

The Power of visualization
(Dr. Shelja Sen. Prevention, Jan 2008, page 100):

Visualization primes the brain and creates neural pathways. Behavioural and imaging studies carried out by Cisel & Kalaska (Nature 2004) suggested that humans mentally rehearse a familiar action they execute some of the same neural operations used during overt motor performance. No wonder visualization is crucial part of athletic training for the Olympics, known as Visual-Motor-Behaviour Rehearsal (VMBR)

- Used in therapy since long time (solution focussed brief therapy) and enough research data is available to give it *scientific credibility*
- It activates the creative subconscious. Which generates ideas and ingenuity
- Routine day-to-day hectic activity puts us into "push mode". This can drain out lot of energy and slowly wash out motivation. Visualization works at "pull mode". Once we have visualized something then it can pull us with an astonishing energy.
- **Requirements:**
 - Openness to change
 - Vivid imagination
 - Exciting dreams
- **Examples:**
 - 1) Presentation –
 - Find a quite place
 - Close your eyes
 - Visualize yourself sailing trough presentation with poice and confidence
 - More detailed you make it more effective it will be, Visualize;
 - the clothes you wear
 - captivated expression on the audiences faces
 - your voice
 - your facial expressions
 - every step or gestures you make
 - jokes you crack
 - impact on the crowd
 - white light radiating from you and wrapping the audience in captivating spe
 - Do this visualization regularly and see the magic work.

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