

Visualization : Health Booster Extraordinaire!

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Visualization is a controlled mode of thinking: applied, disciplined imagination. What we habitually visualize or image, is what we come to believe, and what we create in our lives. Effective visualization takes place when your brain is emitting alpha waves. Alpha waves naturally occur when one is in a state of relaxation.

"To be what we are, and to become what we're capable of becoming, is the only end in life."

- Robert Louis Stevenson

There are three kinds of Visualization that you can develop with practice:

Receptive Visualization:

When you relax and just listen to your inner being and deep, inner voice. Streams of images may cross the screen of your mind's eyes, bringing you messages from your subconscious and Higher Self.

Programmed Visualization:

When you relax and "talk" or direct your inner self and subconscious to project a chosen image onto the screen of your mind's eye.

Guided Visualization:

When you relax and listen to a taped or spoken script, which leads you through a specific sequence of images and inner experiences.

One tried and true technique for creating effective visualizations is to imagine metaphoric symbols to represent what you desire to include in your imagery. For instance, you might "see" an Eagle to symbolize Wisdom and a wide perspective; or a Heart to symbolize Love; or a Battle to symbolize the conquering of Cancer cells by an active immune system "Army". You know, deep down within you, which images work best for you.

The metaphoric symbols in imagery are often coupled with short phrases called **Affirmations**

Affirmations are strong, positive, feeling-rich statements about situations and experiences you wish to draw into your life.

Affirmations consist of three basic elements:

1. **Desire:** You must truly want it.
2. **Belief:** You must believe it is possible for you.
3. **Acceptance:** You must be willing to accept that the situation will happen, and it will benefit you.

All three of these elements:

Desire & Belief & Acceptance add up to create your INTENTION.

You intend to create the situation described in your affirmation in your reality.

Affirmations are particularly effective at the end of your visualization sessions, to work like post-hypnotic suggestions. Since your brain works like a computer, giving yourself an affirmation to focus on repetitively, is like reprogramming your hard drive to run bug-free.

Guidelines for Creating Effective Affirmations

1. Always use "I" statements to start off: this prompts your subconscious to take the statements personally.
2. Always state the phrase positively.
3. Stay in the present tense: "I am surrounded by love."
4. Be definite, "I have more than I need."
5. Word the Phrase as if it is a Given: as if your desired goal is an accomplished fact. "I am blessed with abundance," rather than "I will be abundant."
6. Embellish, and be specific.

The two Keys in using Intention to achieve Manifestation of your Inner Vision and Goals are:

1. **Creating Visual Images:** which uses the Right Side of your Brain.
2. **Affirmations:** which uses the Left Side.

Imagine you are in your desired condition or situation, and Tell yourself you are!

The alpha or hypnotic state amplifies the power of your imagery and your affirmations to produce your intended manifestation. If your images become real enough, they produce the same feelings and physical reactions as the actual objects or situations would if you were experiencing them in reality.

Images are especially effective if they become multi-sensory: if you can not only "see" them, but also hear, taste, smell, and touch them. For instance, you can "feel" the wind gently blowing your hair, "hear" its gentle whisper, "smell" the fragrance from flowers growing nearby, and taste the saltiness from the sea, as you image yourself in a healing sanctuary in an idyllic setting.

Albert Einstein felt that the most important aspect of intelligence was the ability to use imagery and the imagination. In fact, many great scientists, artists, mystics, and healers used the skill of visualization while in a receptive alpha state to "receive" pictures of inventions, great works of music and art, scientific insights, and so on.

The Time Has Come For You To Conjure A Better Reality

To prepare your mind for visualization, the following four steps are helpful: Connect with your Intent; Deep Relaxation; Trust; Flowing.

1. **Connect with your Intent:**

Define what you really desire to manifest in your life. Make it crystal clear in your mind, then run it by your heart. Will this really make you happy, and harm no one else? If you answer "Yes!" then direct your Will to give energy to your Intent.

2. **Deep Relaxation:**

Find a quiet, restful place, free from distractions to retreat to for your visualization time. Quiet your body, emotions, and thoughts. Use deep breathing to relax and slip into an alpha state.



3. **Trust:**

Let yourself trust the process. Drop your worries and cares. Make room for new patterns, growth, and wholeness to thrive in your life.

4. **Flowing:**

As the process of letting go deepens, you will naturally feel yourself flowing with the universe around you. You will sense the phenomenal energy that continuously surrounds you, which you may have never noticed before. Allow yourself to flow with this energy.

Pharaoh's Posture - The Ideal Imagery Position

Sit upright in a straight-backed chair with comfortable armrests.

Hold your back naturally straight, with your forearms resting on the chair armrests, hands open, palms up, and feet flat on the floor. Do not let your hands and feet come in contact with any other part of your body.

Breathing: Breathe in deeply through your nose, then exhale for a longer time, through your mouth. Exhaling longer stimulates your vagus nerve which helps you to move into an alpha state of deep relaxation.

Do two complete cycles, counting your first breath's exhalation as the beginning of the second breath. Breathe out-in-out-in, then out again, for a total of three exhales and two inhales.

Then begin your visualization, breathing deeply but regularly, with a uniform in-out rhythm. Try to keep your focus on the process - on your Imagery and your Intention, don't worry about results.

When we use visualization, an alchemical change of consciousness occurs, freeing our bodies and emotions to heal. When we take inner journeys, we rearrange our inner landscape. We learn to accept our past, to live our present, and to create our future.

Below, you will find some sample visualization exercises. You may want to start with these, but the most potent visualizations are the ones you design yourself, using the images that speak to you. You may like to audiotape your visualization script, using your own voice. This has a profound effect on your subconscious.

The Four Elements

One excellent way to start to develop your capacity to visualize is to imagine the four major elements.

"See" Fire, Water, Air, and Earth.

Try to experience each with all of your five senses.

When you can do this effectively, you can learn to visualize anything you choose.

Receptive Visualization

Sit comfortably in the Pharaoh's Posture. Close your eyes. Breathe deeply and evenly, and relax your entire body. Now perform the vagus nerve breath by breathing out completely through the mouth, then breathing in deeply through the nose but for a shorter time than you took to exhale. Repeat the complete cycle once, then breathe out deeply once more. Now just relax and resume your regular deep breathing.

Sit quietly, and focus on your inner being. Don't try to "see" anything, just relax and be receptive to whatever images or messages come. As they appear, focus your attention lightly on them, but don't try to force them to stay on the screen of your mind's eye. Let them flow. Do not tune into the symbolism though, and notice what meaning you get from them. What message do they convey? In time, you may come to have very real, clear, "technicolor" movie-like visions. These can be very delightful - who needs TV when you've got your own inner "movie screen"?



In time, you may also receive spoken messages, that you hear in your mind. You may wish to have a portable tape recorder handy so you can describe what you are receiving in your imagery sessions.

Whether taped or not, try to write down the highlights of what you've received when finished. If you do this in a journal, over time, you'll be amazed at the wonderful guidance and insights you've been given by your inner guides and Higher Self.

Programmed Visualization

You can use a multitude of images, for any issue or situation imaginable. Here are a few samples to try. For all examples, assume the Pharaoh Posture, and do the deep breathing as outlined above. Relax completely into an alpha brain wave state.

1. Be Your Own Hero or Heroine

See yourself as the hero or heroine of your own life story. See yourself overcome all obstacles, enjoying the fruits of your heroic actions, full of power, courage, and joy. When done, record your adventure in your journal.

2. Your Sacred Sanctuary

See yourself in your own special place: somewhere you can go to in your mind to reflect, create, heal, and brainstorm. Often people choose a nature setting.

The sanctuary itself could be a cabin in a deep forest; a cave full of crystals; a castle high on a mountain; a pyramid; a cosy library; or a sheltered garden: anywhere you feel safe, free, and content.

Fill your sanctuary with furniture, tools, whatever you feel you need to perform your inner work. You can go to this place whenever you choose.

3. Meeting Your Inner Guide

Go to your sacred sanctuary and prepare to invite an imaginary person, animal, or being who can help you to solve problems, make decisions, answer questions, and talk things out with. This guide is the personification of your own inner wisdom, which can be accessed through your unconscious to receive messages and guidance.

You might see a kindly, elderly wise man or woman; or an angel; or an animal that is sacred to you, and so on.

Sit and simply "be" with this guide. In your mind, share your concerns and listen for their responses. These answers may come as words, images, physical sensations, or a quiet "knowing". You can go inward and spend time with your guide whenever you choose.



4. Boost Your Sports Performance

Compose Affirmations which confirm your athletic prowess, such as:

"I move like a female (male) panther," or

"I am strong and flexible," or

"My body radiates dynamic energy."

Before performing, relax, and prepare yourself. See yourself in complete control and use slow motion imagery in your sports visualizations.

See yourself move through each step of the sport, moving with confidence, precision, style, and grace. Also, include symbolic images as you "see" yourself perform. "See" yourself running like a graceful deer; or imagine yourself as strong as an ox; nimble as an otter; graceful as a swan; free as the wind, and so on. Then, perform your actual sport with abandon.

