

The Palace of Possibilities

by
Beverly F. Jones

I am going to take you through a visualization. Sometimes you may find it hard to visualize or fantasize. The issue is you had this capability long ago but you may have unlearned the process. It is very easy, to relearn, simply by practicing. So if you have some issues when I start describing something, substitute something that is closer to what you know.

To help you even further, contained on the following pages is an explanation about visualization and why you want to perfect it. I also have a blog entry about visualization that you will want to read. It is located at <http://tinyurl.com/bzo2j89>. I have included information about “The One Command®” technique and how it works.

In the meditation, when I talk about a palace, you may think of one of the big mega-houses in some of the developments around you or think of Buckingham palace where Queen Elizabeth lives or The Palace of Versailles in France or the White House or pictures of any huge house that you may have seen or you may have visited. This meditation is designed to have you thinking and fantasizing and dreaming in your life.

While listening to this meditation, I want you to find a nice comfortable place to sit in an upright position. You can use the floor as long as your back is against some sturdy object. The reason I want you sitting and not laying is that I don't want you to fall asleep. I want you to get used to listening to active meditation while awake.

This is simply a visualization that allows you to start using your imagination and to also have you start thinking about your dreams and your aspirations and the things that you would really love to have and do.

Listen to this when you are in a position to give it your undivided attention while having your eyes closed. Do not play this while driving or operating any machinery. This meditation will last approximately 20 minutes and is design to introduce you to the possibilities of your life.

As you find that change is beginning to happen in your life, join me for additional training in manifesting your desires by coming often to <http://commandingyourlife.com>. The articles will help you grow and our webinars, seminars, circles and group hypnosis sessions will help you get there must faster. In fact because you have downloaded this mp3 I am giving you a one time use coupon for either a group hypnosis session or a “Commanding Your Life Circle” or tele-circle. Your coupon code is “Palace.” This coupon is only valid when you sign up under the event's tab here on this website.

Visualization - The Key to Actualization

The imagination is a powerful thing. You can create a completely new world with your imagination [and visualization]. Any idea that is addressed with a very strong emotion (love, hate, doubt, fear, beliefs) cannot be changed by reason. You have to get down to the subconscious mind to remove, improve or change a belief or idea. By forming your [affirmation] command and accessing the theta brain wave, you are able to talk to your subconscious mind and orchestrate the changes you desire.¹

Visualization is not like closing your eyes and seeing as you do with your eyes open. It is more of a feeling. It can be flashes of pictures or a series of colors. Some people visualize as clearly as looking at a motion picture. Many do not visualize in this manner, including myself. When I first began, I thought I was doing something wrong because I only got feelings and the sense of the scene. Every now and again I would get a flash of a picture. I assure you, in whatever manner you visualize it is correct.

Jose' Silva, the father of Mind Control, suggested that you create a tool for visualization. He called it a mental screen. It is about the size of the movie screen at your favorite theater but smaller than your field of vision. You position this screen about six feet in front of you when your eyes are closed; your head is bowed about 20° (degrees) and your eyes are looking up as though looking out of your forehead. Do not use the inside of your eyelid as the screen. I found it much easier to visualize when I created this screen. Before this I was visualizing in my head where there was no backdrop to anchor the scene.

If you're still not sure about visualizing, take the time over the next few days to close your eyes and think

Right from the beginning, from the very first moment you reach your meditative level, practice visualization. This is central to Mind Control. The better you learn to visualize, the more powerful will be your experience. . .

The Silva Mind Control Method by Jose' Silva and Philip Miele

Visualization Experiment

- ✓ Close your eyes.
- ✓ Create your mental screen.
- ✓ Think about a big shiny red delicious apple sitting on the counter in a basket.
- ✓ Pick it up and take a bite out of it. The Apple is so fresh that you could hear the crunch in the next room.
- ✓ It is so juicy that the liquid is running down your chin.
- ✓ The taste of the Apple is sweet and the smell is inviting.

Did you feel the saliva in your mouth? Does it taste sweet? What happened? You were using your visualization and your imagination

¹Jones, Beverly Fells, "Christianity, The Law of Attraction and The One Command," Authorhouse, Inc.

about what you had for dinner the night before or think about your high school days and something that happened there something pleasant. Or think about what you want to do the next day or what outfit you want to wear. There are a number of things that you can think about with your minds eye that can help you realize how you visualize. This will help you in the future to use visualization for those things that you know and understand and then to use your imagination to create those things that you want. Walt Disney was famous for his imagination. It is said that he drew Mickey Mouse on a napkin and look what Mickey Mouse built. He started with the idea and he began to visualize what he wanted in his life and builds an empire. You can build your empire using your imagination and visualization.

Therefore why not use this power to create the life that you want. It is an integral part of manifesting your dreams.

Every great railroad, and every outstanding financial institution and every mammoth business enterprise, and every great invention, began in the imagination of some one person.

F. W. Woolworth created the Five and Ten Cent Store Plan in his "imagination" before it became a reality and made him a multimillionaire.

Thomas A. Edison created the talking machine and the moving picture machine and the incandescent electric light bulb and scores of other useful inventions, in his own "imagination," before they became a reality. . .

Imagination is a faculty of the mind which can be cultivated, developed, extended and broadened by use.

The Law of Success in Sixteen Lessons by Napoleon Hill, 1928

The One Command

The One Command is a simple statement that bypasses your conscious mind. It consciously connects your brain to your subconscious mind where you remember your personal design for success.

The wording of this statement stops your brain from replaying those negative and limited ideas. As you continue in your practice of going into the theta state and saying your One Command those negative thoughts fade away. They are no longer, in computer terms, hard-wired routines, that would unconsciously drive your feelings and your mind, while in the dominant state of beta.

Continuing to think of your mind as a computer, imagine multiple programs running in the background (subconscious). These programs manage you and your decisions. Your mind believes it only runs good programs for you based on the information it has been given during your lifetime. These programs are the ones that are responsible for maintaining your limiting beliefs.

The time and manner of projecting your affirmation is extremely important. Physical, mental and emotional relaxation is very important because a calm, assured state of mind can give you the ability to turn off negative drivers in your life and command for your highest and best good. Once you have made your One Command forget about your request and leave your subconscious mind to work its magic.

Upon turning off these negative programs, you will receive direct knowledge that supports your dreams, wishes and desires. These new positive or neutral programs, directly infuse knowledge into the cells of your body. This new direct knowledge writes itself onto your subconscious mind (A computer hard-drive) and becomes your new basis of being, your new operating system.

The conscious mind may not immediately understand what the subconscious mind is trying to make happen. The reverse is never true. You must come to the conclusion that your subconscious is available and is always present in your thoughts.

Through experience and emotion, we create specific fragments of thought and consciousness that we freeze into an idea. These fragments become our reality and ultimately become part of our belief system. Everything created within our pattern of thought and we only attract experiences that verify what we believe.

How The One Command® Works

1. The first part of the affirmation stops your old way of negative or fearful thinking. Consider a time when you stopped and said “I don’t know how.” You relinquished control in that moment and your subconscious mind took control. This is what we are accomplishing with these words.

I don’t know how I (or THE PERSON IN ME)

2. Next you tell your subconscious mind what you want to happen. The statement must be positive and used in the present tense. It must be a full and clearly defined statement combined with your intention that is concrete and cogently described. Create your Command below:

(FILL IN THE BLANK)

We are all connected and therefore all knowledge is available to us when we are in a receiving mode. Your subconscious mind works in the background to give you the answers you desire or connect with the Creator of All/Universal Mind/Source to gain access to the greater consciousness and “send out a request for help.” When you ask and visualize your desires, it is created in the non-physical. Be prepared to take the appropriate inspired action, have faith and believe your desires will manifest in the best timing for you. This allows you to know the following statement is true: **I only know It is so/true/done, Now.**
(NOW, because there is no past or future only now.)

3. In all teachings, whether secular or religious we are taught show gratitude for what we have received.

AND I AM FULLFILLED. (Showing gratitude for the fulfillment of the request)

Once the command has been stated through the meditation process you must leave the problem, desire or request to your subconscious. If you continue to re-command it is like continuously calling someone back after giving them a task. They can never get started. Think of a building project with continuous changes. It takes longer, costs more or the project may never complete. So make your command and as the late night infomercial guy says “Set it and forget it.”