

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Stephen Hawking's Power of Visualization

By Tony Papajohn

Stephen Hawking's Power of Visualization by Tony Papajohn

Occasionally, I find someone who says, "I can't visualize."
While this may be true in rare instances, it is not most of the time.

When someone says, "I can't visualize," they usually mean, "I'm not very good at this."

That's fine. As Yoda might say, "Practice we can."

Whether you are practiced or not at the essential success skill of visualization, consider this interesting example of what one mind can do when absolutely necessary.

Professor Stephen Hawking possesses one the world's more formidable minds locked in one of the world's most useless bodies.

A victim of Lou Gehrig's disease, Hawking has lived for decades with an almost total loss of motor skills.

He is also one of the world's most brilliant cosmologists and mathematicians, holding the chair at Cambridge once occupied by Isaac Newton.

Since he cannot hold a pen or turn a page, he has to work out all the mind-numbing subtleties of his art between his ears.

So, after much practice, he can visualize complex geometric forms and study them much as a normal person might use a

diagram.

On top of this amazing feat of concentration, Professor Hawking can think through arcane complexities about these forms that bring the acronym "MEGO" to mind.

(My eyes gloss over.)

You might say, with some justification, that Nature has taken away one resource (the hands) and replaced it with another (the mind).

While this is true, that is still some serious visualization.

Fortunately, Dr. Hawking is blessed with a mind as powerful as God makes them.

Also as fortunate, we mere mortals don't need such grey matter to master the art of visualization.

So, if visualization doesn't seem to come naturally, look up, and practice.

Use this skill and reach for the stars.

Copyright 2004 by Tony Papajohn Tony writes and speaks on success. Subscribe to his free Success Motivator e-zine at <http://www.successmotivator.com>

7 Secrets To High Performance Thinking – Part 2

By John Colanzi

7 Secrets To High Performance Thinking – Part 2 by John Colanzi

In part 1 of this 7 part series we discussed the power of relaxation. Any task we attempt is easier if we are relaxed, especially mental conditioning.

In this report we're going to discuss visualization. Visualization is a powerful tool when combined with relaxation.

Many individuals say they are unable to visualize or create pictures in their minds.

That's not really true.

They visualize, but because they haven't practiced controlling their mental pictures, they see what they want to avoid rather than what they want to accomplish.

Your mind absorbs what you input and that's why so many of your fears come true.

You can either control your mental pictures or they will control you.

You will be drawn to any picture you hold long enough in your minds eye. No wonder so many of us end up repeating the same negative habit patterns over and over.

If you want to become prosperous and successful, you must take control of the movies you play in your mind.

The first step is to make visualizing your more successful, prosperous self a daily habit.

When you first begin to practice seeing yourself in a new light, your rational mind will rebel and the doubts will creep in.

You'll only be able to hold your mental pictures for short periods of time.

As your practice continues you will be able to hold the pictures for longer periods of time and you'll be able to view them in ever greater detail.

If you're wondering if it's worth the effort, I'd like to give you an example of how powerful visualization is.

When Ali was preparing for his fight against Foreman, the "experts" gave him little chance of winning.

Foreman was younger, bigger, stronger and hit like a mule.

So what did Ali do?

He went to his training camp and avoided reading all negative stories about his impending defeat.

He not only began physically training for the fight, he began mentally rehearsing his reactions to being hit by Foreman.

Ali knew that there was a possibility of being knocked unconscious during the fight, but how would he handle it?

He began mentally training his body to wrap his arms around Foreman and clinch as soon as he felt himself begin to lose consciousness.

The night of the fight his mental training paid off.

In Ali's own words he admitted there were times in that fight when he was literally out on his feet.

The only thing that saved him from defeat was his visualization exercises.

Each time he was hit hard enough to be knocked unconscious, his body took over and held onto Foreman long enough for Ali to regain his senses.

That night history was made.

All because of the power of Visualization.

Are you ready to make history?

John Colanzi has been writing for the Internet for 3 years. He has shown hundreds of webmasters

how to use mindset medication to join the ranks of the successful, prosperous marketers. His latest eBook, "7 Secrets Of Success" is available free at:<http://www.internet-profits4u.com/secrets.pdf>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!