

Visualisation : The True Art of Positive Thinking

If you have a problem- an issue in your life that overwhelms you and fills you with a constant feeling of anxiety to the point that it interferes with your work or personal life, here's an exercise in Contained Thinking that can help

1. Close your eyes and visualise yourself in a large cinema
2. On the screen let yourself watch a movie of this scenario / negative situation being played out. Observe it in detail
3. Now imagine that the screen itself is slowly shrinking (with the movie still playing). After about 30-60 seconds see that the screen has become the size of a small portable TV.
4. In your mind's eye, get up out of your seat and pick up the small TV. To your right side there is a large wardrobe or cupboard
5. Go over to the cupboard, open the large panelled doors and look down where you will see a small case slightly larger than the TV.
6. Place the portable TV in the case and then put the case into a bottom drawer within this wardrobe –so that it has been removed from your visual field
7. Taking your time, return to your seat in the cinema.
8. Allow the screen to return to fullsize
9. Now imagine the scenario / issue that has been bothering you being played out in reverse ie in its most positive, rectified state
10. Get lost in the drama being played out on the screen. Feel the feelings..just as you do when you watch a great film. Believe in it and experience this other possible reality. Soak it in
11. When you have “ lived and felt” this other positive reality as much as you can, slowly come out of the visualisation

Go about your daily life and notice how you feel. This exercise does not pretend to cure your problem. It simply gives you the mental space to not be distracted by it at inconvenient times. It still needs dealing with- at the appropriate moment. This exercise also gives you the opportunity to discover where the solution may lie

The Lotus Exchange offers workshops in meditation, relaxation and visualisation

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