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The Uses and Benefits Of Siramarti Visualizations

Pre-reading Article

The Siramarti Personal Growth Process: What it is.

Introduction

Although The Siramarti Personal Growth Process is a form of conscious personal growth education, the use of visualizations that adjust the unconscious mind is central to it. Some of the key visualizations are published in *The Good Work Book: How to enjoy your job & make it spiritually fulfilling*. See: www.thegoodworkbook.com Others are available through Silver and Gold membership of the Reach Potential site: <http://www.reachpotential.com.au/store/>

In the Siramarti Process material the term “visualization” is used in a specific way. It is distinguished from the practice of meditation. From the Siramarti perspective, meditation is the process of moving inward to a still, quiet place where all your energetic bodies join in alignment to assist you to relax, become receptive and gain clarity. This is a place to just be.

Siramarti visualizations are different; they are active in nature, requiring your full, conscious participation. Although they create inner peace, they do so by making subtle but permanent changes to the way your brain processes incoming information. They do this because they conform to the basic principle of brain neuroplasticity, which is the fact that apparently ingrained responses can be rewired by using visualizing techniques. This means that chronic attitudes and beliefs that prevent you creating what you want will steadily dissolve.

However, our visualizations are NOT therapeutic in nature. Individuals who suffer brain or nervous system dysfunctions, or who have not recovered from the effects of severe distress or trauma, must have these problems addressed by a professional before considering the practice of these visualizations. If you do use them while holding unhealed past trauma, at the very best the visualizations will give you only mild relief.

Benefits Of Regular Use

- Immediate relief from present moment distress
- Greatly increased ability to release, at will, inner limitations and blockages to happiness and success - without the use of outside assistance
- Steady growth in heightened powers of self-awareness
- Whole brain expansion that strengthens of all aspects of consciousness: mental, emotional, bodily and higher self (intuitive)
- Improved creative capacity through balanced use of left and right hemispheres of the brain
- Greatly improved energetic protection to minimise oversensitivity to others' attitudes and feelings
- Better decision making and ability to take charge of one's life under stress
- Improved vitality and wellbeing
- More harmonious relationships
- Can be used to enhance all other personal growth methods such as meditation, mindfulness practices, counselling, life coaching, yoga and other forms of energetic bodywork.

Making The Best Use Of This Material

The ability to work with inner images is a crucial skill for all those who use the Siramarti Process. The visualizations themselves will help you to gradually expand your confidence in this ability. Below are FAQs on common issues for beginners but the next points provide key information to using them well.

1. Work through any new technique slowly, practising it until it is easy to do.
2. Do not attempt more than one *new* technique per day.
3. Do not change the details of any of the visualizations unless it is specifically indicated that you should use it creatively.
4. The effects of the visuals cannot be maintained unless you practice them regularly. We consider that the two visualizations, *Anchoring the Light* and *Disentangling from others energy* should be done daily. How often you use other visualizations will depend on your needs and situation: generally though, every second to third day is a good start. Practicing these two visualization should not take you more than 5 - 7 minutes.
5. Re-read the instructions for a much-used visualization from time to time after you have memorised then to ensure you do not slip away from the precise instructions. *This is very important because changing a visualization will render it ineffective.*
6. The visualizations are provided in a given order in our various publications such as *The Good Work Book*, but in reality you will use them in a flexible manner according to need. If you are using a publication for the first time, skim read them to see the topics they cover.
7. If you have utilized all the appropriate visualizations but do not seem to have found a visualization to suit the specific situation, contact fiona@reachpotential.com.au . If you are using a registered facilitator, she can provide, at her discretion, extra material at no extra cost.
8. As the visualizations link to your higher self guidance, you can choose the best visualization for your needs by adopting intuitive techniques. Members of the

site at www.reachpotential.com.au should use the colour coded catalogues in each membership section.

9. Keep notes of your experiences each time you use a technique in your journal. This will help you integrate insights. It will also help you to see the range of uses to which these tools can be put.

Frequently Asked Questions

Those terms marked with an asterisk are used in a particular way in the Siramarti Personal Growth Process. See pre-reading for an explanation of each.

Q. I am not able to/don't like to visualize. Therefore, I don't think these techniques can work for me. Is that so?

A. Some people, especially those who prefer left-brain activities that we call Earth types*, suffer considerable self-doubt or anxiety in this regard. They have less capacity to 'see' an image in comparison with those with right brain hemisphere orientation. This means that in working with visualization, they are skeptical about the effectiveness of their practices. The belief that you must actually 'see' an image is a misunderstanding. Many people visualize through sensing the image rather than seeing it in their mind's eye. Both ways of visualizing are equally valid. Neither is better than the other.

On the other hand, a few people have a fear of using their imagination, and this anxiety can also create resistance to using the visuals. We can assure you that the visuals are extremely safe to use, but should you continue to feel anxious, check with fiona@reachpotentialcom.au.

For people with problems in regard to visualizing, we recommend the following:

Use the very simple *The Jell-O Wall 9* (p.180) and *Brain Balances 1 & 2* (pp.149 - 150) in *The Good Work Book* regularly for recommended periods before graduating to the more complex visualizations.

If you have a fear of the imagination or believe you have less capacity than others, seek assistance from Fiona or Suzie before proceeding. For contact details go to <http://www.reachpotential.com.au/index.php/links>

Q. Are these visualizations significantly different from others I use?

A. The visualizations supplied are carefully created for specific areas within the self. But generally, they strengthen and nourish your whole self * which includes your nervous system. Although, in many cases, they may seem similar to ones you already know, energetically they are very different.

They are also very different from active imagination in that we are looking to certain energetic outcomes rather than allowing the imagination to unfold in a free-flowing way.

Obviously, you will want to maintain your favorite meditative practices and we encourage you to do so because of the great benefits meditation provides. Siramarti visualizations, meditation and other energetic methods such as Reiki are not mutually exclusive.

Q. Are these visualizations suited to everyone?

A. These visualizations assist a healthy adult to create wellbeing in daily living no matter who they are or what religion they practice.

If, however you find a specific visualization uncomfortable DO NOT proceed. Stay with the ones you find valuable and comforting and allow the strengthening to occur with these. *We repeat: the visuals are not for therapeutic use. If you require therapy seek professional assistance.*

Q. Is there anything special I need to do prepare for these visualizations?

For those who are less practiced in meditative techniques, the instructions given for each visualization are sufficient to connect you to the level of awareness you require. If you are used to meditating, the visualizations can be applied after your normal procedure for attaining a light trance. HOWEVER, the visualizations are only effective if your conscious mind is able to observe what is taking place. The Siramarti Process requires your active engagement in each technique.

Q. I find that the process of a strictly guided visualization difficult to maintain. What should I do?

A. Take a deep breath, and relax. Then try simply reading the visual. When you feel you have the energy to focus, read a sentence, close your eyes and imagine it. Open your eyes to read the next sentence and so on. Miming the visualizations is also helpful as it engages the body in the process.

Q. I cannot get into a trance state when I am distressed. What should I do to get back on track?

A. Visualization requires an emotionally and mentally relaxed state. If you are disturbed, you should apply only those visualizations or techniques, which deal specifically with calming the emotional and mental aspects of self. One of the most useful ways of containing excessive emotion is to write out your feelings and thoughts in full, taking time to describe them as accurately as possible. This document should be put aside for several hours or overnight and then re-read, considered for its truth and then destroyed. This technique will, in most cases, release distress well enough for you to find a path beyond it. It is NOT however appropriate for crisis or traumatic situations where it is important to get professional assistance.

Q. I find it hard to memorize the visualizations. Why don't you supply audiotapes?

A. It is our intention to record some of the visualizations – especially those with a soothing intention. Two are now available free in audios at www.thegoodworkbook.com

However, many of the visualizations require unique and creative responses. If we were to control the direction of your inner journey too closely it could have the effect of robbing you of the opportunity to learn from your own source.

A good way of overcoming the memory problem is to record the visual in YOUR OWN voice with easy access to listening. *This recording cannot be used for any other person, as it will be ineffective.*

Q. Can I use other visualizations I have learned while doing this this work?

A. From time to time, you will want to refer to visualizations you have learned elsewhere and in which you have confidence. However, if you have already worked with other programs, we recommend you work the Siramarti material first and then

“fill in” with your favorites. This is because the visualizations here are working at a different level and with a different purpose, i.e. brain expansion, which is a specialized aspect of Siramarti.

In addition, we recommend you consider the Siramarti visualizations as a toolkit you will use many times over rather than visualizations with a limited scope. Keep notes on your uses for them and share these with your fellow students at our community Facebook page <https://www.facebook.com/groups/105859529401/>

Q. Is it possible to overuse the Siramarti techniques?

A. The Siramarti visualizations are subtle but powerful. This means that chronic attitudes and beliefs that prevent you creating what you want will dissolve quickly – in some cases it seems like magic. These changes are a delight and, because this is so, people can get overenthusiastic in using them. It is important to use them cautiously, especially to begin with.

For those who are overly diligent in using the visualizations, you may find yourself experiencing physical reactions like colds, unexpected indigestion, or unusual emotional outbursts. If this occurs, stop and rest. Generally, these experiences are your body’s way of clearing unhelpful patterns to make way for greater wellbeing. However, please remember that if you suffer any discomfort in using any visualization, you should cease using them and contact fiona@reachpotential.com.au. If you are a Silver member, it is worth reading the article, *Supporting your body through change*, in the Silver Members Library.

Q. Can the visualizations be used to answer all my questions about life?

A. The Siramarti visualizations cannot not be used to answer questions such as, "How can I get my son to eat spinach?" or "Why doesn't my son like spinach?" These particular visuals are created to clear the *emotions* that arise in you from the problem of the non-spinach eating child, so that you can start to solve the practical difficulty with clarity and calm. Clearing the emotion always opens up new solutions, and gives you greater access to your higher self’s guidance on how to proceed. The more you become familiar with the Process, the greater the help your higher self can give you.

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