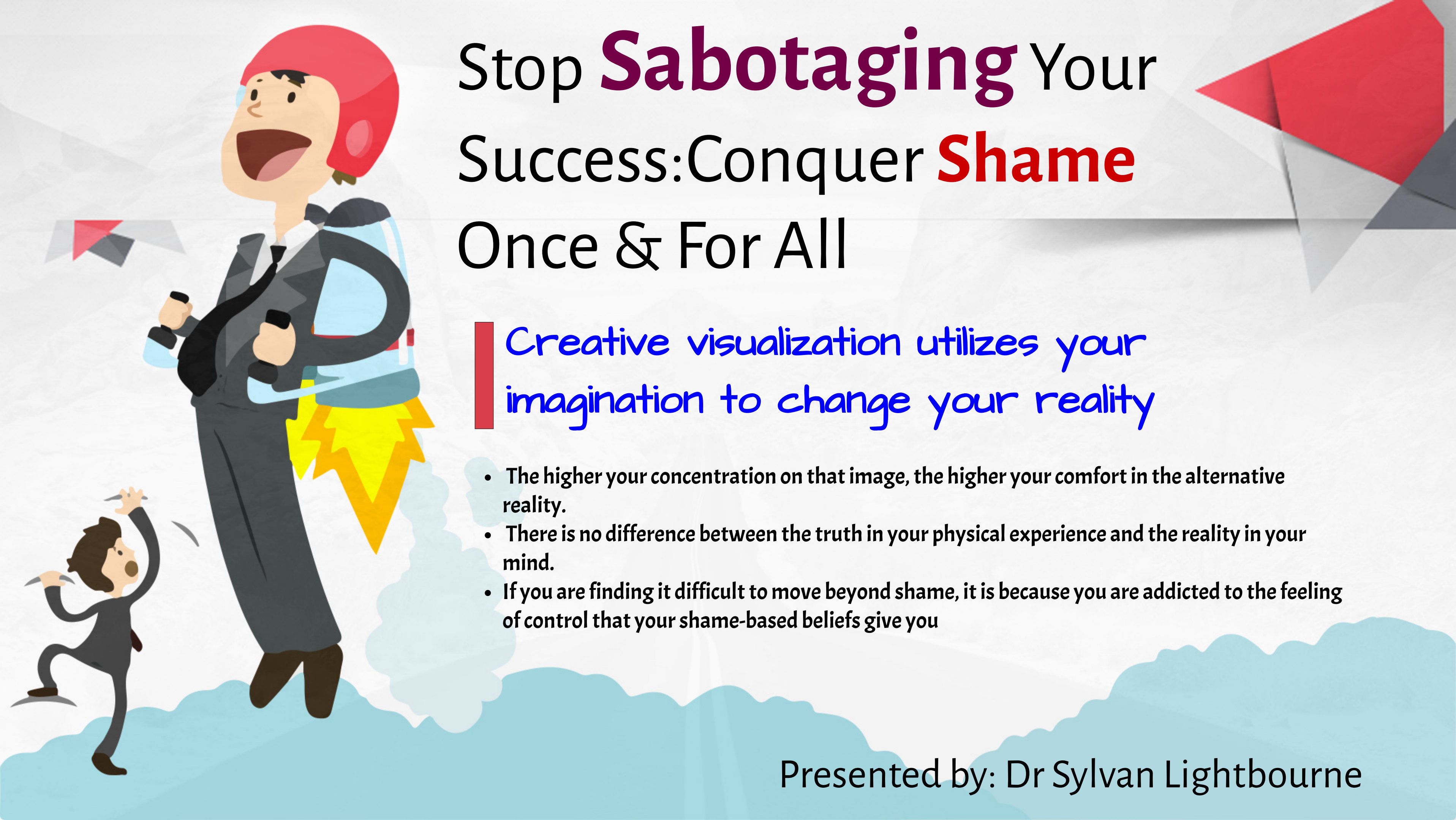




Stop **Sabotaging** Your Success: Conquer **Shame** Once & For All

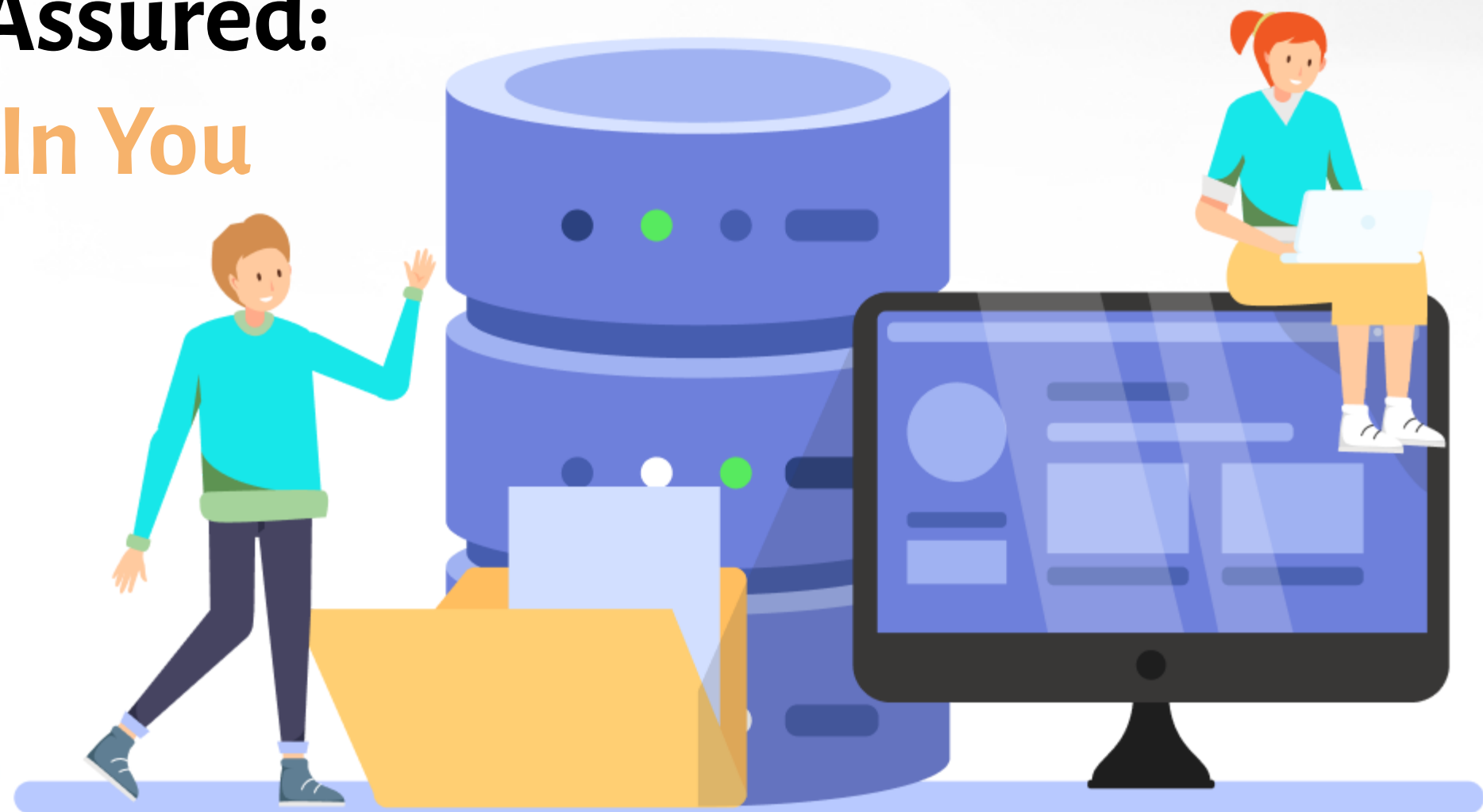
Creative visualization utilizes your imagination to change your reality

- The higher your concentration on that image, the higher your comfort in the alternative reality.
- There is no difference between the truth in your physical experience and the reality in your mind.
- If you are finding it difficult to move beyond shame, it is because you are addicted to the feeling of control that your shame-based beliefs give you

Presented by: Dr Sylvan Lightbourne

Unlocking Confidence: **How To** **Move Beyond Shame &** **Into Success**

From Self Doubt To Self Assured:
Mastering The Shame In You



This topic has been written for information purposes only. Every effort has been made to make this presentation as complete and accurate as possible. However, there may be mistakes in typography or content. Also, this topic provides information only up to the publishing date. Therefore, this presentation should be used as a guide - not as the ultimate source. The purpose of this topic is to educate. The author and the publisher do not warrant that the information contained in this topic is fully complete and shall not be responsible for any errors or omissions. The author and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by this presentation.

DISCLAIMER





Creative visualization utilizes your imagination to change your reality. There is no difference between the truth in your physical experience and the reality in your mind, except that you have reflexively agreed that one is make-believe and the other is real. They are merely alternative realities, and when you focus your intentions, it will help match the outer reality with the inner reality you've envisioned.

Creative visualization helps to counter your limiting beliefs because your imagination is not bound by knowledge, money, space, ability, logic, time, or any other limiting beliefs. The higher your concentration on that image, and the higher your comfort in the alternative reality, the more it becomes integrated into your mind as a probability that keeps on shaping itself with your thought energy until there is a physical manifestation. It is imperative that you are aware of several important aspects of visualization that you should follow if you want it to be an effective process.



Creative Visualizing **AWAY** Shame

Be Specific

when utilizing creative visualization, you have to be specific about your goal. When you are unclear on exactly what you are trying to achieve, it will send mixed messages into the universe.



Listen To Your Instinct

for creative visualization to work, you have to be sure only to visualize those goals that are authentic to you.



Picture yourself in your vision

you have to clearly picture yourself in your vision if you want to use creative visualization to become successful and achieve all of your heart's desires.



Take advantage of physical sensations

you need to incorporate sounds, smells, feelings, taste, and sight into your creative visualizations to make them clear and realistic.



The Benefits of Virtualized Infection

Enforce your visualization

inject positive emotion and great desire into your visualization practice.



INCREMENTAL GROWTH

Like this means you're only supplementing what you need.

Capturing The "I"



Visualize daily

the length of time that you spend visualizing daily isn't as important as the level of consistency and the intensity with which you practice.

SEASONED ADMINISTRATORS

Apply serious administration work on YOU

The Benefits of Scalability



Be patient

a tree won't grow in a day, so you have to be patient and learn how to notice the subtle changes as they begin to happen. Take pleasure in these changes. They affirm your faith in the process.

INTERNET BEHEMOTHS

Affirm Your Continual Ability To Scale Upwards By Seeking Clarity Through Patience

IDEA Temple's Fully Managed

Stay positive

replace all doubts with a picture of what can go well. Be persistent and diligent about this until the old, negative neural pathways waste away from a lack of use. It will always be mind over matter since the brain is the one that dominates. Before you can manifest anything into your life, it has to exist in the brain in the first place. Visualization is a classic example of mind over matter, which can lead you to your most successful life yet.

MANAGING INFRASTRUCTURE

This allows you to focus on scaling your personal business instead of managing your wasteful infrastructure.

THANK YOU!

We Welcome Your Feedback.

Feel Free to Get In Touch, If You Have Any Questions!

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