# 4 Useful Creative Visualization Exercises that Work

Creative visualization is the process of creation, management, and projection of images using the mind. The practice of creative visualization can significantly improve your mental and physical sight to help you manifest your dreams and goals into reality. However, like with any skill or practice, the art of creative visualization can be better developed through regular activity and exercises. Here are four useful creative visualization exercises that work.

**The Image of a Candle**

For this exercise, you’ll need to find a quiet and dark place to practice. Sit down in a comfortable position, either in a chair, on a mat, or a cushion. Start to breathe deeply and slowly and relax in front of a lighted candle. For several minutes, direct your attention to the flame. Closing your eyes, hold the image of the candle in your mind for as long as you can. Repeat this exercise regularly to increase the amount of time that you can keep the detail of the flame in your imagination.

**The Image of an Object**

Select an object that you are familiar with and study its form. Make sure that the room that you are in is bright enough to bring out the full details of the object. Carefully examine the object for some time, then close your eyes and try to recreate the features of the image in your mind. Once you've been able to keep the object in your mind for a time, then you can start to manipulate it in your head.

**The Memory of Other Senses**

Sit down in a comfortable position and monitor your breathing as you begin to relax. Listen to the simple sound of a nearby clock or fan. Remove the source and try to hear the precise sound in your mind. Repeat the exercise using tactile experiences and scents. This exercise will work to help you develop your ability to reproduce images, not just visually, but with your other senses as well.

**The Photograph**

Select a photograph. Carefully look at the picture and try to capture every detail. Close your eyes and create a mental memory of the picture. Now, place yourself into the image. Pay attention to your feelings. What do you see, hear, smell, feel, and taste? Are you alone or are there other people in the picture with you? Let the entire experience unfold as you study it.

Creative visualization is an age-old technique that is used by millions of people to manifest their heart’s desires. It is a skill that you can develop and strengthen with these four exercises and regular practice.