

Assalamu Alaikum wa Rahmatullahi wa Barakatuh.



I'm Sabith Rahan, and I welcome you to Sabith International. Today, I am going to share with you nine powerful and valuable points that will help you improve your visualization. I won't keep you long, so let's get started.

1. Define a Clear Goal

If you have a goal, you must have a picture. If you have a picture, you can visualize well. The key is to see every little detail. For example, if you want to be a great presenter, you must visualize the audience, the auditorium, the stadium, or wherever you will be presenting. Focus on all the tiny details. Your visualization must be clear, bright, wide, and colorful.

2. Include Emotion in Your Visualization

After defining your picture, add emotion to it. Imagine yourself achieving your goal—buying a car, traveling, or presenting. Now, add your loved ones—family, siblings, parents, spouse, or friends. This emotional connection makes your visualization stronger and more powerful.

3. Choose the Right Visualization Time

The best times for visualization are early morning or before going to bed. During the day, when you are overloaded with work, it may be difficult to concentrate. Try to visualize before or after Fajr prayer or at night when you are free from distractions. Choose a quiet time where you can be alone and completely focused.

4. Simplify and Focus

Make your visualization simple and easy to feel. Don't overcomplicate it. Your goal is not just to see the picture but to feel the emotion behind it. Keep it clear, easy, and effortless so that you can accept and absorb it fully.

5. Make It Colorful

Be an editor or a painter in your mind. Your visualization is your creation, so make it vibrant and beautiful. Modify and design it the way you want. A colorful, detailed image in your mind is easier to remember and focus on.

6. Leverage Nature with Your Visualization

Sit in a garden, near a lake, or in a peaceful natural environment while visualizing. Nature has a calming effect that enhances focus. When you visualize in a serene setting, you automatically feel relaxed and more connected to your goal.

7. Incorporate Storytelling

Create a story in your mind. Talk to yourself. Imagine a conversation, a dialogue, or a scenario where you achieve your goal. Logic alone lacks emotion, but a story brings your visualization to life. Whether it's a struggle or success, storytelling makes it more realistic and impactful.

8. Test Your Visualization

Check how your body reacts to your visualization. Does your heartbeat change? Do you feel excitement or a change in your breathing pattern? The stronger the physical reaction, the deeper the impact of your visualization. Ask yourself where exactly you feel the emotion—in your heart, mind, or body.

9. Measure and Analyze Results

If you can see it, you can achieve it. But after visualizing, you must take action. Analyze your progress and find areas where you need improvement. Repeat your visualization and refine it. Find the best process that brings you results. Constantly testing and improving will transform your life.

Final Words

Practice these nine steps starting today. Repeat this process, take action, and change your life. Stay tuned with Sabith International and move forward with mind power.

Salaamu Alaikum wa Rahmatullahi wa Barakatuh.