

# HOW TO **TRANSFORM** YOUR LIFE

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A 7-Day Guide to Powerful  
Visualization Techniques

CarbyLogic 

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# INTRODUCTION

Have you ever heard the phrase "What you are looking for, is looking for you", this phrase is very easy to say, but I know that on a day-to-day basis, it doesn't feel so easy to be found by what you are looking for. At least it seems that way. For example, have you ever noticed that at times when you need peace? Let's say when you come home tired from work, or you haven't been able to get a job and you have a thousand voices in your head, and you need peace, is where you often have more chaos in your life and you can't find that peace you are looking for? It's as if what you are looking for is rejecting you.

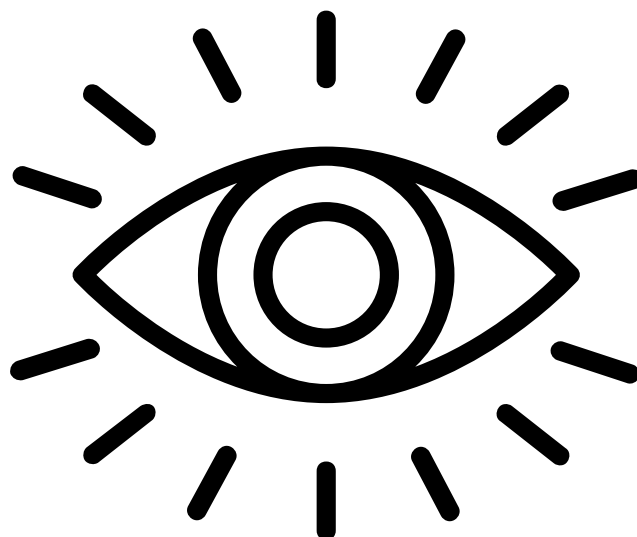
How many times, in a situation where you don't find what you are looking for, have you told yourself: "This should change, but it is not my reality and I will not be able to achieve it"? All those times when you apparently do not get what you were looking for and you have thought it is impossible, you have deluded yourself about your ability to act and alter your physical reality, falling into the game of illusion. Within you, you have the power to transform your destiny, change your reality, mold your world to your liking, and have control of your emotions. This does not mean that you will live in a rosy world, anyone who promises you this is falling for a devastating lie, but within you, you have the power to create and manifest the life you are seeking. And there is a key principle that will help you in that transformation process, it is called "visualization".

Is it not written in your law, "I have said, 'You are gods?'" John 10:34

When you are able to visualize and create events in your mind, putting intention and energy into them, your prefrontal cortex sends signals and electromagnetic frequencies to your whole body, making it vibrate, as if what you visualized is already a reality. For example, when you have an anxiety attack, you can visualize yourself swimming in a peaceful river, and surprisingly, you will see how your prefrontal cortex sends signals to your body of deep relaxation as if you were swimming in that peaceful river. To visualize is to project from the inside out, to visualize is to dream while being aware of every detail, in fact, what we are today comes from our mental visualization of the past, and our current visualization builds our reality of tomorrow. The philosopher Aristotle said: "Our life is the creation of our mind".

You have the power within you to achieve everything you could possibly desire. This is the central theme of how to transform your life, which is unlike any other ebook or blog I have written previously. I will share with you 7 visualization techniques that will bring you closer to your goals as it is a way to tell your psyche what you want to achieve through mental images that are stimulating to you and powerful enough to mobilize your own resources in the desired direction.

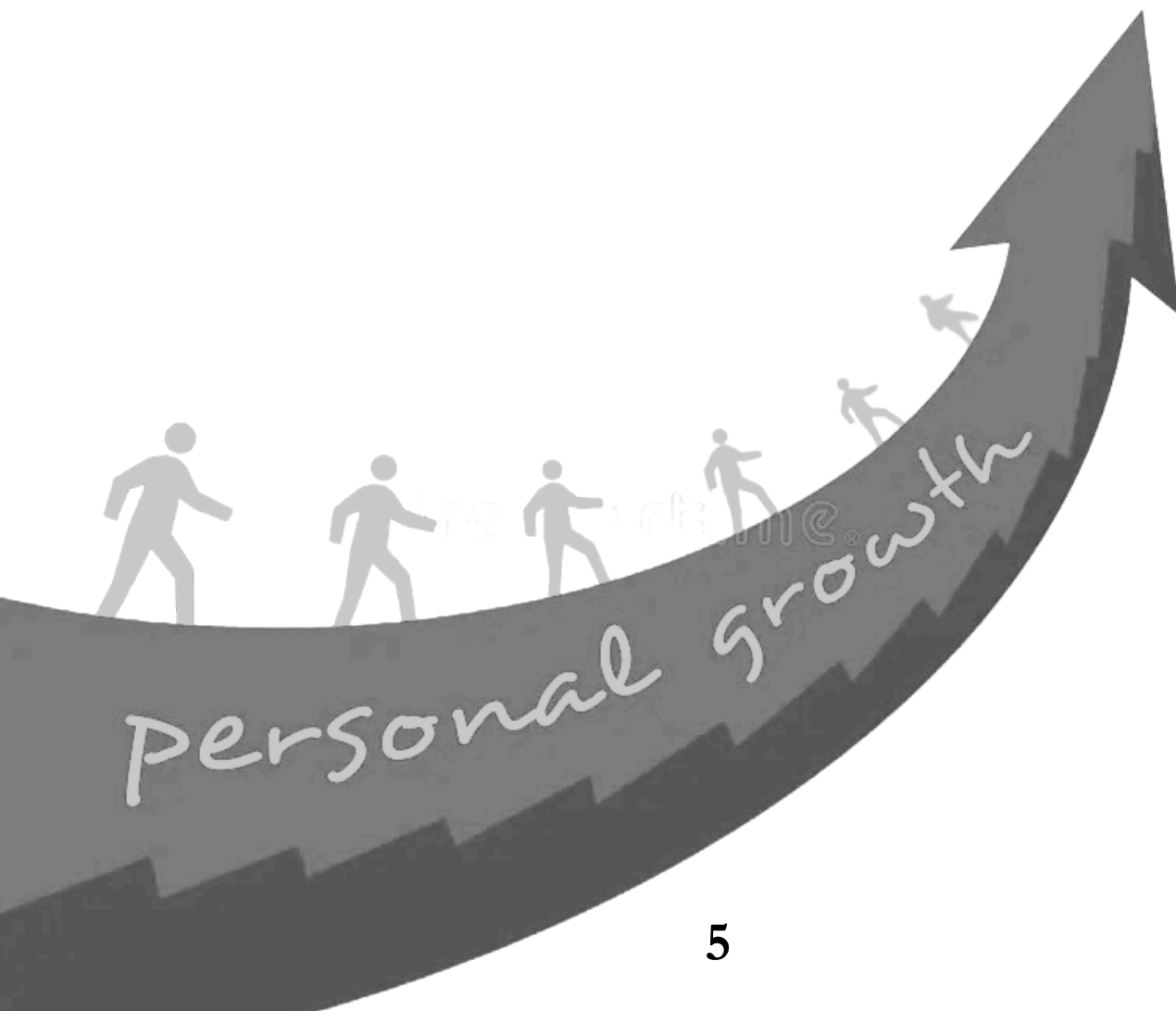
"Visualization is the first step to creation. What you see in your mind, you can manifest in the real world." - Billy Carson



These visualization techniques are perfect for you if:

- You have important dreams and goals, but you've been feeling stuck.
- You don't believe that your goals and dreams can come true and you struggle with a lack of self-confidence.
- You are struggling with stress, anxiety, or depression.
- You need motivation in your life and inspiration.
- You feel stuck in your life and don't know what's next, you feel lost in life.
- You have no control over your time.
- You have no control over your emotions.

I am convinced that if you practice these 7 visualization techniques, everything you are looking for will find you and you will see how your life transforms one visualization at a time. At the end of the day, your reality is a product of your inner world, if you manage to control your inner world, you will be able to transform your outer world.



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"The power of the mind is incredible. You can transform your life simply by changing the way you think." - Tony Robbins

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# DAY 1: RELEASE OF THOUGHTS

**Note:** This first technique of day one will help you to clear your mind and let go of those thoughts that sometimes overwhelm you. The idea is simple... all you have to do is observe your thoughts without getting caught up in them. That's it, you'll feel calmer and more focused, and you'll be able to let go of the stress that sometimes fills your head.

Close your eyes... Imagine you are sitting on the bank of a river watching how the trunk of a tree slowly descends carried by the current. During 6 to 10 seconds, imagine that a thought of yours, a perception or a sensation, travels over the trunk and then let them both disappear from your sight. Go back to gazing at the river and wait for a new log to appear that will bring about a new thought.

You can also do this exercise by imagining that your thoughts are puffs of smoke coming from a fire. You are free to imagine whatever you think is more symbolic.



# DAY 2: INTERACTION BETWEEN TENSION AND RELAXATION

**Note:** This second technique will help you manage the tension in your body in a visual and creative way. Here you will work with symbols and you will see how tension dissolves and relaxation takes its place. It is a way to make your mind and body work together to feel calmer and stress-free.

Close your eyes... Notice the tension in your body. You may feel that there is a particular area where stress is building up. Choose a symbol that represents the tension or pain you are feeling right now; it might be something like ice, which reminds you of stiffness or discomfort.

Now, choose another symbol that represents relaxation and calmness; it can be something like water or warm light. Imagine these two symbols interacting with each other. Visualize ice (tension) meeting water (relaxation). Watch as the ice begins to melt and turns into water, softening and eliminating the tension that was present.

Allow this interaction to continue until you feel that the tension is gone and you feel more relaxed. This technique will help you release physical and emotional stress, giving you a renewed sense of calm and balance.



# DAY 3: COLORS

**Note:** On this third day, you will use colors to influence how you feel physically. The idea is that, through the visualization of lights of different colors, you can transform tension into relaxation. It is a simple but effective technique to feel more balanced and calm.

Close your eyes... Imagine that your body is full of lights. For example, imagine that a red light represents tension or pain, and a blue light represents relaxation. Visualize how the lights change from red to blue and vice versa. As you observe this change, pay attention to any physical sensations you experience. Do you feel any changes in your body?

Now, imagine that all the lights in your body have transformed into a bright blue color. Feel how that blue light fills every corner of you, bringing you to total relaxation. Allow that sense of calm and peace to expand, enjoying a sense of deep well-being.



# DAY 4: THE MOUNTAIN TRAIL

**Note:** Today you will take a visual journey through a mountain path to let go of tension and stress. The idea is that, by visualizing this path, you can examine and release the tensions in your life and find a place of peace and tranquility.

Close your eyes... Imagine yourself walking away from your everyday life, leaving behind the noise and rush. Visualize yourself crossing a valley and approaching a mountain range. Imagine you are climbing a winding mountain path. Find a place on the trail where you can stop. Find a comfortable place to stop and relax.

When you have found that spot, take a moment to examine all the tension you are carrying. Assign shapes and colors to that tension and stress. Observe them in detail and then set them aside on the side of the path, as if you were leaving them behind.

Continue up the path until you reach the top of a hill. From there, look around. What do you see? Find an attractive, comfortable place you'd like to be and head for it. Look at your surroundings... what does it remind you of? Notice the sights, smells and sounds. Pay attention to how you feel in that place.

Settle into your chosen spot and begin to relax. Allow yourself to feel totally relaxed and at peace. Rest in this place for three to five minutes. Look around you once again and enjoy the feeling of being completely calm and quiet.

**Remember that this is your special place to relax and you can come here whenever you want.**

# DAY 5: ACTIVE REMEMBRANCE TECHNIQUE

**Note:** Today we will work with the active remembrance technique to help you let go of the thoughts and sensations of the day. When you do this, you will release the worries and tensions accumulated throughout the day, allowing you to feel more present and relaxed.

Close your eyes... Take yourself back to the beginning of the day. How was your awakening? How did you feel? Think about your thoughts and sensations at that moment. Now, free yourself from those thoughts and sensations. They are in the past and there is nothing you can do to change them.

Now, imagine that you are at lunchtime. Reflect on what your thoughts and sensations were like between 11:00 and 2:00. Free yourself from them, as they also belong to the past. You cannot change them.

Now move on to the time between 2:00 and 5:00 p.m. What was that part of the day like for you? Recall your thoughts and sensations. Release them, as they are part of the past and you cannot change them.

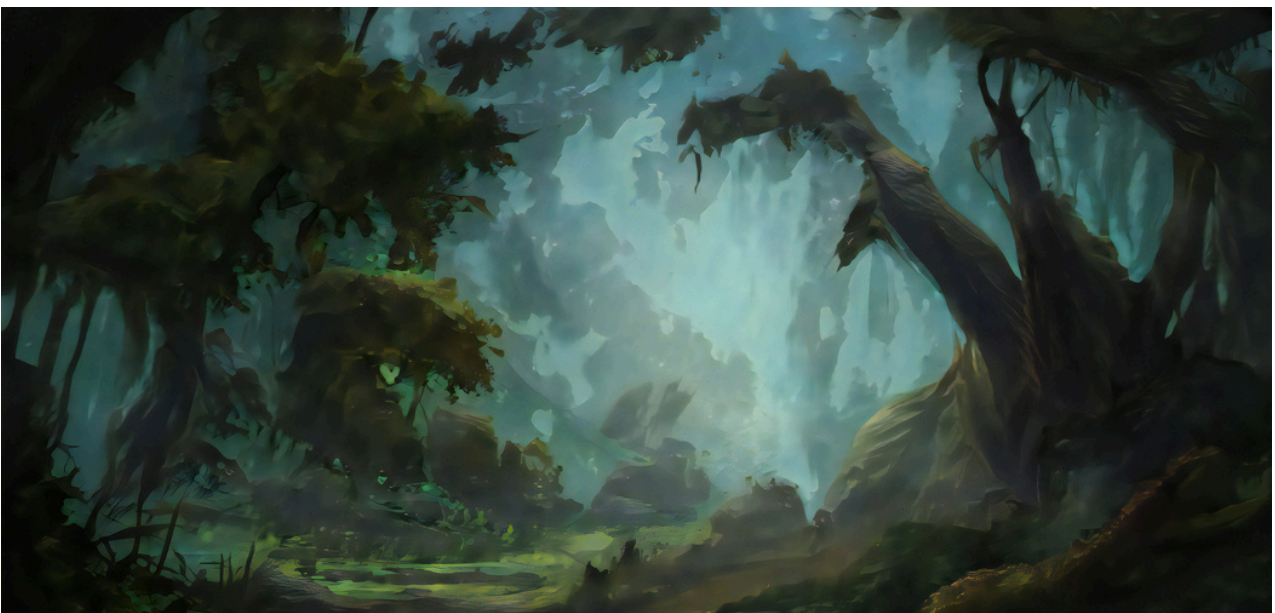
Then, think about the evening, between 5:00 and 7:00. How did it go during that time? Reflect on what you felt and thought. Free yourself from the thoughts and sensations of that period, as they belong to the past. Finally, it is 8:00 in the evening. Quickly go back to the beginning of the day and make sure you feel free of everything you thought and felt during the day. Feel yourself totally in the present. Begin to feel yourself relax. Feel yourself relax... feel yourself completely relaxed.

# DAY 6: FACING THE UNKNOWN

**Note:** Today you are going to face the unknown in your mind to help you release tension and find your way to calm. By doing this, you will learn to release tension as you move into a place of calm and safety.

Close your eyes... Imagine that you are in a dark forest and the wind is blowing hard. You are lost and don't know where you are. What do you feel at this moment? Notice the areas of your body where you feel tension and stay with that feeling for a minute.

Now, imagine that you find a way out of this cold, dark forest. As you make your way to the exit, feel the tension melting from your body. Each step you take brings you closer to a safe and comfortable place. Feel relaxation begin to take the place of tension. You feel calmer and more confident, enjoying a sense of comfort and calm. Relax completely and enjoy the tranquility.



# DAY 7: FINGER EXERCISES

**Note:** Today on day 7, you will do a simple but effective exercise to relax and increase your self-esteem. Using your hands, you will remember positive and relaxing moments, helping you to release tension and feel more at peace.

1. Touch your index finger with your thumb. As you do this, recall a situation in your past when you felt really tired. It could be when you climbed a mountain, swam or jogged. Imagine that fatigue and how your body experienced it.
2. Touch your middle finger with your thumb. While doing this, think of a time when you had a special affective experience. It could be something sexual, a warm embrace, or an intimate conversation. Relive that feeling of connection.
3. Touch your ring finger with your thumb. Think of the best compliment you have ever received. Accept that compliment with sincerity. In doing so, you are not only acknowledging the esteem in which you hold yourself, but also valuing the giver.
4. Touch your little finger with your thumb. As you do so, visualize the most beautiful place you have ever been. Imagine that place and stay with that image for a few moments.

This four-finger exercise takes less than ten minutes and helps you feel more vital, peaceful and with better self-esteem. You can do it whenever you feel tension.

# EXTRA: DEEP RELAXATION WITH SUGGESTION IN VISUALIZATION

**Note:** This exercise is designed to help you achieve deep relaxation, especially if you have difficulty visualizing. It is a suggestive technique that can help you induce a sense of calm and relief.

Close your eyes... Imagine you are walking through a dry, desert-like place. It is hot and your throat feels dry. Visualize in your mind's eye a glass of cool water, with droplets on the outside indicating that it is very cold. Imagine that the glass is fogged up from the cold and you feel like swallowing, but your throat is still dry, getting drier and drier.

Now, remember the sensation of having a piece of lemon between your teeth. Imagine clenching your teeth slightly and feeling the lemon juice spill into your mouth, dripping down the corner of your lips. Your saliva starts to rise, more and more, and you feel a huge urge to swallow. But don't do it yet. Let's wait and swallow when we count to five:

1. Hold the sensation.
2. You are able to wait.
3. It won't be long now.
4. You feel the enormous need to swallow.
5. Now you can swallow.

# CONCLUSION

Visualization has the power to transform your life, but for it to work, you need to take action. I genuinely wish you have connected with these techniques, I know that in everyday life it can be very easy to get lost outside of yourself, get lost in anxiety, stress and other factors, but if you manage to connect with yourself at least 10 minutes a day, with any of these techniques, believe me you will be able to transform your life. In fact, I'm going to give you a challenge, so you can really take advantage of this ebook, which was short, but with the necessary information you need to activate the benefits of visualization in your life.

1. Choose a visualization technique from the 7 that resonated with you.
2. Practice this technique every day for at least 10 minutes.
3. Keep a journal where you record your thoughts, emotions and any changes you observe.
4. After a week, review your journal and reflect on what you have experienced and learned.

This challenge is your chance to put into practice what you have learned and see how visualization can begin to change your life. Do it with commitment, and get ready to see amazing results! I look forward to your transformation and growth in all areas of your life!

Because you deserve it.  
Sincerely yours,  
- Bennett Carby.

If you made it this far, you can't miss out on receiving more resources that will help you increase your quality of life, [click here](#) and subscribe to our newsletter where you will receive weekly notifications with resources created for you. See you inside.