

Mastering the Magic of Imagination



Workbook – Class 2

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3 Deceptions around the Magic Part of Imagination

- 1. Deception #1 - Imagining means imagining 'how'**. To experience our vision coming into physical form does NOT mean we are imagining how it's going to work out, BUT it does mean imagining it HAS worked out. Our mind really wants to tell us, it's not imagining.... if we don't figure out how it's all going to happen. What happens when we are spending (*yes, it makes us feel spent*) time imagining the details and how to make something happen we are suddenly tense, and extremely limited because now it can only happen in this certain way...the way our mind has it figured. We aren't open to anything now except our little agenda. Whereas if we just play in our imagination and feel that sense of trust and knowing that I talked about in my car story...just let go....totally let go of how....that is the magic in imagining. Remember 'magic'...the magic shows we saw when we were kids.... **that was the magic, you couldn't figure out how the miracle happened.**

Practice #1 – by Abby Gooch. Connecting to our Core, that innate place of knowing and where there is only trust. Our mind is calm and quiet connected to our Spirit knowing all is working out for us. 'How' is in our head, knowing is in our Spirit.

Focus on your heart. Easiest way to do that is think of something that gives you the experience of feeling unconditional love and no matter what happens you are safe and good. Breathe deep into your heart.

Now place your attention a couple inches below your belly button to your 'gut' – that innate 'knowing place. This is your intuition, your inner knowing, it's the place where you just know what to do, the message is clear. This is where Spirit resides.

Imagine a beam of Light coming in through your head, down through your heart, the place of unconditional love, straight to your Spirit.

Anytime you feel off balance, or have the idea you are not connected and are feeling 'you' need to figure out 'how', remember you are always connected and you always know. See the divine beam of light pouring into your body to your core directly from your heart. Love is the greatest power that exists and IS within you, always. This practice will bring you to your place of knowing from the heart.

Know we are always supported. *Surround yourself with people who see the best in you and reflect the truth (your magnificence) of you.* Create a support team that lifts you up, inspires and energizes you.

Be in your knowing place when 'how' comes into play, see the column of light into your head, your heart and directly to your Spirit. ***Stay in the Light of your Heart and Trust the Wisdom of Spirit.***

Deception #2 – We have to 'do' it, (make it happen) and by ourselves! We often have a desire, and the stronger the desire becomes we suddenly become attached to the degree we think we need to step in and do this ourselves. We forget there is a divine power that sees every single thing in the Universe, knows and is orchestrating everything for us. Our only job is to listen and just show up where we're guided...together.

When we are figuring things out, we really are in that mode that *we have to do* this. There is no magic in imagination when we are in our head mentally figuring out how we'll make happen what we want. It's called control and manipulation! And in my experience those things I have manipulated and worked to control have backfired big time. Not to mention it's completely stressful and causes tremendous attachment to our own agenda...the plan we figured out. Remember holding on is a tight fist, and when our fist is tight it is not open to receive. We are also looking down – our good always comes from above. Amazing, miraculous opportunities could be pouring down for us to receive, and if we are attached to our ideas we'll never see them, let alone receive them.

Practice #2 -by Abby Gooch. **Anchoring In (NLP Technique)**

<http://lifeforceconnections.school.com/module-descriptions/nlp/>)

How can we remember we are not alone and we don't have to do and make something happen?

This NLP process called 'anchoring in' has the brain link with a positive emotion and will imprint a lasting memory that changes old patterns and ways of believing.

Bring an image to mind where you feel SO connected to life, feel all the feelings- is it soft, warm? – how does it smell? – feel the expansion of you.

Put your right hand on your heart and feel the connection.

Perfect.

Now, put your right hand on your heart again – notice how connected you feel.

Anytime you want to feel your strong connection, simply and consciously place our right hand on your heart.

Deception #3 – it must look exactly like we imagined. Sometimes when we imagine what we want, we think what we receive must look exactly as we imagined.

We always get the essence of what we want.

The reason we desire something is because of how much better we think it will make us feel....that's the essence. It's the feeling that we really want, and sometimes it doesn't look the same as we thought it would and the process was off the charts, but when it's all said and done – oh my gosh, what we receive is way more magnificent and we weep in gratitude. I think we've all know those times.

AND sometimes it takes things other than we imagine FIRST before we get what we really want. In other words – this step had to be taken to lead to this step, and then we look back later and realize – oh, it was all perfect. So we trust the journey in gratitude for every step.

Why do we get so attached to our plan?

Abby explains: Our brain creates a thought 'this equals that'. Everything has the meaning WE give it – (and it's often not true).

How do we just trust the process and know we'll always get the essence of what we want?

Answer: Connect to your heart!

3 Alchemy Elements to Transform Thought into Tangible Occurrences.

1. **LOVE YOU.** The foundational piece of true success is to embrace all of you, appreciate and value who you are. Honor all parts of you including your emotions and how you really feel, allow your true emotions to come up, feel them, and let go.

Emotional 'letting go' Process by Abby Gooch.

Our emotions move through and out our body in 2 minutes if we allow them to transmute through.

Emotions stay stuck in our cells causing all sorts of disturbances in our systems and lives when we don't feel them and let them go.

Feel the emotion and the thought behind the emotion. Then, ask if the thought is true? (The answer is almost always 'no',) then ask '**what is the truth?**' –

Feel the next emotion...ask if the thought is true causing the emotion...then ask, '**What is the truth?**' continue going through the layers of your negative emotions until all you know and feel is **the truth of you.**

2. **Believe in your Desire and Know that it is Good.** Our desires are the divine seeds within us wanting to blossom. We want to blossom because it's our nature to expand and grow into more, more of all that's good and wonderful. Blossoming is you, and for the whole world to enjoy. Acknowledge YOUR true desires, cherish and allow them to grow.

3. **Where are you?** Meaning...where are your thoughts? The magic of Imagination is bringing your mind back again and again to the picture of what you want. Ask yourself often throughout the day – 'where am I'? You may notice you are having inner conversations of the past, or conversations you'd love to tell someone right here and now!, or future conversations - you may not even be in your own business! It's such a waste of time and creative energy. The more times you bring your mind back to the happy picture of your desire and that is HAS been done...the more magic in your imagination power.