

Chapter Three

THE VISUALIZATION TECHNIQUE

SUMMARY OF KEY POINTS

- The short form (5-10 minute) technique to increase melatonin levels.
- Detailed how-to procedures for powerful visualizations.
- Why emotionalized visualization is so important to mind-body health and healing.
- Several research studies showing how the images we hold in our minds exert profound and powerful influences on our body/mind, for better or for worse.
- How and why negative thoughts are truly mental poisons since they inactivate (shut down) pineal activity.

The Vivid Visualization Technique

There are numerous theories on the brain and mind mechanisms involved in visualization (in this book imagery and visualization are used interchangeably).

Achterberg¹² says that the image is *both* a diagnostic tool and a therapeutic technique for curing physical disease. Images affect the body and the body in turn influences the image. The image is seen as an *initiator* of immune change. She found that psychological factors are *predictive* of subsequent disease status, and the type of imagery a person is holding was found to be the most important in predicting *subsequent* disease states. Goff¹²⁴ also pointed to the healing qualities of imagery and its relationship to creativity. Furthermore, Rider^{266B} found that imagery when focused on the blood cells (neutrophils and lymphocytes) influenced them and indicated that **this supported the idea that mental processes, ie. imagery, can influence the immune system cells.** Wittling^{310B} found that the right hemisphere of the brain was activated when viewing emotionally arousing films. *It was concluded that right hemisphere activity is not restricted to the regulation of subjective words but is also involved in the overall control of fundamental biological and hormonal functions.*

Katz¹⁷⁷ found that effective imagery was related to ego-involvement, *beliefs, practice, motivation* and context. Jones¹⁷⁰ investigated heart rate and biological effects of mental imagery and concluded *that taken together, imagery elicits complex global responding in the autonomic (PNS and SNS), body and central nervous system (CNS). Instructions to produce images change cardiac, respiratory, brain wave pattern and muscle activity.*

Ley^{203B} has suggested that *eidetic (vivid) images—those which are so real as to be indistinguishable from perceptions are particularly effective in eliciting mind-body responses and that the right hemisphere is heavily involved.* Spitzer has demonstrated that attention enhances both behavioral and nerve cell performance. **Thus, focusing, arousal, absorption, effort and motivation create more powerful images.** *This finding suggests that concentrating on emotionalizing an image is necessary to maximize the activities of nerve cells.*

*While the brain hemispheres play critical roles in imagery generation and processing, the limbic system (emotional) is exceedingly important if not the crux of this entire process. It seems that the hemispheres generate the image but **the limbic emotional system mediates and translates this vivid image into biological and psychological effects.** Martindale^{222, 223} confirmed that **the limbic system is heavily involved in imagery.** Kunzendorf¹⁹⁴ found that imagery influenced the ANS. In section B, you will note the extensive connections and vast importance of the limbic system to the CNS, ANS, neuropeptide, immune, endocrine systems, pineal activity and melatonin production. Nauta²⁴⁴ has also found extensive nerve connections between the brain's frontal lobes and the limbic system. Achterberg also confirms that **"the image-laden anterior frontal lobe of the brain is abundantly connected with the limbic system."** This nervous system connection can explain how the process of thought and imagery formation and generation becomes emotionalized to cause psychological and bodily changes. (See fig. 5)*

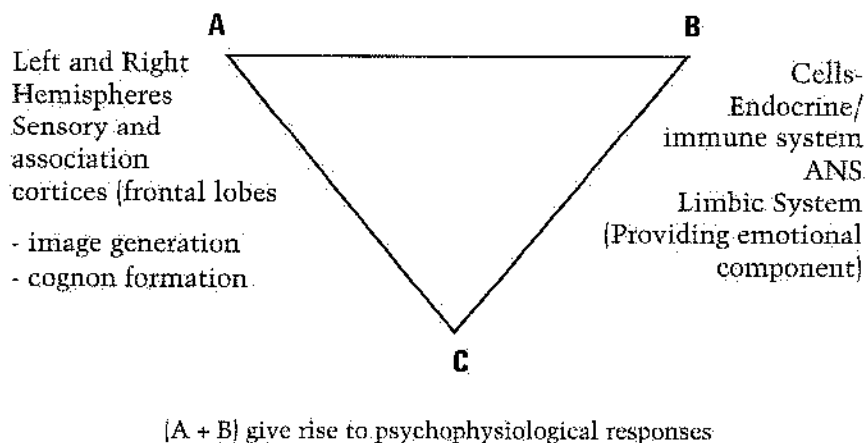


Figure 5. *Mind-body effects of emotionalized visualization. A + B ==> C*

A and B work together to cause a 3rd point "C" and a vivid positive image which can cause healing mind-body changes. **In this manner vivid visualizations and meditative intonations are understood, translated and acted upon by the limbic system and the "thought sensitive" pineal gland into**

appropriate mind and body effects. The same is true for external suggestions, hypnotic suggestions, the names of certain diseases, eg. cancer and autosuggestions. These names and suggestions are actually powerful images and emotionally laden words. *The entire CNS, limbic system, ANS, immune, endocrine, pineal-melatonin and cellular systems are influenced by these vivid visualizations.*

Imagine then the powerful negative effect over a person's mind and body when in a hospital/medical setting they are told, "I am sorry you have 6 months to live, or, you have cancer, or some other trauma producing statement." Indeed, it may well be that it is **these** negative cultural and medical **images** and fears that damage our body-mind-spirit system, rather than only the disease itself. I am reminded of the cancer patient who heard of a new wonder drug "**crobizone**" which supposedly had great healing possibilities. As this placebo was given to him, he actually improved. Yet, one day upon reading that it was not found to have the "**magic power**" as originally thought, his health reverted to its poor state. Such is the power of the placebo, beliefs and emotionally laden words, on our body and mind.

Thought waves have energy and cause changes in nerve cell activities. It is also important to realize that since the act of thinking and "will" via the frontal cortex, limbic system and motor cortex can cause movement (for example in a finger), then thought energy or a thought wave (which is actually an image and an energy field or wave form) has the capability of acting as some form of biological energy which can activate brain cells and structures to cause movement in various parts of the body. **NB: There are several experiments in Neurosciences to confirm this, eg. Evarts and Pribram's work.** *The nature of your thought imagery (ie., "good" or "bad" thoughts) can activate unique and different cell types in the brain. This generates brain magnetic fields or "thought forms" which can directly, via the limbic system, influence the "mind sensitive" pineal gland. Also, your bioenergy field, your entire brain cortex, and neuro-immuno-endocrine system can be influenced.*

Therefore, negative thoughts are truly mental poisons. They have very adverse and disease-producing effects on the psychological-spiritual and physical aspects of your being.

Now you can understand why attitudes, beliefs, powerful images and emotionally laden words, degrees of confidence, degree of positive or negative mood, hope and optimism all profoundly influence your health for better or for worse.

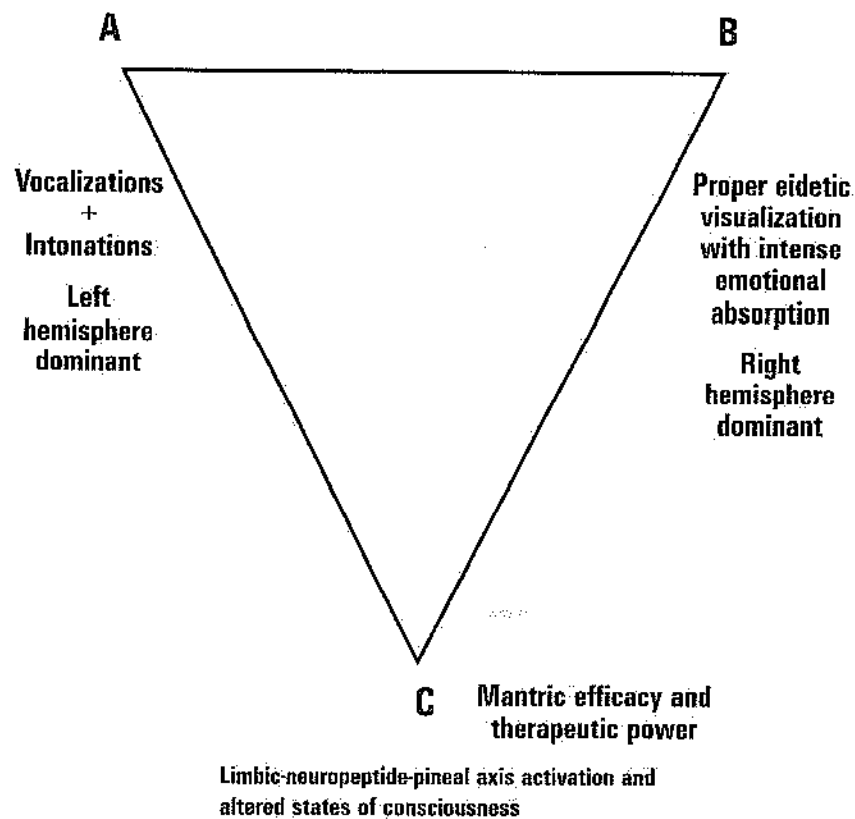


Figure 6. **Mantras - The word and the image**

To achieve mantric therapeutic efficacy one must with reverence and deep absorption, emotionally intone the syllables, focus and associate each syllable with its particular meaning and gland of the body. (Author's model.)

Key scientific findings on visualization¹²⁴

Proper visualization sends a powerful energizing and activating message to the brain-immune and endocrine systems. This system, the thought-sensitive pineal gland, and the limbic system become activated and produce a cascade (like

a waterfall) of brain chemicals (neurotransmitters) which stimulate the pituitary, thymus and pineal glands to produce their healing effects.

Imagery and visualization have long been known to influence the human body. Some scientifically documented examples are:

- The placebo effect which reportedly accounts for healing in 30 - 70% of all drug and surgical intervention. The person has the image and belief in her or his mind that the drug or intervention will or can heal, and even though the subject got an injection of water, he or she is still healed (as though it were the real medication).
- Thinking (visualizing) about moving a part of your body eg., swinging a golf club, actually triggers those muscles to become active. This knowledge is used in sports medicine for training athletes.
- Intense sexual or phobic /fearful imagery (imagined, dreamt or real) is accompanied by dramatic mind-body changes.
- Images influence the ANS.
- **The immune system is highly sensitive to imagery.**
- One study suggested that images provide messages that are understood by the immune system.
- **Effective imagery was able to cause skin warts to disappear and appear, to cause people to have actual allergic reactions to "hallucinated" or imagined allergens (eg. pollen dust).**
- Certain imagery influences white blood cell (neutrophils and phagocytes) levels to change in a health-producing direction.
- Other studies found that when hypnotized subjects were told that a common leaf was poison ivy, they showed the allergic reactions which one normally would observe if it were in fact poison ivy. In another study, these subjects were told that ipecac (which induces violent vomiting) was water, when they drank it they were fine. Yet, when they drank the glass which contained water but were told (believed) that it had ipecac, they vomited.
- Visualization can change a person's brain wave patterns in both hemispheres.

- Imagery is highly specific to neutrophils, which are certain blood cells that purify the blood stream.

These examples illustrate the amazing power of the mind, of visualization, and of how thought forms exert powerful influences on a person's psychological, physiological, and bioelectric systems.

In this research both the meditative intonations and imagery must be done as a co-joint simultaneous process, i.e., it is *the combined procedure of vividly visualizing the meaning of the emotional intonations and being **deeply absorbed** in focusing the imagery, which stimulates the brain-immune-hormone limbic-pineal systems to trigger positive mind-body healing effects in your body.*

Spontaneous remissions can be explained by a person having a profoundly positive belief (image) that they are being healed or will be healed. A healing image is then, a message sent to the limbic-pineal system and to the subconscious, which, then, proceeds to re-establish resonance at the cellular level, and healing occurs.

For those with difficulty in visualizing, before you attempt the meditative intonation procedures in the next chapter, try practicing to visualize effectively. One of the easiest ways is to picture in your mind's eye your favourite food (with its warmth, aroma, colours, and taste) on a table. *Try to make it as real as possible until you can actually smell, taste and touch it.* This is vivid and effective visualization—almost the state of mind when you are immersed and absorbed in an exciting movie. You become **unaware** of your immediate surroundings. Some find it easier to picture sparks and coloured rays or radiations leaving an object, and you may direct this blue or violet healing energy to the appropriate regions of your body.

Additional imagery/visualization techniques for the novice.

Essentially, the idea is to project in your "mind's eye" the picture, concept, event or idea and make it as vivid as possible, as alive as the images you see when looking at a movie. If it is

food, can you smell, taste or touch it? Is it delicious? Each one of us has certain favourite scenes or images that we can more easily work with. Try these first. Some of the standard ones used in hypnosis and visualization research are:

- a) A beach scene
- b) A mountain cabin scene (cottage)
- c) A garden scene
- d) A farm scene
- e) A jungle scene
- f) A waterfall
- g) Your family at dinner, or a significant person in your life
- h) A swimming pool scene
- i) A sacred place where you are praying

See which one works best for you, then gradually you can practice with the images of the invigorating blue light beams explained in this chapter.

The 5 -10 minute visualization and breathing exercise for increasing melatonin levels by stimulating the pineal gland. You must be extremely focused and absorbed during this procedure. NB: This mini technique must be done as much as possible with a sacred and reverential state of mind. You must have minimal awareness of your surroundings.

For the first 5 minutes sit in a comfortable position in a chair or lie down ideally in a dark room. Eyes closed. Begin by focusing on the breath; just breathe normally and naturally, but deeply. Now visualize the breath as it comes in through the nostrils, entering deep into the belly and filling the lungs from the bottom, to the middle and then to the top. As you inhale, breathe in a sense of expansiveness; as you breathe out feel yourself becoming more relaxed and energized. Exhale by allowing the breath to leave the body first from the lower lungs or abdominal region, then follow with the breath moving up and out from the lower lungs to the very top of the lungs. Repeat three times at your own rhythm or until you feel ready to commence the ***absorbed visualization***. Begin by visualizing with your eyes closed a beautiful, silvery /blue healing light entering your body with the breath. Allow yourself to choose a

colour, like a soft blue, pink, red, violet or white light. Try various colours until you find one that works best for you. As you inhale this beautiful clear light, focus your awareness at a point at the centre of the head, about level with the bridge of the nose, between the eyebrows. See the light beams bathing and invigorating, energizing the pineal gland at the centre of the head between your eyebrows. As you do so, be aware that this gland is awakening to its full healthy potential. You might also include the image of the pineal as a rose or a lotus flower opening and vibrating. Make the visualization as alive and vivid as you can. Do not strain; if your mind wanders, bring it back to the task gently. Then for the next 5 minutes correctly intone 3 of the mantras shown in asterisks in chapter 4. Each day use a different 3 until you have gone through each one. ***Always - on each session use OOM and AUM, then choose another two. Remember the more deeply absorbed, sacred and reverential you can make this (5 - 10 minute) technique, the more effective will the healing results be.*** Practice this visualization and intonation no more than twice daily. You might like to sit facing a clock or wristwatch so that you can check your timing. The best times for such practice are first thing in the morning, and ideally at night, at least three hours after supper (and 1/2 hour before bedtime). You wish to create a gradual awakening and enlivening of this gland. Remember to moderate the frequency of your visualizations just as you would any activity. For those with specific illnesses eg. tumors, direct your healing imagery ***also*** to those regions and realize that your current disorder is merely a ***"lack of resonance"*** at the cellular level and be confident that harmony can be re-established. See all cells in your tumor as though they were radiating those blue-silvery healing electrical sparks of light. See them as healthy, sparkling and rejuvenated, with happy faces. Moreover, see these molecules of melatonin as concentrations of this healing electromagnetic energy in your blood stream, entering your cells, bathing, infusing and permeating them, stopping abnormal cell division and blending with the genetic material to properly regulate cell division and restore harmony, healing and health. Realize at all times that any ***dis-ease***, regardless of the medical term, is merely inharmony within the body, cells, tissues, organs or mind. It is like a mini-revolt or disturbance

within the community (organ) by the locals (the cells). If allowed to go unchecked it will affect other communities and states (organs) and eventually can cause national/civil unrest (affect the entire body). By using the correct proper techniques, with regular quality practice, patience and persistence, ***mind-body harmony can be restored***. You may prefer not to even use or think of your illness in medical terms given its negative associations. Think only that you are restoring harmony in your mind-body system which currently has a degree of ***dis-ease***. For more scientific details on the "mind-gene" connection showing how the brain-mind system influences cellular and genetic activities, please read Rossi²⁹².