

How to use Guide...

NLP Visualizations for Life Mastery

Program Your Sub-conscious for Life Mastery



**A step-by-step guide to Use these Package
for Maximum benefits**

A signature product created

by

Ashish Nagar NLP

For NLP Coaching Nexus

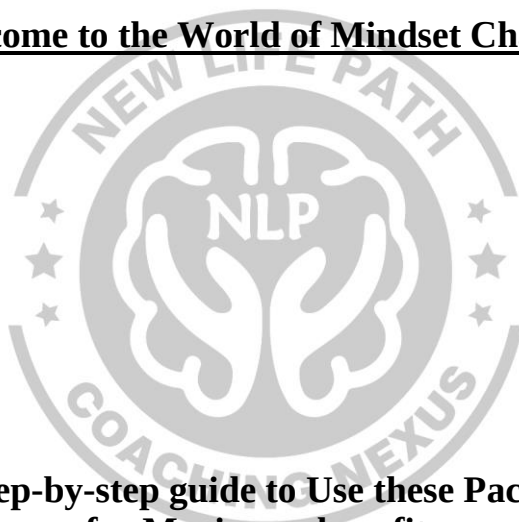
NLP Visualizations for Life Mastery



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Welcome to the World of Mindset Change!



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How to use guide for NLP Visualizations for Life Mastery

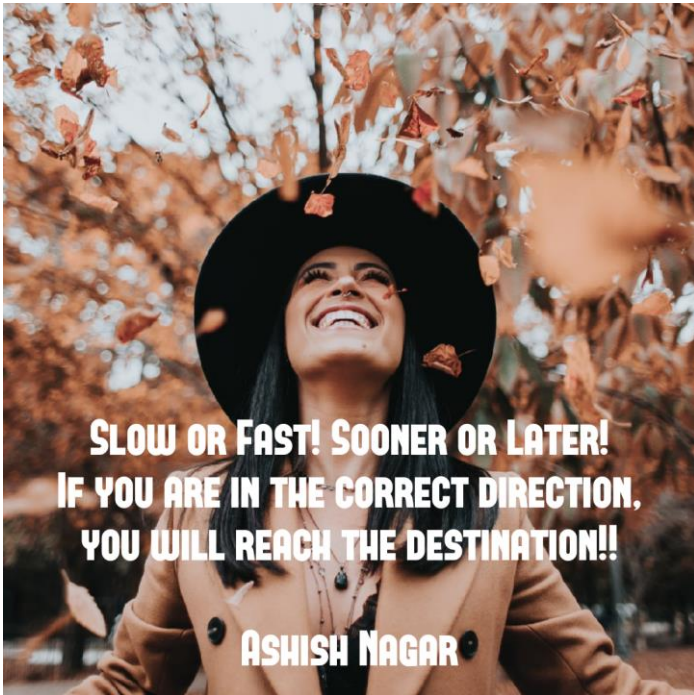
5-WEEK
Step-by-step Guide to use the
Visualizations from this Pack
for best outcome and
effectiveness

Designed & Created
by

Ashish Nagar NLP

NLP Master Coach
Founder – NLP Coaching Nexus

NLP Visualizations for Life Mastery



**SLOW OR FAST! SOONER OR LATER!
IF YOU ARE IN THE CORRECT DIRECTION,
YOU WILL REACH THE DESTINATION!!**

ASHISH NAGAR

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Words for the Readers

Hi there,

My name is Ashish Nagar and I want to personally thank you for enrolling in this visualization course.

You are not reading this book by chance. I strongly believe that there is a reason for everything that happens with us, and your enrollment in this NLP Visualization Course is also a part of it!

The Universe knows, and paves path for your every now & then. You might be intending something in your life, as a part of which you came across this advertisement and you planned to enroll in this Course!

But this is not enough though. If you have come so far, and you are reading this, Universe has provided you the necessary. Now you must ACT... follow the schedule, and start acting and using these visualizations for your best results.

This manual has a guideline for use of the Visualizations in a way that you can reach actual results. Read in detail, follow and practice as guided for best results.

I hope this "How to Use Guide" and visualizations help you redesign your mindset and upgrade your thinking and thereby influence your future.

With heart-felt wishes and Intentions of best future for your and your family. I give this Gift to you.

*Warm Regards,
Ashish Nagar NLP*

NLP Visualizations for Life Mastery



Visualization Schedule:

Week 1

Morning: Acceptance Visualization (11:20)
Evening: Body Awareness Visualization (15:07)

Week 2

Morning: Confidence Perfection Visualization (21:37)
Evening: Circle of Health Visualization (14:50)

Week 3

Morning: Erasing Painful Memories Visualization (11:20)
Evening: Past Life Healing Visualization (17:22)

Week 4

Morning: Anger Management Visualization (38:33)
Evening: Meta-Healing Visualization (56:50)

Week 5

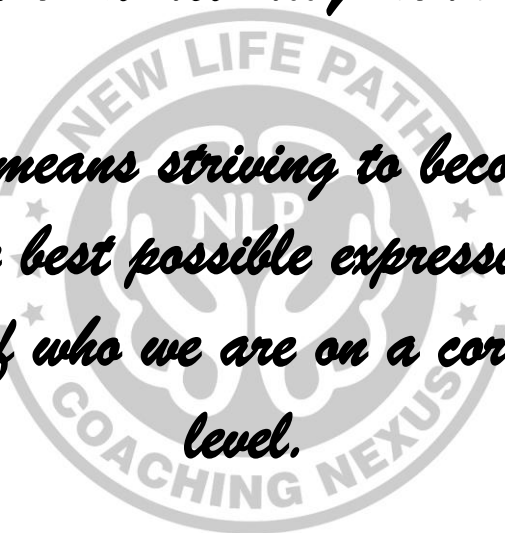
Morning: Gratitude Visualization (19:09)
Evening: Meta-Healing Visualization (56:50)

Forever:

Living in the Present Moment Visualization (18:06)
Acceptance Visualization (19:09)
Body Pacing Visualization (11:20)

Personal excellence is an interesting concept, but what does it actually mean?

It means striving to become the best possible expression of who we are on a core level.



What is Visualization?

Visualization, on its own, involves picturing in your mind the outgrowth of commodity before it's happened, whether that's a task or occasion at hand — analogous as getting on stage to speak before a large cult — or a sport about to be played. Visualization gained popularity in the 1980s when the Russians began using the fashion to exceed in sports following the 1984 Olympics.

Today, notable athletes analogous as Michael Phelps also employ visualization as part of their winning strategy. “For months before a race, Michael gets into a relaxed state. He mentally rehearses for two hours a day in the pool. He sees himself winning. He smells the air, tastes the water, hears the sounds, sees the timer”, Phelps’ Olympic swimming coach Bob Bowman said in a 2016 interview with Forbes.

What is the science behind visualization working? Well, the brain is a fan of visual stimuli. During the exercise, your amygdala — the tiny structure in the center of the brain responsible for the fight or flight response — has trouble distinguishing between something that is simply being seen during a visualization meditation session and something that is happening in real time.

Benefits of Visualization

The benefits of visualization are generous, and whether you're an athlete or artist trying to ameliorate performance, an administrative getting over a fear of public speaking or an everyday human trying to achieve your pretensions, visualization is an effective tool for all walks of life and all types of pretensions.

1. **Improved performance:** As Michael Phelps ' trainer mentioned, imaging every aspect of a winning band(down to the nitty gritty details) has helped the Olympic gold semifinalist palm time and time again.
2. **Increased focus:** Imaging specific details associated with the bigger picture in your mind bear you to work out those brain muscles and focus.
3. **Reduced stress and anxiety:** No matter your profession, playing all issues of a big event in your head before it happens in real life will help the event feel more familiar and drop the situations of stress and anxiety associated with it.

4. **Insomnia relief:** Imagining yourself in a state of deep relaxation and losing yourself in the textures, sounds and smells of said place will help you get into that deep state in real life.
5. **Boosted Immunity:** Your mind and vulnerable system are connected. By imaging and keeping yourself in top shape through nutrition, sleep and dropped situations of stress, your vulnerable system will come stronger.
6. **Healed migraines and Chronic pain:** Visualization can help transfigure the brain and form new networks (a process called neuroplasticity). rehearsing the fashion can form new connections within the brain that help palliate migraines and habitual pain.
7. **Dropped depression:** Picture yourself past the hurdles of depression, at the point where you feel happy and healthy. Seeing your strength reflected within your visualization gives you a picture to go back to when the going gets rough.

- 8. Boosted confidence:** Picturing yourself achieving the pretensions you want to achieve makes them come more palpable — and in turn you start believing in your capability to get there.

Requirements:

Things you might require: Sharing a sample product that you can procure if you do not have one. These are the products I personally use... it's absolutely up to you to procure them at your discretion.

- a. Bluetooth headphones:
[**https://amzn.to/3Jq4ygz**](https://amzn.to/3Jq4ygz)
- b. Bluetooth earbuds:
[**https://amzn.to/3WWupzz**](https://amzn.to/3WWupzz)
- c. Pocket diary:
[**https://amzn.to/3HHslHw**](https://amzn.to/3HHslHw)
- d. BT Headphone:
[**https://amzn.to/3DpCO84**](https://amzn.to/3DpCO84)
- e. Wired earphones:
[**https://amzn.to/3wOSFsN**](https://amzn.to/3wOSFsN)

Visualization 1

Acceptance Visualization

*“Nothing brings down walls as surely as acceptance.” –
Deepak Chopra*

Acceptance is the first step to starting healing. When we do not accept a person, an event, a situation or past experience; we keep on re-living its pain or associated negative experience.

Each time we re-call the same incident, intentionally or unintentionally, it triggers the same experience and we almost get into the same mood or state of mind, almost re-living the unresourceful experience again.

“Whatever you resist, will persist”, so each time you think, I won’t think it again, you get more and more of such unresourceful memories increasing your pain and suffering in present moment.

If I tell you, “Don’t think of a black big Asian elephant, don’t ever think of a red faced monkey sitting on its back and eating a yellow banana.”

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What happened? I said Don't Think, still, by the time you read, the image was already there on your mental screen... the same happens when you avoid, willfully avoid, thinking about unresourceful events, people, situations or experiences!

The best way to overcome them is to Stop Resisting and reduce your Reactivity to these triggers.

This can be done effectively by only and only – Acceptance.

So, presenting you the first Visualization of “Acceptance Visualization” to condition your Mind for acceptance.

Use:

- Do this First Visualization in the morning, first thing you wake up, for the first week.
- To help you with these, make a list of all that bothers you specifically.
- Anything specific in the past experience, anything typical from a past or present situation, anything specific about a person, whatever it is, write down specifically, What bothers, irritates or saddens you about anything that is bothering you.
- Then remembering the items from the list, do the Acceptance Visualization.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.
- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
- Avoid sitting on bed or two soft surface, but a comfortable sitting with spine erect.
- Rest your hands on your knees, palms open and facing towards the sky or ceiling.
- Start with bringing your attention to your nostrils and taking 5 to 10 deep belly (diaphragmatic) breaths before playing the Visualization.
- Listen the Visualization with preferably with the use of Headphone, handsfree or any other head gear.
- Sit in a low distraction area, where you can get some morning sunlight and fresh air, this will deepen the impact and experience of Visualization.

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- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

Daily Practice:

- Throughout the day be aware & be in a state of acceptance.
- Keep a small pocket diary with you and note down all the things throughout the day that bring a “Need of Acceptance”
- Daily morning includes this list in Acceptance Practice

Schedule:

- If today is your first day, this should be done for next 7 days, in the morning.
- WEEK 1 – Visualization 1 – Morning Visualization

Visualization 2

Body Awareness Visualization

“Awareness is like the sun. When it shines on things, they are transformed.” – Thich Nhat Hanh

Body is our instrument of expression. Whatever goes in your mind is experienced out through your body in many varied ways.

Anxiety, Pain, Depression, Discomfort, diseases, illnesses all are ‘Non-verbal Kinesthetic’ expressions of our body.

Non-verbal means one which we are not expressing our with our language. Kinesthetic means in a way of sensory or feeling that is felt in the body...

The visualization will help you become aware about all that is going in your body.

Think about a negative unresourceful memory, event, situation, experience & observe where is it showing up in your body?

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Is it causing discomfort, pain, heaviness, other sensation, shortness of breath, increased heartbeat, dryness of mouth, or anything that you feel as a change in your body sensation.

This is how our body expresses its non-verbal sensations. Often a times these are the same symptoms seen in anxiety and depression.

This visualization will make you aware of all these sensations and help you get rid of these.

Remember, awareness itself, defining the sensation itself will help you overcome the problem upto a great extent.

Let's gain more insight and become aware about our body NOW!

Use:

- Use this Visualization before sleep daily for next one week.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.

- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
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- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

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Daily Practice:

- Throughout the day whenever you get unresourceful sensations in response to whatever you are doing, where your body physiologically, physically, or psychologically topples off the calm state use this method.
- Keep your pocket diary and pen ready and note down things, events and experiences that give you unusual sensations, remove them during night meditation.

Schedule:

- If today is your first day, this should be done for next 7 days, in the night, before sleep.
- WEEK 1 — Visualization 2 — Evening Visualization

Visualization 3

Confidence Perfection Visualization

“Experience tell you what to do, Confidence allows you to do it.” – Stan Smith, Tennis Player

One most important attribute we need to take decision, actions, facing our own problems, is Confidence.

Because of our habitual conditioning of looking and clinging to past or unsuccessful events in life, we often tend to remember failures and lower our self-confidence just mentally repeating these failures.

When you fantasize your future, it helps you feel empowered. This in turn enables you to relax and concentrate on what you need to do now to attain your pretensions. rather of wasting your energy on bad recollections or implicit problems, you concentrate on the present moment, your sensations, gests and studies.

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Mental Imaging your future alters your mind for the better. For case, in a study on job campaigners, nearly 70 of those who entered visualization training in addition to traditional career comforting could find new jobs within 2 months, compared to only 21 of those who only entered career comforting. By imagining they formerly had the job, their confidence increased, perfecting their internal medication for the interview.

This Visualization will help you regain your confidence and overcome self-doubt. You can even use it in instances where you need to have intensified or additional confidence.

Use:

- Do this confidence visualization daily morning in your second week.
- Preferable do this in combination with Body Pacing Visualization which we did in evening last week, for best results.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.
- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.

- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
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- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

NLP Visualizations for Life Mastery

Daily Practice:

- Welcome to Week 2, this week we will learn to use daily practice of Confidence Visualization in routine.
- Move out your Pocket diary and pen and note all the things, Big or small, where you felt confident today, also make a note of actions that gave you a feeling of doubt.

Schedule:

- I hope your first week of visualization is done, this should be done for next 7 days, in the morning, first thing in morning.
- WEEK 2 – Visualization 2 – Morning Visualization 1
- WEEK 2 – Visualization 3 – Morning Visualization 2

Visualization 4

Circle of Health Visualization

“Love yourselves enough to a healthy lifestyle”

Often, we get exposed to environments that give us a threat of getting ill or loosing our health. The latest example for this is Covid.

Many a times we often suffer with illnesses or diseases which we are bothered from, but still we cannot overcome them. We usually visit hospitals or medical wet-ups for various reasons and fear getting into s disease we don't want, viz. infections etc.

This vicious cycle of disease and illness keeps us worried, pre-occupied and too busy to live our lives happily and with awareness.

Even there are times when we must face extreme weather conditions, dust, heat, cold, rains etc. All these can cause potential threat to us as far as health is concerned.

This Visualization paves a path for a healthy healing.

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This visualization helps in creating a circle or bubble of Health around you that not only intends to protect you in unresourceful situations, it also will help you promote health too.

Although Metaphorical, but it creates a bubble where you can be more healthy, safe and protected from potential hazards.

A regular practice of this will help you recover from health problems and illness also. I will also help you create an Aura of Health around you to protect you and empower you.

Use:

- To get confident about your health do this visualization daily before sleep in week 2.
- To empower this, make a list of all the situations from your life that have made you feel Healthy, energetic and young in the past.
- Try to look for the Visuals, listen the Sounds and feel the Feelings of being Healthy, Energetic and Young when you are practicing this Visualization.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.

- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
- Avoid sitting on bed or two soft surface, but a comfortable sitting with spine erect.
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- Listen the Visualization with preferably with the use of Headphone, handsfree or any other head gear.
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- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

NLP Visualizations for Life Mastery

Daily Practice:

- Welcome to Week 2, this week we will learn to use daily practice of Circle of Health before sleep.
- Move out your Pocket diary and pen and note all the things, that give you a feeling of being healthy, energetic and young.
- Whatever reminds you of your days without illness, use that as a trigger for realizing that you were healthy at some point of time and you can again be healthy in future regaining the same physical and mental state.

Schedule:

- Now it's time for second Visualization in the second week. This should be done for next 7 days, in the evening before going to sleep.
- WEEK 2 – Visualization 4 – Evening Visualization 1
- It is always advisable, if time permits, clip all the practices coming further with Body-pacing to improve their effectiveness.

Visualization 5

Erasing Undesirable Past Memories Visualization

“Past Memories are like Salt. The right amount brings out the flavor in food; too much, ruins it.” - Paula Coelho

We suffer from psychological and emotional pain mostly given to us by past incidents, events, people's behaviors in past and other past unresourceful experiences.

Certain incidents, like loss of a loved one, painful relationships, trauma, etc. have deep seated impacts on our minds and they give us pain forever.

It is said that humans are the only species that experience the past events again and again, they re-live their past and pains through their abstract ability to recall an incident exactly as it took place.

We need to accept a FACT, that whatever is that incident it has taken place in past and there is no way we can dilute or erase the original event. This particular Visualization process helps you edit and Dis-empower the past memory by modifying its characteristic features like images, sounds and feelings.

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This particular Visualization will help you reduce the mental impact of past and reduce the memory re-call.

This works on the principle of Neuroplasticity; hence you need to practice it mentally, repeatedly and consistently for this to be effective.

Question to think before this is,

Q1. Why I want to forget this memory?

Q2. Will forgetting or reducing the effect of this Visualization help me improve in my life, remove my limitation and pain?

Q3. Will this have benefits on my life if I overcome this memory?

Keeping these in mind, start using this Visualization.

Use:

- This can help you edit past painful memories.
- In your diary, create a list of Past memories that often leave you experiencing Guilt, regret, hurt, blame, frustration, complaint, etc. either because of your actions or other's actions.
- Now prioritize this list from least irritating and simple unresourceful memory, to a significant painful past memory.
- First using it on simple memories will help you master the technique then you can use it for gross past events.

- Use this Visualization in Week 3 daily morning, just remember do not try to recall past memory in detail, just recall so that you can edit it's details.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.
- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
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- Sit in a low distraction area, where you can get some morning sunlight and fresh air, this will deepen the impact and experience of Visualization.
- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

Daily Practice:

- Now it is time to get rid of your past, master the technique mentally in this week.
- Throughout the day if any incident occurs, that recalls you about some past painful incident, quickly apply this, mentally, and dis-empower the memory.
- Start with acceptance on the first hand, that will give you more mental power.
- Do make a list of memories to remove and prioritize and then sequentially work them up.

Schedule:

- Week 3 – Morning Visualization
- Do try to clip body pacing before this, if time permits.

Visualization 6

Living in the Present Moment Visualization

“Whatever the present moment contains, accept it as if you had chosen it!” – Eckart Tolle

Present moment is always pre-sent, it is the result of whatever we have been doing in past. The future does not exist! You can face future only in Present and you can live in future if you change your mind in the present.

This means we have a choice. In this present moment, either we can look back and waste the moment, or we can take control of our actions in present and guide it towards future.

In any case, what you are going to live tomorrow, or day-after, is what you intend to receive at that point of time. So, it is very important that we become aware about our present moment.

If you wish a change in your life, it is in this moment you can take charge of it! This moment, this moment, this moment... each passing moment, each second, minute, hour, day, is just passing moment-per-moment.

NLP Visualizations for Life Mastery

So, in this visualization let us learn how to take control of your present moment and use it wisely to create our future.

Understand to live life in a state of awareness, completely congruent in our thoughts and actions.

Use:

- This awareness of present moment is very must needed in creating a 'pause' in between the receiving of stimuli and its response.
- There is a moment of decision, a moment of choice, a moment of thoughtfulness, that helps us decide our reactions to whatever is going around us.
- Use this method wisely, note all that you feel you should not have done or your should have don't but you didn't do in your pocket diary.
- Take your attention to all the above incidents and think if you would have been in a moment of awareness, what would have changed?

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.
- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.

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- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

Daily Practice:

- Living in the Present Moment is a powerful Visualization to be used on a daily basis to help you make your reactions better in the present moment.

NLP Visualizations for Life Mastery

- Before having any rush of aggressive emotions, pause and make a choice about your response.

Schedule:

- This is a Daily do visualization that you must do on regular basis.
- There is no specific schedule for this as such.



Visualization 7

Past Life Healing Visualization

“To be able to look back upon one’s past life with satisfaction is to live twice” - John Dalberg

It is important to heal our past if we want to move towards our future. Past is what is already gone, we are wasting most of our Present just thinking and feeling unresourceful about our past, where we must be more concerned about our Future.

Future is mostly uncertain but we even don’t have a reference, and when we think about past, we mostly counter negative references, that makes it difficult to feel certain about future.

Hence it is very much necessary that we free our past by healing it and release the ‘stuck’ energy from past and start envisioning our future.

This visualization is a wonderful tool to help you Heal your past events, hence past-timeline healing. Let us experience this wonderful Visualization and learn to heal our past time-line till date.

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Use:

- This visualization can be used to heal past events and forgive, accept and repair the past events.
- This should be done daily evening before sleep for this 3rd week.
- For making it more effective, in your pocket diary, make a list of prominent events, people and situations from your past, remembering which you feel unresourceful or down feelings.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.
- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
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- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

Daily Practice:

- Healing past timeline is a necessity for getting positive references for life.
- Throughout your day or these weeks where you are taking this visualization course, whenever you feel a past event re-called at times restricting your future decision making, write it down and try to heal it during the week.

NLP Visualizations for Life Mastery

Schedule:

Week 3, Night Visualization, Visualization 6

You Must Put Efforts in The Right Direction to
Change,
If You Do Nothing, Nothing Will Happen.



Visualization 8

Anger Management Visualization

*“Anger expressed in a healthy and positive way means that we channel emotional anger towards resolution not attack” –
Byron R. Pulsifer*

Anger is an intensified reaction to fear of hurt or loss.

Anything that gives us a strong feeling of loss or harm, we aggressively defend it with Anger. Anger can be because of both internal and external events.

You could be angry at anything, You could be angry at a specific person (similar as a colleague or administrator) or event (a business jam, a canceled flight), or your wrathfulness could be caused by fussing or incubating about your particular problems. Memories of traumatic or roiling events can also spark angry passions.

My philosophy is, you get angry when someone has either made a mistake or is going to make a mistake, right! But, you get angry either when something is already done, or when something has not even done yet. So when something has already been done there is no meaning in getting angry, and if something has not et been spoiled there is still no meaning to get angry.

NLP Visualizations for Life Mastery

We get angry either with a feeling of fear of loss or a fear of hurt. But, aggressive response to any situation either defensive or protective disturbs our state of mind.

It is very important that rather than suppressing stress, we learn to deal wisely with it.

This Visualization will help you learn to manage anger and even use the calm response later in future. Hope this will help you understand and get a new point of view about your Anger Management.

Use:

- This visualization can be used by anyone who is in a habit of getting angry. We need to get aware about our behavior inclusive of anger.
- Many a times in day we get angry unintentionally, it can range from loud voice response to rage.
- Today, make a list of events that just 'Trigger' an anger response in you in a day.
- It may be a small or big incident that triggers a intensified response.
- During visualization just think of minor situations leading to rage and try to overcome them.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.

- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
- Avoid sitting on bed or two soft surface, but a comfortable sitting with spine erect.
- Rest your hands on your knees, palms open and facing towards the sky or ceiling.
- Start with bringing your attention to your nostrils and taking 5 to 10 deep belly (diaphragmatic) breaths before playing the Visualization.
- Listen the Visualization with preferably with the use of Headphone, handsfree or any other head gear.
- Sit in a low distraction area, where you can get some morning sunlight and fresh air, this will deepen the impact and experience of Visualization.
- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

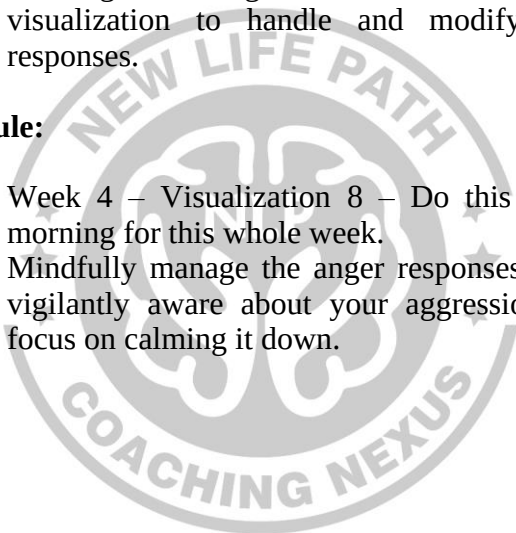
NLP Visualizations for Life Mastery

Daily Practice:

- Use this visualization in morning in the fourth week of your visualization course.
- Be observant throughout the day and keep a note of instances where you feel your internal environment getting disturbed and raising your mental flush.
- Do this for a whole week being aware from morning till night and then use the visualization to handle and modify your responses.

Schedule:

- Week 4 – Visualization 8 – Do this in the morning for this whole week.
- Mindfully manage the anger responses being vigilantly aware about your aggression and focus on calming it down.



Visualization 9

Meta-healing Visualization

“If you just allow your body & mind to rest, the healing will come by itself” – Thich Nhat Hanh

Specially designed to heal your body with powerful universal energy.

It has been proven now that body actually can create it's own biochemistry to heal you of any ailment, although it needs a methodology.

As we now know that first step to healing self is understanding how body behaves in response to thoughts and mental states. The mind was made to control the body.

But as we grow up our body takes the control and starts governing our mind. Getting this Mind-body connection right is the first step. This process when clipped with an imagery of universal healing power intensifies our belief of self-healing.

As the nature heals itself, anything that is in the nature has the power to heal itself. We humans, under the curse of knowledge, rather than supporting the natural healing process, tend to obstruct it by means out of our body.

NLP Visualizations for Life Mastery

This visualization will help you pace your body and mind for healing. This is an hour long Visualization so this can be preferable done in night before sleep.

Take care that you stay in a state of awareness and not sleep. A regular practice of this visualization can help you heal your body with commands from your mind.

Use:

- Meta-healing Visualization can be used to Heal your body, mind and soul.
- This will help you create a belief in body's natural healing power and help reduce inflammation and fasten recovery from disease.
- This can be used with any other treatments that you are taking, a visualization tends to improve the effects of treatment by making body more responsive to the therapy or treatment we are taking.
- While you are using this visualizations, remember to AFFIRM yourself throughout the day that "Every day, in every way, I am getting better and better and better", whenever you get a message from the body in form of pain or symptom

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.

- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
- Avoid sitting on bed or two soft surface, but a comfortable sitting with spine erect.
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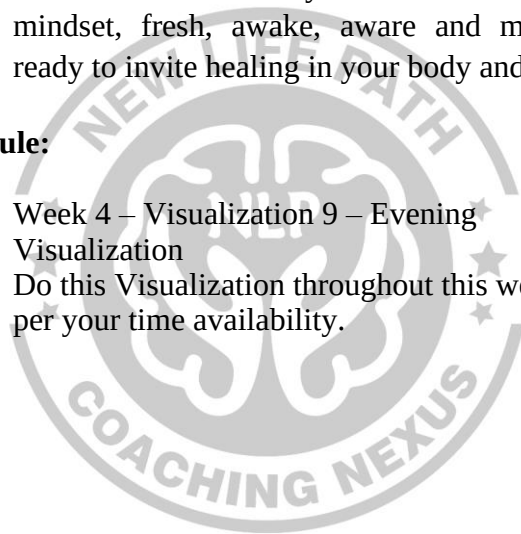
NLP Visualizations for Life Mastery

Daily Practice:

- Using Meta-Healing daily for 21 days will gradually start easing your problems and symptoms and create a Faith in you that the body is healing itself all the time.
- Doing this in morning tends to empower you, but it is suggested that you do this Visualization when you are in the best mindset, fresh, awake, aware and mentally ready to invite healing in your body and life.

Schedule:

- Week 4 – Visualization 9 – Evening Visualization
- Do this Visualization throughout this week as per your time availability.



Visualization 10

Gratitude Visualization

“A grateful Heart is a Magnet for Miracles”

Often, we are so engraved and engrossed in running towards what we want in our life that, we almost forget to appreciate all that we have.

The bridge between our Past and Future is the Present. Past can never be obliterated, Future can never be predicted, but the transition of energy from past to future can be done with only one source – gratitude. ★

Thanks for whatever we have received from our past, happy-sad, good-bad, true-false, whatever. Receiving this is only giving us the intelligence and learning of making our lives better.

Thanks for for is yet to come, creates it's arrival and makes sure we are in the right direction. Thanking for what you Intend to have in life is also an art.

Thanksgiving or Gratitude can come into our lives only when in our present moment we THANK for all that we have in our lives.

Don't be judgmental, don't be biased. Whatever has come in your life, good or bad, has given you something to improve.

NLP Visualizations for Life Mastery

So, this Gratitude Visualization will help you be thankful for those things which we don't even realise we have in life.

Be Universally thankful for all that is!

Use:

- Pull out your diary and start making list of all that **“You Wanted & you have”**, viz. clothes, house, kids, wife, job, business, etc.
- Leave some pages and now make a list of all that **“You didn't want and you don't have”**, viz. a disease, a negative habit, a negative attitude, etc.
- Now be thankful for both the lists above from the depth of your heart during this visualization.

Instructions:

- Sit comfortably in a calm place where you will not be disturbed.
- Before any Guided Visualization in the morning, do gentle all joint rotations and relieve if there is any stiffness in the body.
- Preferably if you go to Gym or Have an exercise routine, do this after the exercise routine.
- Sit with spine straight, on a chair or crossed leg, whichever comfortable.
- Avoid sitting on bed or too soft surface, but a comfortable sitting with spine erect.

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- Sit in a low distraction area, where you can get some morning sunlight and fresh air, this will deepen the impact and experience of Visualization.
- On completion: Do not quickly get up and get going, rather sit calmly with your eyes open for 3-5 minutes and then slowly with the carryover of Emotion of Visualization move out of your seat.

Daily Practice:

- Daily first thing in morning Add five things in your gratitude list and be thankful to all that you have in life for atleast this week 5.
- Before going to bed also, think of your day and thank for all good, resourceful moments you have had, this will help you calm down and have a good sleep in night.

NLP Visualizations for Life Mastery

- Thank your family members, teach your kids, spouse, parents to be eternally thankful for all that is around.
- Create a time for family thankfulness whenever possible,

Schedule:

- Week 5 – Visualization 10 – Morning Visualization
- Week 5 – Visualization 6 – Evening Visualization

Further Practice:

By the end of Week 5, if you have religiously followed the schedule, you are now prepared to do these visualizations by yourselves without a need of any guidance.

- Daily practice Acceptance, Gratitude, Body Pacing & Living in the present moment.
- A mental rehearsal of these is enough, but keep on updating and making a list of things to be grateful for, acceptance list, good memories from past, want and have, don't want and don't have...

What Next...!!!

Ahoy! Congratulations...!!!

***With this we come to an end of this wonderful
“NLP Visualization for Life Mastery”
Course.***

***We sincerely hope you have enjoyed the journey and
if you have missed it out, we request you to please
follow this for next 5 weeks religiously and then
whichever you need more.***

***Results will take time, your consistency will change
your belief and faith and this is what going to turn
things around, this needs time for sure!***

But consistency is the key.

***So we again congratulate and Thank you Humbly
for taking a step towards your self-growth with this
course.***

***Do visit our site for more enriching and upcoming
courses as we grow together.***

Warm Regards,

Ashish Nagar NLP
NLP Master Coach – Founder NLP Coaching Nexus

NLP Visualizations for Life Mastery

NLP Coaching Nexus:

We are 'Work in Progress' developing step-by-step.

Our Mission is to help people get out of their day-to-day turmoil and ease 'em up for a better and more enriched lives.

We are willing to help you recover from daily Life issues and take you towards a more holistically enriched life.

You can visit and enroll in paid as well as free courses of your choice on our portal.

For any help reach out to us at:

info@nlpcachingnexus.com

Give us time to get back to you!

We wish you a happy and prosperous life always.

'Do not forget to **Rate and Review** our Courses as you enjoy them' (the button is right there).

For any help or queries, you can write us on above address.

If you wish to Learn about NLP: You can access Free Orientation Course from opur website.

For NLP Foundational information you can enroll in our NLP Foundation Course here...

<https://nlpcoachingnexus.com/course/NLP-Foundation-Course>

We are coming up with many daily life issues related NLP based courses and you can access all of them as per your need here...

<https://nlpcoachingnexus.com/courses>

If you are a Therapist, Trainer, Coach and you wish to Join us you can send e-mail us at info@nlpcoachingnexus.com with “Willing to Collaborate” in subject line.

We look forward to treating you with more goodies and value-added courses in future...

IF you have any Feedback or Suggestions feel free to share them with the same in subject line,

- ***“Feedback NLP Vis Mastery”***
- ***“Help NLP Vis Mastery”***
- ***“Suggestion NLP Vis Mastery”***

Send your message right away and we will be thankful and happy to implement or make the changes.

NLP Visualizations for Life Mastery

Visualization Checklist:

Weeks	Visualization	Days						
AM/PM		D1	D2	D3	D4	D5	D6	D7
Week 1	V-1: AM							
	V-2: PM							
Week 2	V-1: AM							
	V-2: PM							
Week 3	V-1: AM							
	V-2: PM							
Week 4	V-1: AM							
	V-2: PM							
Week 5	V-1: AM							
	V-2: PM							
Extra	V ____							
Extra	V ____							

Keep a track:

Tick marks the week – day and time when you do the Visualization, this is to just keep a track of your journey with visualization.

About the Author



Dr. Ashish Nagar NLP
NLP Master Coach - Founder NLP Coaching Nexus

NLP Visualizations for Life Mastery

An educator, Physical Therapist, NLP trainer, NLP Health consultant, much-sought-after speaker in NLP Health, successful entrepreneur and a Health & Wellness consultant to organizations, individuals, and professionals.

- Helping people get rid of Pain and Physical Disability since last 20 years, he discovered that even after eliminating Physical pain and disability there were recurrences. These recurrences followed a pattern, which was related something beyond Physical.

- This led him to research on Mind-body connection, which took him into the whole new realm of Neurolinguistic Programming, Psychosomatic Pain, PNI and Mind-gut connection to list a few.

- He has taken his personal training to many all over the country and abroad. His common-sense approach and deeply held beliefs have motivated thousands to re-evaluate their attitudes.

- More than 10,000 people have attended his seminars and has a personally recorded over hundred audios ranging from basic learning of NLP to the advanced and specialized trainer programs.

He has personally distributed and counselled hundreds of clients and locally gained a Good Rapport in professionals and medical fraternity.