

Why Do You Want to Learn Visualization?

Create Your Memory-Palace: store a vast amount of information in it.

Reach Your Goals:

Peak Performance in Sports:

Perfect Speeches & Presentations practice speeches, interviews, conversations, social interactions

Meditate and Visit Your Sanctuary: visualization is a powerful tool for meditation and to relaxation. For instance, you can take a walk in your mental sanctuary or relax on your dream

Induce Lucid Dreams

Start Good Habits, Break Bad Habits

Principles of Visualization for Maximum Success

Relaxation : Critical to open your mind's eye is deep relaxation.

Calm Eyes

Eyes Opened & Eyes Closed: Practice with eyes opened. Practice with your eyes closed. Test both variations frequently.

Playfulness: At all times, if you can do so, maintain a playful attitude. As it is with learning anything else, trying too hard and keeping it too serious can stunt your progress.

Experiment, Experiment, Experiment: Don't just do what you read here. You came up with new ideas? Found a different aphantasia cure? Good. Give it a try. Visualization is elusive, and everybody is different. So, if you find you get better results using a different approach, please keep at it.

Frequency: Practice periodically during your day. People who visualize naturally, exercise their imagination-muscle routinely during all kinds of activities.

Sense, Touch, and Feel:

it is you want to visualize, make an effort to involve your mental hands, your imaginary feet, and all body parts. Run your fingertips over surfaces, squeeze things, stomp your foot onto the ground, dig your nose into objects, etc. In fact, engage all your senses.

Keen Observation: The reflections of light, shapes, angles, colors, textures, spacial relationship to objects in proximity, and so on. Also, grab that glass, feel its weight, roll it between your hands, and so on. Stronger mental impressions lead to more explicit mental representations.

Leading with Mental "Ideas":

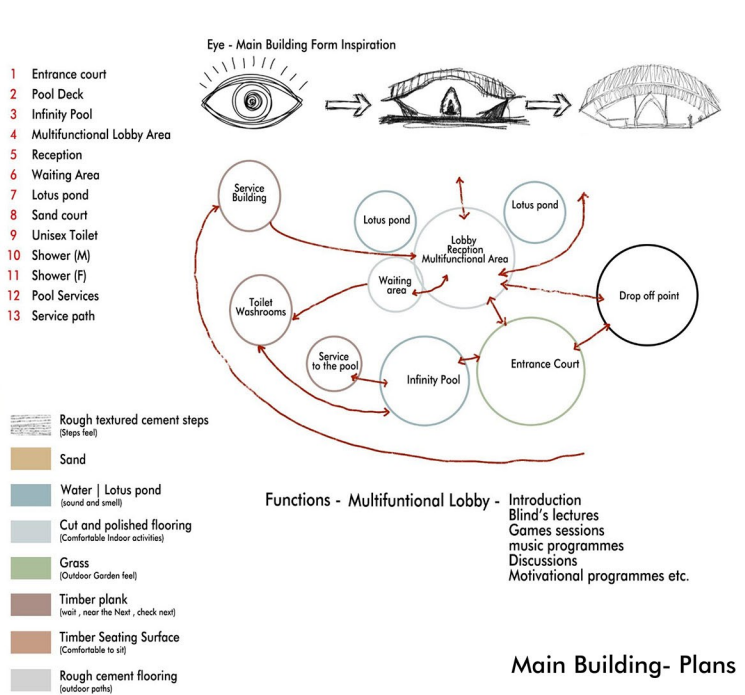
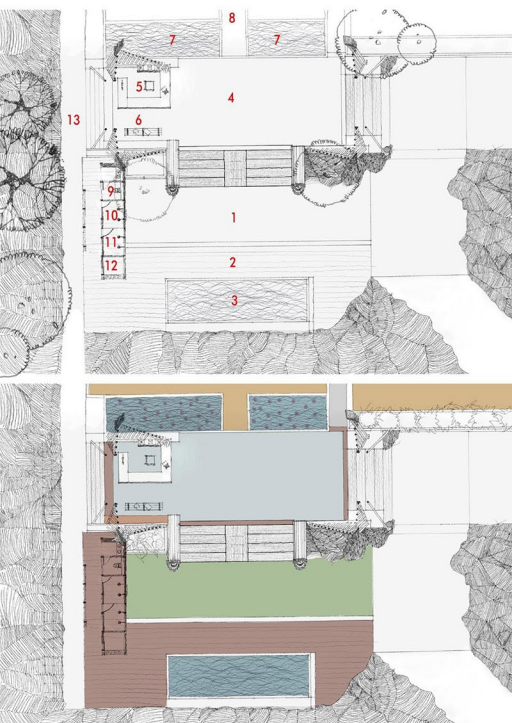
Forget about seeing images once in a while. Just think about the idea of how something would look like. What's the color of your door? Keep your eyes open as if you're daydreaming and let your mind wander over its entire surface for a minute. Are there any small details on it? Like a nameplate or some decoration? Can you describe it? Can you somehow sense its appearance?

This is your mind's eye at work. Even though you might not see your entrance like a mental photograph yet, you form an idea-construct of it

Movement : When you practice, try moving your mental focus around. E.g., when you visualize a dice, trace its contours continuously keeping your focus in motion

Detailed Programme Routine

Day	Activity	Space	Blind / Without Blind	Purpose	Outcome
1	Appointment Register	Reception	WB	New Way of meditation, Stay for the session, How to adapt to the programme	Blind's Meditation Programme
	Accommodation	Dormitory	WB		
	Introduction to the blind's Programme	Main Building	WB		
	Introduction Spaces	Main Building	WB		
	Adapt to the site conditions	Whole Area	WB		
	Provide meals from center	Kitchen	WB		
2	Morning wakeup	Dormitory	WB	Get in to the programme, mind bending , Meal , Mind Focusing, Adapt to the conditions	Relax , Think, improve visualization of the brain
	Preparing breakfast	Kitchen	WB		
	Sweep	Sensorial Garden	B		
	Breakfast	Kitchen	WB		
	Fun Games Gathering	Multifunctional Area	B		
	Music Therapy	Multifunctional Area	B		
	Lunch Preparation	Kitchen	B		
	Lunch	Kitchen	B		
	Walking Session on Sand Paths	Sensorial Garden	B		
	Fish Therapy	Sensorial Garden	B		
	Bath	Infinity Pool	WB		
	Dinner preparation	Open Kitchen	B		
	Dinner at night Garden	Night garden	WB		
Sleep - Think day routine	Dormitory	B			
3	wakeup	Dormitory	WB	Continuing the Programme	how to use senses for cooking
	Preparing breakfast	Kitchen	WB		
	Sweep	Sensorial Garden	B	Pattern of the head	Mind therapy
	Yoga	Front Garden	B	Change the mind	Relax
	Breakfast	Kitchen	WB		
	Lecture about sensations	Sensorial Garden	WB	For next session	How to handle feelings, adapt to the conditions
	Walking with smells sound wind	Sensorial Garden	B	Adaptation	mind practicing
	Lunch	Kitchen	B		
	Game	Sensorial Garden	B		change
	Infinity Pool with Music Healing Programme	Front Court	B		relax
	Dinner	Kitchen	B		
	Bonfire	Night Garden	B	Fun Activity	change
	Sleep - Think day routine - Lucid Dream Programme	Dormitory	B	mind	Create a memory and live with it
4	All Normal Routine		B		
	Motivational Programme	Multifunctional Area	B	motivation from blind's life	How reach goals
	Sense Touch and feel Programme		B	make an effort to involve your mental hands, your imaginary feet, and all body parts. Run your fingertips over surfaces, squeeze things, stomp your foot onto the ground, dig your nose into objects, etc.	engage all your senses
	Experiment Programmes		B	Leading with mental ideas	Mind's eye at work
	Sleep - Think day routine - Lucid Dream Programme	Dormitory	B	improve the Mind eye	Mind's eye at work
5	Same Routine		B		
	Sharing Experiences	Sensorial Garden	WB	Memories	final outcome with how to improve visual brain and how to continue it
	Tips and Tricks Programme	Main Building	WB, B	to continue therapy	
	End	Main Building	WB		
Weekends	Special counselling		WB,B	special patients , help to improve visual brain	to continue progress

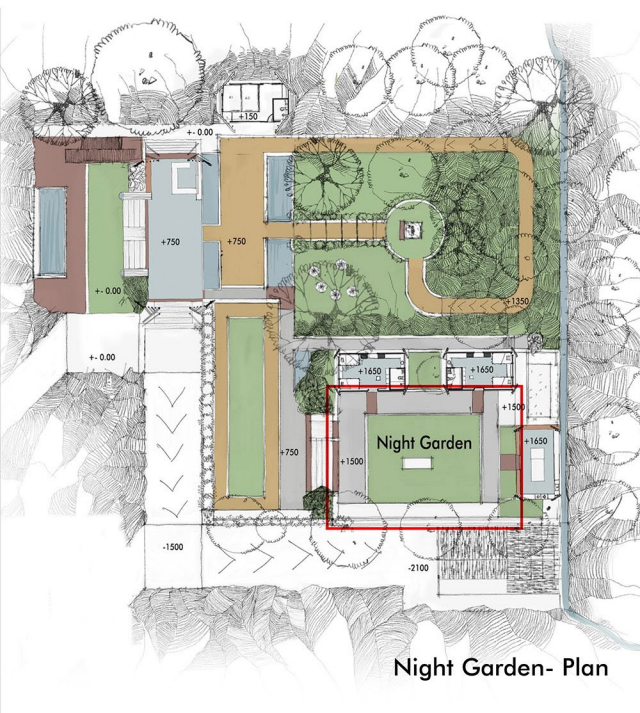
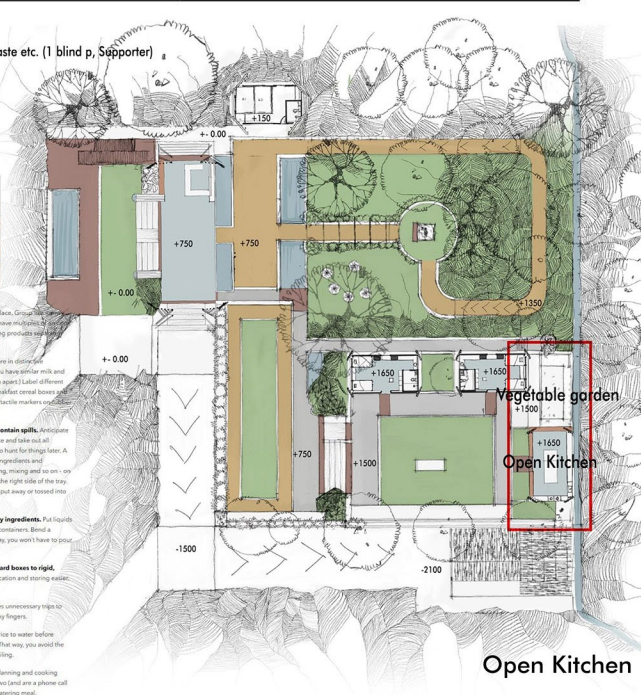


Activities (Programme Routine) - How blind's cooking, choosing ingredients , smells, feels, taste etc. (1 blind p, Supporter)

- Day 1 - Without Blind - provide meals from meditation center
- Day 2 - Without Blind - Preparing Breakfast - Adapt to the the surrounding and appliances
- Blind - Breakfast - Blind's programme
- Blind - Lunch , Dinner preparation
- Without Blind - Dinner at Night Garden
- Day 3 - Without Blind - Preparing Breakfast , having breakfast
- Blind - Lunch , Dinner
- Blind - Bonfire at Night garden
- Day 4 - Blind - All blind meals
- Day 5 - Blind - provide meals from meditation center



- Organize the kitchen. A place for everything and everything in its place. Group together and store items close to where you'll use them. If you have ingredients from one area behind the other one the shelf, don't be sure to store things properly on the shelves.
- Be smart about labeling foods. You don't need to label items that are in glass jars or plastic containers in your fridge, just a rubber band on one to tell them apart. Label all of those containers that aren't in glass, but that you need to use. Label all of those containers with oils and vinegars. Use labels on large plastic bottles and rubber bands, rather than paper labels on a box.
- Use a cafeteria tray at your prep area to organize materials and contain spills. To make things easier, use a small tray of prep area. Use a small tray to hold all of those ingredients and supplies before starting to cook so you don't need to hunt for things later. A simple method of organizing is to place all of your stuff on the tray. Organize and use the tray. After using an ingredient or piece of equipment, move it to the right side of the tray. When you're finished cooking, all the items that need to be cleaned, put away or restocked, the tray will be in one place.
- Use nesting measuring cups or spoons for measuring wet and dry ingredients. To keep things easy, use small amounts of each to make it easier to measure them out. Blind is a measuring spoon to function as a table to measure them out. That way, you won't have to pour liquid into a small space.
- Transfer dry ingredients from paper bags, plastic bags or cardboard boxes to right, labeled plastic or glass containers. This means measuring, identification and storing. It also discourages kitchen pests like weevils and ants.
- Keep a wet towel at your prep area to wipe fingers. This is an essential safety step to keep you and others safe from touching things with wet or oily fingers.
- Play it safe with boiling water. Add ingredients such as pasta and rice to water before boiling and remember to add a few minutes to your cooking time. That way, you avoid the potential scalding hazard of adding items to water that's already boiling.
- Don't be afraid to cook something new. Be creative! With good planning and cooking, blind people can cook anything. When using a kitchen scale or measuring cup, always ask if you have questions, you're ready to cook your next mouth-watering meal!



Activities

Sweep - Without Blind / Blind - mind Bending exercise | brain wash



Morning Yoga - Blind - Relax - Be blind , feel sun bath and heat up the body How mind focusing to be relax

