How To Get The Visualization Technique Done Right During A Meditation Session

In our meditation practice we use visualization as a tool to help still our mind, to bring it to focus. If our visualization object (the object that we imagine, or mental object) is not clear, there is no need to worry or try to make it clear. All we need to do is wait.

It's like trying to see the moon on a cloudy rainy night. Try as you might, you’ll not be able to see the moon clearly through the cloudiness and rainfall. But, you know that eventually the rain will stop. So, you keep waiting by the window and soon enough the rain stops and clouds move away, and all of a sudden the moon is clear as crystal. You can even draw a circle as a visualized picture of the full moon using drops of water and look at that while you are waiting for the rain to stop again.

In the same way, when we visualize an object in our center, like a sun, moon, star or sphere, we need not TRY in any way to make it clear, we do not need to TRY to make the thoughts stop, we just need to wait patiently, and everything will become clear by itself. Visualization is more about “feeling”, not so much about trying to see something. Feel it as if it is already there, even if you cannot see it clearly. Feel it as if it is a fact.