

# WHEN MIND MEETS FORM MEETS QUANTUM PHYSICS: Visualization, Your Key to Freedom

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Because it is our human condition to forget or to get too busy and sidetracked that we don't do the few simple things that are proven to work. It's always our JOY to be reminded of aspects of our teachings that we can dive into deeper and sharpen just a little bit more.



We live in a "visual" world. We "visualize" non-stop. The KEY is being Conscious of using it wisely and for your best interest and Desires.

## A Story For Your Belief Meter

According to Dr. Charles A. Garfield, former National Aeronautics and Space Administration (NASA) researcher and prior president of the Performance Sciences Institute in Berkeley, California, the Soviets have extensively researched the relationship between imagery (visualization) and physical performance.

In one study, part of world-class Soviet athletes was divided into four groups.

The first group spent 100% of their training in actual physical training.  
The second group spent 75% of their time training physically and 25% visualizing.  
The third group spent 50% of their time training physically and 50% visualizing.  
**The fourth group spent 25% of their time training physically and 75% visualizing.**



Unbelievably, at the 1980 Winter Game in Lake Placid, New York, the fourth group showed the greatest improvement in performance, followed by groups 3, 2 and 1 in that order!

You can visualize from anywhere – at any time! Your world begins in YOUR MIND! FEED IT WELL.

Visit <http://www.angealavatar.com> for resources to help you FEED YOUR MIND – e-books, workbooks, CD's, MP3's, workshops and personal intuitive and hypnosis sessions!

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