Is there visualization in the program?

Program Overview and Structure · https://www.re-origin.com/support/is-there-visualization-in-the-program

Yes, visualization is a core part of the program and plays an important role in brain retraining.

That said, you don’t need to be good at visualization to benefit.

If visualization feels difficult or unnatural, we offer a range of alternative exercises that work in similar ways, so you can still make progress. Many members start this way.

Over time, some people find their ability to visualize improves but this is never required.

What if I can’t picture things clearly in my mind?

That’s completely okay. Visualization isn’t about seeing perfect images—there are many other ways to engage with the practice.

Can I still succeed without using visualization?

Yes. The program includes multiple approaches, so you can use what works best for you.