

# "Ladies For Such A Time As This" Blog Talk Radio Show

*"Ladies For Such A Time As This"*  
with Rosalynd M. Rambert &  
Sandra Haynes Sawyer, Esq.  
Every 1st & 3rd Saturday  
10:00—10:30 AM EST



**"The Power of Affirmations and Visualization –  
Pt. 2"**

**What an empowering show!!!**

Sandra Haynes Sawyer, Esq and I would like to thank those who tuned into the **"Ladies For Such A Time As This"** Blog Talk Radio Show on Saturday, March 16. We truly hope that you walked away equipped with some knowledge and strategies on how to effectively use affirmations and visualization to create the life you want and deserve.

Remember, what you do has everything to do with your belief system. Therefore, it is imperative that you reprogram your subconscious mind for success and change your limited and negative belief systems. **YOU ARE WHAT YOU THINK.** Today you must **AFFIRM** and **VISUALIZE** the life you want and deserve.

To purchase a copy of Dr. Lucille Farrell-Scott and Dr. Sunne-Ryse S. Smith book, **"I AM THAT"** please click on the link. This book is sure to help you develop the affirmations you need to attract the things you want in your life.

If you were unable to tune into the show, please click **here** to listen to the replay.

We look forward to you tuning in with us on Saturday, April 6.

Have a FANSPIRING day!

Always Aspiring,  
Rosalynd  
Your Sister and Friend

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# Visualization Is Daydreaming With A Purpose



by Richard Fast

*“Visualization is daydreaming with a purpose.” ~ Bo Bennett*

Many people’s reaction to visualization is that it’s a lot of New Age fluff.

Not so fast!

Visualization is such a powerful mental tool because we can literally create the experience we desire if the actual one we want is not available.

It’s a very real and effective tool. In fact, whether you know

it or not, you practice visualization all the time.

Through our imagination and “visualization,” we can create a virtual experience. Science has proven that the human nervous system is incapable of distinguishing between actual experience and the same experience imagined vividly in complete detail.

Worry is a perfect example of how we create the synthetic experience. When we worry about something, what are we actually doing? We are projecting ourselves mentally, emotionally and even physically into a situation that hasn't even occurred!

If you think visualization doesn't work, or if it's just an over hyped *self-help* gimmick, let's consider the following: Have you ever heard of anyone who has worried so intensely about something that they've actually made themselves sick?

The fact is, if a person worries intensely enough about failure he will experience the same reactions that accompany actual failure! He will experience feelings of anxiety, inadequacy, humiliation and eventually physical ailments such as headaches and ulcers. As far as his mind and body are concerned, he has failed. And if he worries about a particular problem long enough, if he concentrates and visualizes failure intensely enough, he will fail.

If you think about it, worry is the negative use of creative imagination and visualization. It simply can not be anything else. Worry is nothing but a vividly imagined, negative, synthetic experience. It can't be anything other than synthetic because it hasn't happened!

The person who worries about failure is unwittingly defeating himself, while he's literally “creating” his own future. He's feasting on a banquet of negative data.

If he spent the same amount of time visualizing success he

would reverse the process. Instead of anxiety, apprehension and fear, he could develop confidence and self assurance.

Each of us, whether we realize it or not, constantly practices visualization and self actualization.

Why not practice visualizing the person you most want to become, or the situation or outcome you most desire? Through visualization you can become the person you wish to become. Use your spare moments to concentrate on whatever it is you desire. Put more into the positive use of your imagination rather than devoting your focus and energy into worry. It really is that simple. Show me a worry wart who doesn't achieve his "negative outcome."

The process of visualization, whether it be good or bad, works every time.

*The mind is everything. What you think you become. ~ Buddha*

Each of us is the product of our thoughts and experiences. Through thought, we can control to an almost unbelievable degree our experience and our environment. Whether we choose to direct our course through life, or not, is entirely up to us. The important thing is that we know that we can. We have that power.

Richard Fast is a highly creative entrepreneur, product developer and writer who has designed a series of life-changing courses under the philosophy of "29 DAYS to a habit you want!" His simple step-by-step formula is an effortless guide for massive personal change and permanent results in weight loss, personal finances, communication and smoking. To learn more visit <http://www.29daysto.com>.

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