Seeing With The Mind's Eye: The History, Techniques, And Uses Of Visualization

Mike Samuels Nancy Samuels
en's the mind's eye to the inner world - whether as memories, fantasies, dreams, or visions. Over 100 illustrations. Read more. At any rate this oversized paperback is exactly what its sub-title promises "The History, Techniques, and Uses of Visualization". It is also far more than that - comprehensive and far-reaching, with many beautiful black and white illustrations as well as color plates of some of the world's great art from different cultures and different periods of history. Definitely in the "must have" category of classic reference books. Anyone interested in, or practicing guided imagery, creative visualization, self-hypnosis, shamanic journeying, etc. would be well served by reading The mind prefers images to abstract ideas, and can retain vast numbers of visual clues. Just as advertisers bring concepts to life with key images, you highlight the important points in a batch of information and assign each of them an illustration. Memory and place are closely linked. You can use your trained memory to organise your life: to see the day-to-day facts and figures, names, times and dates, but also to keep in touch with your long-term goals. By understanding the way your mind works, you can make yourself memorable to others. Cicero, perhaps the greatest orator in history, is reputed to have used this technique to recall complex legal arguments, addressing the Roman Senate from memory for days on end. The finding suggested that MX used a different strategy than the controls did when tackling the visualization tasks. An extensive literature search on the inability to form visual imagery offered little help in understanding MX. The first mention of this phenomenon was apparently Francis Galton's study from 1880. The British naturalist asked 100 adult men to talk about the table at which they ate breakfast each morning. Many people with aphantasia realized only after Zeman's studies were published that there was such a thing as seeing with the mind's eye. Many also found it comforting that there was now a name for something that distinguished them from others. They had found it hard to describe in words their inability to visualize.