

# THE POWER OF VISUALIZATION

by

MALKA MOHAMED ALZADJALI

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## Introduction

What is the power of visualization?

When a person visualizes, it is the mind thinking in imagery. The words turn into scenes. From the beginning of human life on this planet, human beings visualized. It started by visualizing animals or nature scenes and marking these visuals on cave walls, through story telling. This was done globally.

Eventually, visualization was about specific places, for memory by remembering certain landmarks and then using that prior perception as “landmark”, remembering specific landmarks such as trees or oddly shaped boulders, for example, tapping into that memory by creating that landmark in the mind.

As humans evolved, so did our mental capacity to have a mind that could receive. When humans started to create rituals and religions, as a species, we began to turn inward for the Divine and quiet the mind to receive messages from the Divine. As a species, we started “discovering” things within ourselves; images that have never been seen before, memories returning, creating new situations with known people, healing the body with nothing but the mind, etc. It was discovered that “seeing images in the head” could mean so many things from dreams to flashes of images to visualization treatments. It all affects our mind and body.

Visualization as it is used for more than just our spiritual needs in the modern world. Visualization has slowly gotten out of control. It is now usually used for more negative outcomes than positive if one does not understand the power of the mind within. People allow their ego to talk themselves into the worst-case scenario (e.g. making one believe that people are always thinking or talking about them in a negative way, etc.) due to a lack of proper education on life,

the Divine, and the metaphysical laws in life. This can take a toll on the mental imagery that plays within one's mind.

Visualization in Islam is not well known, so this author has started from the beginning of the religion. Eastern religions, such as Hinduism and Islam, have been existing side by side from at least the first century. Specifically, Shaivism has had a huge toll on Islam and how Islam is practiced today. It started when the Sufis (mystics of Islam) were introduced to practices of Buddhism, Tantra, and Shaivism in the Bengal region. Adopting practices and adjusting them to fit the Islamic culture, starting with *zikr* (reminding oneself or ritual prayer) and *namāz ma'kūs* (praying upside down) which led to a state of *fanā al-fanā* (the complete denial of self and the realization of God). It has been claimed that the Prophet Mohamed was the first to perform these practices and became the first evidence of Islam adopting practices such as meditation, mantra, and meditations that have the foundation of visualization (Stevens, Appendix: Certain Influences of Shaivism and Tantra on the Islamic Mystics, 183-184). In the modern world, much has changed *including* these practices. Questions such as “Does visualization exist in Islam?” and “Is visualization taught to Muslims?” shall arise.

This author will compare how Islam (the way it is taught today) views mystical Islam (Sufism) will be explored and its relationship to visualization practices from a mystical and general point of view. Personal experiences of Islam in the Muslim world and visualization practices will be shown.

Adding to this, fundamentals of visualization, such as what it takes, how visualization works in metaphysics and the modern world, correcting questions of “what do we visualize” to

“how do we visualize”, how prior mental perceptions can influence visualization, what it takes to manifest the mental imagery, and visualization in Islam will all be addressed

Using visualization practices, individuals can alter their life, manifest events and/or materials, and reprogram their subconscious minds to live the life they desire. This thesis will prove using visualization through the power of the God-Mind truly does work in everyday life as a spiritual practice and how it is used in religions such as Islam. Additionally, it will demonstrate how visualization can be done in various ways, and depending on the technique, it can make or break one’s life.

## Review of Literature

### **The God Mind**

Every human on the planet has a God Mind. This means that we create by what we see in our minds (*Masters, Bachelor's Degree*, 2:9) or we can change aspects of our life (the way we have been programmed) by taking it to the initial maker, God (*Masters*, p.2:14). The God Mind has the ability to heal the physical body through repeated and consistent mental imagery.

Calling on God from within is what the “God Mind” idea is. Our God Mind often comes through the barriers of our consciousness and gives us guidance. It will not be a thought that is connected to other threads of thought, but it surfaces through the layers of the subconscious and conscious without a chain of logic or reasoning supporting the thought. It just “happens”, this is called intuition.

Intuition can show up in countless ways: gut feelings, hairs standing up (goosebumps), knowing things before they happen, synchronicities, “bothering” reoccurring thoughts, dreaming vividly, clammy palms, etc.

### **Manifesting Through Mental Imagery**

What is mental imagery? It can be defined as the mind thinking in pictures (*Epstein, Creating Health Through Imagery*, p.3), or it is also known as visualization. You not only need to envision what is wanted to manifest it into reality but to give it your faith. When faith is put into it, it turns into hope for the future. Hope does so much for the human/God mind; it reduces stress and the feeling of being helpless, boosts happiness, and expands our quality of life. W. Brugh Joy, MD, says “Mental imagery is the basis of mental healing...visualization requires exquisite control over the portion of the mind that has the power to create objects, ideas, and

events” (*Joy, Joys Way, p.145-146*). To go even deeper, Joy explains that the mastery of the mind *can* and *will* take a toll on a person, whether is it a guided visualization or a free-willed visualization, it affects the body as a whole for humans are psycho-physical units. When working on patients, Joy describes his routine of performing body-field work by altering his state of consciousness, into a light state of meditation, then *imagines* energy flowing to the patient through his hands (173).

In Dr. Master’s book, *Spiritual Mind Power Affirmations: Practical, Mystical, and Spiritual Inspiration Applied to Your Life*, it can be seen throughout the entirety of this book, or at least every other affirmation, a visualization treatment to go with the affirmations. To further establish the programming of the conscious and subconscious mind, the mind *needs* to see it. This type of visualization programming further influences the subconscious mind (*Master, Spiritual Mind Power Affirmations, back cover*).

## **Faith and Hope**

Dr. C. R. Snyder, a clinical psychologist at the University of Kansas points out that having faith in a God or a higher power is connected to a reduced amount of depression, prevention in behavioral performances that aid the body to recover from dis-ease, and lack of pain when reacting to stress (*Levins, God, Faith, and Health, p.136*). Dr. Snyder continues to say that having hope in your life can act as a protective characteristic against physical and emotional dis-ease.

In Jeff Levin’s book, *God, Faith, and Health*, Dr. Harold G. Koenig, Duke psychiatrist, and researcher, has figured out how faith promotes hope. Dr. Koenig says that religious faith “provides a mechanism by which attitudes can be changed and life circumstances reframed.” Dr.



Koenig explains the eleven characteristics of faith, and how it may be associated with hope, which then leads to mental and physical health. This model was formulated based on the way that faith leads hope in the ways that Christianity and Judaism portray them (*Levins, p.138*).

These characteristics are:

1. Emphasis on interpersonal relations (*Levins, p.136-137*)
2. Stress on seeking forgiveness (*Levins, p.136-137*)
3. Provision of hope for change (*Levins, p.136-137*)
4. Emphasis on forgiving others and oneself (*Levins, p.136-137*)
5. Provision of hope for healing (*Levins, p.136-137*)
6. Provision of a paradigm for suffering (*Levins, p.136-137*)
7. Provision of role models for suffering (*Levins, p.136-137*)
8. Emphasis on sense of control and self-determination (*Levins, p.136-137*)
9. Promise of life after death (*Levins, p.136-137*)
10. Promise of ready accessibility (*Levins, p.136-137*)
11. Provision of a supportive community (*Levins, p.136-137*)

## **Self-Image**

Oxford dictionary defines self-image as the idea one as of one's abilities, appearance, and personality on a day-to-day basis (*Oxford, Self Image, n.p.*). Based off of one's state of awareness, if the language one uses in their head is not in any way positive or constructive, it only brings the self-image of the person down (*WebMd, Low Self-Esteem, n.p.*). This will determine if it can make or break someone's life for this is what is visualized within their God Mind.

One way to think about the self-image, in the case of visualization, is that it has nothing to do with the physical body or even physical life at all. Philosopher, Thomas Reid, explains that identity itself cannot be linked to our feelings (emotions, thoughts, pain, or any operation of the mind) and it cannot be linked to our material possessions (material wealth, health, strength, etc). Reid claims that what gives a person their identity is their personality, for when you remove a limb or take a physical possession away it does not change a person as drastically as one would think (*Hoy and Oaklander, Metaphysics: Classic and Contemporary Readings, p. 125-126*).

To break this down, Oxford dictionary defines personality as the combination of characteristics or qualities that form an individual's distinctive character (*Oxford, Personality, n.p.*). This would mean from the moment one develops (personality) traits that would make them uniquely themselves. It has nothing to do with the way one would look and what one would own, but more of what they are made of, intangibly speaking, according to Reid (*Hoy and Oaklander, p. 125-126*).

Adding to this, another Philosopher, John Locke, explains that personal identity is *strictly* consciousness. For "...consciousness can be extended backwards to any past action or thought." To have intentionality in life – meaning, to have the power of the mind and mental state to be about, represent, and stand for something – is to have the right mental attitude, and the right self-image (*Hoy and Oaklander, 127*). Consciousness identified is the state of being awake and aware of one's existence and surrounding (*Oxford, Consciousness, n.p.*). This would mean that identity would exist from the moment one is aware of their thoughts, emotions, sensations, memories, and the world around oneself; that it what gives a person their self-image.

Reid defines identity with what a person is made of intellectually, but not anything that is not permanent (thoughts, emotions, etc.). Locke defines identity exactly the same way Reid does, but *with* the thoughts, emotions, sensations, etc. There is of importance to how one views themselves, whether or not it consists of emotions or sensations, and for that there is a metaphysical reason for it (*Hoy and Oaklander, p. 127*).

Dr. Masters explains that the image one has within their mind of themselves reflects the condition of one's life. The self-image that one has of themselves makes or breaks their life and their potential, for the image is influence to the subconscious on what kind of energy is within their lives, where the energies flow, and how the energies affect one's life. Adding to this, if one's self-image is not positive, one's thoughts and emotions are what the self-image continues to build off of (*Masters, Masters 2:7-8*).

### **Modern Day Visualization Practices**

In the world today, there are influences everywhere from electronic devices (social media, advertisements, multimedia, global communication, news, etc.) to experiencing life around the world (people, billboards, animals, occasions in life, etc.). Franz Brentano, a German philosopher, calls this *Vorstellung* (*Hoy and Oaklander, 127*), a German word that translates: a mental image or knowledge produced by previous observation of an object, as in memory or imagination, rather than by actual observation (*Cambridge, Vorstellung n.p.*).

When we, as a species, take in all the world has to offer, multimedia, etc., it often distracts our mind from focusing because it imagines all the perceptions that was once absorbed, and this can affect the visualization process or treatment. (*Joys Way, p. 145-146*)

Metaphysical Practitioners get into a meditative space to connect with the God-Mind, once they achieve that they start the visualization process for their own benefit or the clients benefit (*Masters, Master's Degree 2:6*).

Olympic champion and two-time world champion, Lanny Bassham, wrote a whole book on how to succeed with visualization called *With Winning in Mind, The Mental Management System*, explains that there are five points to focus on; the point of initiation, attitude, direction, control, and focus. Point of Initiation is preparing yourself for whatever it is that is wanted to succeed in mentally and physically, and to think positively consistently. The Olympic champion explains that there is no wrong way of doing this, the only wrong that can be done is filling the subconscious with negative thoughts. The point of attitude is picturing and *feeling* what it is like to succeed, once this is done the subconscious moves your energetically towards success. The point of direction is the actual steps that it takes to succeed, in his case, it was taking the correct sight alignment and firing the rifle. The point of control, you take your concentration to the most serious part of the action, and to remain fixated on it. The point of focus is the last thing imagined, and that is the last step imagined before it is done (*Bassham, With Winning in Mind: The Mental Management System, p. 71-75*).

The two-time world champion also describes his seven mental principles that have action statements that correspond. These principles and action statements relate to the conscious (thoughts), subconscious (skills), and self-image (habits and attitudes) (*Bassham, p. 19-30*).

### **Not “What?” but “How?”**

The question often comes up as to “What do I visualize?” compared to “How do I visualize?”. With keeping in mind all the distractions of the modern world, as well as the way

people go about their lives and how they prioritize their life, the majority of the world suffers from a low self-image; about 85% of people globally (*Guttman, psychology today, n.p.*). How can this affect visualization?

The Amygdala looks at low-vibrational thoughts as “intimidators,” so the brain naturally sends information that reaches the adrenal gland which then releases stress hormones, also known as “stress responses,” through the sympathetic nervous system. This is important because the body cannot focus on its desire. It is concentrating on the fact that it needs to fight or flee or freeze a situation, rather than being relaxed and able to process the tasks to fulfill the desire wanted. When there is dis-ease within the mind, comes disease within the body (*Rankin, Proof We Can Heal Ourselves? n.p.*).

Maggie Philips, the author of *Finding the Energy to Heal*, explains that having negative future mental imagery can lead to psychological barriers that can interrupt the flow of energy through the body’s pathway. This creation of a block could no longer allow the body to heal (or manifest) on a physical, emotional, and spiritual level, which could lead to a decrease in healing and manifesting (*Philips, Finding the Energy to Heal, p. 113*).

### **How the Body Manifests**

Dr. Paul Leon Masters mentions in his book *Meditation Dynamics: For Self-Realization, Serenity, Intuitive Guidance, Success, and Mystical Illumination*, “Visualizations are God’s pictorial images being placed in your consciousness, for the purpose of attuning your body, mind, and soul to be in harmony with what is best for you,” (*Masters, 67*). This means that visualizations are generally Higher messages for Higher purposes in life. This can turn one’s life

around for the better by improving their quality of life or the complete opposite, to further terrorize one's life spiritually by listening to the ego over the God-Mind. (*Masters, 67*).

In the book *Healing with Body Energies* by W. Brugh Joy, M.D., he talks about what the human energy field is capable of. Joy clarifies that the human body is capable of turning food into energy, and the human energy field is also capable of converting energy into matter. An example he uses is how the body can ingest food and convert it into energy for the body. This is where visualizing techniques come into play and work in situations of physical transmutation, materialization, and dematerialization. He goes on to compare the body to The Philosopher's Stone, having the capability to alter other forms of energy into matter itself (*Joy, 149*).

This can be thought of how the body ingests food and digests the food into the body itself, giving the body fuel to survive and fuel for the brain to function. Or how some people can survive with just water and not much food. In a similar sense, it all depends on what the God-Mind is fed (*Joy, 149*).

Joe Dispenza, a researcher, and chiropractor who shattered his spine during a triathlon race in 1986, was told by doctors that his only option would be a risky surgery to be able to walk again. He left the hospital. Ignoring what was told by his physicians, he spent the next couple of months mentally and physically reconstructing his spine. He did this for two hours, twice a day by visualizing his intended result: a totally healed spine, by studying his x-ray of a shattered spine and an image of a totally healed spine. He fully recovered within nine and a half weeks without any professional help (*Barnes n.p.*)

*Healing Visualizations: Creating Health Through Imagery* by Gerald Epstein, M.D., shares the visualization techniques he has recommended to friends to use, for example, when

they have a cold. Or another example he gave was for a friend with a broken bone in her wrist who was told by an orthopedist that it would take three months to heal. Epstein told her to do a visualization exercise called *Weaving the Marrow* every three to four hours daily for about 3 minutes each time. Epstein's friend returned to the orthopedist for a scheduled check up on her broken wrist three weeks later. The orthopedist had no explanation for how her broken bone healed. The orthopedist had to re-examine the x-ray just to make sure that it was indeed the wrist bone that was broken (*Epstein, Healing Visualizations: Creating Health Through Imagery, p. 12-13*).

M.D.'s like W. Brugh Joy and Gerald Epstein, perform visualization practices to heal the physical body. Connecting the mind and soul to be one, which Western medicine has separated for over 300 years.

### **Brain Food Does Matter**

Aristotle was known to have thought that the sense of perception was a physical organ for a mental phenomenon to occur, to perceive the phenomena (*Hoy and Oaklander, 220*). In order for the mind to receive, it takes a physical toll on the body as a whole as for this physical organ could receive so much and at the same time process and digest what is currently happening, seeing an act of hate, and turning that act of hate into a feeling, for example.

The German word *Vorstellung* is also applicable here, for the theory of subliminal messaging can be used. The subconscious is known to hold memories and events that cannot even be recalled by the conscious mind itself (*Hoy and Oaklander, p. 217*).

A passage from the Emerald Tablet by Hermes Trismegistus says "That which is Below corresponds to that which is Above, and that which is Above corresponds to that which is Below,

to accomplish the miracles of the One Thing. And just as all things have come from this One Thing, through the meditation of One Mind, so do all created things originate from this One Thing, through Transformation.” (*Dungen, the Emerald Tablet, n.p.*). Translated from Arabic to Latin then English, it speaks on how what is within the mind can manifest onto the physical plane, for each individual’s subconscious is a reflection of their life, and the way their life is a reflection of their subconscious. (Croft, *Is Your Subconscious Mind in Control of Your Life?*, n.p.)

When given choices, the conscious mind can pick one between two. When the choices become more than two, and start to overwhelm the conscious, the subconscious takes control and chooses the option that would be more suitable solution. This often is never communicated to the conscious mind; it comes through as sudden vision or in dreams. This is another form of how what the mind is fed comes through as visualizations (*Hoy and Oaklander, p.217*).

### **Visualization In Islam and How it is Practiced**

Islam has been teaching, since the Sufi age, that practicing mysticism is *haram* (forbidden). As history has shown that everything builds from each other, Sufis globally have implemented Tantric and Shaivism practices and converted them to fit a more Islamic approach. These practices consist of controlled respiration, *zikr* (remembrance or mantra), *muraqabah* (meditation), *taffakur* (reflecting), and the existence of *nur-e Mohammadi* (Mohammadan Light); these were all once parts of the meditational yogic rituals. Sufism (Islamic mysticism) has even incorporated the *chakra* system (wheels of energy within and throughout the body) (Stevens, p. 184). Islam has replaced the head, which represents understanding, with Sufi imagery of the



heart as the resting place of the Islamic God, Allah, by simply visualizing the dislocation of the Tantric gods (187).

It was thought that visualization is to be *haram* because if the mysticism was used wrongly, one could hurt themselves. Surah Al Baqara (Quran 2:102) mentions how the *evil ones* were teaching men magic, and (2:103) adds how their *iman* (faith) in Allah would have protected them. In return, one receives an award from Allah for keeping their faith. Most websites or sources today will tell you that anything outside of what is taught by “mainstream Islam” is indeed *haram*. (Islamweb)

The Holy Quran uses both concepts and metaphysical imagery to communicate its message, thus creating mental imagery within the reader. Sufis globally use visualization, which is considered *haram* in what we can call “mainstream Islam”. When the Holy Quran is read, it is unavoidable to have mental imagery along with the recitation, to allow further understanding and to go deeper with the understanding of the Holy Quran (*Almenoar, Illustrating and Designing Quranic Imagery, n.p.*).

Sheikh Nurjan Mirahmadi from the Sufi Meditation Center speaks on how *salah* (prayer) is all energy-based. Islamic mystics use mental images of a *Sheikh* (a Muslim leader in the community), during meditation and visualize their heart centers connecting to raise their vibrational frequency and cleanse their spiritual body, to be filled with knowledge, and reach *fana'* (annihilation) (*Nurmuhammad, Step by Step Illustration on Islamic Meditation, n.p.*). When taught spiritual exercises, the Sufi advances to use visualization to further improve their *iman* (faith) by using mental imagery to visualize that every thought, every image and feeling,

combining it into the sensation of love, which is where Allah resides, within the heart (*Vaughan-Lee, The Sufi Meditation of the Heart, n.p.*).

In the Holy Quran, Surah Al-Baqarah (2:151) says, “A similar (favor have ye already received) in that We have sent among you a Messenger of your own, rehearsing to you Our signs and purifying you, and instructing you in Scripture and Wisdom, and in new Knowledge.” (*Qur’an, Abdullah Yusuf Ali, p. 10*) This verse in the Holy Quran explains that while in *salah*, the Muslims greet the Prophet Mohammed during *salah* (a ritual that is done in every single *salah* in Islam) they most often *don’t* see the Prophet Mohammed, for that is *haram* in Islam (forbidden to visualize the Prophets face), but what is expected to be seen is the *divine light* that radiates off of and from the Prophet Muhammad’s heart center or whole body, as seen in the part “... and purifying you...” (*Mirahmadi, n.p.*).

The “...Scripture and Wisdom and... new Knowledge,” is where the *nur-e Mohammadi* comes into play for the visualization practice. When a Muslim in *salah* is coming to an end of their prayer in the *qa’da* position, a Muslim says “... Peace be upon you, O Prophet, and the mercy of Allah and His blessings. Peace be upon us and on the righteous servants of Allah...”, when this is said, “mainstream Islam” says to keep your eyes shut and focus on the *salah* rather than the Muslim visualizing themselves in the presence of the Prophet Mohammed, standing behind the Prophet in prayer in the audience of Allah at one of the holiest places in Islam, Mecca, Saudi Arabia. Sheikh Nurjan Mirahmadi claims that you *must* visualize during *salah*, otherwise it is just a thought-based prayer that is only done on a physical and mental level, rather than on a physical, mental, and spiritual level (*Mirahmadi n.p.*).

Many Muslims globally pray very quickly because of the teachings of “mainstream Islam” and the modern world's distractions, not allowing the *salah* to penetrate the mind to allow a treatment that is mind, body, and soul. In the Sufi order, the only way to have a *true and effective* prayer is by practicing all that was adopted from teachings from the neighboring regions. Practices such as *zikr*, *namaz ma'kus*, *muraqabah*, *fana al-fana*, and *nur-e Mohammadi* either all have to do with meditating and repetition of higher vibrational words, but visualization, too (*Step by Step Illustration on Islamic Meditation / Muraqaba / Tafakkur*, nur muhammed, n.p.).

The Islamic prayer adopts movements similar to the yogic practice, qiyam (standing), ruku' (bowing), sujud (prostration), and qa'da (sitting). When a Muslim is in the qiyam position, it is supposed to be visualized in *pen* that the Muslim is present while the angels and other Allah creations that stand like trees in the praise of Allah with their whole bodies and hearts exposed and head bowed in lack of pride. The ruku' position is to be visualized in *salah* as the worship of the angels that serve Allah in bowing position, as well as the animals that are naturally standing on all four legs, to glorify the Creator while exposing ourselves and raising their head from ruku' with hopes of attaining Allah's mercy. The sujud is to be visualized in *salah* as angels who worship Allah in the position of prostration and sacrificing all they claim (other than Allah) in modesty of the Creator. Finally, qa'da is to be visualized in *salah* as the Muslim representing the worship of angels that serve Allah in the sitting position as well as other creations like mountains (*thepenmagazine, What Do the Movements in Prayer Mean? n.p.*)

When the *salah* is over, most feel a difference on the levels of mind, body, and soul, since Islam the practices the religion has adopted from neighboring regions have that affect (as

mentioned above). This is how Islam incorporates visualization techniques to improve their *iman* (faith), *salah*, life, and the energetics that flow through their life. (*thepenmagazine, n.p.*)

## Discussion

### **The God Mind and Humans Today**

Today, the God Mind is not used often, or at least in the way that it should be used: for good. What happens in reality is that the God Mind is stored away and one's ego gets the spotlight for most of the time. This leads to people adopting anxiety, insecurity, and lack of belief in one's ability to achieve something.

Visualization is not only an image in one's head, but it also extends to the mental imagery and creating a scent or a feeling, whether the feeling is physically or spiritually felt. Most people will admit that during their showers is when they visualize the most, good and bad situations, such as, performing in front of a stadium full of screaming fans, standing up to someone, etc.

The reason that none of those visualizations manifest is because of the lack of faith behind it. The body does not know that it has the potential to achieve a specific situation. It understands that it can only simulate it, but this is false.

This was seen on the social media platform TikTok. A young female on the platform posted a video of herself talking about how she just bought a Carnelian crystal pendant and has had so much male attention since purchasing it. This led to a mass majority of people purchasing this stone, to the extent that it was sold out at most shops, local and online.

People used the video as evidence that they can attract someone by doing nothing but purchasing the stone. Many people do not realize that they have not subconsciously visualized being almost like an energetic magnet when wearing the stone, to the sex they are attracted to. The young female who posted the video explained that she understood that the crystal is known

for passion and attraction. The crystal set the mindset (passion and attraction) of the wearer, the wearer gave it the power, however, through visualizing attention from the desired sex or creating a scene within their mind of attracting a potential lover, otherwise it just bring one attention.

Athletes tend to visualize what they want to achieve physically, focus on that vision, use their faith, and go for it. Like Lanny Bassham, about 70-90% of Olympians *now* use visualization regularly to reach their goals like winning the gold medal (Royan, Owaves, n.p.) and do indeed achieve the desired medal.

This can also be seen in commercials as well. The viewers watch as this woman/man sprays herself/himself in this scent and becomes desirable. This can either trigger a “scent” or spraying on perfume visualization in the conscious mind. Meaning, they create their own scent to an event in their potential future, as well as picturing themselves in the position of the actor in the commercial. This can create energetic karma of being desirable in the future if they use this specific scent or a different scent, for they put faith in this visualization.

Personally, this author has had their own experience of reliving what seems to be a past event, through visualization techniques. Meditating with Moldavite chips on one’s third eye while listening to 963 Hz, this author filled their aura with white light, to protect and cleanse. When that treatment finished, visualization of grounding energy emerging from the ground up the author’s leg, and through the first four chakras, stopping at the heart center. Next, there was white light from outer space that came down to earth and passed through the upper chakras, stopping at the heart chakra. This visualization sent the author into another place, laying on the street during the evening, being able to watch the treetops sway from the wind through the streetlights. An excruciating pain was felt through the spine, almost paralyzing the author from

the waist down. A couple seconds later, the top of an ambulance emerged to the view of the author. The session ended there. After settling back into reality, this practitioner did some research on the environment she was emerged into and turned out the ambulance was a 1980's model of an ambulance. This strongly demonstrates that the influence of visualizing earth and "out-of-this-world" energies can send someone to a different space in time and state of being.

### **Visualization in the 21<sup>st</sup> century**

Oftentimes, humans think to themselves, "if I just did it this way...", "I can try to ...", "This is such a mess," or even "UGH,". Something that these all have in common is doubt and a lack of positive reinforcement for the self. Oftentimes, people criticize how they do something because that is how they were "programmed" to think, something *has* to be wrong. A person can visualize themselves in the desired position, but if the language that they use in their head is anything like the statements above – low-vibrational – the energetics towards the desire fizzle out.

How a person views themselves is considered important for the visualization process. If a person has an "outdated" version of themselves living within their mind (a version of them that is not true to what they want or how they truly are), it does not match the energetics that they are looking for in their life. When people want to be in a specific position in life, they must first see it to believe it. One way to see it before achieving it is visualizing it within your mind's eye. To imagine oneself pushing further and further, over, and over, until one achieves their goal makes it easier to achieve because your mind has already *seen* it. Similar to the quote "fake it until you make it," the same principle applies here, "see it to achieve it."

Another quote comes to mind: “you’ve gotta see it to believe it”; this quote combined with “fake it until you make it” can be equated into what Thomas Fuller, a 17th-century English clergyman, once said, “Seeing is believing, but feeling is the truth.” To feel the truth that one is *indeed* what they want to be, and nothing but their own mind can limit them from achieving what is desired. This quote is like, if not close to, is like Lanny Bessham’s point of attitude.

With all the influences around us, from people to billboards to technology and what it has to offer, people today compare themselves to others. Whether it is about their physical aesthetic or their body, to where they are in life. The Western world has adopted “hustle culture” that demotivates, and tears people’s lives apart. It is all about sacrificing everything that one enjoys or to the consumer culture, and in return, this energizes the wealthy and enterprises. Leaving young people from the ages of 18 and older hollow, lifeless, and self-sabotaging.

Due to this “culture”, many young adults attempt to reach where people who are in their mid 40’s and late 50’s are today. Trying to achieve all that they possibly could in the shortest amount of time possible, working overtime or multiple jobs. When this goal is realized, that it is truly not realistic, these young adults beat themselves up for it because the media shows young adults who made it “big” in their own sense, and yet, that is not true for other people and what they align with in life. The Western world creates bodies of labor who then never stop working until they retire, many unable to achieve what they once desired in life.

### **Feeding Faith and Hope**

W. Brugh Joy compared the body to The Philosopher’s Stone, able to turn whatever it is fed (physically or mentally) into something greater. Something that Joy (probably intentionally) left out was that the body hopes and has faith in its own ability to convert whatever it is given to



a result that is desired. The body does not “think” and “plan” on how it is going to convert the food it ingests in order to digest and create energy from it, so that the body survives. It already *knows* that is its job. The same goes for whatever is fed into the mind. The mind uses the thoughts, ideas, imagery, words, etc. as food to turn into reality. Visualization treatments to alter people’s lives *usually* reprograms the psyche. It can be seen as “feeding” the subconscious to manifest or to program specific realities or specific energies introduced into one’s life. If a person feeds their subconscious negative visualizations or low vibrational visuals, they tend to start living life from a low vibrational place.

This is often seen when people’s lives start going downhill. Once they start to notice things are not going as great as they thought, a low-vibrational pattern in their life, or had an unexpected result and remained attached to the result, they fill their head with negative visuals of their lives. These can be events like failing the final exam, having an empty wallet or bank account, having an awfully bad accident, a breakup, or having an extreme dis-ease in the mind that later turns into chaos in their physical world. This is not only “imagining” things, but this also comes with music, movies, shows, advertisements, etc., having perceived (through eyes or ears) something and thinking about it later; *vorstellung* once again comes to mind.

If someone listens to sad music while sad, they will “marinate” in their lower-vibration-psyche-environment. This is because of two reasons; they speak lower vibrational words into their psychic environment, or they visualize themselves in the position of the content creator. The same goes for movies, shows, and advertisements. The viewer may not put themselves in the position of the main character that is going through a great or hard time, but later throughout

their life they will remember what happened, envision themselves in that position and eventually manifest it.

It is not what you think, it is *how* you think. To “rewire” your “wiring” in the mind for the usage of language is to change the energetics in one’s life. This includes the information the brain sends through the body; being more relaxed than stressed with the ability to focus on the desire. Repeating the visualization of a reality that is wanted changes the program that the consciousness is running on to achieve that desired reality. Thus, changing future energy. Compared to stressing out about a work order, for example, the body is now trying to literally “fight” or “flee” this stress, lacking focus on the desire. When there is stress, there is usually negative future imagery and self-talk involved. Maggie Philips explained that when the body has these “programs” running through its nervous system, it cannot move forward in manifesting the desire mentally, physically, and spiritually due to an obstacle of stress running through the program.

### **The God-Mind Currently**

Visualization is immensely popular in today’s world. People use visualization to create reality, create a reality on an astral plane, create ideas, change habits, heal, gain a broader view of a subject, de-stress, and most of all, be successful. Actors, businesspeople, students, metaphysical practitioners, healers, athletes, creators of art, writers, and so many other types of occupations all use visualization for their goals.

Joe Dispenza is an example of the God-Mind, and just how strong the abilities of the God-Mind are, when it is done the right way. With hope, faith, the right attitude, the right imagery, and consistency. Dispenza *proves* that anything is possible.

In this century, people tend to over-think, jump to the worst case-scenario, or anything undesirable. Humans tend to put all their energy and faith into the negatives, not believing that they could achieve something, or not believing that it “could happen to them”. Subconsciously and consciously blocking the energies that *could* be entering their life. This could be due to the lack of the proper, positive self-image, a negative program running through their body, not healing from past trauma and just ignoring it, and so much more.

The God-Mind “blocks” specific energies because it has become under the impression that certain energies are not desired, when in reality, they are. This is when people start to say “I could never...” or “this would never...” or anything along those lines. They are speaking or thinking into existence their boundaries, and when they speak or think in that way, they back it up with the visualize of not receiving what is desired. The God-Mind has this wonderful ability to turn speech into images.

In 2022, there has been a steady rise in homicides or suicides of rap artists. Their lyrics either speak about murdering others, taking too many drugs, and almost getting killed or being a target. Their self-image is related to these things as well. This has created the term “27 club” where these rap artists do not pass the age of 27 and die either at that age or younger. The deaths vary from overdosing to being murdered. Their best-selling songs either have to do with drugs or murder, and it ironically (or not) shows up in their lives in one of those ways.

However, in the case of Dr. Epstein’s patients or even Olympic athletes, it is the reverse. They do the absolute opposite by putting all that they have to back up their desires, healing on a physical level or winning the gold medal. They have programmed their mind to *believe* in

themselves, to *believe* that they can achieve it. By implementing the right self-image *and* self-talk, they speak it into existence with the aid of the God-Mind.

### **Islam and its Relationship with Visualization**

As a person that was raised in the Muslim world, Middle East, and raised with the Sharia Law, Islam (what is practiced by the majority) does not allow any sort of mysticism. The closest thing that can be considered mystical is the repetition of words, or mantra. When taught about Islam in school, the often narrow-minded religious instructors make it seem almost “damning” if mysticism is touched. Sufism itself is looked down upon, the followers of “mainstream Islam” strongly believe that the Sufis are possessed by *jinn* (spirit or demon).

This author has seen numerous Muslims claim that they are close to Allah, in front of the public, but behind closed doors are the most distant, based on Islamic teachings, such as praying five times a day, not judging others for their relationship with Allah, being fair, merciful, compassionate and allowing freedom of choice. “Mainstream Islam” teaches on a physical and mental level that practice leads you to the spiritual path, eventually, rather than educating on all levels (physical, mental, spiritual). The latter of which would *have* to include Sufi teachings, except it is not, since it is looked down upon. Praying with your mind and body rather than your mind, body, and soul *is* imitated (nurmuhhammad).

It is taught in Islam that one’s relationship with Allah is between the Muslim (individual) and Allah, no one else. However, this contradicts what “mainstream Islam” teaches; its end result only creates “believers” that judge and shame others for their choices of how they live their life with no constructive criticism, advice, or compassion and, instead, forces *their* belief (interpretation) on others as to how one should practice Islam.

Visualization in Islam is at an all-time low because of how it is taught (which is not at all) and viewed (negatively), and the environment a Muslim is in. Cultures in the Middle East have *truly* affected the religion. As for Sufism, it remains the same.

With “mainstream Islam” being so distant from the original teaching (the way it should truly be practiced and the knowledge that was taught), it almost seems hypocritical. Islam translates to peace. If anything, the religion’s lifestyle does not bring peace, but anxiety to live up to society’s standard. Praising Allah when people are around, dressing up for religious holidays to impress society, and so much more. Instead of caring about the relationship between oneself and Allah, they care about what is between society and Allah. This contradicts the teachings of Islam in general, and *especially* what “mainstream Islam” teaches. “Mainstream Islam” also takes what was once said in The Quran, for the time of the Prophet, and teaches the exact same teachings with no further exploration of what it could truly mean.

An example of twisting things is how “mainstream Islam” teaches that women are “dirty” when they menstruate and are not allowed to pray to Allah or touch the Holy book. Meaning, Allah *purposefully* ensured that the women that believe in the deity *do not* have as close of a relationship with Allah as the relationship that men have with the deity. This “rule” was created in the days of Prophet Muhammed. The Prophet told the women of *his* time to stay home, not to pray at the mosque, and to “take it easy” most likely due to the lack of sanitary products and modern world creations that we know make it easier for a woman to be about in public when menstruating. This *alone* is an example of how distant “mainstream Islam” is from the roots of Islam.

In the Holy Book, Surah Baqarah (2:102) mentioned how evil men were teaching others about magic, and that if they put their faith in Allah, they would be (kept) safe and saved. “Mainstream Islam” took this verse to mean any form of metaphysical practice. Proceeds to refer to anything metaphysical *sahar* (witchcraft and/or magic). Rather than understanding that what was said, putting your faith in anything except Allah *will* hurt the person due to their energetic relationship with that other source (“evil men”) they put their faith completely into the *sahar*. It will not reflect in their life the way it would when faith is put into the Source of all creations. Therefore, Sufism is looked down upon because it has a metaphysical foundation.

In the beginning, Islam was taught to *feel* Allah within every part of your being, specifically, your heart. Something else that was taught in grade school Islamic studies class is about the Prophet Muhammad’s ascension. One night, while sleeping, the angel Gabriel came to him and sent him on a journey *riding* on a *Buraq* (a cross between an equine and/or heavenly chimeral beast). The Prophet traveled from Mecca to the farthest mosque, which is thought to be in Jerusalem. He prays at the mosque to then ascend into heaven and come face-to-face with Allah (met). Now one would think that the Islamic prayer is more than just a mind and body action, it seems like it took a toll on the Prophet to the extent he *ascended* into heaven.

Before the Prophet became *the* Prophet, he isolated himself to meditate in a cave, at the age of forty, to rid himself of the voices he was hearing (was most likely clairaudient) and the visions he was having (was probably also clairvoyant). All of this happened through the power of his mind, what we can call in *this* case, the Allah-Mind. He expanded every part of his Allah-Mind to receive from Higher beings, like angels.

The Prophet's experience is supported by Sheikh Nurjan Mirahmadi when he said that everything is energy based, Muslim practices included. It is not based on the mind. It is even taught, in Islam, that your imagination is *controlled* by Allah. As Muslims, we are taught in the beginning of our Islamic studies that Allah is everywhere. Evidence of Allah is everywhere from the trees to the bees, to the mountains, to people, etc. Somewhere along the rest of the teachings, this is forgotten, left out, and we look for Allah outside of ourselves. We are also taught the symbolism of the positions, but since visualizing is *haram* and we need to just "close our eyes" to pray, we do not incorporate any sort of imagery into our *salah*. If we just took more time, as Muslims, to pray with more awareness, intentions, and imagery that Allah is *indeed* within, it would change so much within Islam and the Middle East. As humans, we do not see anything Holy or gracious or loving about ourselves, just meat suits that Allah willed to be on earth. But, according to the Quran, we are so much more, and we are capable of so much. If Prophet Muhammad believed he was one with Allah, then as followers of his, we should believe that, too, and have faith within ourselves and hope that we can truly live the lives we desire.

## Conclusion

Using many different practices, individuals can use visualizations to revisit a time in their life, even heal their body or emotional hurt. However, if an individual lacks belief or faith within themselves and their higher mind, this can eventually lead up to self-sabotaging due to blocking off the power of the God-Mind.

There are many different ways one can visualize in their life. They can either use words to create the visual, or just use imagery within their mind.

If one lacks the right self-image, positively fed hope and faith, it can lead to spiritual terrorism or self-sabotage, spiraling down into self-destruction. On top of this, any form of mental phenomenon that is stored can feed the visualizations, consciously or unconsciously. One must be careful and aware of what they invest time into.

In Islam, visualization is not taught to the general public due to its negative outlook being related to “witchcraft” (which is viewed negatively). However, in mystical Islam, Sufism, visualization is indeed a part of their practice to cleanse their energy, raise their vibration, create an energetic connection with a person, and so much more; these are a few that were listed in the thesis. The essence of Islam, the true teachings, want us to use our minds, to visualize, to think, to question, to use what the Creator gave to its creations, the mind to change our lives.



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