



18k Double Happiness with mandarin ducks for happiness in love

The inner mind has great power to enhance life, bringing an avalanche of success and a flow of abundance. When you master the ability to keep images of victory and prosperity vividly in your mind, your outer reality merges magically with your inner power. It is then that the supremacy of your mind and the vividness of your imagination combine to bring all your needs, desires and wants into a magical reality. Such is the power of visualization. To master the techniques of mental imaging, you need to tune inwards and mentally remove all stains of outer negativity. This is how luck works. It starts by making the mind positive and strong. Here are a few easy ways to visualize your way to health, wealth and happiness.

18 Visualizations to Health, Wealth and Happiness

1. Think of the sun

Cheer yourself up by just thinking of sunny days. If you are feeling down, depressed or low for any reason at all, visualize the sun and its powerful yang energy filling your life with strength and happiness. Step outdoors and physically soak up the energy of the sun. You will feel instantly energized.

2. Shrug off negativities

Shrug off thoughts that eat into your self-confidence. Negative thinking not only robs us of our confidence and self worth, but also make us needlessly afraid. Visualize your shoulders lifting and your head tilting as if to get rid of this kind of thinking.

3. Radiate silent power

Tap into unseen forces within you. Reach inside for the wisdom, strength and the power of silence. Use your inner force; think of it as a bright, white light inside you moving along in your body, lighting up your heart, your throat and your head. Tap that power.

4. Pretend you are the best

The mind is a powerful tool, probably more powerful than any physical attributes. Utilize the power of your mind as fully

as you can. Start by pretending you are the best in whatever you are pursuing. If you are looking for career advancement, pretend you are the best in your field. If you are looking for top grades in exams, imagine you are the top student. The more you think of yourself as the best, the sooner it'll become a reality.

5. Take a new perspective

Try looking at an old routine in a new way or try looking at someone you see each day in a new way. When you start to take control of your mind like this, you will be amazed at the fresh new insights that come to you with exciting discoveries.

6. Keep initial goals easy

The secret to continuing success is simply to break down big goals into series of little ones, and start with the easy goals. Everything can be broken down into smaller and more manageable parts, and it's easier to stay focused.

7. Be careful what you wish for

Every positive thing you have read about the power of mind is true. Fantasies can become realities if one continues to picture them over and over again in your mind. Sometimes manifested fantasies don't turn out good in reality. Fantasies can sometimes become nightmares. So be careful what you wish for!

8. Nothing is a coincidence

All of life's coincidences are in reality not coincidences at all. When you live in a state of constant awareness, it is not difficult to find linkages between every event and every circumstance that happens, and every person who appears in your life at moment of time. Everything happens for a reason. Meditate and realize some insights that you might have missed.

9. Avoid negative people

In life, you will always come across the odd person who will make comments that annoy you, knock your confidence or make you doubtful of self worth. If you do come across such persons, just imagine their negative comments evaporating into thin air. Such people can only get to you if you let them. So don't let them. You are stronger than that.

10. Get rid of blockages before they become permanent

It is the troubled spots in your mind that create obstacles to success, happiness and well-being. Blocks can cause real problems, so whenever you become aware of a hang-up, get rid of it before it becomes permanent.

11. You can, if you think you can

When you are given an assignment that you feel is beyond your scope, invest some time in boosting your own self-confidence. Often, it is not lack of ability that will stop you; rather, it is lack of confidence and lack of faith in yourself. You can move mountains if you believe you can.

12. Savour every good thing

If you are on a roll, enjoy it! This happens when you are in perfect harmony with the cosmos and everything is going well for you. These are moments of triumph, of success and victory. In



Elephant with Fuk will protect you and harvest luck

times like these, savour the moment and be proud of it. Don't let anyone bring you down.

13. Recall a courageous moment in your life

Whenever you feel yourself going through a patch in life when you feel particularly weak, inadequate or defeated, think of the last time you made a courageous decision or performed a courageous act. Courage is a feel-good attitude, and drawing on it from a first-person perspective is the very best way to pull yourself up from the doldrums.

14. Music affects you more than you think

Music will change the energies and the vibrations around you. Happy songs lift the spirits, while melancholic music makes you feel depressed, unhappy and lethargic. Listen to happy songs constantly to uplift the spirit.

15. Turn on all the lights in the house

If you turn on all the lights in the house, you will feel your spirits rise, especially if you have dark corners and there are insufficient windows in your house to bring in the natural light from the outside. The mere act of lighting up your surroundings never fails to lift the lightness of chi that surrounds you. Try this the next time you feel the air is heavy with depressing energy.

16. Liberate yourself mentally

Many people live their lives as if they were confined to a gilded cage, afraid to fly. These kind of people stick to the known and the familiar, and in the process, miss out on the more spectacular adventures that life has to offer. If you feel this way, picture yourself as a bird in a cage, then visualize the cage door opening and yourself flying up to the wondrous skies above. Free your mind and there is nothing you cannot achieve!

17. Make a conscious decision to have faith in yourself

If you live your life with faith in yourself, soon it becomes as solid as a rock, unshakeable and unbreakable. Faith comes with practice. When you believe in something wholeheartedly, that belief rules your conscious and unconscious moods. So make sure that the faith you develop in yourself and the motivation behind your faith is making your life both honourable and meaningful.

18. Spring clean your mind

The mind is like a mirror. When it is clear, images reflected are sharp and lucid. When the mind has delusions, with inhibitions and complexes that have accumulated over a lifetime, what gets reflected is blurred, unfocused and misleading. So try to undertake mental spring-cleaning regularly. Sweep away the dirt that clouds your visions!

MEET DOLLY & DEE AT WORLD OF FENG SHUI



If you look forward to making a positive change in your life—in a relationship, career, health or home—Feng Shui is a way to take a fresh look at habits and lifestyle choices. Dolly Sidhu

and Dee Johl (right) can help you understand what makes you tick. They can help you chart a course to a better life by being an active participant!

Dolly Sidhu and Dee Johl, co-owners of World of Feng Shui in Vaughan, Ontario, offer unique services and products at World of Feng Shui boutique. "Feng Shui is about your inner self, it's about empowering yourself to make a complete life transformation," says Sidhu.

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Birds bring good news and opportunities.

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Symbolizes the fulfillment of all wishes and promotes good reputation.

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