

# **The Ultimate Visualization Guide**

# Introduction

**Dear reality creator,**

**I wanted to personally congratulate you on taking the first step towards building a foundation for lasting success.**

**This guide is a summary of all the key points I've talked about in the video ([click here for the video](#)),**

**and can also be used for you to come back anytime to remind yourself about visualization.**

**This guide will help you achieve the goals you desire for 2024, by building a foundation for lasting success.**

**Now, below are the six keys to visualization that you'll need to find success.**

**To your success!**

**-Quazi**

# **The 6 Key Principles to Visualization**

## KEY # 1

# Centering the Self

*"A problem cannot be solved from the same consciousness that created it."*  
- Albert Einstein

A particular **script (your reality)** is unfolding, based on your attitudes from the past.

The present is continually becoming past.

**In other words, your past attitudes shape your present script.**

We need to take a step back from the "predetermined script" first.

To do this, we must **center our attention by doing these 3 things:**

1. Breathing - Watching your breathing.
2. Witness - Realize that there's a breathing.
3. Realization - There is existence.

Until you attain the realization that *"I see myself, and I see my reality"*,

You are the witness of the script, rather than the active participant.

Once you've become the witness, the creation process may now begin.

### Takeaways

- Your past attitudes shape your present script.
- Center yourself by doing these 3 things: Breathing -> Witness -> Realization
- Become the witness of your script, initiating the creation process.

## KEY # 2

# Key 2: Visualizing the Goal

Every night before bed, **visualize the goal**.

This could be the next big milestone or the vague goal.

If you are unclear about what you want, focus on the long-term goal.

If you are a business owner and have an annual goal/next milestone, focus on that.

Focus on thinking feelingly: **Heart and mind unity**.

How does it feel, once the goal has been achieved? Immerse yourself in that feeling.

This feeling will align your whole being toward that goal; **We begin with the end in mind**.

As you do this for the first 30 days consistently, you will see opportunities start to come your way.

*Eg - Quazi & financial freedom 20k/m, making YT vids, which leads me to the process*

### Takeaways

- Before bedtime, visualize your goal – whether it's a milestone or a vague goal.
- Focus on heart-mind coherence, immersing yourself in the feeling of achieving the goal.
- Consistent practice aligns your being with the envisioned success, attracting opportunities.

## KEY # 3

# Key 3: Visualizing the Process

**Visualize the goal until you get insights on the process.**

Once you gain insight on one step you need to take, **visualize that before beginning the task.**

For example, if you are musician or artist, visualize creating a work of art.

You know how you would feel once you have completed a masterpiece.

But also visualize every single day what it feels like to successfully work on it.

Perhaps visualize some eureka moments you've had before.

Take pride in your work and joy in building and creating something.

**Creative energy leads to creation.**

*Eg - Quazi & visualizing process of making great videos, changing lives, gaining subscribers etc.*

This visualization is best done throughout the day,

Before you are about to start the intended task that will lead you to your goal.

### **Takeaways**

- Visualize the goal until insights on the necessary process emerge.
- Immerse yourself in the daily visualization of successfully working on each task.
- If you know the goal: 80% of the time = Visualizing the process. 20% = The goal.
- If you don't know the goal: 100% of the time should be spent visualizing the goal.
- Goal visualization gives you insights into the process.
- Process visualization causes movement towards the goal.

## KEY # 4

# Key 4: Visualizing the Ideal Self

What's the #1 reason people achieve success, but can never maintain it?

**They do not shift their identity.**

*If you operate from the old identity, that becomes your default baseline.*

For example; We had a client of ours that kept attracting toxic relationships with narcissists.

But once she sat down and questioned:

*"Who am I being that's attracting these relationships?"*

*"Who do I need to be in this next moment to attract the kind of relationships that I want?"*

And finally shifted her identity, she got into one of the best relationships of her life.

**You must get clear on who you must become in order to effortlessly accomplish your goal.**

Once you visualize the goal enough, it will become clear who you are being once this goal is being effortlessly achieved.

Focus on what it feels like to be the ideal self that effortlessly achieves this

*Eg - I wanted to become the entrepreneur version of Quazi that has financial freedom, making 20k/m and not the 9-5 Quazi, I really had to picture what the identity of 20k/m version of Quazi is like.*

*What characteristics, habits, and appearance styles does my new identity have?*

**Visualize stepping into your ideal self that you must become every morning.**

**Key: Do not try to change yourself, that is futile and leads to more resistance. Just choose in this next moment who you would like to be instead.**

## KEY # 4

# Key 4: Visualizing the Ideal Self (cont.)

An example of Identity Shifting success: Evan went from 5k/mo to 52k/mo



Evan Vance

5 Dec '22 in #ConfirmedBecoming

Watching (10)



## \$52k Month for My Real Estate SMMA

When I joined this program I was in the middle of a 5-month dry streak in my business where I lost \$15k over 5 months and I was down to my last \$2,300 in January of 2022.

In the last 4 weeks I've done over \$50k in cash collected for my business, and my profit on that is like \$40-43k.

Last YEAR I made \$26k in revenue and profited only \$8,000... (see screenshot)

I can't believe it, honestly. I've been trying so hard for so many years to make entrepreneurship work because I've always built businesses online since I was a kid for fun. This is a game to me, I love it. I dropped out of university in 2018 to pursue entrepreneurship, and joining RM was where my growth really started to go warp speed. I can't say RM did everything for me and was some magical solution (let's be real here), but I can say that RM played a major role in positively reassuring me that investing in information is the absolute smartest thing I can do. I've met some amazing people along the way and RM taught me some valuable lessons.

I pay a coach \$5k/mo right now, and this month my YouTube ads are doing an 18X revenue ROI and a 12X cash ROI...

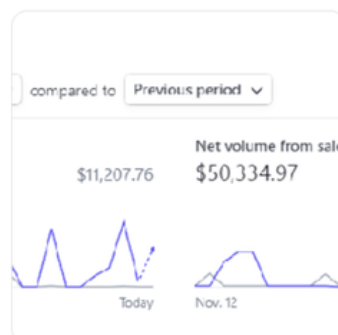
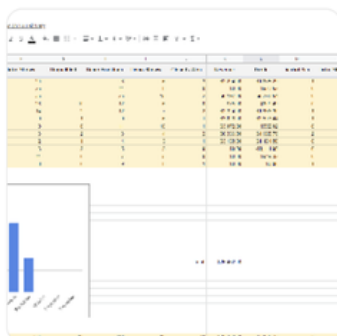
Not even trying to brag, I feel humbled because life is the same but it's just got bigger numbers and scarier workloads.

Shooting for \$100k/mo and beyond in 2023, and starting an SMMA coaching company in January.

I'm transitioning my YouTube channel from being geared towards realtors to being geared towards SMMA owners in January too, subscribe (I got Adam's permission for this plug):

<https://www.youtube.com/@evanhvance/videos>

Thank you: @Quazi Johir @Adam David @Ali Alqaraghuli @Stephan Krijger @William Brown @Reza Mohammed





## KEY # 5

# Key 5: Aligned Action

*Most who learn about manifestation start to believe that they shouldn't do anything.*

When you do inner work in visualizing, that itself is "inner action".

You must also combine it with outer action.

**Aligned action: Acting in accordance with the ideal self**

**(BE first) Being -> Doing -> Having**

When we have our being completely aligned + act in accordance with who we are being, we manifest our ideal having

*Eg - Quazi & investing in training for my biz:*

I used to be extremely stingy and would try to pirate courses.

But I realized this is not what the ideal self would do;

The ideal self would not hesitate to invest 5k in his personal development, for he would have money come into him in droves.

And the only thing blocking me was my old scarcity mindset of holding on to money.

When I'm making a key hiring decision for my company,

This scarcity mindset would still come into play: "What if I pay this person and don't get an ROI?"

I simply asked: "What would the ideal self do?"

## KEY # 5

# Key 5: Aligned Action (cont.)

The ideal self would take the calculated risk. No risk no reward.

This only works when you combine it with **visualizing the goal, process & ideal self**.

**Key: Ask what the ideal self would do, and you will achieve aligned action.**

### Takeaways

- Combine inner visualizations with outer actions.
- Act in accordance with your ideal self, bridging the gap between having, doing, and being.
- Ask: What would the ideal self do? Use this question to guide your actions in alignment with your goals.

## KEY # 6

# Key 6: 90 Day Visualization Protocol

Visualization only works if applied consistently.

Do this for 90 days and leave a comment titled Day X and your experience to keep yourself accountable.

Most people won't do this, and that's why they won't be successful.

But if you really want to do what it takes, you will do it.

I did this myself on a confirmation journal and here are my notes on day 90...

### Takeaways

- Consistency is Key.
- Apply the visualization system consistently for 90 days.
- Leave comments titled Day X on YouTube to share your experiences and hold yourself accountable.
- Success lies in commitment – those who persist in the challenge reap its rewards.

# 90 Day Visualization Challenge: Accountability Checklist

Use this daily checklist to stay accountable with the 90 Day Visualization Challenge

- 1. Before bed (Visualize the Goal)
- 2. Through the day (Visualize the Process)
- 3. In the morning (Step into the Ideal Self)
- **Daily Visualization:** Spend at least 10 minutes visualizing your goal.
- **Script Review:** Reflect on your past attitudes and center yourself using the three questions.
- **Process Visualization:** Connect your goal visualization to insights on the necessary process.
- **Ideal Self:** Visualize stepping into your ideal self, focusing on feelings and characteristics.
- **Aligned Action:** Act in alignment with your ideal self in at least one aspect of your day.
- **Comment Challenge:** Leave a comment on the YT video for 90 days, titled Day X, and share your experiences and insights.

**Check the Guide:** Ensure you review the guide daily for a comprehensive understanding.

Remember, check off each item daily to maximize the benefits of the Visualization Protocol.

This checklist will keep you accountable and guide your progress. Let's crush 2024!

# Next Steps

If you look below, you'll see a section of the over 100+ testimonials that we have from **entrepreneurs who have used the visualization techniques** I taught here as part of their reality creation process.

Aashish [redacted] · 21h [#ConfirmedBecoming](#)

Watching (3)

Alalya [redacted] · 2h ago in [#ConfirmedBecoming](#)

Watch (2) ...

## Identity Shift - Results

Hi folks,

Wanted to make a quick update on the results that I have had with the program

About me: immigrant with a master's degree living in the US since 2017

### \*\*Before (Jan to Aug 2020)\*\*

- Laid off from my previous job due to corona (\$60,000 a year)
- Extremely anxious and depressed (since my stay in the US was jeopardized due to layoff)
- Slipping into unhealthy compulsions (as a result of not wanting to face reality)
- Being a control freak and constantly ruminating over past decisions

### \*\*After (Sept 2020 and Nov 2020)\*\*

- Leading AI projects for Fortune 100 (\$120,000 a year – hit my goal of crossing 100k/year)
- Stable mental health (letting go of attachment to externals)
- Zero compulsive behavior (elevated levels of consciousness which felt completely natural)
- Effortless action as a result of being in a state of flow
- On track to gaining US citizenship (I did not even consciously aim for this!!)

I could never pinpoint a single action or a state of being that caused change but the overall transformation was a net effect of the principles applied consistently (even though your mind might try to convince you that not much is changing on the outside which is absolutely not the case!)

\*\*The principles taught in the Reality Mastery Program fundamentally focus on \*effortless goal achievement\* by fixing the root cause of your problems, which can never be solved through massive action alone\*\*

Also can't overstate this enough but Quazi has done a phenomenal job of consolidating the core principle of reality creation itself and better yet, conveying the message with zero jargon

## Dreams and goals coming true - Faith in Allah and Reality Mastery came to fruition

I am proud to say that my hard work and dedication to my fashion store, Alalya.com, has paid off. I have invested all my energy, time, and savings, and I was able to secure a large loan from the bank to ensure that I am able to provide both quantity and quality to my customers. I envisioned Alalya.com as a fashion store that caters to the modern, high-value woman, and I am delighted to see it being appreciated not only by everyday customers, but also by celebrities. I put my all into this endeavor, and I am so proud to see it come to fruition.

During my childhood, my life had been turned upside down by my parents' harsh divorce, and we had no money to live on. I remember one day when I was so hungry that I picked up a lollypop full of ants on the floor and licked it and felt so guilty for myself, but thankful that I had it too.

I also remember wishing all food was free...

Upon turning 28, I was offered a position at one of the most prestigious hotel chains. Upon my arrival, I was given my ID Card, and I was informed that I could use it as my credit card in all restaurants, beach restaurants, and other establishments. Due to my position, I was not required to pay a single penny, and this was considered a duty meal, even when it occurred outside of my working hours. At that moment, it was as though God was talking to me saying, "Here you have it, Alalya. Food, drinks and whatever your heart desires and in the finest restaurants in the world with the finest views and a five star treatment!"

Through my experience, I have come to realize that our desires and visions are actually God's way of showing us what He has already created for us. He grants us a glimpse of what is already available to us, and with this realization, I am encouraged to dream even broader. A few days ago, I asked for orders totaling much less than I had received recently. Not only did I get orders, I got paid orders from celebrities as I envisioned and wished for. I am now more confident that if I remain faithful and believe in His power, my wishes will be granted. This is as they have been granted to me before. And so in Allah I continue to trust and I wish you all the same.

[Jump to latest comment](#)

Carlos [redacted]  
April 17 at 11:50 PM

Hey folks. I wanted to motivate some of the new members of the group by showing my results after finishing the reality mastery program. I started the program with my business under water as it had been for over a year. The first part of the program gave me clarity on my "WHY" which is the only real source of motivation. The second part, well holy HELL (meditation, intermittent fasting, the life map calendar) made me a freaking power ranger 🦋. Just reached the 20k per month mark in my business 5 months later. THANKS Quazi Johir, I'll see you at the top soon.

📶 #QuadeEnCasa 📶 10:37 PM 49%

amazon seller

**COVID-19 Related Announcements**  
Stay informed of changes that may impact your business on Amazon.

1256 USD Sales today so far	97 Units today so far	580 Current
--------------------------------	--------------------------	----------------

Product sales ▾ Last 30 days ▾  
20.75K USD Last 30 days  
↑100% Previous 30 days  
↑1785% Last year



Pankaj [redacted]  
10 hrs

**#ConfirmedBecoming I am into week 4 and I have achieved my first 10k/Month Target. Module 3 and 4 is really a gamechanger.**



Lee

June 21

Things that have happened since joining Reality Mastery in early April:

- 1) Raised my group coaching program price from 5k USD to 7k USD
- 2) Doubled membership in said program, 12 people to 23 people
- 3) Average income this year compared to the same time last year is about 3x
- 4) Found a law student who was willing to give up being a lawyer to come work for me as a chief operator/manager
- 5) Started an ecommerce store with said law student as my COO, made more with this ecommerce store than my past 5 failed stores combined
- 6) Finally managed to hire a good VA (I have hired 3 other virtual assistants in the past who left or got fired for various reasons), who's also extremely talented in graphic design. This guy has helped me greatly in making ad creatives because this has always been my bottleneck in advertising
- 7) Found a mentor in both coaching/consulting and ecommerce, both have shifted my mentality almost completely in terms of how I should be looking at what I'm doing

I feel like my progress is actually speeding up after this, so there's more to come

But I just wanted to do this post now because I've just completed my 40 days (1 Mandala) of reading my reality guide and tracking my actions every day

Seems to be working, so [#confirmedbecoming](#)

**Reality Mastery™**  
Private group

About Discussion Announcements Rooms Members

FROM NOTIFICATIONS

**Kz**   
★ Rising Star · Just now

[#ConfirmedBecoming](#)  
I sold 8k dating coaching program today.  
Since, I try not to control reality MAGIC is happened:)

取引 2020年7月8日 22:21:59 JST

¥830,400 JPYのお支払いがありました

PayPalをご利用いただき、ありがとうございます。これで、商品を送送していただけます。すべての取引の詳細をこの取引がアカウントに反映されるまで、しばらく時間がかかる場合があります。

売り手保護 - 対象

買い手 マーチャントへの指示  
買い手からのメッセージ・指示は入力されていません。

発送の詳細  
発送の詳細が追加されていません。

説明	単価	数量	金額
CMP宮澤コンサルティング(法人)	¥830,400 JPY	1	¥830,400 JPY
小計			¥830,400 JPY
合計			¥830,400 JPY
支払い			¥830,400 JPY

1 Comment

Like Comment

**Kz** i★ Quazi Johir Thank you so much!!  
Like · Reply · 1m

## Reality Mastery™

Private group · 376 members



About Discussion Announcements Rooms Members

What's on your mind, Quazi?

Room Photo/Video Tag People

From Notifications

**Peter**   
1 min ·

Hi everyone!

I want to take a moment to share my most recent results...

About a month ago, I was feeling like a massive failure. I had no one in my online program, no client calls scheduled, zero income coming in, and was spending my savings to meet expenses.

I started to beat myself up for it. I knew this manifestation stuff worked, but I felt like I was just not good at it, despite diligently doing the exercises every day. I got really depressed.

After about three weeks of feeling awful, I decided enough was enough. I continued working the program every day, just doing the best I could. I didn't do it perfectly. I also missed a day or two here or there. But I kept focusing on the outcome I wanted, visualizing it until I could feel the emotional equivalent of it. I also stopped myself right away when I started to beat myself up for not being good at it.

The results came quickly. Within one week, I signed two clients into my online program, earning \$7,000 and then got an unexpected tax refund for \$7,100. Four people contacted me for possible coaching and asked if they could schedule calls with me. A prospective corporate client that I had all but given up on contacted me with a verbal agreement for \$33,000 worth of my services with an option for an additional \$25,000. We'll be signing the contracts in a few weeks. All of this happened within seven days.

I want to share this to let everyone know that these laws of manifestation are precise and certain and that if I can get through severe doubt to great results, we all can.

**Eric**   
January 9 at 11:37 AM ·

[#confirmedbecoming](#)

Hi everyone, here comes a late 2020 post.

For my first year online with my business my goal was 1 million SEK (Swedish), which equals about 120k USD.

Goal achieved, on Stripe. I also had a lot more with other payment methods than Stripe, so I more than achieved that goal 😊

I had no experience whatsoever about how to scale or what to do online, so for me that was quite a high goal.

Also considering, never ever in my life have I been shifting identities. I've always been the same dude, staying in my comfort zone.

So 2020 was the year I really pushed it to the limit when it comes to exploding out of my comfort zone.

I grew personally, from my old self.

I grew financially, from my old bank account.

To give you guys some more context — November 2019, I literally had 1.1k USD to my name after dropping out of university.

And I joined this program — Mid October 2020.

Which then resulted in:

October & November being the best months ever for my business, which then made me reach that yearly goal that I had.

But I can honestly say, I was in this program before I even invested in it.

I was digging deep into Quazi's Youtube Videos, implementing and taking action. So that's why I count this as a confirmed becoming for the whole of 2020, even if I joined you guys mid October.

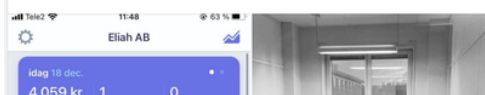
Thank you Quazi for coaching me and providing value before I even became a student of yours. You're the man ❤️

The principles and techniques from this program have been, and will be vital for me this year and for the rest of my life.

Apply to everything that is said in the program, it works — if you do the work and if you let it work.

On to the next. Let's all have a wonderful 2021!

-Eric





You see, I was speaking to my team earlier this year when we were doing our yearly planning,  
And we have one main goal this year:

**To have 100 outstanding customer testimonials like the entrepreneurs you saw above.**

If you want to be a part of those 100 students this year,

[Then I invite you to schedule a call with me and my team.](#)

**(If you have this guide printed, check out [realitycreator.com/application](https://realitycreator.com/application))**

*(And only do this if you're a highly motivated entrepreneur)*

So whether you might be a stock trader, a coach, a salesperson, etc.

Or own a brick-and-mortar business or an online business...

**If you're making five to six figures and you really want to scale this year,**

[Then me and my team would like to help you. --](#)

**Although the 90 Day Visualization Protocol is a structured method that does work to create your reality,**

The methods of reality creation goes a lot deeper,

And it also requires personal tailoring to your particular situation.

And to be completely transparent, we get over a thousand applications to work with us every single month, but we can only take in 25 clients of them.

*So please only apply if you are seriously motivated to scale your business.*

I hope you've found this guide valuable

[Thanks for reading, and I'll see you on that application page.](#)

**(Again, If you have this guide printed, check out [realitycreator.com/application](https://realitycreator.com/application))**

Peace.