



Teacher Guide

Visualization



One of the most helpful tools Master Ted Sun provides is using Visualization. Within his writings are different visualizations to address various issues. However, for use with youth, one should be useful. Once your students are used to using it, they can provide this same visualization for themselves whenever they need to receive positive energy. Love and gratitude will come through the lessons in this program making the visualization easier each time they are done.

According to Master Ted Sun:

“Therefore, the secret of the book “The Secret” is to let you understand that problems can only be solved by the originator. Whether you are aware of your past faults or not, the invisible energy created by these faults remains with you. The only way to resolve this energy is to communicate with yourself and sincerely repent and promise never to repeat the mistakes again. When you have the courage to truly repent with a sincere heart, your sincerity can reach the core of the negative energy and many problems will slowly resolve without your awareness. (p.79)

“However, there is a very important precondition before we can effectively receive the immense and positive energy from the sun; we must fulfil the fundamental understanding and utilization of the two secret codes of life - love and gratitude. Without these two codes, even if I teach you the technique, you will still not be able to receive the positive energy from the sun and absorb it into your body. These two codes are tools that can help us successfully transform energy. We must understand clearly that if we have love and gratitude in our hearts, we can readily receive the positive energy from the sun and you will be able to resolve any problems. The two secret codes can also help us turn on certain switches in our body and our mind to facilitate the process of receiving the precious positive energy from the sun. Love and gratitude are not myths, they are genuine tools that we must apply in order to achieve a better life in the new era.”

Further Master Ted Sun brings us the technique:

“Now, I want to teach everyone the technique of receiving the energy from the sun.”

Master Ted Sun has outlined above in his writing that you must have a clear heart and this will be difficult to explain repentance to young people. Perhaps, a class discussion on times that they have not listened and obeyed their parents. Or perhaps they were mean to a friend or participated in bullying or making fun of someone.



Teacher Guide

Once you and the group you are leading feel that they thought about the things they have done wrong and sincerely promise not to do them again. This is where hopefully any social interactions that are negative in your class will have been faced and regretted.

“First, gather your deepest love and gratitude in your life and feel the abundance wholeheartedly, then close your eyes and take three to seven deep breaths.”

“Imagine the sun and you gradually become closer and closer until you meet in mid-air. Then imagine yourself walking into the sun, into the core of sun. At this moment, feel the rays of the sun piercing through your entire body and with your sincere love and gratitude feel the immense energy and warmth from the sun transforming into vibrations and penetrating through your body from head to toe.”

“At that moment, all negative events, feelings, or thoughts are burned away by the glistening light. Only the sun’s sweet golden dew remains, permeating throughout your entire body. Then sit calmly and appreciate the love from the sun, from the deepest part of you, and let the love in your heart spread endlessly like the sun until you become one with the sun’s golden light.”

“Continue to feel and appreciate the warmth and love from the sun, then promise to share the love with others, and be committed to this goal by putting it into action. Remain in your seat until you feel complete relaxation, comfort, and are ready to walk out of the sun’s core.”

In order to guide your class through this visualization, the guidance is further elaborated here:

To prepare for an open heart that can be ready for visualization, you have had a discussion about regretting being mean or doing wrong things like disobeying your parents or lying. Once they understand and can promise they will try not to do this again, then they are ready.

Have the class sit comfortably in their chairs. Practice breathing during the first time you use this with them. They should close their eyes and picture someone they love and are thankful for having in their life. (After several lessons, you can just say “fill your heart with love and gratitude.”)



Teacher Guide

- Take in a deep breath through your nose
- Take in enough air to feel your diaphragm rise
- Exhale fully through your mouth
- Feel your shoulders relax

Master Sun recommends 3 – 7 deep breaths before entering the visualization. Perhaps in the beginning, you might want to do the 7 so the class actually calms down during this phase.

- ❖ In a soft voice, ask them to imagine their love for their family and their gratitude for having this person in their life.
- ❖ Imagine the sun and you gradually become closer and closer until you meet in mid-air.
- ❖ Then imagine yourself walking into the sun, into the core of sun.
- ❖ At this moment, feel the rays of the sun piercing through your entire body and feel the immense energy and warmth from the sun transforming into vibrations and penetrating through your body from head to toe.
- ❖ At this moment, any negative events, feelings, or thoughts are burned away by the glistening light.
- ❖ Only the sun's sweet golden dew remains, permeating throughout your entire body.
- ❖ Then sit calmly and appreciate the love from the sun, from the deepest part of you, and let the love in your heart spread endlessly like the sun until you become one with the sun's golden light.



Teacher Guide

- ❖ Continue to feel and appreciate the warmth and love from the sun, then promise to share the love with others, and be committed to this goal by putting it into action.
- ❖ Remain in your seat until you feel complete relaxation, comfort, and are ready to walk out of the sun's core.

And in a soft voice welcome the students back to the classroom. Master Ted Sun recommends 15 minutes or more when working with adults. You will need to modify that according to how your students receive and use this. It should set the tone for each day if you do this every morning. If there is stress after lunch for example and you can feel the negativity, pull the class together for a visualization. After negative interactions that rise up, you should review the regret and promise not to repeat these negative interactions.

Also, this will also be in their guided journal. Remind them to do this at home. They can do it outside feeling the rays on their cheeks. You can go outside with them and have them sit on the





Teacher Guide

ground and do the visualization. This approach is similar to those in mindfulness programs. Use it often and it will become a regular part of centering yourself and your students.

