

Lesson One: Creating Your Canvas

We begin our section on visualization without meditation, by sitting in a quite, comfortable place in front of a blank wall. Try to remove all objects that are within your visual field that may distract you. It doesn't matter what colour your wall is, as long as the colour or pattern itself isn't distracting. It's easier to achieve the "blank canvas effect" if you are in an evenly lit area and the wall is relatively smooth.

As you breathe in and out, relax your body and clear your mind without closing your eyes. Try not to stare at the wall, but past it. All surface features of the wall should blur and disappear until you are only left with the base colour. Let the wall become the blank canvas you first imagined when meditating.

Try to remain seated like this for a minimum of 30 minutes before moving to the next lesson.

Lesson Two: Simple Shapes (If colours are easier for you to see, try lesson three first)

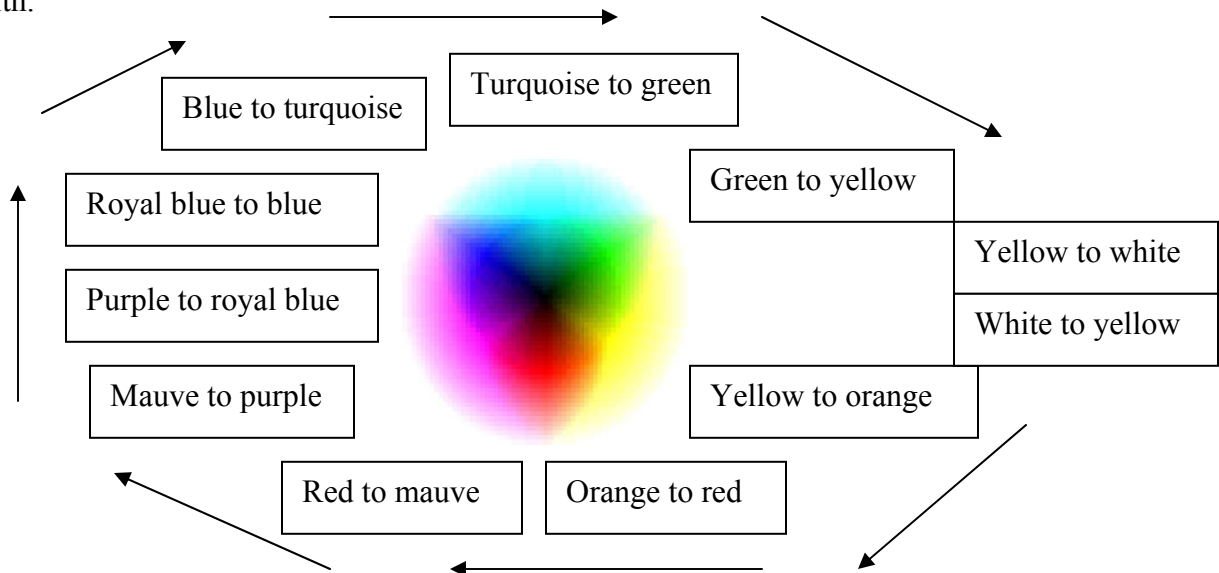
Sitting again in front of the wall, we clear our minds and allow the wall to become a canvas for this next step. Begin with a simple geometric shape – a circle is usually easiest. Once you have the shape well formed, begin morphing it into other shapes just like you did during your meditations.

From the circle, work towards a square by imagining the sides flattening out. Next, elongate the square and make it a rectangle. From a rectangle turn it into an ellipse, then back into a circle.

Don't worry about colours for the time being, just work on changing the shape. Once you feel comfortable with this step move on to the next.

Lesson Three: Simple Colours (If shapes are easier for you to see, try lesson two first)

After studying the colour wheel below, try and find the colour you wall most closely matches. Follow the wheel counter-clockwise until you return to the colour you started with.



Now, sitting in front of your canvas, use whatever colour the wall happens to be as a starting point for this exercise. Try and visualize the colours changing. Move through the colour wheel until I get back to the colour you started with.

As in the meditation exercises, this is not as easy as you might think. It takes a lot of control, but you must master the changing colours and changing shapes before moving on to lesson four.

Lesson Four: Further Visualizations

In lesson four we take what you've accomplished in lessons two and three a step further by combining colour and shape.

Colour into Shape Visualization:

Now that you are comfortable visualizing colours try to manipulate them further. Begin by visualizing two colours at once, like a split screen. If you begin your colour visualizations with white just push one side to the middle so it reveals a different colour (black for example) 'below' or 'behind' it.

Next, try creating this split from both sides then from the top and bottom and along the diagonals. When you have this down, make the split expand out from the centre. The shape of the last split isn't important, but most people find either a square or circle easiest.

Now that you have a shape visualized, change its colour by going through the colour wheel in that one space only, while leaving the surrounding colour unchanged. Once you can do that, changing the shape will be easier than you would imagine. Use the shapes exercise from lesson two to move through an easy sequence.

Shapes into Colour Visualization:

Usually people who can visualize shapes see them as white outlines. Because of this, the first thing you have to do is look at the outline of your shape and visualize the outline getting thicker. Thicken it up until it turns the outlined shape into a solid.

Now look at the colour of the solid shape... It is a colour, whatever it is... You see, shapes people could always visualize colour, they just don't recognize it as a colour for some reason. Once you recognize the colour, try and change it slightly to a similar colour. Stick to the pastel colours until changing them becomes more comfortable. When you are ready, deepen the colours until they are vibrant. Refer back to lesson three and the colour wheel exercise and give that a go.

When this becomes easy, change the colour of the background your shape has been sitting against. Again, slowly work through the different colours until you are comfortable.

Lesson Five: More Shapes and Colours

Now that you can change shapes and colours it's time to expand your visualizations to include more than one shape. It may sound simple enough, but as I'm sure y'all know by now, it's far from easy.

Visualize the shape and colour you feel most comfortable with then split it in two. I've always used the image of cells separating to help me see the shapes split. It may help you as well.

Once you have two of the same shape, try moving both shapes through a changing pattern. Then try changing the colours. Next try a different colour on each shape. Move on to two different colours on changing shapes; then finally work on changing shapes and colours.

Lesson Six: Complex Visualizations

Now that you can easily visualize a number of different shapes in different colours you're ready to move on to objects.

Before you begin your meditation, look around your room and select a simple object. It should be as basic a shape as possible, like a shoe or a book. Study it. Take in as many details as you can. Remember its colour, its texture, and its dimensions.

Begin your meditation and use the previous lessons as exercises to warm up your visualization skills. When you are ready, visualize your object. Concentrate on its details. When this is accomplished, try to visualize another object. The next object need not be something from the room around you. Try creating an object of your own.

Change objects as many times as you wish, but remember, the whole point of this lesson is to accurately visualize an object in all its detail. If you are just zipping through a list of objects, you've missed the point.

Lesson Seven: Interacting with Objects

During lesson six we began visualizing simple objects in full detail. Today we visualize ourselves touching an object.

When I say detail, I mean detail... My favourite simple object has always been a hard cover book with a heavy textured material cover and leather binding. It measures about 10" x 12" and every one of the 1300 pages is edged in gold. The title of the book is also etched into the cover with gold leaf. Needless to say, it's heavy.

Start by visualizing your object in the same sort of detail. When you have it, imagine its weight; how the texture of it would feel in your hand. Finally visualize it in your hand. Hold it up. Turn the object in your hand and look at the opposite side.

Lesson Eight: Creating an Environment

Now that you have managed to interact with your visualization it's time to expand it out and create the rest of the surroundings... After all, objects just don't float around right? Well not unless your skilled in levitation... ;o}

As you enter the level of meditation where you would normally begin visualizing objects, start instead to instead build a scene. I like visualizing a clearing in the woods, so for me the easiest thing is to begin my visualization from a green background. If you want to try a night scene, a black background might be better to start from. Regardless, just decide on the scene and pick the predominant colour.

Out of my green background I start with a single blade of grass in all its detail. It's a beautiful vibrant green because the Sun is shining down upon it. Then I start to add it neighbours. As I back away (make the grass seem further away) I can see more of the clearing and more grass. I add different grasses to the scene, some taller, some shorter... Some are browner and drier than the others. There are small wildflowers sprinkled throughout in a range of different colours. The Sun is warming them all. They sway in a light breeze. Slowly I continue add to the scene. Soon I've reached the edge of the woods, but before I can see the trunks of the trees I see the shadow the trees cast on the grass. The shadow moves with the breeze allowing the smattering of Sunlight poking around the edges of the moving leaves dance. Further past the edge of the shadow, it gets darker. Soon I can see the shadowy outline of the tree trunks. I keep expanding the scene adding more and more to it until I can see the entire tree; then the other trees beside it, all moving in the breeze. Above the trees, the blue skies finish the scene.

Now that you have a picture, look around; slowly as if it is you standing in the centre of the scene. Is there a path you followed in? Then add it. Are there birds? Hear them. Also start to hear the leaves rustling in the breeze. The breeze whispering through the grass. Don't forget to add smells - the wildflowers and grasses and trees. Does the breeze smell faintly of a distant ocean?

Lesson Nine: Visualizing As You Cast

The final lesson brings us to our goal; the ability to visualize the results of a spell as you cast it. Regardless of the spell you cast it can only become more powerful if you see the results in you mind.

Before you begin, think about the environment the results will happen in (if you can), or what the result would look like after the spell was successful. For example, your garden needs rain so you decide to work a weather spell (**Note:** Never try to do this type of spell on a large scale. You are affecting the lives of others by altering the weather. Keep the affects as isolated as possible.). Visualize your garden in the middle of a rainfall. How green the leaves are; the drops bouncing off the leaves; the ground becoming wet; the smell of the rain and the wet Earth, etc.

Cast your spell with this image in mind.