

# Fundamentals for Visualization

## Course Description

### Reversal of mental polarities

**Exercise #1:** Focus; Choose a word or phrase, concentrate solely on that word allowing nothing else to break your concentration for ten minutes. If not successful, end session for the day, document the time completed, and begin again the following day. Part two: Focus on blackness, a blank slate for ten minutes. Push everything out, colors, sounds, smells, thoughts, etc...

**Exercise #1B:** Void Same as Focus , but this time you focus on a complete void. Some choose blackness I prefer just a void a blank space that you push everything out of. You are creating a space for yourself to manifest from scratch. No outside interference.

**Exercise #2:** You must realize where your strengths and weaknesses lay. This session requires brutal honesty to complete. On a sheet of paper make a list of things about yourself that you like. Then another for what you do not like. If you believe you have no weaknesses, ask a friend or relative to assist you. You may not like them, however, when they are finished critiquing you. Keep coming back and updating this list. You will be amazed at the changes occurring in yourself.

### Breathing the mind training

**Exercise #1:** Goals, Sit comfortably, close your eyes, and think of a short term goal. This could be giving up an addiction, eating less, or being happier, more positive, etc. Whatever the goal, make sure it requires no outside help. Focus on that goal for five minutes. If your mind wanders reset the timer and try again. Do not stop until you completed the whole five minute exercise. Go directly to part two when completed.

**Exercise #2:** Breathing, slowly take in a deep breath. Fill your lungs to capacity (until they hurt) then breathe out at a comfortable rate. Make sure not to hyperventilate. Get comfortable and relax. Slowly breathe in and out. On the in breath focus on your goal. With each outward breath clear your mind completely. Continue this for five

minutes straight. You may have to do both exercises together to attain the control needed to continue on.

**Exercise #3:** Progression, take up your workbook and note the date and goal you chose. Continue exercises 1 and 2 together for seven days in a row. Note the changes as you move toward your goal. A basic mind affirming level has been reached.

### **Harmonizing the body and the Mind**

**Exercise #1:** Harmony, no time constraints in the beginning of this one. Lie down and make certain not to be disturbed by anything. Keeping your eyes open, and relax your body. If your eyes are closed you may fall asleep. Focus on relaxing every muscle starting at your toes and working your way up. Concentrate on any muscles that are uncomfortable or twitch. When completely relaxed, end the session for the day. Slowly document time in five minute increments until a half an hour is reached.

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### **Subconscious Programming**

**Exercise #1:** Carefully decide on a short term goal, like an improvement in your personality. Losing a fear or perhaps being more cheerful. Think of a sentence outlining the exact nature of the goal. Negativity cannot be used in it. Time should be avoided. No tomorrow, next month, today, etc. Your subconscious will filter out words like today and not, never, anything that doesn't seem to apply. Again document this exercise in your notebook. As you lay down to drift off to sleep, read your goal sentence. Close your eyes and focus on it for as long as you can. Then fall asleep. The easiest time to filter information from the conscious to the subconscious is right before sleep. You will need to use seven sessions on each sentence.

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### **Sense Enhancement:**

**Exercise #1:** *Sight*; enter a room, take three minutes and look from left to right. Try to see everything in shapes (such as square, triangle, circle) work up to seeing all shapes without moving your eyes about the room. Move onto shading and positive and negative space.

*Smell;* Take essential oils close your eyes, inhale deeply, learn to decipher one from the other. Practice this with scents around you. Goal is to pick out individual scents in mixed situations. Goal, to alert yourself to smells that do not belong at any time.

*Hear;* Practice with an effects CD. Close your eyes. Focus on each sound individually. Begin to pick out and identify each particular sound. Do this while out walking and as you lay down to sleep. Goal to be able to alert yourself to sounds that do not belong in different situations.

*Touch;* Begin with temperature differences. Hot and cold in varying degrees. Then to texture differences. Goal, the ability to recognize slight temperature changes in your environment and to be able to decipher textures and know what they are.

*Taste;* While eating, take a moment to reflect on the individual taste impressions given by different food. Goal to be able to distinguish individual tastes between mixed food.

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## **Color Creation**

**Exercise #1:** Sit quietly. Visualize yourself holding seven balloons. Red, orange, yellow, green, blue, indigo, and violet. Now release each balloon one at a time allowing it to float upward and trail out of your mental sight.

**Exercise #2:** Visualize a red ball at the right side of your mental vision. Move it to the left and out of your sight. Repeat this with all the seven colors. Then reverse the direction and do it again. Goal, seven color creation, shape and movement.

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## **Image Training**

**Exercise #1:** Select five or six objects and set them on a tray. Set your timer for five minutes, sit down look and memorize each object as it sits on the tray. Try to remember position, color, orientation, shape and texture. After the five minutes, leave the room and write or draw everything you can remember about the objects. This should be done three separate times, with position and object changes. Goal, to remember and observe images accurately.

## **Sensory Training**

**Exercise #1:** Choose a food with a distinct taste, such as a banana. Taste it, savor it, and explore every aspect of it with your mouth. Choose a food with a distinct smell. Inhale the aroma intimately. Choose an unusual sound and make it, listening to it very carefully. Do this as many times as it takes to memorize them.

**Exercise #2:** Set the timer for five minutes. Concentrate on the taste, then the smell, and finally the sound. Bring them into your mind so clearly that you can imagine them being real again. Keep recalling them one after the other until the time is up.

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## Image Creation

**Exercise #1:** Set the timer for ten minutes. Sit down and relax. Close your eyes and completely clear your mind of everything. Imagine your mind is a blank canvas on which your mind is about to paint a scene. Now imagine that you are looking at a scenic landscape-hills, trees, a river and blue skies, anything you would like. Keep it simple. Concentrate on colors, depth, textures, light and shadows. Make this scene into a color photograph in your mind. Keep the picture in your mind so that you can visualize every part of it, memorize all the fine detail. When the timer goes off immediately proceed to exercise #2.

**Exercise #2:** Reset the timer for five minutes. Close your eyes and clear your mind. Try to recall as much of that picture as you can, rebuilding the entire photograph, if possible. You may have to repeat these exercises from start to finish several times, before you can recall the complete picture. Once satisfied with the result, add a small white bird flying across the picture from left to right. Have it turn at the right hand side coming back again. Keep the bird flying back and forth, keeping the details of the picture intact in your mind, until the five minutes are up.