

To-Do: Print Journal Sheet for Week

DEFINITION for Topic/Lesson Trial Week: SELF-IMAGINATION - Whether you realize it or not, you are using self-imagination all the time: for example, when you decide to have your hair colored, or change your job, or lose weight, you imagine what you will look like, feel like, and how it will impact your life. This capacity to visualize the impact of change into the future forms the basis for self-imagination.

Just as you can visualize positive outcomes in your life, you can also visualize negative outcomes in your life: for example, when you get an audit notice from the IRS and you feel panic envelope you as you see yourself before the firing squad at the Spanish Inquisition being asked if you have any last requests. OK, that's a bit extreme, but you get the picture. There are definite feelings, visual scenarios, and anticipated life impact involved. That's the core of self-imagination.

INTRODUCTION to Topic/Lesson Trial Week: Your self-imagination and what you see, feel, and expect in the future forms the seed from which your future will grow. If you can regularly (through daily meditation and journaling) direct your self-imagination to focus on your desired outcomes, goals and results, you can begin the process of shaping your here-and-now. This use of mental imagery is the launching point for you to take the steps necessary to arrive at your envisioned future. This purposeful redirection and refocus of your self-imagination is what we're going to focus on in the trial week.

SELF-IMAGINATION QUOTE:

"Imagination is everything. It is the preview of life's coming attractions." – Albert Einstein

LISTEN TO THE AUDIO FOR TRIAL WEEK

Thank you for joining me today for the FREE Trial week of ***The Power of Self: 52 Weeks of Soulful Exploration***. Each week you will discover and explore a word that has the ability to change your life in profound ways as you explore what it means, how you currently engage around it, what you envision for yourself in the future when it comes to the word of the week and the transformational power it holds.

The word is SELF-IMAGINATION. To review: Whether you realize it or not, you are using self-imagination all the time: for example, when you decide to have your hair colored, or change your job, or lose weight, you imagine what you will look like, feel like, and how it will impact your life. This capacity to visualize the impact of positive change into the future forms the basis for self-imagination.

Just as you can visualize positive outcomes in your life, you can also visualize negative outcomes in your life: for example, when you get an audit notice from the IRS and you may feel panic envelope you as you see yourself before the firing squad at the Spanish Inquisition being asked if you have any last requests. OK, that's a bit extreme, but you get the picture. There are definite feelings, visual scenarios, and anticipated life impact involved. That's the core of self-imagination.

So how does this self-imagination work? Do you remember what it was like the four weeks leading up to Christmas as a child? The anticipation? The excitement? The imagination and belief in Santa Claus? It was such a heady feeling - so much excitement that you couldn't sleep. Planning what Santa was going to bring you, anticipating the opening of presents!

This was a time in your life where your imagination was real and tangible; when you were able to imagine anything, believe anything and know that it was all possible. This is the feeling that I want you to start cultivating again in your life. It's time to cultivate your SELF-IMAGINATION as a stepping off point towards starting to change your life to whatever you can imagine.

SELF-IMAGINATION is all about cutting loose from restrictions, both imagined and real and exploring what it would feel like when you are empowered to realize what you imagine. This week is about laying the groundwork, in your mind, for starting to engage physically in the real world in order to move you towards what you have imagined for yourself.

The first steps towards your goals and what you have imagined for yourself is to envision the way forward unfolding for you without anxiety, with ease, with confidence, and with increased skill and mastery. As you journal and meditate on SELF-IMAGINATION this week, you will explore empowered ways of becoming or achieving your goals and develop the language and thought process that supports you, embraces change, and moves you towards your highest good.

When your imagination has the “run of the house,” when thoughts come and go and scenarios play out without planning and often without forethought, the scenarios that you run in your head can be either positive and energy building, or negative and energy draining. The mind, when in a random thought mode, will more than likely imagine threatening, challenging, and failure based scenarios. Why does the mind do this? Because our minds are preprogrammed to protect us from threat and harm, and the mind’s first tendency is to run those types of scenarios in order to make sure that we are ready in case we have to choose in a worst case situation.

For example, let’s say you are getting ready to go on a trip. You will be driving an hour to the city, parking in long term parking, and flying to your destination. Even though it’s not on your schedule of maintenance, you choose to take your car to your mechanic to make sure everything is in order for the trip. Why? Most likely it’s because, in your mind’s eye you thought about the things that might cause you to miss your flight and you chose to pay attention to those thoughts and “put your mind at ease” before making the trip.

How much time do you spend “putting your mind at ease?” It’s likely you spend more time than you think you might. In all fairness, your mind is hardwired to run these risk based scenarios. It’s hardwired to keep you safe and moving forward. The problem comes when those cautionary scenarios that you run in your head interfere with your ability to live life fully. So what can you do about it? You can change the way your mind processes scenarios and bring more balance into the play of ideas, leveling the playing field between positive and negative. You can free yourself from fear, doubt, and helplessness and empower yourself to take action and engage positively. Your dreams are yours to create and control. The goal is to use that creative force for positive imagining: to lift your energy level and explore the potential greatness that lies dormant like a seed in you. When done well, imagination is constructive, uplifting and motivating. It embraces your highest good.

Now it’s time for you to explore how your mind works when it comes to your imagination. As you work through SELF-IMAGINATION as it relates to you and your life this week, you are going to be asked to keep some things in mind:

One: I am going to ask you to consider the role that self imagination has played in your past (in your life up until now) and the role you want it to play in your life going forward and why.

Two: I am going to ask you to challenge yourself around how big can you dream? As you journal this week, take the time to really investigate the future you are imagining for yourself and spend some time exploring the things that are limiting your ability to dream really big and why?

Three: I am going to encourage you to own that you are “enough” and ask you how much of what you imagine is truly limited only by your imagination, versus how much is limited by external influences that you allow to have control over you?

Four: I am going to ask you to be honest with yourself around what it’s going to take to pull the trigger and take action - to take the first steps, and then the next, and the next in order to move towards your goals. Are you frozen and unable to move because you’re afraid? Afraid you don’t deserve what you

imagine for yourself? Afraid someone might notice and “expose” you as an imposter? Afraid that you can’t pull the trigger until your plan is perfect, or someone gives you permission? Afraid that you are too busy, have too much on your plate, aren’t capable, or just too likely to fail?

And finally, fifth: I’m going to ask you to commit to taking that first step. How long are you going to let these numbing behaviors and self defeating thoughts interfere with your chance to live the life you imagine for yourself? It’s time to eliminate these numbing behaviors and thoughts that dull your experiences of love, joy, belonging, creativity, and empathy. It’s time to move with commitment towards your highest good. So let’s get started!

To do:

MORNING CONTEMPLATION TIME

END OF DAY JOURNALING TIME

EVENING CONTEMPLATION TIME