



DEVELOP YOUR 5 SENSES IN YOUR IMAGINATION

When visualizing, replicating the stimuli of our five senses enhances the vividness and realism of the mental imagery. Neville Goddard emphasizes that the more detailed and immersive the visualization, the more it resonates with our subconscious mind.

This exercise focuses on enhancing the sense of sight through a tactile experience with different objects. Here's a six-step exercise:

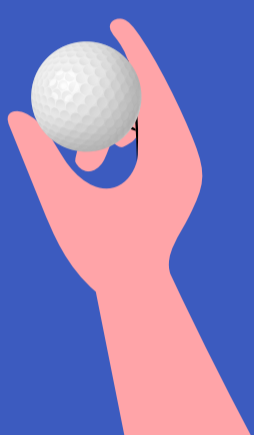
PREPARATION

Find a quiet space where you won't be disturbed. Sit comfortably and take a few deep breaths to relax.



1

2



GOLF BALL OBSERVATION

Begin by holding a golf ball in your hand. Pay close attention to its size, texture, and any details you can observe with your eyes open. Notice the dimples, the weight, and any other visual aspects.

TENNIS BALL SWAP

Now, switch the golf ball with a tennis ball. Observe the differences in size, texture, and appearance. Feel the fuzziness of the tennis ball's surface and note the contrast with the golf ball.



3

4



IMMERSIVE OBSERVATION

Spend a few moments with your eyes open, alternating between the golf ball and tennis ball. Take note of the visual details and the unique characteristics of each.

EYES CLOSED VISUALIZATION

Close your eyes and bring the image of the golf ball to your mind. Try to visualize it as vividly as possible, recreating the details you observed with your eyes open. Notice the color, texture, and any specific features.



5

6



TENNIS BALL VISUALIZATION

Repeat the visualization process with the tennis ball. Picture its size, the fuzziness of its surface, and any other details you observed. Try to distinguish mentally between the two types of balls.

This exercise trains your mind to create detailed mental images by first experiencing the objects in the physical world. By comparing and contrasting the golf ball and tennis ball, you sharpen your ability to visualize specific visual details. This heightened awareness and visualization practice can be applied to enhance your overall ability to create vivid mental images during more complex visualization exercises for manifesting your desires.



Neville Goddard Mystic Teachings:

www.truecosmic.com/academy

