



VISUALIZATION: STEP 1

Everything in life happens twice! First it happens in our mind. Then it happens in reality!

If you can see what you want to happen in your “mind’s eye,” you are more likely to achieve it. Approximately 80 percent of our learning and how we experience life comes to us through our visual channel and our brains record everything we experience. It then retrieves these experiences when needed, consciously and subconsciously. Because the brain does not ascertain if what it experiences as is real or imagined, our visualized practice is considered equal to those things that happened outside of our mind’s eye. Because of this indifference, there is incredible power in visualization.

As you look ahead to what you want to do or who you want to be, be sure to capture those thoughts and pictures fully. Here is the first step to improving your ability to visualize.

1. Find a photograph.
2. Take some time to analyze it. Memorize every detail you see in the picture. Look at the colors, the shapes, the depth of the picture.
3. Feel any emotion associated with the picture. Does this picture have meaning to you? Does it make you feel a certain way? If it is a picture from your past, do you associate any thoughts or feelings with it? If it is of someone you know, how does looking at this picture make you feel? If it is a place, have you been there, do you wish go there or be there now? How does the picture make you feel?
4. Close your eyes. Recreate the picture in your mind. See as much detail as you can. See the colors, objects, the characteristics of the objects of faces.
5. Feel the same emotions you felt when looking at the picture. What emotions does it stir up in you?
6. Open your eyes to get more details of the picture.
7. Close your eyes one more time and add those details to the image in your mind.

I am visualizing:

I see and feel: