

RUSSELL R. SHIPPEE PRESENTS

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Russell R Shippee

Quotes

"If you think you can do a thing or think you can't do a thing, you're right."

Henry Ford

"Once you make a decision the Universe conspires to make it happen"

Ralph Waldo Emerson

"Destiny is not a matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved"

William Jennings Bryant

Dear Russell,

This week we are looking at visualization. It is a close relative of intention and the quotes are the same. At the risk of being repetitive I thought seeing the same quote again would help to reinforce it.

You will enjoy the story of my mother and her 40 year visualization that became reality.

The picture is a visualization of close to how I'd like to look. You can tell a friend, Hal, had fun in photoshop making it for me. Good friends are the BEST. Please remember, to have a good friend you need also to be a good friend.

This afternoon I am off to Ireland for a couples golf trip. No, I will not allow any of the witnesses to be quoted as to how I did on visualizing my golf shots. However, I will try.

How is the change of eating working for you? For me it is getting easier but I do slip once in a while.

Are you charging forward with you year end goals? Remember, never do tomorrow what you can do today.

Be *the* BEST You Can Be,

**"Change your thoughts and you change
the world"**

Norman Vincent Peale 1898-1993



Russell R Shippee

**Helping You, Motivating You, Encouraging You, to Be
the BEST You Can Be**

Feedback

Hey Russ you used to be a handsome guy! (in response to the picture in the 8-28-07 newsletter) I enjoy the weekly emails and find value as I stop, take the time and read thru them . Thanks. John

I just read your gratitude letter. I have a heart full of gratitude for you! I am grateful you have helped me and I hope I have been a help to you as well. There is a saying "an attitude of gratitude will determine your altitude"... Michael

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Be sure to tell a friend to join. They will thank You.

Visualize

Visualize it, act it, be it, feel it deeply in your being, know it, and it will be.

We are what we believe we are. We are how we act and react. We show people how to treat us and to respond to us.

If you see yourself as successful you will act it and will be successful. It is as simple as that.

Great golfers will tell you that they visualize each shot before they take it. Once they visualize, to the

extent they allow the subconscious to take over, the shot will be as they visualized it. We need to see ourselves as we want to be in order to be that person. If we can see ourselves as that person others will also.

In fact we are telling our subconscious what we want and what we believe. Then, our subconscious does the work. We need only to get out of our own way and allow the subconscious to take over. Who breathes for us and digests our food? Who controls all of this? The subconscious is in charge. We need only to visualize it, believe it, and then get out of the way and allow our subconscious to create it. Our subconscious takes for truth the messages we send to it.

If we think lack and talk lack or not being good enough then it will be such. In effect, we are telling our subconscious this is the truth and the subconscious will act accordingly and make it the truth.

Visualization is not just about money. It is about the abundance of life. It is seeing yourself dressed as you wish to dress, healthy, and the size you desire. If you see yourself as a size 34 waist or a size 8 dress then it will be. Seeing yourself as such and enjoying the view will enable you to make the choices in diet and exercise to become that person. No, you cannot just wish it and it is done. You need to live it. You need to allow the subconscious to see you as you want to be seen and the subconscious will guide you and your choices so it is.

You can set an intention and visualize it. You must hold on to these, believe them and live them. Living them also means doing the things as needed, be it learning, practicing, or changing ones lifestyle to obtain what you visualize.

If you are not learning, growing and focusing on your visualization it is not real and you stand less chance of accomplishing it. It will be as fast or as slow as you focus on it, allow it to be, and allow yourself to do what needs to be to be that person.

Most of us have had the feeling of just knowing something will work. That is the feeling we are after. To visualize it in detail is the first step in knowing it will be. It may be in the exact form visualized or something close.

At about age 10 my mother spent a summer at a guest house on the grounds of the Wickford Lighthouse in RI. She decided then that she would live in the Lighthouse someday. When she was in her 40's she had a picture of the Lighthouse on her refrigerator. At about age 50 she moved into the Lighthouse. Yes, it took a long time but the key is she held onto the visualization knowing it would be. It was. She made me a believer.

Think back to what you knew would happen. Yes, you visualized it and you created it. You can do that all the time. You have the power and ability to get what you desire.

Visualize it, act it, be it, feel it deeply in your being, know it, and it will be.

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