

## Visualization Info

"Occultism has always involved three techniques for changing and creating reality: Thinking, speaking, and visualizing."

(Dave Hunt - Occult Invasion)

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"...imaging and visualization are increasingly appearing as Christian meditation, "mind-stretchers," or a consciousness-awakening experience in Christian workshops, and you'd better believe that visualization as a cultivated exercise comes with all sorts of metaphysical and spiritual baggage in tow."

— Visualization and Imaging, Jon Trott

"It's not difficult to trace the practice of meditative imaging and visualization back to the mystics."— Visualization and Imaging, Jon Trott