

Creative Visualization

Dorothy Sayer, a well-known British essayist and aesthetic theorist, talked about getting in touch with her insight through creative visualization, with a perspective on truth and beauty. According to her method, you begin with some simple meditation. You must calm yourself, removing any concerns, distractions, and hang-ups. If you have to write for a few minutes about the problems of the day in order to get clarity, do that. It's important that your mind be at peace. Be in a place of solitude and get into a posture that is comfortable. The position of your physical body pre-conditions the thoughts you will have – sit up straight to channel peace.

Then begin paying attention to the details of your surroundings, appreciating and accepting the changes in your environment, in your physical body, and in your inner self. Into this stillness, picture in your mind the topic. However you can, try to project yourself outward, "being in a place with the topic." This means that you are trying to actively participate in an imagined *event* about this issue. Then, you must "convert the event into an experience." Stop seeing the event as a thing that is happening "to you" and begin thinking of it as "something happening *in you*." This shift is a huge difference. Internalize and feel on your own skin those thoughts and feelings you want to communicate to others. This is the moment where inward vision can occur.

Insight happens as you become able to express in words, to your own mind, the feelings that you're having. Sometimes these are feelings of warmth, of color, of motion – your body has become an instrument through which perception is flowing. All the different ways that your body has of experiencing things first-hand can become subtly engaged as you re-experience something or create a new experience. You may hear yourself talking, or imagine yourself moving. Then the words come, to describe these imagined, created ideas in a way that feels like an expression of first-hand experience. It feels like a real person – it feels like you. After the language comes to your own mind, you can relate the meaning and message to others.

If you project yourself into the center of your experiences and concerns, you can write them from the inside out, not from an external perspective. Whether or not it ever actually happened to you in life, it is happening *now*, within you. The focus is not on explaining it to another person, but on appreciating your life for its inherent meaning before you start generalizing the force out of it. If you remember and tell specific details through your six senses, then the writing will sound real because it reflects more of the moment when you realized the truth.