

Importance of Visualization For Memory & Manifestation

Visualization is important because it teaches us how to mentally respond to a situation when it happens, simply because you have rehearsed it already. It also helps in achieving goals by training the brain to see, hear and feel the successful outcome in one's mind

By Minoo Jokhi



Well known American author Dr Bennett has correctly said: "Visualization is daydreaming with a purpose." So rightly said! Visualization is a very vital aspect of the memory enhancement process; a powerful tool to memorize effortlessly and with ease. Visualization entails recreating all the images, sounds and feelings in your mind surrounding a particular activity. Visualization is the power of seeing with the mind's eye. It is deeply connected to memory and also aids in imagination and creativity which aid the power to make mental images. Visualization enables you to create a strong, clear, meaningful story that helps you to recollect information.

School and college students need to invoke visualization techniques to do well in exams. Students many a time struggle to retain vital stuff because what they are learning is not clear to them. Many terms and concepts seem difficult to comprehend. It's far more difficult to remember concepts when they're not completely understood. As a student, in order to remember new information in your mind, summarize the information you've just learned in your own words. If you are not able to do this, it is a strong sign that you do not understand that chapter you're trying to learn and consequently will have difficulty



In remembering and retaining it for future use.

Six Vital Tips to Visualise Well

- 1) Be relaxed and not tense or worried.
- 2) If you are a student, start by visualizing something you really want to happen - for example, getting 100% in mathematics. Great thought, isn't it. Many a time we fail to do something because we can't have that belief that "yes, I can do it". Instead, keep repeating the motivational quote: "Believe you can and you're halfway there."
- 3) Visualization is the individual's ability to create pictures and images in the mind based on what we hear or read. When words are used to create mental images, understanding becomes much better.
- 4) Tell yourself and see yourself having achieved what you want to achieve. This is true visualization.
- 5) Visualization is a brilliant technique, which can be used in so many spheres of life. Whether it is a face of a human being or a picture or a number.
- 6) Visualization is a technique mastered through constant repetition. One has to visualize regularly and remember to follow a pre-decided programme.

Practice Makes Perfect

Also one very useful and important visualization technique and exercise is "Desensitization". It means you imagine yourself in a targeted situation over and over again, until you reduce or altogether fight the anxiety you feel about it. Visualization helps immensely to remember faces. Try thinking of someone's face that you want to recollect later on, sit alone where you can focus and concentrate to remember the face. Study the face well and observe

thoroughly all the salient features. When you are able to visualize the face then try to make a picture of the face with different emotions like smiling, frowning, well coming, nodding, sleeping till you are completely sure you won't forget the face for a very long time. Also visualize the person's clothes, the body posture, the face, hands, fingers, hair style and so forth. Zoom in and zoom out to get a thorough picture of that person. If you fail at the first attempt, don't get disheartened. Your mind needs practice and will soon be at ease to slip into this exercise.

Visualization is important because it helps to prepare and teaches us how to respond to a situation before it happens. It also helps you achieve your goals by training your brain to see, hear and feel the success in your mind. Success is great motivation and the real secret of success is enthusiasm. Never stop being enthusiastic about life. Visualization is also called visual imagery; it is creating mental pictures in your mind of an outcome you want to achieve. These images are created by using your five senses to mentally rehearse well. Visualization is a very creative process. Although visualization is most commonly a subconscious mental process, it can bring many benefits if practiced as a deliberate and a guided activity of the mind. Its greatest asset is helping you to get prepared for desired scenarios, as well as psychologically setting your mind upon future success. It also helps you in the ability to produce a desired or intended result.

Visualization is not difficult, but it surely needs you to practice often to get the best results. These three steps will surely benefit you

the image slowly goes away. When you feel completely ready, open your eyes again. You will be refreshed. In conclusion, people of any age are encouraged to start the wonderful visualisation technique to see the impact it can have on you. Older people can visualise themselves in perfect health, remembering all the details they need to and finding peace and harmony in everyday living. Younger people can visualise the results they want to see in their lives, personally and professionally.

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Ways to Practice Visualization

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