



VISUALIZATION EXERCISES



“Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible.”

~ Cherie Carter-Scott

PREFACE

Visualization is a key step in opening the third eye. Visualization is the ability to consciously craft the imagination to step beyond the limitations of one's mundane experiences and cross the portal of a strictly third-dimensional existence.

VISUALIZATION EXERCISE¹

Hold one of your hands out in front of you and close your eyes. Breathe slowly and evenly, breathing from your diaphragm. Relax your mind, and don't worry if this doesn't work perfectly the first time.

Now, in your outstretched hand, feel yourself holding a fruit. Let it be any sort of fruit you like. Hold the fruit there. Feel it in your hand, feel the weight, and feel the texture. Is it smooth and heavy, or light and rough or something else? Imagine yourself peeling the fruit if it needs it, and taking a very small bite. Taste the fruit, feel it in your mouth. Feel yourself eating the fruit. Note the taste, note the consistency. Swallow the piece you bit off and feel it slide down your throat.. Bring the rest of the fruit up to your nose. Smell the fruit; notice every little detail about the fruit. Now, slowly open your eyes, and see the fruit there in your hand. See it as real, and take another bite. Taste this bite as you tasted the last one.

Finish eating the fruit, bite by bite, and when it's done, let the image vanish. Close your eyes, and then open them again.

Taking your time, translate each of the following descriptions into a mental image. Go back and do it again in a few weeks and then a few weeks later, and notice the

difference. Notice the difference, also in the way you see things inner as well as outer-- after you've done these exercises.

Now sense (see, touch, hear, taste, and smell) with your mind's eye:

- a familiar face
- a galloping horse
- a rosebud
- your bedroom
- a changing stoplight
- a newspaper headline
- the sound of rain on the roof
- the voice of a friend
- children laughing at play
- the feel of soft fur
- an itch
- a gentle breeze on your face
- the muscular feeling of running
- of kicking a can
- of drawing a circle on paper
- the taste of a lemon
- of toothpaste
- of a potato chip
- the smell of bacon frying
- of a gardenia
- of perspiration
- the feeling of hunger
- of a cough
- of coming awake
- a stone dropped into a quiet pond with concentric ripples forming and expanding outward these words flying away, high into the blue sky, finally disappearing.
- Your shoe coming apart in slow motion and each piece drifting away into space an orange being cut into five equal pieces and the pieces being arranged into equal patterns

¹ This exercise is adapted from Experiences in Visual Thinking by Robert McKim