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## **An Overview**

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### **What is imagery?**

Imagery is a process whereby a person can visualize an object, event or situation in his mind. These visual pictures represent photographic records of object, interactions and impressions of the external environment. They are often vivid, highly detailed representations of real-life experiences. While images may draw upon previous memories, specific experiences are not prerequisite to the process. The mind is capable of combining previous experiences in a way that produces "thoughts" which form the content of the images. These visualizations are most vivid when the mind is least distracted by interfering thoughts. As one focuses on a particular image, the mind automatically begins to slow down and limit the number of distractions and thought messages. The creative process (Imagination) becomes more active. This "stilling of the mind" increases the vividness and clarity of an image. The longer the mind remains in this restful, visual state, the longer the image will be projected in the mind's eye. The more a person uses his power to visualize, the greater control he will have over the skill. When you image, you become a projectionist capable of speeding up, slowing down or stilling a particular picture. The slowing down of the picture provides a detailed means to examine the elements in such a way that the individual gains new thoughts and emotional perspectives. (Bagley & Hess, 1984)

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### **Is imagery like meditation?**

Meditation, very simply, involves the following steps:

- (1) getting into an erect but relaxed posture, keeping the spine straight
- (2) becoming aware of the breath and beginning to breathe rhythmically
- (3) voluntarily concentrating on either a visual or auditory focal point to achieve one-pointedness of mind and
- (4) reaching a point of prolonged or perfect concentration, i.e., meditation. The primary difference between imagery and meditation comes with the fourth step. Imagery puts the imager in control of a problem solving situation, looking for options, symbols, etc. in the images experienced. Meditation quite often begins with the same object of concentration and leads to the release of powerful forces stored in the unconscious in the form of revelations or realizations. (Satchidanada, 1975) After meditation, a feeling of calm remains. The same is true of imagery. Also present is sometimes a need to create or be productive. Because the body is relaxed and the mind is focused,

influences outside of himself, in the COSMOS.

Again, the implications are that we, as educators, can create new ENVIRONMENTS to be explored. With training, students can learn to build greater layers of MEANING and greater levels of AWARENESS with regard to the world around them. A supportive environment that encourages creative expression of original ideas will heighten MOTIVATION for future learning and reinforce positive FEELINGS about the self.

## Multidimensional Interactive Creative Imagination Imagery Model

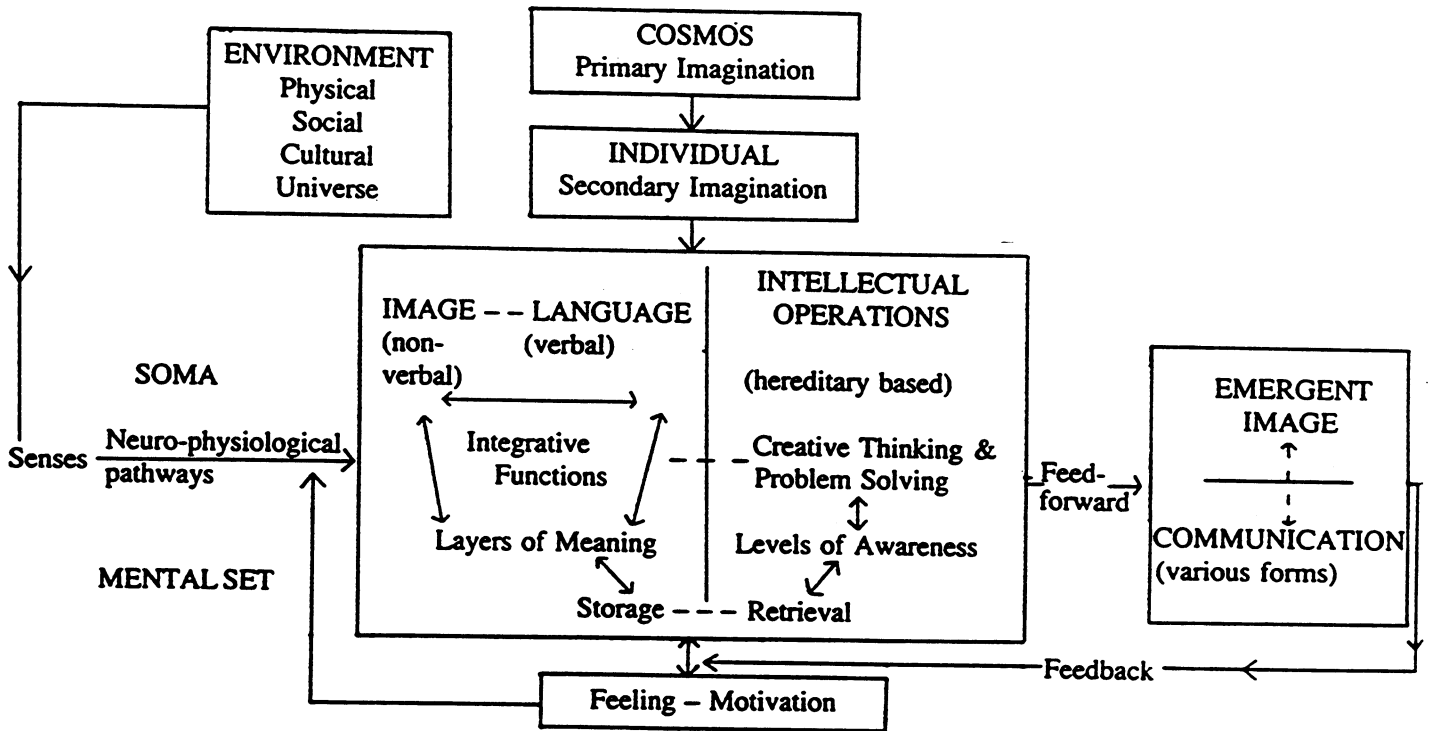


Figure 1-1

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