



4-Steps to Practical Creative Visualization

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Practical creative visualization Introduction

Thanks for downloading and taking the time to read this guide. The exercises here will help you discover the fascinating abilities of your imagination.

Creative visualization can help you accomplish many challenging goals. It has helped me on several occasions, so I hope to share what I've learned with you. Experience has helped me separate fact from fiction about this often misunderstood practice. In this guide you'll learn how to use a system for creative visualization that's based on proven psychology and scientific fact.

This is not about the law of attraction, or the secret. I don't want to burst anyone's bubble, but I do want to provide quality information based on real world evidence. This course is about your natural abilities. It's about the boundless nature of your mind and the powerful effect that it has on influencing your life and actions.

Numerous scientific studies prove that when it comes to internal mental creation, our brains cannot tell the difference between what is real and imagined. Imagery created in the mind has a very real affect on the body. This information allows us to train mental abilities to develop discipline, creativity and physical prowess.

Believing in the power of this technique will help you use it to its greatest effect. To get a quick idea of how creative visualization influences your actions and feelings, I'd like you to walk through a brief exercise with me.

Just for a moment I'd like you to imagine a lemon on a cutting board. You can feel the texture of the lemon in your hands and see its bright yellow skin. As you cut into the lemon a bit of juice drips down its side. Now cut the lemon so you have a single slice and bring the slice to your nose. Smell the fresh citrus. Open your mouth and take a big juicy bite of that lemon slice!

Did your face pucker a bit? I know mine did when I tried it.

Creative visualization extends well beyond imagining sour fruit. The same process will help you train to perform better in sports, give a speech or even have the perfect date. There is no end to what you can use creative visualization to accomplish.

Consider this quote by one of the worlds greatest scientists:

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.” - Albert Einstein

Summarized in two concise sentences, you can understand just how significant this ability is. You no longer have to take my word about the incredible power of creative visualization. When you place belief in the process, your imagination can help you reach your goals naturally. Later on I'll describe two studies that prove without a doubt that creative visualization can help you accomplish some amazing things.

So grab a notebook and let's begin!

Step 1 - Building a foundation for visualization practice

I'm sure that you used your imagination all the time as a kid. If you remember what it was like to have such an active imagination, then you know how fun and rewarding it is. You're reading this because all you needed was a little reminder. Let this guide serve as a refresher course for reawakening the creative spirit.

To begin practicing visualization it's good to know the strongest sense qualities that your imagination perceives. Some people are more affected with words or feelings than they are with imagery. This simple exercise is going to help you recognize what sensory qualities have the greatest impact for you.

Before you begin, take a moment to clear your mind. Relax in your chair. Let the tension go out of your muscles and take a few deep breaths. There are breathing exercises that can help you get in the right state of mind for visualization practice here: [Belly-breathing and breath with mantra](#)

When your mind is relaxed and focused move on to the exercises below.

Recognizing the strongest qualities of your imagination:

- I'd like you to imagine some upcoming plans; preferably something simple and familiar, such as going shopping or visiting friends.
- When you imagine this event, what are some things that you notice about the scene? Some people simply describe events to themselves in the form of a story. Are you noticing this inner dialogue, or are you feeling the emotions associated with this event? Can you see yourself in the scene? Does it appear more like a movie or everyday life?
- Everyone experiences these things differently. Make a mental note of what sensory qualities you experience most vividly.
- If nothing stands out to you, then take the time to actively recall the last time this event happened. Focus only on this single event without thinking of anything else; then carefully examine the experience and notice as much detail as possible.
- Consider the importance of every element in the scene. Write down how you feel when thinking about this event. Do you notice other people in the scene? Can you hear your own internal dialogue? Do you notice certain sounds or smells?
- The sensory qualities that you experience strongly will be your main focus when creating mental scenes. Focusing on these qualities builds visualizations with a more significant effect on you.

If this exercise doesn't ignite your imagination, then perhaps guided imagery might be better for you. On the meditation site there is an excellent FREE guided relaxation script with some pleasant imagery. You can listen to the audio track online here: [Relaxation Meditation - 30 minute guided imagery](#)

Step 1 continues on the next page...

Step 1 - Building a foundation for visualization practice

Making time for visualization practice:

Take a moment to think about your daily schedule. There are times during the day that you're more likely to think, plan, or even daydream. Maybe it's in the shower or on your drive to work. It's best to have time where you can sit in one place without interruption, but we don't always have that luxury. Sometimes you just have to work with the time you have.

When you think about your schedule notice if there is time in the morning or evening that you aren't really focused on anything. You can make the most of this time by doing a bit of visualization practice. We tend to be slightly tired at these times, which makes it perfect for visualizing. Your mind is not yet busy with all of the thoughts that would normally distract you. Slipping into an imagined scene comes natural to your mind when it can just let go and daydream.

- Go ahead and make a note of when you plan to practice. If you can put it on your schedule, that's even better.
- Make sure your note is somewhere that you will see it regularly. One or two days of practice is okay, but it's not as effective as daily training.
- Until it becomes a habit remind yourself to practice visualizing often.
- Remember, the target is 5 - 10 minutes of uninterrupted practice while focusing on **one specific goal**.

When you first start visualization practice, two sessions of 5 - 10 minutes a day is better than one long session. It lets you build up skill at visualizing without becoming mentally exhausted. Later on you may prefer to visualize your goals in one extended session of 20 - 30 minutes.

If you want to accelerate your progress with creative visualization, you can try an audio program that walks you through the entire process. There's also a premium hypnosis session in the program that will direct your subconscious mind to unlock the full potential of your imagination. If you'd like to learn more, then you can read my review on the "[Make Your Visualizations Reality](#)" program.

To warm up and build the habit of visualizing it might be helpful to do some short exercises. Although it may seem that a short visualization session won't accomplish much, every bit of effort pays off. Doing these habitually can really develop the visualization circuits within your brain. In the next section, we'll cover exercises that will make it easier to create mental imagery.

Step 2 - Practice creating a mental scene

As we discussed in step 1, everyone experiences their imagination differently. Please don't get hung up on words like imagery or mental picture. It's more important to have a clear understanding, or feeling perception, than it is to actually see an image in the mind's eye. It's extremely rare that someone can see images, like those in a dream, simply by closing their eyes and imagining. It might be possible with a great deal of practice but it doesn't always come naturally.

Before you begin visualizing it's important to find a comfortable place to practice. Once you're comfortable, then you can really focus on your intentions. Allow yourself to relax and pay attention to your breathing. Take several deep breaths and turn your focus away from day-to-day activities onto the task at hand.

The first step is to clearly define your goal.

- Don't just vaguely describe your goal. Be clear about what you want. Some of the visualization process will help you figure out the details, but it's important to know as much as possible about your goal beforehand.
- Stream-writing is a good technique to sort out goal related thoughts. It's a technique that requires almost no effort but produces great results. Just start writing about your goal and get down everything that comes to mind. Don't stop to think about punctuation. Even if your mind goes off-topic continue to write. Write for as much time as possible.
- By stream-writing, you might discover that you have objections to your goal. Basically these objections are reasons or excuses about why you cannot achieve the goal. It's good that you got these out. Seeing the issues clearly can help you resolve them. If you are committed to reaching a long-term goal then you know these will be the obstacles you have to overcome. You can choose to practice resolving these issues or you can focus on a short-term goal.
- Now that you have a bit more (hopefully much more) information about your goal, you can write down a plan. This is the plan that you'll focus on when visualizing.

What is the end result of what you want to accomplish?

- Another way to define your goal is by creating a vision board. You can do this quickly by searching on Flickr or Google and collecting images associated with your goals. Gather the images into a folder where you can look at them on a daily basis.

Once you have your desired goal in mind, think about what you plan to do in order to get there.

- Now that your goal is clearly defined you should know what steps are needed to reach it. See yourself following through with your plan. Imagine that you are motivated to take action because your goal is just within reach. Feel what it would be like to know that you are making progress towards this goal.

Step 2 continues on the next page...

Step 2 - Practice creating a mental scene

At this point, if you are having problems seeing yourself take action, you might want to spend some time developing your plan. Work through your plan with enough detail to provide a solid guideline for future action. You don't have to have every little nuance planned out, visualizing will help you work things out from here.

Slowly imagine yourself taking action towards what you hope to accomplish. Let the visualization build itself naturally. Allow the results play out in your mind just as you want it to happen. If you make a mistake, take a moment to correct the visualization.

If something doesn't feel right to you, then you may want to revisit your goal. When creating the goal ask yourself these questions:

- What feeling do I hope to gain by reaching my goal?
- How will working towards this goal create value in my life?
- Will I be satisfied when I reach this goal?

Other things to consider when imagining working towards your goal:

- Do your best to feel what it's like to complete your work successfully
- You must define the goal properly to your brain - if you give it faulty input, it will only give you faulty output.
- Don't worry about not "seeing" the scene. Remember to focus on your specific strength. Once you build the scene focused on this strength, you can fill in other details later.

When you first start visualizing the scene it probably won't play out the way you want it to. Sometimes you have to repeatedly tell yourself what it is that you plan to do. For example, imagine that your goal is to give a speech. At first you probably don't know everything about what is going to happen. So you have to describe the scene to yourself verbally a few times. Tell yourself - "Okay, I'm dressed in my best suit, and I'm about to drive to the venue. I know what building I'm doing the speech in, and I can see it ahead. I walk through the doors and some of my friends are there to greet me. I feel good, because I'm well prepared. I'm confident that this is will go well."

Now, this is where you will imagine going through the motions of what you plan to do. After you describe the scene to yourself a few times, your mind will begin filling in the details. It's just like telling a story. When you know a story inside and out you notice details that you may have missed the first time around.

Trust that your mind wants to help you reach your goal. Once you get through your conscious thoughts, you will realize that your mind likes creating solutions instead of excuses. You just have to give it that chance!

Visualization practice can go as far as you take it. If you commit to the practice you can learn some amazing things about yourself and about your mind. If you want to continually improve your ability I recommend reading up on other techniques and exercises. Visualization for business success is no different than other visualization techniques, but it may require a better understanding of goal setting. This article on [visualization for success](#) provides some more information on the process. There are also some videos on the "[Visualization-techniques.org](#)" site with helpful information on sports visualization and other mental imagery exercises.

Step 3 - Repeating the visualization

Visualizing your goal on a daily basis is crucial for effective practice. Visualizing helps you work through obstacles before they appear in reality. By practicing daily you'll begin to develop a feeling of easiness with attaining your goal. This is the natural progression of practice.

To embed the new programming deep within the mind/body system, you have to repeat the visualization frequently. It's just like improving any other skill. By repeating the process multiple times you are training your mind and body how to act in a situation. It has been proven that people can improve their abilities solely by practicing in their mind.

This is an excerpt from “The New Psycho-cybernetics” by Dr. Maxwell Maltz:

“Research Quarterly reported an experiment on the effects of mental practice on improving skill in sinking basketball free throws. One group of students actually practiced throwing the ball every day for 20 days, and were scored on the first and last days. A second group was scored on the first and last days, and engaged in no sort of practice in between. A third group was scored on the first day, then spent 20 minutes a day, imagining that they were throwing the ball at the goal. When they missed, they imagined that they corrected their aim accordingly.

The first group, which actually practiced..., improved in scoring 24%.

The second group, which had no practice, showed no improvement.

The third group, which practiced only in their imagination, improved in scoring 23%.

This experiment has been widely reported and referenced, and since repeated at many universities over the years.”

In one of the most well-known studies on Creative Visualization in sports, Russian scientists compared four groups of Olympic athletes in terms of their training schedules* :

- Group 1 = 100% physical training;
- Group 2 - 75% physical training with 25% mental training;
- Group 3 - 50% physical training with 50% mental training;
- Group 4 - 25% physical training with 75% mental training.

Group 4, with 75% of their time devoted to mental training, performed the best.

It goes to show how similar the process is to real-life training. Training in the imagination does have its advantages - mostly because you can do it almost anytime or place. Also, you can prepare long before the event happens and you can use it to practice just about anything.

* Robert Scaglione, William Cummins, Karate of Okinawa: Building Warrior Spirit, Tuttle Publishing, 1993, ISBN 0-9626484-0-X.

Step 3 - Repeating the visualization

Checking for progress

Progress from visualization practice sometimes happens so naturally that you might not even recognize the results when they occur. It's happened to me before, which is why I recommend keeping a journal about your practice. In your journal you can describe your journey in detail. You can write down what works, what doesn't work, and what you've accomplished so far. This will help you see precisely what is going well, so you can build on it to adapt your practice and reach your goal.

When you pay attention to progress that you've made so far, it does several things for you:

- 1) It reinforces the habit of visualization.
- 2) It makes you consciously aware of your success with the practice.
- 3) If you are having difficulty reaching a goal, you can use this time to re-evaluate the goal and change the visualization to fit your circumstances.

Re-directing the visualization or starting fresh

Re-evaluating a goal is an opportunity to recognize what wasn't working and change it. If you're committed to reaching a particular goal, then you might have to adjust some of the details. The reason you're visualizing is not because you can see the perfect outcome every time; it's the fact that you can correct what you see to eventually realize the desired outcome.

Mental imagery is just like practice. If you could clearly see what you should be doing to reach your goal, then you would probably just go out and do it! Don't be put off by the practice if it appears that you're not making progress towards the goal. Even if you are making mistakes, you are learning what to avoid. By making mistakes in your imagination, you don't have to worry about failure when it comes to the real deal; you'll already be prepared.

You must take time to work out aspects of a goal that you're having difficulty with. It allows you to take the next step and create a detailed mental picture to rehearse flawlessly.

Remember it's not "practice makes perfect", but "perfect practice makes perfect".

Don't be afraid to make changes to your goal, even if you have to take a few steps back; it will be worth it in the long run.

Step 4 - Letting go and witnessing change

The best thing you can do at this point is to accept that visualization practice is working. Eventually you'll see tangible results of your efforts, though it doesn't *always* happen quickly. It's important to slowly work through the steps until you've learned how to achieve a positive visualization every time. You'll notice that visualizing will help your actions more closely align with your intent. Sometimes thinking about a goal brings up thoughts about why that goal isn't attainable. Visualization will help remove doubts that could get in the way of motivated action.

Not every goal can be achieved within a matter of weeks. Sometimes it can take months or even years. The important thing is to continually visualize and keep track of your progress. Working towards goals often happens so gradually that it's not even recognized when something large is accomplished. Take note of each success so that it can be used as motivation for working towards the next goal. By recognizing the benefits of visualization practice you are more likely to achieve success with the techniques.

Practice well, and you will certainly do well.

Tips to get the most out of your visualization practice:

- Practice creative visualization somewhere you are comfortable; without worrying about interruptions
- Before visualizing take a few deep breaths to get into a relaxed state of mind. [Learn belly breathing](#).
- Don't share your goals with others! Studies show that when you tell other people about your goals you are less likely to reach them. If you must share, only share it with people that will help you stay motivated.
- Concentrate on working on one goal at a time. Resolve to complete only this activity during a visualization session.

Important points

When visualizing - think about how you would walk, talk, think and act if you were to achieve your goal. Think about the way you would stand. Do you think you would stand just a little bit taller? I'm guessing that you would probably feel more confident, and it would show in the way you carry yourself. Your physiology is directly connected to your mental states. Don't neglect this aspect of your visualization. When you learn how your body affects your mind it can take your visualization mastery to another level.

If you have a particularly challenging goal, sometimes it can feel as if you'll never reach it. This can lead to procrastination, worry and other unproductive thoughts. These thoughts will only work to prevent you from reaching your goal. To eliminate unproductive behavior, **strive to achieve laser-like focus on your goals.**

When you remain focused on a goal, your mind will automatically work to provide solutions. This type of focused intent will help remove doubt and uncertainty from your thought process. When you visualize, you can reinforce this kind of thinking so that unproductive thoughts become less distracting. Think about your goal morning, noon and night. Then do nothing but focus on finding solutions to help you reach it.

Don't forget that moving towards a goal always means taking action. Visualization is just a tool that will help you take the correct action. It isn't magic even though sometimes it may surprise you. Incredible things can come from creative visualization when you learn to pay attention to your intuition.

Examples and conclusion

If you want to practice visualizing but don't have a particular goal in mind, try one of these examples.

Example 1:

Imagine yourself starting your day with a confident attitude. You can see yourself getting ready for the day, knowing that you can handle any challenges ahead. Starting the day with a smile on your face brings a positive attitude to the work you'll be doing. You see yourself accomplishing your work with ease. The normal things that bother you during the day just don't seem to be important. You can put all of your worries aside, so that you can focus on the task at hand. Whenever you have to interact with someone, the conversation is pleasant, leaving you happier than you were a moment ago. You complete your day with a feeling of satisfaction, knowing that you've accomplished exactly what you intended to.

Once you complete this visualization you can use it as a reference for imagining your day in more detail.

Example 2:

You see yourself working on a problem that has been challenging you. Instead of getting frustrated, you imagine calmly applying a variety of methods to find a solution. Even though things don't work at out first, you remember which methods didn't work so that you don't try them again. You move forward, knowing that each attempt takes you closer to finding the correct answer. As you try different methods, your mind is working in the background and putting the pieces of the puzzle together. Suddenly an idea comes into your head that you didn't think of before. You see yourself eagerly applying the creative idea to solve your problem. As you work on the problem by applying the new idea, your mind is focused on the task and you feel a surge of energy. The energy gives you the motivation to work out the details and finish solving the problem. Upon seeing the final results, you are pleased with the work and are now more confident in your ability to get things done.

Once you complete this visualization you can use it as a guide to help resolve challenging problems.

That's about all I have to say on this topic...for now. I hope this guide has served you well. Please be patient with yourself if you don't see results right away. Practice the technique on accomplishing smaller goals, then work your way up to the big life-changers!

I know these techniques will work for you, and I wish you the best of luck using them to achieve your dreams.

Sincerely,



Lloyd
from clear-mind-meditation-techniques.com

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