# 6 Benefits of Creative Visualization

Creative visualization is often defined as the practice of changing your thoughts with the goal of positively affecting your environment and manifesting your greatest desires into reality. There are several different ways that you can practice creative visualization. With creative visualization, everything around you is affected by what you picture them to be. Here are six benefits you can gain by practicing creative visualization.

**Relieves Stress**

For the creative visualization process to be effective, you have to learn how to get into a relaxed state of mind. Spending a few quiet moments, visualizing something and quieting your mind can help to lessen the amount of stress that you experience on a daily basis.

**Boosts Your Mood**

You can also significantly improve your mood when you practice creative visualization on a regular basis. The act of visualizing, in detail, your heart’s desires can increase the joy you experience while relieving stress. Once you’ve finished a visualization exercise, you will feel more relaxed, calmer, and notice a shift in your mood for the better.

**Gain the Benefits of Alpha Brainwaves**

When your brain produces Alpha Waves, you experience greater relaxation, improved focus, and increased pleasure, which can lead to a reduction in pain, stress, and anxiety. When you practice creative visualization, your brain produces these Alpha Waves, helping you to become healthier, while helping to sculpt your dreams and manifest your desires.

**Increases Confidence**

After practicing creative visualization for a few days, you will start to become more confident because you’ve repeatedly practiced success in your mind. The more confident you are, the more opportunities you’ll find, and the more success you’ll experience.

**Provides Deep Relaxation**

Every time that you practice a visualization technique, you will emerge from the session more peaceful and deeply relaxed. After a time, you’ll start looking forward to your visualization practices, not only for the chance to manifest your greatest desires but also for the extreme relaxation and peace that you experience after a session.

**Increase Focus**

The more time you spend visualizing your ideal future, the more focused you'll become in reality. This will lead to an increase in your desire for making your dreams a reality and accomplishing your goals. Creative visualization helps you to grow as focused as you've ever been.

Along with helping you achieve your goals and manifest your deepest desires, creative visualization can provide you with many other benefits that will make your journey to accomplishing your goals that much better.