Mental Imagery and Its Connection to the Universe

Alea Farmer

Department of Psychology, Sociology, and Public Health, Lindenwood University

What is Mental Imagery?

- Mental imagery consists of visual images seen within our mind (Blackwell, 2019)
- Different types of visualization include visual, auditory, and sensory; visual imagery is the most profound
- Some researchers believe we make images and not pictures because one can see a picture and not know what it is, but this is not true with mental images (Pylyshyn, as cited in Galotti, 2008)

Mental Imagery in Daily Life

- **Method of Loci**: visualizing oneself completing a task in order to remember to complete it
- **Interacting images**: imagining images that correspond with a word in order to memorize the word

Finke's (1989) Five Principles

- **Implicit Encoding**: unintentionally storing other valuable information while using mental images
- **Perceptual Equivalence**: mental images utilize the same parts of the brain that are used when we actually see things and can perceive depth
- **Spatial Equivalence**: mental images can perceive depth and location just like real images
- **Transformational Equivalence**: mental images are followed by the same laws of motion as real images
- **Structural Equivalence**: the structure of mental images corresponds to that of real images

Neurological Evidence

- Roland and Friberg found that when mental imagery is utilized, there is a significant amount of activation in the cerebral cortex (as cited in Galotti, 2008)
- The pineal gland, or "third eye" is made of eye tissue and contributes to visualization and lucid dreaming (Hoz et al., 2021)

What Affects Mental Imagery?

- Blood flow to the cerebral cortex and been associated with an increase in mental images (Roland et al., as cited in Galotti, 2008)
- Darkness and sleep can both improve mental imagery (Stern, 2021)
- Aphantasia, a condition that prevents people from visualizing images can stem from brain trauma, injury, or no cause at all (Dance et al., 2021)

Mental Imagery and The Universe

- The third eye chakra helps clear mental blocks and connect with the higher self, as well as improve cognition, intuition, and imagination (Hoz et al., 2021)
- A person can "open" or stimulate their "third eye" through certain diets, meditation, crystals, decalcifying the pineal gland, and more (Hoz et al., 2021)
- Ancient practices such as mindfulness, meditation, and manifesting can be utilized with mental imagery

Conclusion

- Mental imagery is used often in daily life and has very similar properties to our physical sight
- Many things that can stimulate mental imagery such as darkness, meditation, and consistent use
- An important neurological component of mental imagery is the pineal gland, known spiritually as the "third-eye" chakra
- Mental imagery has been utilized in ancient religions to help strengthen spiritual connections with ourself and the universe

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