

THE ART & SCIENCE OF VISUALIZATION



A Practical Guide for
Self-Help, Self-Healing,
and Improving
Other Areas of Yourself

TABLE OF CONTENTS

DISCLAIMER AND RIGHTS	2
TABLE OF CONTENTS	3
INTRODUCTION	4
CHAPTER 1 – WHAT IS VISUALIZATION?	6
CHAPTER 2 – HOW DOES VISUALIZATION WORK	8
CHAPTER 3 – OTHER WAYS VISUALIZATIONS WORK	13
CHAPTER 4 – THE ART AND SCIENCE OF VISUALIZATION	17
SITUATIONAL/OBJECT VISUALIZATION	17
<i>Situational Visualization Exercise</i>	18
SELF-IMAGE VISUALIZATION	20
<i>Self-Model Visualization Exercise</i>	22
MENTAL PRACTICE	22
<i>Mental Practice Visualization Exercise</i>	24
GUIDED IMAGERY/MEDITATION.....	26
<i>Guided Imagery Exercise</i>	28
CHAPTER 5 – VISUALIZATION GUIDELINES	31
NOTICE THE DETAILS	31
INVOLVE YOUR SENSES	32
SEE THE VISUALIZATION FROM BOTH POINTS OF VIEW.....	32
BELIEFS	33
EMOTIONS	33
RELAXED STATE.....	34
VISUALIZE OFTEN	34
CONCLUSION	36

INTRODUCTION

There is only one admirable form of the imagination: the imagination that is so intense that it creates a new reality, that it makes things happen – Sean O'Faolain

In the evolutionary blink of an eye, we've changed—just about everything—and there is every reason to believe that we will continue to change. We are dyed-in-the-wool what-ifers, dreamers, some would say. There is no point in liking or disliking this trait of the human spirit; it just is.

We will continue to dream and innovate. We will continue to think things like: what if we put a load of oxygen in one cell, hydrogen in another, put them inside a tin can and then set the cells to burning. The fire coming out of it would blast the thing into the wild blue yonder. Why, we could put a man in that can and shoot him up in the sky. Maybe he will reach the stars. When we got around to actually doing it, a lot of people volunteered to sit in that tin can. And the rest of us watched in awe—most with envy that we couldn't go along.

In the past few hundred years, we have learned a lot about explosions and solved enough problems to get us to the moon (and back)—not quite the stars—yet. We have evolved, if not physically, then clearly mentally, at an exponential rate. And the evolution continues.

Today, humans push the boundaries of sound, space, and time at an astounding pace. We routinely shrink billions of light years of space and time with a telescope that scientists had to fit in outer space before it could see clearly. But take a step back a few hundred years, and these triumphs would have been called magic, or the devil's work, depending on who was making the call. Yet we continue to march ahead like a troop of ants over the vast desert of time, and scale new heights.

Life is arguably easier today, and if not easier, certainly more interesting with a lot more options. Though the Grim Reaper always makes his way eventually, modern medicine has more to say about when he can show his face than ever before. And who knows what life will be like when our great-great-grandchildren will not know the finality of death?

We have seen the invisible and scaled the unfathomable. These achievements did not set in motion on their own. There was always a person behind them, and behind that person was a vision.

CHAPTER 1 – WHAT IS VISUALIZATION?

As humans, we have the amazing ability to conjure up pictures inside our heads. We can conjure up pictures of past moments; reminiscing about an old flame, or of possible future events; looking forward to next week's beach getaway. We can even invoke pictures of objects in our environment or of non-existent things yet to be created.

This ability to see in our mind has provided us with many benefits. It allowed our prehistoric ancestors to stare at a rock and envision how it might look in the future - perhaps as a spear if chiseled in the right way. In modern times, it has allowed us to envision accomplishments much grander, like skyscrapers, and more complicated, like laptop computers.

However, there is a far more practical use for this talent, which many people don't realize. Creating visions within your mind, in the form of visualizations, can help you create changes in yourself and in your life. I'm sure you've heard this word before – visualization; self-help gurus everywhere talk about it and athletes in every sport credit their success to it. So what is visualization, and how does it work.

Visualization is seeing with your mind. It is developing pictures inside your head of events, objects, and changes that you want to manifest in your life. It is a powerful way of thinking that allows you to manifest your desires into their physical components.

Think of visualization as daydreaming, but with direction. Unlike a daydream where your thoughts jump from one scene to another in a random uncontrolled manner, with visualization, you purposefully direct the scenes in your mind.

In many ways, visualization is a fusion of science and art. A science since it makes use of different scientific methodologies. An art because the process of visualization involves creativity.

With visualization, you take control of your thoughts, in the form of mental pictures, to create the changes you want and to bring yourself that much closer to the goals you desire. In many cases, it is just a matter of time before it materializes. And, with very intense, vivid and frequent visualizations, goals can actually materialize at an astonishing speed.

CHAPTER 2 – HOW DOES VISUALIZATION WORK

To understand how visualizations work, it helps to first understand how your mind works. Your mind functions on two distinct yet interdependent levels – the conscious and subconscious. The conscious mind is the aware portion of the mind, the part that recognizes all the thoughts and feelings that flow through you. When you write an email to a friend, listen to a lecture, talk on the phone with your mom, or go shopping for groceries, you are using your conscious mind.

As you concentrate on these thoughts, a large number of processes behind the scenes support you. This is your subconscious at work. You don't logically think through the steps of breathing second to second, nor do you focus on each trivial task when you are driving a car or walking up a set of stairs. These processes work by themselves, without your observation or concentration. Something monitors those tasks and that something is your subconscious.

For every thought in your conscious mind, thousands of perceptions, assumptions, and decisions occur below the level of consciousness. It is happening all the time and it is completely hidden from you. When you have an emotional reaction, although you recognize it in your conscious mind, it is triggered by your subconscious.

It is important to understand that the conscious and subconscious are not distinct areas of the brain. Rather, they are merely two levels of awareness within your mind and body. You have only one mind, but that mind possesses two distinct functional parts. Each has a different set of functions to perform, and together, they add up to 'YOU.'

The subconscious mind is also the storage of information. Everything you hear, see, taste, touch, or smell – along with your dreams, emotions, and behaviors – is dropped into your subconscious, written down in that notebook for later referral. Freud says within your subconscious lies your

fears, past failures, habits, and all the things that control your life now. In addition to holding everything just mentioned, stored deep within your subconscious are also *beliefs*.

Belief is an extremely important concept. It relates to all that you are and all that you do. So what is a belief?

Beliefs are thoughts that you think are true or accept as fact. For example, the thought that *monkeys are animals* is something that you accept, so within your subconscious it is a belief. Inside your subconscious you have thousands and thousands of beliefs about all sorts of things, such as your friends, family, co-workers, your job, dogs and cats, hybrid automobiles, democrats and republicans, and the list goes on and on.

Above all, you have beliefs about YOURSELF.

You have beliefs about who you are and what you can do. Including the objective details such as your height, hair color, and gender, your personal beliefs describe your strengths and weaknesses, where you stand in the social totem pole, whether you're attractive or ugly, smart or dumb, worthy or unworthy, and etc... In short, your personal beliefs influence how you understand, interpret, and perceive yourself.

Now for most people, the beliefs they have about themselves, they think have them because that is the way they truly are. Meaning, if they see themselves as incapable, they think it is because they are, in fact, incapable - and vice versa. This is true, to a certain extent. However, to a larger extent, you are the way you are because of your beliefs. Meaning, you are incapable because you believe yourself to be incapable.

You are probably thinking, how is that possible?

It is possible because your subconscious is a remarkable power that is connected to your mind and body and influences, based on your internally held beliefs, your physical and mental abilities as well as your perceptions. That is, if you have negative, self-defeating beliefs like you are dumb, your subconscious will make you dumb. If you believe that you are unhealthy,

your subconscious will create ill health. If you believe you are a failure, your subconscious will do everything in its power to keep you failing.

The opposite has also been found to be true. If you hold positive, supportive beliefs like you can improve your health, your subconscious will work to heal. If you believe you are creative, your subconscious will bring forth new ideas. And if you believe you can enhance your abilities and succeed, your subconscious will guide you in your quest for success. This is the way your mind is, how it works and how it thinks. It has trouble acting outside of its unconscious beliefs.

Many examples confirm this idea, like the placebo effect, where patients find themselves healed of illnesses, both mental and physical, just by believing that they are cured; or healthy people who become weak and sick simply because they believe they are sick.

Or the concept of rabbit's foot and lucky charms which people attribute their success and livelihood to. The only thing these objects do is connect them to an inner power they already have and have had all along, by creating a belief that the bearer will have what the charm claims to give. And if you try to tell them otherwise or take away their so called *lucky charm*, their flair, talent, dexterity, or whatever benefit they think they were deriving from their supposed charm, will fly out the door - with their belief in themselves not far behind.

This is the power of the subconscious to manifest a reality in accordance with your beliefs. Now, I am not claiming in any way that a person's inability or ill health is entirely the result of one's beliefs, but it is quite interesting the power that our unconscious beliefs have in our lives. They can literally make or break you as person.

So where do our beliefs come from? For starters, they come from our environment. The environment includes what we learned from our parents, TV, the movies, our peers, our teachers, what we read, what we are told from others, and commercials on TV and radio. Anything that originates in the environment has to do with this type of programming. Through our environment we learn our sense of who we are and what we are about,