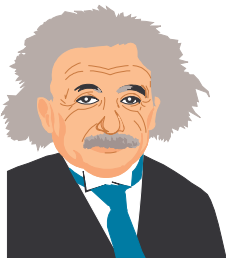


# Power Images

Aristotle was an important philosopher. Some people think he may be the smartest man in history. He made the following statement: "Thought is impossible without pictures."

Scientists have discovered that Aristotle was right. We do not think in words. We



think in pictures. In fact, Albert Einstein, one of the most important scientists in history, said that his "thoughts were based on images."

For a long time, scientists have ignored the importance of using images. Now, scientists and other professionals, like doctors and sports stars, believe that our thinking can affect our success in life. Using our thoughts to see positive pictures of ourselves can greatly improve our lives.

As small children we used our imaginations when we played. Can you remember some of the imaginary places or people you saw as a child? Some of us have had an imaginary friend. We probably played with GI Joe, Barbie dolls, Legos and Lincoln Logs. While we played, we imagined we were someone else, like Wonder Woman or Superman.

Many of us stopped using our imaginations as we grew older. Our job now is to begin using our imaginations again. Seeing ourselves in a positive way is very powerful. It is a tool we can use to make our lives better in many ways.

Many people have used this tool called imagery. They have found improvements in their memory, thinking and listening skills. They have improved their health, self-esteem, creativity and respect for themselves and others.

It is important to learn how to think in pictures and to practice each day. The first step is to relax and focus on something positive you want to have happen, like passing a test. Next, create a picture and think about what you see, feel, smell, taste and hear.

When you finish thinking and seeing your picture, write or draw about what you saw. Finally, talk about your image to obtain feedback from others.