



AUSTRALIAN
CRICKET INSTITUTE



Power of Visualization

THE POWER OF VISUALISATION

"From Imagination to Reality - Attracting Success with Mind Power"

WHAT IS VISUALISATION

You have an amazing power that most have never been taught or even thing to use. Elite athletes in all sports use it. The super-rich use it. And peak performers in just about every field now use it.

What is that power? Visualisation.

Visualisation is the simple process of using the power of your mind to see events and results in the future (preferably favourable) before they actually happen. In the sporting world we like to call the process “mental rehearsal”.

Many top athletes and cricketers use the process of visualisation or mental rehearsal to build confidence, create familiarity and program their brain with feelings and experiences of success.

I don't want you to confuse visualisation with some out there crazy spiritual or magical practice. The power and benefits of visualisation have been backed by science.

There are also many ways to mentally rehearse, they don't all involve sitting in a room with your eyes closed.

Matthew Hayden (and many other players) used to visit the ground he was playing at the day before the match and physically walk out into the middle with his bat and visualise the bowlers running in at him, visualise the shots he would play, see the ball racing to the boundary, feel the feeling of being comfortable in the middle and see himself scoring a hundred.

Marcus Stoinis is a current player who is well known for his visualisation. Visiting the ground the day before and visualising every shot on the way to scoring a hundred.





HOW DOES VISUALISATION WORK

CHANGING YOUR MINDSET AND THEREFORE YOUR BEHAVIOUR

The mind is made up of two parts, the conscious mind and the subconscious mind. We think with our conscious or rational mind and whatever we think repeatedly sinks into our subconscious or creative mind. The subconscious mind is like a computer. It cannot think on its own, it cannot distinguish between good and bad, between true and false. It takes on face value, whatever is presented to it.

When the conscious mind presents the subconscious mind with the same thought again and again, it starts taking the thought seriously and sets about bringing it into existence. When it accepts them, it changes your conscious mindset accordingly, as well as your habits and actions.



If your mind is full of negative thoughts, your behaviour, confidence and actions will reflect that.

If your mind is full of positive images and thoughts, your behaviour, confidence and actions will reflect that.

CREATING FAMILIARITY

It is a well-known fact that people and athletes perform better in a familiar environment. That is the main reason behind a home ground advantage being so important in all sports. Think about where you feel most comfortable batting or bowling? On the field or in the nets that you've played at 50 times or on a field you've never seen before? New environments might have little annoyances like an uphill run up or a slope in the pitch. All things you've become used to in a familiar environment.

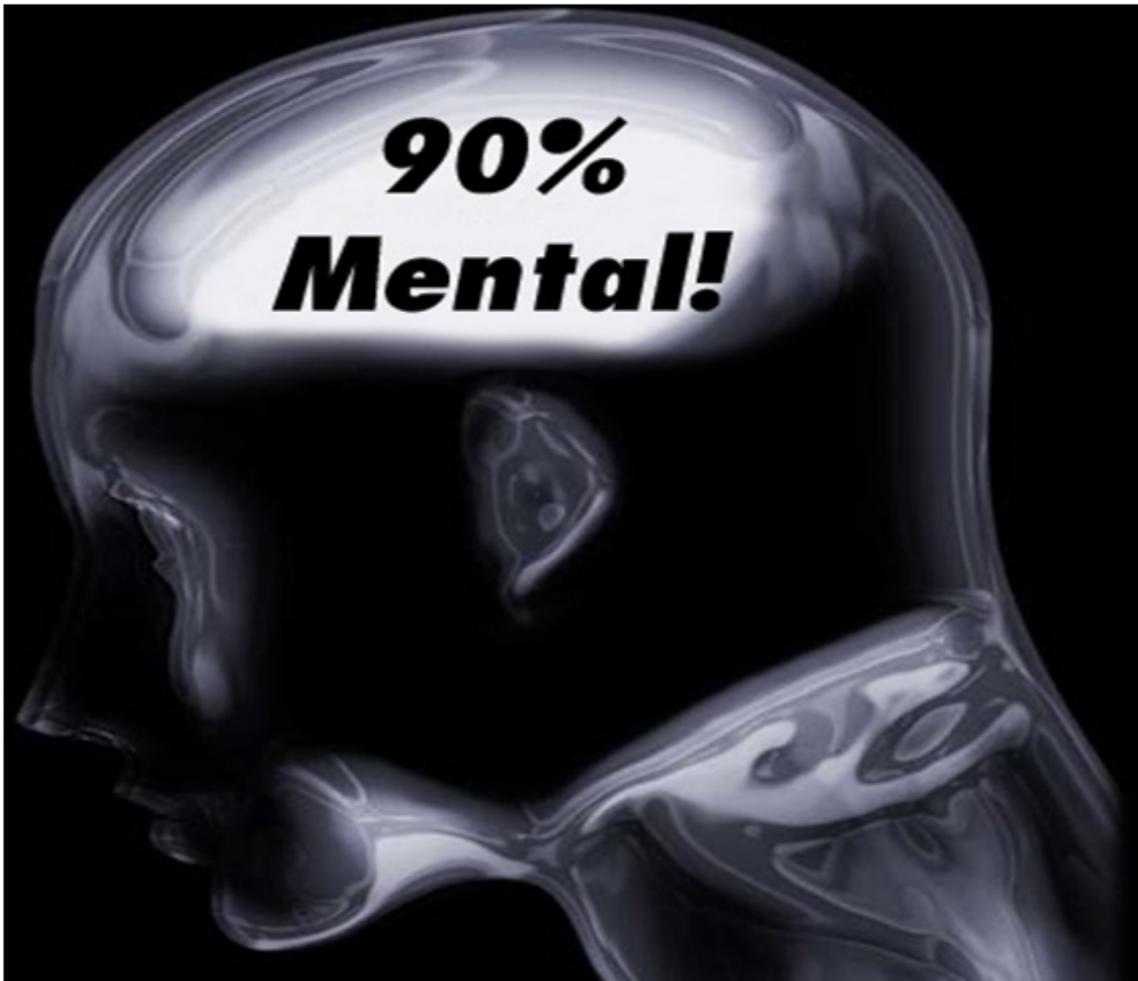
Mental rehearsal and visualisation help to create familiarity and comfort. That is why visiting the field the night before has become so popular. Inspecting the conditions, seeing and feeling success in that environment.



HOW TO MENTALLY REHEARSE AND VISUALISE

You've all done it before, it's simply creating an image in your mind of a future (or past) event.

Like I said mental rehearsal can be done anywhere and in many different ways. You can try it at home in a comfortable position like sitting in a chair or lying on your bed or you can try it in the nets or on the field you're going to be playing on. Work out what works best for you.



Preparation:

- At first it is best to eliminate all distractions, to be comfortable and relaxed. Eventually you will be able to use mental rehearsal anywhere
- Control your breathing, to help you relax and clear your mind
- Relax your body, eliminate muscular tension

When you are imagining your skill or performance:

- Use all of your senses
- Make the imagery realistic, precise and vivid
- Imagine in real time
- Use a combination of internal and external imagery

An internal perspective in mental rehearsal is one where you imagine what you would usually see and feel when you are actually performing the skill. An external perspective is like viewing yourself on video – you see things from an observer's perspective. Research has indicated that elite performers tend to switch between internal and external imagery perspectives, so you should practise both.

Start with simple scenarios as you get used to mental rehearsal. Early mental rehearsal practice sessions might even involve using all of your senses to create non-sport images. For example, imagine you are jumping into an ice-cold swimming pool on a hot day, smelling a bbq cooking, listening to the wind in the trees or looking at a beautiful sunset, to remind you to employ all of your senses when imagining.

Once you've become confident with mental rehearsal you can move into more detailed and specific cricket scenarios.

If you still need more convincing on the power of visualisation, here's an article about [8 Successful People Who Use The Power Of Visualization](#)

Good luck and here's to your success!

