

CAKRAWALA PENDIDIKAN

**FORUM KOMUNIKASI ILMIAH
DAN EKSPRESI KREATIF
ILMU PENDIDIKAN**

**Internalisasi Nilai-nilai Entrepreneurship Dalam Rangka
Membentuk Perilaku Kewirausahaan Melalui Pendidikan
Terintegrasi**

Kepemimpinan Dan Kecerdasan Emosional

**Peranan Layanan Bimbingan Dan Konseling Untuk
Meningkatkan Kedisiplinan Siswa Di Sekolah**

**Meningkatkan Peran Kelompok Penekan Dalam Percaturan
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The Influence Of Gender In Language Usage

Using Sorogan Method In Learning English For Beginners

**Teaching Simple Present Tense Using Short Answers Game For
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CAKRAWALA PENDIDIKAN
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Daftar Isi

Internalisasi Nilai-nilai Entrepreneurship Dalam Rangka Membentuk Perilaku Kewirausahaan Melalui Pendidikan Terintegrasi	159
<i>Ekbal Santoso</i>	
Kepemimpinan Dan Kecerdasan Emosional	168
<i>Kadeni</i>	
Peranan Layanan Bimbingan Dan Konseling Untuk Meningkatkan Kedisiplinan Siswa Di Sekolah	176
<i>Risaniatin Ningsih</i>	
Meningkatkan Peran Kelompok Penekan Dalam Percaturan Politik	192
<i>Miranu Triantoro</i>	
Fenomena Perilaku Sosial Komunitas Public United Not Kingdom (punk)	201
<i>Udin Erawanto</i>	
The Influence Of Gender In Language Usage	209
<i>Muchamad Arif</i>	
Using Sorogan Method In Learning English For Beginners	213
<i>M. Alimul Huda</i>	
Teaching Simple Present Tense Using Short Answers Game For The First-year Of University Students	218
<i>Annisa Rahmasari</i>	
Analisis Faktor Eksploratori Komponen Utama Penyebab Inflasi Di Kota Malang	224
<i>Annisa Larasati, Swasono Rahardjo</i>	
Analisis Model Antrian Peserta Pada Loker F Di Badan Penyelenggara Jaminan Sosial Kesehatan	231
<i>Laily Kurniawati, Swasono Rahardjo</i>	
Membangun Karakter (sikap) Partisipasi Peduli Lingkungan Pada Siswa Melalui Program BSM (Bank Sampah Malang)	237
<i>M. Syahri</i>	
Using Picture Book As Media To Improve Reading Motivation On Junior High School Student	250
<i>Farid Helmi Setyawan</i>	
Escalating Ideas Using Creative Visualization Technique In Writing Ability	256
<i>Wiratno</i>	
The Effectiveness Of KWL (Know, Want To Know, Learned) Technique In Teaching Reading For English Department Students	262
<i>Feri Huda</i>	
The Problem Of Translating English Phrases Into Indonesian For Islamic Scholar Of	269
<i>Pramudana Ihsan Maghfur</i>	

ESCALATING IDEAS USING CREATIVE VISUALIZATION TECHNIQUE IN WRITING ABILITY

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Abstrak : *Creative Visualization* adalah cara untuk menciptakan gambaran ide ide, daya khayal, dan kata-kata positif untuk mencapai keadaan yang lebih baik. Penelitian ini mengulas tentang menetapkan tujuan, menciptakan ide atau gambar, fokus terhadap ide, dan energi positif. Tujuan dari penelitian ini untuk menciptakan daya khayal, ide-ide, kalimat positive dan gambar yang diterapkan dalam kemampuan menulis. Hasil dari proses *creative visualization* membantu meningkatkan ide-ide, gambaran, kata-kata, dan kalimat didalam kemampuan menulis.

Kata Kunci : Ide, visualisasi kreatif, kemampuan menulis.

Abstract : Creative visualization is the technique to create the ideas image, imagination, and positive words to achieve a good circumstance. The study discusses about the process of creative visualization, set the goal, create an idea or picture, focus on an idea, and positive energy. This study aims to create the imagination, ideas, positive sentences, and picture to manifest it in writing ability. The result of the creative visualization process helps to improve the ideas, image, words and sentences in writing ability.

Key Words : Idea, creative visualization, writing ability.

INTRODUCTION

Language is an essential equipment to transfer information, ideas, and thoughts to others. Language is a process communicating ideas, information and thoughts to other people. By using language people can extend their knowledge, give arguments, and explain their ideas in communication or written ways. Writing is basic skills of English which has functions to exchange the information, transfer the ideas, and reveal the expression in script. (Philis and Mary, 2003:05) writing consists of words and these words are put together in particular formations to make sentences. Sentences are grouped together into paragraph. A paragraph consists of main idea, supporting idea, and conclusion in each paragraph.

Creative Visualization

Creative visualization is the process forming of a vibrant and detailed picture in one's mind of whatever wishes (Noel, 2008:12). It is the technique of using the imagination to create desirability in the real life. It is about learning to use natural creative imagination in a more and more conscious way, as a technique to create the truly want. Such as love, enjoyment, fulfillment, satisfying relationship, rewarding work, self expression, health, beauty, inner peace, prosperity, and harmony. The use of creative visualization gives a key to tap into the natural goodness and bounty life.

Imagination is the ability to create an idea, a mental picture, or a feeling sense of something (Shakti, 1995:04). In creative visualization uses imagination to create a clear

image, idea, or feeling something wish to manifest. It continues to focus on the idea, feeling, or picture regularly, giving it positive energy until it become the reality. For example, someone might imagine herself with a new job or with a new home, perhaps with an improved memory or learning ability. She can work on any level and all will have results through the experience, she finds the particular images and techniques that work best for her.

Creative visualization is magic in the truest and highest meaning of the word. It involves understanding and a ligning with the natural principles that govern the working of our universe (Shakti, 1995:07). If someone had never seen a gorgeous flower or spectacular sunset before and someone described one to you, you might consider it to be a miraculous thing. Once it saw and began to learning something about natural laws involved, you would begin to understand how they are formed and it would seem natural to you and not particularly mysterious.

Four Basic Steps

Set the Goal

Decide on something you would like to have. It can be on any level, a job, a house, a relationship, a change in yourself, increased prosperity, a happier state of mind, improve health, beauty, a better physical condition, solving a problem in family or community, and a beautiful situation. Choose goals that are fairly easy to get and believe in, that feels are possible to realize in the fairly near future. That way you won't have to deal with too much negative resistance in ourselves and can maximize the feelings of success as we are learning creative visualization. When we have more practice, we can take on more difficult or challenging problems and issues.

Create a Clear Idea or Picture

Create an idea, a mental picture, or a feeling of the objector situation exactly as we want it. We should think of it in the present tense as already existing the way we want to be. Imagine ourselves in the situation as we desire it now. Include as many details as we can. We may wish to make an actual physical picture of it as well, by making a treasure map (described in detail later). This is an optional step, not at all necessary, but often helpful and fun.

Focus On It

Bring our idea or mental picture to mind often, both in quiet meditation periods and also casually throughout the day when we happen to think of it. In this way it becomes an integrated part of our life, it becomes more of a reality for us and we project it more successfully. Focus on it clearly, yet in a light, relaxed way. It's important not to feel like we are striving too hard for it or putting an excessive amount of energy into it that tends to hinder rather than help.

Give It Positive Energy

Focus on our goal; think about it in a positive, encouraging way. Make strong positive statements to ourselves. That is exist, that is has come or is now coming to us. See ourselves receiving or achieving it. These positive statements are called affirmations. While we use affirmations, try to temporarily suspend any doubts or disbelief we may have, at least for the moment, and practice getting the feeling that which we desire is very real and possible.

The Usage of Creative Visualization

Creative visualization is one effective technique that helps us stay focused despite rough spots along the way. This powerful daily practice helps us build the strong, clear mind set necessary to stand firm long enough to see our greatest dreams realized. Creative visualization makes our mind focus on our

target or goal using our imagination to gain it in the real life. In creative visualization we use our imagination to create a clear image, idea, or feeling of something our wish to manifest. Visualization can be a valuable mental and emotional tool to help us believe in ourselves for as long as it takes for reality to catch up.

Besides, Creative visualization is a tool that can be used for any purpose, including one's own spiritual growth (Shakti, 1995:42). It is often very helpful to use creative visualization in picturing ourselves as a more relaxed, open person, flowing, living in the here and now, and always connected with our inner essence. It is an innately powerful process that even five minutes of conscious, positive meditation can balance out hours, days, even years of negative patterns. However, the purpose of creative visualization is to connect us with our being, to help us focus and facilitate our doing, and, deepen, expand, and align our living.

Meanwhile, creative visualization is a wonderful way of creating a more positive and loving image. It makes positive, appreciate, loving statements in ourselves and be kinder and more appreciative person. It immediately helps us to be more loving toward others. Besides, creative visualization is a great way to work on any physical problem we may feel we have. It is one of the most important tools we have for creating and maintaining good health. Creative visualization refers to the way in which we communicate from our minds to our body. It is the process of forming images and thoughts in our minds, consciously or unconsciously, and transmitting them to our bodies as signal or commands.

Kinds of Technique

Creative visualization divided into seven techniques that can implement in our real life or practice it. The first is a creative visualization notebook. There are many

other creative ways to use notebook, such as recording our dreams, goals, and fantasies, keeping a journal of our progress with creative visualization, writing down inspiring thoughts and ideas, or quotes from books and songs that are meaningful to us, drawing pictures or writing our own poems and songs that express our expanding awareness. The second is clearing. Mental and emotional acceptance of what we are feeling on a physical level this manifests as relaxation and release. Clear observation, which leads to an understanding of the root of the problem which is often a limiting attitude or belief. The third is writing affirmations. Writing affirmations is a very dynamic technique because the written word has so much power over our minds. We are both writing and reading them at the same time, so it's like a double hit of energy. The fourth is setting goal. Setting goals can help us flow through life more easily, effortlessly, and pleurably. Goals can be made in the spirit that life is an enjoyable game to be played, and one that can be deeply rewarding. The fifth is ideal scene. It helps to create a clear picture through written words. The process of doing it helps us to manifest it.

The sixth is treasure maps. Treasure map is an actual, physical picture of our desired reality. It is valuable because it forms an especially clear, sharp image which can attract and focus energy into our goal. We can make a treasure map by drawing or painting, or by making a collage using pictures and words cut from magazines, books or cards, photographs, lettering, drawings, and so on. The seventh is health and beauty. Creative visualization can be used to maintain and improve our health, physical fitness, and beauty. Our health and attractiveness are created by our mental and emotional attitudes, so changing our beliefs and the way we tune into ourselves and the world can have profound physical effects.

METHOD

Qualitative method used in this study by using basic steps of creative visualization. This study applies four basic steps process, set the goal, create a clear idea or picture, focus on it, and positive energy. The process of writing activity identifies the material of creative visualization, how to set the goal of writing, how to create a clear idea, how to focus on writing, and how to make a positive energy in writing. The participants used process four steps of creative visualization. The participants are the second grade of second semester numbering 30 participants in writing subject.

RESULT

Creative visualization is the way using our mind to have what we want becoming true in the real life. The participants had done the steps of creative visualization using four basics creative visualization. After they had done it and interviewed them concerning creative visualization activity, the participants felt creative visualization easy and fun to be the way to create imagination and boost the ideas continually. The processes of creative visualization help the participants tipped their ideas combining the imagination to grasp the ideas easily. It can help visualizing the topic to make organizing paragraph in writing ability. Besides, creative visualization creates clear ideas and precise the purposes to make a regular sequence of story reveal in writing ability. The most participants helped by using creative visualization to gather the specific ideas in relaxing and fun activity.

DISCUSSION

Set the Goal Process

The process is the most important thing to help flowing through life more easily, effortlessly, and pleurably. The

process may find that process of choosing the goals bring up a certain amount of emotional resistance. The process might experience in various different ways, such as feeling depressed, hopeless, or overwhelmed at the thought of trying to set goals. However, it experienced by all of people that did in the first process of creative visualization step. Start with simple obvious things; don't make the choosing of goals too complicated or significant.

The process of set the goal in creative visualization concerns writing ability activity. There are some steps to set the goal. The first, sit down and relax with a pen and paper and write down the categories : personal education, work or career, relationships, creative self expression, money, lifestyle or possessions, and leisure or travel. The second, keeping in mind and choose the categories that would like to have. Imagine on mind the categories and write the ideas from the imagination. The third describe the chosen category in simple phrases and draw the specific things that are to be the clues of the category. The last, write on new paper sheet in the simple sentences of the clues and phrases. Read and repeat the sentences continually.

Create an Idea or Picture

Create an idea or picture is the process of searching inspiration based on goal categories using our imagination which can imagine the category situation. Create an idea needs deep imagery to catch the visual of our desire. The process of create an idea or picture takes positive meanings and makes specific clues of imagery situation which are to be the priority of our goals. There are steps to create an idea or picture. The first step is creating new ideas. Sit down in relax situation with preparing pen and paper. Visualize on mind new ideas which support the goal from our chosen category. The second writes the idea and draws the picture

that get from our imagination. Write the positive words which can be supported our goal. The last reads and analyzes the ideas or picture for convincing the positive words.

Focus on It

The process is the way to attain the goal using our visualization which needs more concentration doing this stage. The image of visualization and the idea bring to the mind constantly. Besides, the clear image and idea make easy to focus on the goal and the sequence of category creates the goal priority to have it. The basic of necessity is relaxing to concentrate the first priority in our imagination which has influenced in the sequences of the goal. The process needs some action to do this. The first is action in physical and mental relaxing condition to calm down our mind. Then, the action is thinking the priority of category and remembering the image, picture, ideas and clues to support the first priority. The next is visualizing the good image, ideas, or picture in positive words or sentences to obtain extraordinary result.

Positive Energy

The stage is the way to produce energy through writing affirmations which can increase our positive energy. Writing affirmation is a very dynamic process because the written word has so much power over our minds. Writing and reading affirmations at the same time provide a double hit energy to our mind and spirit life. Writing affirmation begins simple positive words and sentences to give the power effects of our goal categories. Besides, the process of affirmations does not write rote and negative meaning but writing affirmation needs positive and effective words or sentences to get accurate the purposes. There are some actions to add the power and positive energy. The first step is sitting down and clearing mind from

negative thought or bad problem in relaxing condition. Then, trying to feel calm condition around and just visualizing positive image, ideas, and picture based on the goal category. Next, trying to endeavor writing goals of success at least 10 positive sentences. The last step is reading the sentences to imagine the reality condition concerning positive goal in our thought. Repeating the sentences and finding the reason to get more effective energy and accurate target.

Implement Creative Visualization

Creative visualization is the way to help the participants increasing ideas in relaxing and pleasure process. It can add the ideas to imagine the goal of category in their mind and visualize it in positive words and sentences. Creative visualization is effective and accurate way to formulate the purposes and to organize each ideas clearly. In this stage, there are basic steps that applying in class writing activity. The first technique is setting the goal of categories. The participants sit down and relax with pen and paper to choose the categories which to be their main goal. They write down on the paper and imagine on their thought concerning the goal of categories in positive words. The second technique is creating the idea or picture. The participants convey the positive ideas that support the main category in relaxing condition. Besides, the participants imagine the beautiful or positive image on their mind which can draw side by side with the positive ideas.

The third technique is focusing on their ideas. The participants empty their mind from other thought that haven't connection with the goal. They concentrate the ideas and the image to gain more positive ideas. The last technique is giving energy. After the participants doing the techniques above, they convey their ideas in positive sentences and make sequence of the sentence from the first

sentence to the last sentence becoming a proper account.

The process of writing activity: the lecture gives some categories to choose the participant to be their goal. Example categories: education/personal growth, relationship, work/career, creative self expression, wealth, money, health/beauty, lifestyle/possession, and leisure time/travel. The lecture asks the participants to sit down and relax and choose a category. The lecture asks them to imagine the ideas and picture of the category which the ideas and picture write in piece of paper. Besides, the students find the other ideas that support the main of category in positive ideas or positive words. The students concentrate and focus on their ideas of the category and empty the other thought that haven't connection with the main category. The lecture asks the students to write positive words to positive sentences in sequences account. The students read their positive sentences continually and correct the ideas when they find other wrong of the ideas and they can change in right positive ideas. The lecture asks to the students to share the information concerning their sentences with friend and tell the positive sentences in organizing account. They can correct their ideas, words, and sentences together. Their friend or partner gives assessment to the partner in positive assessment which can give the positive energy to the partner. The last, they can submit their work to the lecture on piece of paper.

The technique is a simple activity in the classroom that brings a fun, a pleasure, and a relaxing to the participants while doing the process. The technique creates the imagination, the ideas, and image which dig up using creative visualization. This technique helps the participant to think the positive ideas, image, and positive visualization during they are doing the activity of creative visualization.

CONCLUSIONS AND SUGGESTION

A basic need of all human beings is to make a positive contribution to the around and to the fellow beings, as well as to improve and enjoy a personal life. Using creative visualization is the ways to contribute in personal life which it emphasizes to think positive thought in our mind. It makes our life attaining the spirit, energy, and positive power to face the life problem rationally.

In education creative visualization helps the students to enhance their ideas following categories. Creative visualization makes the students confidence to share their positive ideas or positive sentences to the partner and makes the students active to get the information to the other partner. Besides, the students have difficulties to visualize their real image in organizing sentences. Because they have block of visualization such as sense, class situation, memory, lack of information, and influenced memory in the past moment.

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