



By author, Q.C. Ellis

Visualisation is Using Your Imagination

People often have misconceptions about what imagination is, so If you feel as though you do not have much of an imagination, don't worry. This kit will help.

Visualisation/imagination/fantasy doesn't have to be visual.

- It may be your inner creativity is biased toward audio, so you tell yourself how things look. I have a friend who sees the WORD for a colour (E.G., "red") rather than seeing the colour itself.
- It could be your imagination is biased toward feelings or sensations (kinaesthetic), so you get a feel of what things look like, or what's happening.
- It could be your imagination is biased toward having a sense (knowing) of what's happening.

Many people believe a visualisation (using your imagination) should be a full-colour, Hi-Definition, movie as soon as they close their eyes. This is incorrect. Ask any meditation master, and they will tell you; your visualisation (whether visual, audio, feeling, or knowing) will be:

- **Vague** — ephemeral or ghost-like.
- **Fleeting** — quickly disappears, sometimes so fast you don't notice it.
- **Representational** — so it may not look like the thing you wanted to imagine.
- **It is your mind** — therefore your way of imagining, so do not compare.

Enhancement

It is not that people are incapable of having any visual representations so much as not noticing them. These exercises help you to catch the fleeting, vague, dimly lit pictures flashing past your minds' eye. Many people have a bias toward a representation other than visual. This is simply a bias; therefore, you can enhance the visual side as well.

Remember, this is just about the visuals/images you see with your imagination. It is not a measure of how well you can 'visualise' since you may be either:

1. Dismissing or not noticing vague images that flash past too quickly.
2. Biased toward a different kind of visualisation other than just visual.

Do these exercises as often as you wish, until you feel your visualisations have more visual elements. The first time is your baseline, so keep a record of how much you notice, with the 0-5 measure.

0-5 Measure

Give yourself a score related to how much visual elements you can imagine. For instance, in exercise ONE, you are asked to imagine an animal. Let's say you choose an elephant. If you get zero visuals, you give yourself a 0. This score is not about how good or bad you are at visualising — merely a score of how much you can notice right now.

0-5 Guidance

0	1	2	3	4	5
Zero visuals	Just caught a flash but couldn't make out what it was	Noticed something but not sure if relevant	Noticed a recognisable, <i>partial</i> image — very quick & vague	Noticed a recognisable image — very quick & vague	Able to distinguish recognisable images even though quick & vague

Exercises for Enhancement

For each of the six exercises that follow, do A and B.

- A.** *Look out for very fleeting, vague, ephemeral, image — even if you are unsure of what it is!*
- B.** *When something/anything appears, say “YES!” And get excited about seeing more.*

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- Remember an object you held in your hand today/yesterday (E.G., a cup/tumbler, phone/tablet, knife/fork, clothes/shoe, keys/steering wheel, pen/paper).
  - **How does it feel?**
  - **What colour is it?**
  - **Does it make a noise?**
  - **What is a similar shape or colour?**
- If your score is ZERO, do *exercise one* again but this time pretend you can imagine what this object you can remember looks like, and answer the questions.

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3. Hold a ball/apple/object in your hand(s). Look at it carefully, then close your eyes.

- **How does it feel?**
- **What colour is it?**
- **Does it make a noise?**
- **What is a similar shape or colour?**

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4. If your score is ZERO, do *exercise three* again but this time pretend you can imagine what this object you can remember looks like, and answer the questions.

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5. Think of an animal/plant/person.

- **How does it feel to think of it/them?**
- **What colour is he/she/it?**
- **What sound does it/they make?**
- **What similar animal/plant/person can you think of now?**

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6. If your score is ZERO, do *exercise five* again but this time pretend you can imagine what this animal/plant/person looks like, and answer the questions.

There is a handy worksheet on the next page to print and use to measure your progress.

*If you get the notion you are suppressing your imagination, contact Colin Ellis (see below) to find out if he may be able to help.*

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# Worksheet

## Guidance

| 0            | 1                                                     | 2                                          | 3                                                                 | 4                                                 | 5                                                                 |
|--------------|-------------------------------------------------------|--------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------|-------------------------------------------------------------------|
| Zero visuals | Just caught a flash but couldn't make out what it was | Noticed something but not sure if relevant | Noticed a recognisable, <i>partial</i> image — very quick & vague | Noticed a recognisable image — very quick & vague | Able to distinguish recognisable images even though quick & vague |

| Ex | 10 x <b>Score Your Exercises - 0-5</b> according to the guidance |  |  |  |  |  |  |  |  |  |
|----|------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|
| 1  |                                                                  |  |  |  |  |  |  |  |  |  |
| 2  |                                                                  |  |  |  |  |  |  |  |  |  |
| 3  |                                                                  |  |  |  |  |  |  |  |  |  |
| 4  |                                                                  |  |  |  |  |  |  |  |  |  |
| 5  |                                                                  |  |  |  |  |  |  |  |  |  |
| 6  |                                                                  |  |  |  |  |  |  |  |  |  |

Watch how you improve...

| Ex | 10 x <b>Score Your Exercises - 0-5</b> according to the guidance |  |  |  |  |  |  |  |  |  |
|----|------------------------------------------------------------------|--|--|--|--|--|--|--|--|--|
| 1  |                                                                  |  |  |  |  |  |  |  |  |  |
| 2  |                                                                  |  |  |  |  |  |  |  |  |  |
| 3  |                                                                  |  |  |  |  |  |  |  |  |  |
| 4  |                                                                  |  |  |  |  |  |  |  |  |  |
| 5  |                                                                  |  |  |  |  |  |  |  |  |  |
| 6  |                                                                  |  |  |  |  |  |  |  |  |  |

## Colin Ellis



Colin is known as a meditation maverick and has been studying meditation for over 23 years.

Highly renowned monks from various Buddhist traditions have guided Colin while on long retreats. His path was not to stay within a Buddhist tradition, but his pursuit of Enlightenment and continued insights haven't stopped.

Over the last two-and-a-half decades, Colin has made more mistakes in his practice than he can count. Yet, he kept going, and has been on retreat longer than some monks. Now, he guides new and regular meditators so they miss-out on the head-banging frustrations he went through.

If you want a Meditation Teacher who has deep, practical experience of the practices (not just from books or a tradition), connect with Colin.

As the Lead Trainer at Meditation Teacher College he mentors aspiring teachers to awaken, so they may authentically inspire their students.

Having been on a journey of recovery from chronic stress, panic attacks and depression, he knows what it's like to fight for your sanity. The tools he found work best are those that don't have the mind battling itself. As well as meditation and mindfulness, Colin is qualified in several pioneering psychotherapies.

## Connect with Colin

[ColinEllis.info](https://ColinEllis.info) for social media and other links

[ColinEllis.info/discovery](https://ColinEllis.info/discovery) for a free chat about how Colin may be able to help

See Colin on the [MeditationWellbeing.app](#)  
or subscribe to his [All One Planet newsletter](#)