

## Practicing imagery

***The ability to imagine improves with practice. Imagery is most powerful when it is vivid, nuanced and multi-modal (uses all your senses).***

An exercise to develop your imagination can consist of a list of items that evoke sight, hearing, smelling, taste and touch. You can also create a scene or story. Make sure you are comfortable and undistracted.

### **Example**

Sit comfortably, close your eyes and be aware of your breathing.

Imagine a fruit tree. What kind of tree is it? Imagine walking around the tree. Notice the colours, shapes of the parts of the tree, how the light reflects.

Feel the bark with your fingers. Take a piece of fruit from the tree and smell and taste it. What does it smell and taste like? What else can you smell?

Listen. What sounds do you hear? Become aware of the wind – how it feels on your skin, how it affects the movement of the leaves and branches, how it sounds.

Spend a few moments watching, listening, feeling, touching and tasting in your mind.

*Which things were easiest for you to imagine?*

*Seeing an image? Hearing sound? Touching? Tasting? Smell?*