

Practice Seeing: from *Pray Up Your Life Self-Exploration Companion Workbook*, Charline E. Manuel

I use my mind faculty of imagination to support my prayer desires.

Visualization

Take a few minutes to close your eyes, take a deep breath and pretend you are seated in a theater looking onto a stage. As you look upon the stage, imagine that you are on that stage being, doing, having, experiencing one of the goals or dreams that you desire to see manifest. Place as many details into the picture as you can, in color, smell, sound, textures, etc. After a few minutes gently open your eyes and write how you felt during the experience of visualization.

Activities:

Collect a picture that reveals some desire you have. For 7 days carry the picture with you everywhere you go (in your wallet, purse, pocket, phone, etc.).

Whenever you have a moment in your day take it out and spend a few minutes enjoying the picture and gazing at it. Do this as many times in one day as you can, for 7 consistent days. After the 7 days, practice seeing the picture with your eyes closed as many times a day as you can. You will have a noticeable difference in your ability to visualize and will also set in motion a powerful magnet to draw the picture from the invisible realm of your experience into the visible.

Write your own positive statement, incorporating the principles of “Practice Seeing.” See how many of the words in the Word Search (on the back of this handout) you can include.

Word Search:

Find and circle the hidden words within the lettering below:

ACTIVATE

COOPERATE

CREATIVE

DAYDREAM

EYES

IMAGINATION

PICTURE

PRACTICE

SEEING

VISIBLE

X	A	Y	J	V	G	Z	S	S	U	O	W
C	E	C	I	T	C	A	R	P	Q	Z	C
N	O	I	T	A	N	I	G	A	M	I	O
J	V	S	F	I	T	F	G	Z	D	E	O
D	I	K	E	Q	V	H	V	O	A	R	P
I	S	B	S	A	H	A	V	I	Y	U	E
D	I	Y	E	D	K	P	T	P	D	T	R
U	B	E	E	V	I	T	A	E	R	C	A
N	L	Y	I	W	V	O	W	R	E	I	T
F	E	E	N	W	W	S	E	A	A	P	E
S	Z	F	G	C	Y	H	J	T	M	M	O
M	Y	F	U	F	H	T	W	E	F	X	U

Prayer Anchor: Genesis 13:14-15 (NKJV)

And the LORD said to Abraham, after Lot had separated from him: "Lift your eyes now and look from the place where you are – northward, southward, eastward, and westward; for all the land which you see I give to you and your descendants forever."

Sources: *Pray Up Your Life* and *Pray Up Your Life Self-Exploration Companion Workbook*,
Charline E. Manuel