. Many of its teachings point directly to the inner life as the origin of outward experience, emphasizing faith before evidence, identity before outcome, and internal alignment before external manifestation. Concepts such as “as a man thinketh,” “faith is the substance of things hoped for,” and “be transformed by the renewing of your mind” reflect principles that modern neuroscience now explores through different language. This work approaches biblical references as spiritual insight into psychological and experiential truth rather than doctrinal instruction.

Neville Goddard’s work on assumption, imagination, and feeling as the creative force was foundational. His emphasis on living from the end rather than striving toward it provided an early conceptual understanding of how internal states precede external outcomes. While his language was metaphysical, the experiential accuracy of his observations continues to align with contemporary models of expectation and identity.

Abdullah, Neville Goddard’s teacher, influenced this work through principle rather than volume. His insistence on embodiment and finality of assumption pointed to a truth that many

overlook. The state must be accepted internally before evidence appears. This idea deeply informed the sections on embodiment, expectation, and internal coherence.

Rev. Ike contributed a practical and unapologetic focus on self-image, prosperity consciousness, and mental ownership. His work emphasized dignity, worth, and internal permission as prerequisites for material expansion. The clarity with which he addressed abundance without guilt or apology influenced how wealth and value are discussed throughout this book.

Napoleon Hill's exploration of definiteness of purpose, repetition, and belief reinforced the importance of sustained focus and mental conditioning. While his language reflects the era in which he wrote, the behavioral and psychological patterns he identified remain relevant. His work helped bridge aspiration with disciplined mental alignment.

William James, often regarded as one of the founders of modern psychology, offered early insight into habit formation, attention, and belief. His observations on how repeated thought becomes character laid groundwork that aligns closely with current understanding of neuroplasticity and learning.

Karl Friston's work on predictive coding and the brain as a model-building system provided essential scientific context. His research clarified why expectation shapes perception and behavior so powerfully. The idea that the brain is constantly predicting rather than passively receiving reality is central to the framework presented in this book.

Joe Dispenza contributed to the popular understanding of neuroplasticity, emotional regulation, and identity change. While this book does not adopt all interpretations associated with his work, his role in translating complex neuroscience into experiential language influenced how scientific concepts are communicated. Cultural references such as *The Secret* played a role in introducing ideas like attraction and visualization into mainstream conversation. While not foundational to this work, they created a cultural entry point that allowed broader discussion of mind and reality to occur. This book seeks to refine, ground, and integrate those ideas with greater clarity and responsibility.

Finally, the Neuro-Visioning™ framework itself is an

original synthesis by the author. It integrates spiritual insight, neurological principles, behavioral observation, and lived experience into a unified operating model. While informed by the sources named above, the structure, language, and application presented here are the result of direct experimentation and real-world application.

Any clarity found in these pages is owed to those who explored these ideas before they were widely accepted. Any limitations or oversights remain my own. This work is offered as both acknowledgment and gratitude to the thinkers, teachers, and traditions that contributed to the understanding of how inner life shapes outer experience.

To those whose insights made this exploration possible, and to those who continue expanding the conversation, this book stands as a respectful continuation.

ABOUT THE AUTHOR

Vincent A. Santiago is a #1 bestselling author, entrepreneur, and multidisciplinary creative whose work is shaped by lived experience, disciplined inquiry, and a sustained effort to understand how inner states translate into real-world outcomes.

His professional journey began in service to his country as a proud member of the United States Air Force. During his time in the military, Vincent developed the discipline, emotional control, and consistency that would later become central to both his creative work and his approach to personal mastery. Military life reinforced an early truth that effort alone does not produce results unless it is applied coherently and repeatedly.

Following his military service, Vincent transitioned into executive protection, operating in high-stakes environments while safeguarding high-profile individuals with precision and discretion. Working in roles where awareness, composure, and decision-making under pressure were non-negotiable sharpened his understanding of how internal state directly affects outcome. Calm produced clarity. Reactivity produced risk. That lesson stayed with him.

Despite outward success, Vincent became increasingly frustrated with the inconsistency he observed in personal development and manifestation teachings. He encountered concepts such as the law of attraction, the law of assumption, belief formation, visualization, and affirmation, and applied them earnestly. At times, they worked remarkably well. At other times, they produced little to no result, even when the same techniques were applied with equal effort.

Rather than abandoning these ideas, Vincent became curious about why they worked sometimes and failed other times. Much of what followed happened unintentionally. He would come across a principle like the law of assumption, test it quietly, then notice how expectation altered behavior and timing. He explored the law of attraction and observed how attention and emotional state influenced what opportunities became visible. He examined belief and realized that what he intellectually agreed with often differed from what his nervous system actually expected. He

noticed how repetition, rather than motivation, determined whether change lasted.

Over time, these observations formed patterns. Those patterns repeated often enough to demand structure. Vincent began documenting everything, not as a book, but as a private reference. The writing existed solely to keep him aligned. If he ever veered off course, lost clarity, or felt resistance return, he wanted a way back. The notes outlined what worked, why it worked, and how to recalibrate without force. This personal system was never intended to be shared.

As these principles were applied consistently, results began to stabilize. Progress became predictable rather than sporadic. Decisions grew clearer. Timing improved. Opportunities appeared with less effort and less emotional strain. Most importantly, the internal struggle that once accompanied growth began to dissolve. Alignment replaced urgency.

Eventually, it became clear that this work could not remain private.

Vincent saw too many people struggling unnecessarily, attempting to force outcomes through motivation, affirmation, or positivity while unknowingly working against their own expectations and nervous systems. The gap was not effort. It was understanding. This book was written to bridge that gap.

The Neuro-Visioning™ framework is an original synthesis of these ideas, integrating the law of attraction, the law of assumption, belief formation, repetition, emotional regulation, and identity into a single, workable model. While informed by spiritual teachings, psychological insight, and modern neuroscience, the framework itself emerged through application first and explanation second.

Alongside his work as an author, Vincent is an accomplished visual artist and musician. As a painter, his work explores emotion, narrative, and symbolic presence through bold expression. He is the creator of the sculptural work *Bullion*, a piece concerned with form, discipline, and intentional weight.

Under the name Tek-One the MC, Vincent is a lyricist, songwriter, producer, and sound engineer working across hip hop, jazz, live instrumentation, and rock. His music reflects the same principles found in his writing, where rhythm, language, and storytelling converge with intention and craft.

Today, Vincent continues to combine his entrepreneurial drive with his creative disciplines, exploring new avenues of expression while helping others regain clarity, alignment, and momentum through thought, art, and lived practice.

To learn more, explore additional resources, or continue the conversation, visit:

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