Noetic practices or tools that make use of the imaginative function of human consciousness.
Visualization

The ability to see something in the “mind’s eye”

The power of visualization has been demonstrated through research in areas such as:

- Mind-body connections
- Physical Rehabilitation & Performance
- Health & Healing
- Learning
IMAGINE PRACTICES

Visualize: with the Five Senses
- Sight
- Sound
- Smell
- Taste
- Sensation
- Plus, emotions/feelings

Other Examples:
- Daydreaming
- Memories
- Dreams
- Creative arts
- Vision boards
- Writing
- And so on...
IMAGINE and Your Moonshot

The ability to conceive of what we want to move toward

- Intention
- Inner desire
- An energetic outward movement
IMAGINE and Neuroplasticity

IMAGINE practices can change the brain!

- Supports us in creating personal transformation
- Helps us gain comfort with new and novel ideas and circumstances