

To Increase Focus and Visualization – do this for 11 minutes.

Close your eyes and imagine a dark screen in front of you. Imagine a hand, make it as real as you can, see the small details. Lines on the knuckles, hairs, veins, fingernails, is it a male or female hand, a child's?

- See the hand place a number on the screen and pin it with a thumbtack.
- See the hand come down.
- See the number come alive, animated, light moving.
- See the number do something completely different
- Have the number do something completely different now
- Have the number do something else
- See the hand reach up and unpin the number and take it down.
- Now see the hand reach up and unpin the number and take it down.
- Now see the hand pick up a letter and put the letter up.
- See the letter come alive, maybe there will be an aroma.
- Now do something different with this letter
- Have the hand take the letter down and put up 3 letters
- Did you spell a word
- Make something pop out of the letters
- Rearrange the letters backwards
- Did that spell a word?
- Now have the action play backwards from the beginning.
- Now return to the room.