

PREPARING TO TEACH



Congratulations on your decision to teach your child the skills of visualization and goal setting! You know something about these subjects yourself, or you would not value them enough to have purchased these books. Imagine if someone had taught you these amazing skills when you were young, how much easier life would have been. Now you can make that difference for your child.

In sharing this information with our kids, it's important first to confront our own blocks and biases around these two subjects. Most adults interested in goal setting and visualization have experienced some good results from their efforts but have also experienced not achieving everything they worked or wished for. We need to address that before we start, because whatever attitudes you have about this material will be subtly conveyed to your child.

We all know it's what we privately think, not what we say to them, that has the most influence with our children. They listen to our actions and body language more than to our words. If you aren't convinced goal setting and visualization work, your child will inherit your doubts. This is particularly true because the program involves your participation as the child goes through the book.

There will be a few parents who have purchased these books but who basically unfamiliar with goal setting, visualization, or both. We recommend you gain some knowledge of these subjects before you start to work with your child. Two excellent books on visualization are **The Power of Your Subconscious Mind**, by Dr. Joseph Murphy and **The Law and the Promise**, by Neville Goddard. For goal setting, there are lots of books and websites that teach those basic principles.

If you can't read up on these subjects yourself before beginning with your child, at least read the older kids book before beginning. Then you'll have at least some basic understanding of what your child will be learning here.

For the rest of you, adults with some experience in these areas, let's look at the problems grown-ups typically have with visualization and goal setting and try to clear up those difficulties. Visualization first.

WHY VISUALIZATION SOMETIMES 'DOESN'T WORK'

Actually, visualization always works if it is done and understood correctly. For a short but excellent adult primer on how to visualize, read **The Law and the Promise**, by Neville Goddard.

Let's go through the major reasons why visualization sometimes produces less than stellar results.

COMMON BLOCKS TO SUCCESSFUL VISUALIZATION



- **Neglecting to visualize daily and before sleep** Until your desire manifests, imagine on it daily from a dreamy, drowsy state. The most effective times to visualize are when drifting off to sleep or in the twilight state as you are waking up.
- **Visualizing from the perspective of longing rather than visualizing the wish fulfilled** This is the most common mistake adults make in the practice. When we long for something, our thoughts reinforce its remaining out of our grasp. Visualization requires being in the feeling of having (or being) what one desires. This is naturally easier for children than it is for us, as they are used to that kind of “pretending.”
- **Having rigid time expectations** Wishes may not deliver on our desired schedule. Persistence and faith are necessary. Eventually, if everything else is being done correctly, the universe will respond by bringing you the object of your desire. Giving up before we succeed, of course, stops the manifestation in progress.
- **Wishing for something someone else opposes** Just as our wishes are powerful, so are other people's. If we wish for something other people are wishing against, our wishes cancel each other out. If you wish to win the lottery, for instance, you've got tens of thousands of people wishing against you. If you wish to marry a certain person and they don't reciprocate, your wish can't alter their free will.

Some people believe in karma or that we plan our lives before we enter this world. If either of those scenarios is true, having a wish opposed to either karma or pre-life plans could hinder the wish's manifestation. However, karma can be altered, and free will takes precedence over pre-life intentions. Working against a psychic influence, though, it can be like rolling a stone uphill. You can do it, but it takes a little longer to succeed. Again, persistence is the key.

- **Fear of failure** Being afraid of failing, or of being disappointed if the wish does not work out, cause lots of adults to miss one key ingredient of successful manifestation: expectation. We must allow ourselves to really get caught up in the fantasy of our dream coming true. That kind of emotional involvement engages our subconscious, and without its participation, our desire will not influence the universe.

Being jaded and guarded, refusing to let our hearts flow towards our dream, is a sure-fire recipe for failure at visualizing. The Law of Attraction ordains that what we frequently think about, we attract. If we are paying lip-service to a desire but feeling, on a deeper level, that it will never materialize, then, of course, it won't. The deeper level of thought, that says we will fail, is what we manifest.

- **Other blocking attitudes** Like fear, other deep-held attitudes (such as low self-esteem, the belief that money is evil, or the belief that a certain illness can't be cured) may block our ability to manifest a desire. If you're visualizing something when you go to sleep at night, feeling excited about your dream, then find yourself during the day thinking, "What am I doing? I'm being ridiculous," you've got a subconscious blocking attitude.

When that doubting thought arises, slip away to somewhere quiet and ask your subconscious mind to tell you why it feels that way. If you listen, it will reveal to you (then or as the day progresses) the long-held, subconscious belief that holds your current attitude of lack in place. Listen to the objection, consider its merit, then explain to your subconscious why this old belief is not true (or is no longer true). Re-state your wish as an affirmation, repeating it three times with focus, then resume your daily routine.

If doubt starts to plague you again, get quiet once more and ask why. Another layer of the onion of doubt will surface to your awareness. Patiently consider the objection, and explain why it no longer holds, as before. Keep doing this until all the objections are cleared and you can be in one piece about your goal. Once your conscious and subconscious minds align in the belief that the wish is good and attainable, the personal blocks will be dissolved that are keeping your wish from becoming real in your life.



DISSOLVING THE BLOCKS

Another good primer on the subject of manifesting desires is Dr. Joseph Murphy's **The Power of Your Subconscious Mind**. If you don't feel confident yet that the Law of Attraction is as consistently reliable as the Law of Gravity, it's a good idea to read one or both of these recommended books and work with your own visualizing for a few weeks before you try to teach it to your child.

It does little good to hand a child a book on visualization that promises her she can do, be and experience whatever she desires, then put all kinds of qualifications on that promise. That only reinforces what the world has been telling her, that disappointment is inevitable. That is the opposite of the teaching of the Law of Attraction.

Wouldn't it be better to polish your skills and shore up your confidence in your ability to fulfill your own desires, then walk your child through the visualization training with an attitude that reinforces what he reads rather than one that subtly undermines it? It may mean you put off your child's learning for a few more weeks or months, but it's better to teach him effectively than to teach him to doubt the process. After all, what's a few weeks compared to the whole lifetime you'll be influencing?

LEARNING WITH YOUR CHILD

For parents who have never practiced visualization, or who can't (for whatever reason) polish up on their skills before they work with their child, go ahead and start the book but do it from the perspective of learning *with* your kid. This, rather than representing yourself as "the adult expert." Do the exercises together, making your own wish list, goal ladder, etc. This models an attitude of willingness to learn, rather than an attitude of "Don't expect this stuff to always work."

Don't burden your child's innocence with stories about your "failures" with visualizing. Just start over fresh, and learn to do it together. Kids take to visualization like ducks to water. You may very possibly find *your child* is the one teaching *you!*

