

Escape the Negativity Through the Power of Your Imagination

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The COVID -19 pandemic has completely changed our lives. Right now it is hard to look at a future that looks different to the present. We have yet to find a vaccine or proper treatment for COVID-19, but in the meantime, we have to shake the feeling of waking up to Groundhog Day.



So how do we cope?

We need to get out of this feeling of being stuck in the present – the sense of being at a standstill. Our mobility had become restricted, and the lockdown has also changed our perception of time. We have lost all sense of long-term time.

Because of 24-hour news coverage gone are the days of impartial broadcasting – journalistic broadcasters tend to 'emotionalize' their news, emphasizing negative outcomes of a story – basically scaremongering. Negative headlines outperform positive headlines, because negativity attracts attention. There is evidence that we might be neurologically wired to focus on negative information. When we are surrounded by negative information 24/7 it makes us assume that things are more dangerous than they are.

If exposure to news is causing you feelings of hopelessness switch off the news then you have immediately disarmed the enemy. We have no way of knowing what the future might hold for us. But there is something that you can do in the meantime, and that is, to take an axe to the glass walls that are surrounding your time-capsule.

When authors are in the middle of writing their novels, they tend to go so deep into the narrative that they almost live in a parallel world to their real one; the locations, fictitious characters, and storyline (script) comes to life. I have written several short stories and novels, and I have lost hours at a time of real life travel, traversing make-believe worlds and following fantasies. If you did not but know it you are an unsung author; think back to how you had a vivid dream that made such an asteroid-like impact on your mind you still remember the dream as if you dreamt it last night. In times, when we have experienced such fantastical dreams we find it difficult to believe our brain could have composed it. Where did that come from! So, now that we have established you have an author in you, let's use this talent to help you to cope with your present day fears and anxieties.

Imagine if you could write a totally new life for yourself that has all the glitter and gloss of Hollywood. For instance|: you leave the house. You are looking amazing. You get into your silver new-limited top-of-the -range Mercedes AMG GTR PRO, and drive to Harrods. You meet your dashing/gorgeous lover (the person of your choice) for a meal at Perrier-Jouët Champagne Terrace at Harrods. The food, drink, and company are exquisite. In the afternoon, he/she flies you in their private jet to Tuscany, north Italy, where in the evening you will go to an open-aired opera in the ancient Roman amphitheatre in Verona. That evening, following the spectacular opera, you'll stay at the Villa Barona eastern Tuscany: 10 bedrooms, 11 bathrooms, 3 sitting rooms, 2 kitchens, and pool. Outdoor heated jetted tub, Games Room, Pizza Oven. Wine cellar, Air Conditioning, Accommodates 20 guests; where you will enjoy a night of unadulterated carnal pleasure. What! This is your life Baby!

The next day you travel in an Air Conditioned coach through the beautiful green heart of Italy to Jesolo, poised on the Venetian lagoon. You board a private yacht that sails you across the aquamarine green lagoon to Venice – one of Europe's most romantic cities. You meet up with friends at Piazza San Marco (the central square of Venice) and stay with friends in Venice for a few days. You are a young single woman, or happily married, or a wealthy eligible bachelor, so on and so on...

Create for your own pleasure a magical script. You can add to it and make changes to it. If you spend some time, every day, developing your storyline to keep it fresh, and virtually live in this fantasy world that will run parallel with your real world, you will feel exhilarated and eager to experience future episodes. Mentally living in an ultimate world will often have the effects of infusing you with child like vigour. There is a very good chance that you will even begin to look and feel younger. Isn't it time to take a holiday from yourself?

Here are some tips to help you create and make the most of your new life.

(1) Compose Your Script

Think about a storyline in which you could write down all of those things you have always dreamt of having but known they will always be out of your reach. Your story is not for public consumption. It doesn't have to be written in the style of Charles Dickens. Simply

write down all of your fantasies in the style of writing you always use.

(2) Prepare for a Session of Visualisation

If you do not already have a hideaway, where you can sit for 10-20 minutes and not be disturbed, it will be in your best interest to try to find somewhere private and peaceful before you set out on your amazing inner journey. Make yourself comfortable in a comfy chair and close your eyes. Give your breathing a couple of minutes to calm down, and when you feel that you have arrived at a state of tranquility, you may begin.

(3) Spontaneity

You do not have to stick rigidly to your script. Sometime things can happen spontaneously along the way of your journey just in the way of dreams. At times when this occurs, go with the flow; allow your imagination to run away with you. By doing this characters in your script will take on their own personalities and act seemingly off their own accord. It makes your fantasy life all that little bit more exciting – wouldn't you agree? Your new life has no fixed time; you can go back in time or you can go forward in time. You get the picture!

(4) Turn Off the TV and Your Devices

Get into the habit of limiting how much time you spend on social media platforms. Instead of watching news channels spend more time in your new life that runs parallel with your real life.

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About the author:

Robert Puzey is an award winning songwriter (Ivor Novello awards in the category of 'Songwriter of the Year' and 'Most Performed song of the Year' ('I'm in the Mood for Dancing') 1980.

Robert nursed his late wife, Kath, through her five-year battle against bowel cancer, during which time Robert extensively studied hatha yoga (he is a qualified hatha yoga instructor) and began to experiment with novel brain exercises in the field of 'mind over matter' / 'spirit over worldliness', achieving some quite revolutionary and fascinating results from his work.



Bringing us up to date, Robert has formulated a complete programme – '*Use Your Brain to Elongate Your Cell-by-Date*' – of rejuvenating exercises with easy to use instructions. Robert lives in north London and writes self-help material.

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'Use Your Brain to Elongate Your Cell-by Date' is [available on Amazon here](#).

