Seeing With The Mind's Eye: The History, Techniques, and Uses of Visualization

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The finding suggested that MX used a different strategy than the controls did when tackling the visualization tasks. An extensive literature search on the inability to form visual imagery offered little help in understanding MX. The first mention of this phenomenon was apparently Francis Galton’s study from 1880. The British naturalist asked 100 adult men to talk about the table at which they ate breakfast each morning. Many people with aphantasia realized only after Zeman’s studies were published that there was such a thing as seeing with the mind’s eye. Many also found it comforting that there was now a name for something that distinguished them from others. They had found it hard to describe in words their inability to visualize. First, before using visualization techniques, we have to believe that what we want out of life is possible. This means we have to learn to think of ourselves as no-limit people. Sound easy? Getting ready to use visualization techniques for success requires a bit of preparation. We need to quantify, clarify, and simplify our dreams. All this means is that we have to write down what we want and how we plan to get it. When you first try this exercise, if all you see is a blank screen in your mind’s eye, do not get discouraged. With more practice at another time, you will see the apple clearly (and taste it). Once you have mastered the apple exercise, pick a person you know well to visualize. Focus on all aspects of this person.