

A Transformational Imaging Process

The following exercise (Part A) is designed to strengthen your ability to internally represent visual, auditory and kinesthetic imagery. (The term “kinesthetic” is used loosely to convey ANY feeling state, such as tactile or emotional.) This is useful for ITP practitioners because it offers support in creating clear, vivid imagery in the practice of Transformational Imaging while working with affirmations. The imagery training was created by Dr. Milton Erickson, a world renowned hypnotherapist, who at one time was a scholar-in-residence at Esalen.

Dr. Erickson’s exercise will be followed by a modeling process (Part B) drawn from NLP (Neuro-linguistic Programming). This will entail a two-step process which first involves creating a vivid 3-D mental movie that best represents the actualization of your affirmation. You will be seeing and hearing yourself in any scene of your choosing that exemplifies your desired outcome. Use vivid imagery - big pictures, bright colors, loud sounds. Witness the successful outcome of your affirmation! Secondly, you will create a Virtual Reality experience, imagining yourself fully immersed in the scene. Engage ALL of your senses, including taste and smell. Make it come alive!!

You will want to begin this session by choosing an affirmation that you’d like to work with.

(Part A)

First, be aware of your feet on the floor, take a breath and relax.

I’m going to alternately ask you to open your eyes while engaged in the present moment and to close your eyes while you are “inside” remembering. We will be moving through this imagery quickly, spending just 10-15 seconds on each example, so don’t get hung up on remembering the perfect image. Just relax and allow the process to unfold.

With eyes open, find a place to focus on and notice 3 things visually. Closing your eyes, remember seeing 3 different things from your past (not what you just looked at!). Perhaps your favorite bicycle or family pet - whatever you wish.

With eyes open, notice 3 different sounds in your environment. With eyes closed, remember hearing 3 different sounds, perhaps a train whistle or a church bell, anything will do.

With eyes open, feel 3 different things either tactile or emotional. With eyes closed, remember feeling 3 different things.

With eyes open, while gazing in the same general direction as before, visually notice 2 different things. With eyes closed, remember seeing 2 different things from your past.

With eyes open, notice 2 different sounds in the room. With eyes closed, remember hearing 2 different sounds.

With eyes open, feel 2 different sensation in the present, With eyes closed, remember feeling 2 different things.

With eyes open, visually notice just 1 thing. With eyes closed, remember seeing 1 image.

With eyes open, listen to just 1 sound. With eyes closed, remember hearing 1 sound.

With eyes open, feel just 1 sensation. With eyes closed, remember feeling 1 sensation.

(Part B)

Now, keeping your eyes closed, allow your chosen affirmation to come to mind. Begin to create a 3-D movie that depicts your desire outcome. Witness yourself act out your Transformed State in vivid detail in any setting you so choose. I will allow several minutes for you to do so.

(Allow several minutes of silence)

Now, fully immerse yourself into your chosen scene using ALL of your senses. Feel the reality of it. Allow it to make a deep impression on your inner self, right down to the cellular level! This is who you are!!

(Allow several minutes of silence)

Now, as suggested in The Life We Are Given, take a moment to feel into an attitude of acceptance, thankfulness, and alignment with God or the universe.