

Mastering the Magic of Imagination



with

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Class One

Imagination -

We spend most of our time in our imagination, whether it's in the past rehearsing what someone said or did to us and what we imagine that all to mean, or we are stewing about our future, imagining what uncomfortable things may happen to us.

'Whatever you're thinking about is literally like planning a future event. When you're worrying, you are planning. When you're appreciating you are planning...What are you planning?' Abraham-Hicks

We are born with the ability, responsibility and power to be in control of the focus of our imagination. This is where creation begins. The chair you are sitting on was once a thought someone entertained long enough to design and put together...and you are now enjoying the results of this person's focused imagination.

Imagine all the good stuff you would create if you became more aware of where you were in your imagination and directed your thoughts to happy imaginings.

Our creations begin inside us first...Look inside.

Practice 1.

How is it inside for you right now? (Describe your feelings about yourself, life, where you are and where you want to go or how you want to feel.) _____

'Be transformed by 're-newing' your mind.'

Embrace new beliefs and make your mind 'new' – new thoughts about yourself, about life – thoughts of good and plenty. Remember, beliefs are just thoughts you've thought over and over and over again.

Practice 2 – 'Mastering the Magic of Imagination, Inner Conversations'

Here is the link to download this recording of new 'inner conversations'

Make a daily practice listening to this audio, preferably first thing in the morning to start your day.

This recording of 'inner conversations' begin at the foundation core of who you are...because loving, knowing and appreciating who you are is also vital to the creation process. These 'inner conversations' in this recording are the foundation piece – actually the rebar that goes in before you lay the foundation – it's what hold the foundation inplace because it speaks to your wholeness, just as you are.

- **You may want to do your own recording of you describing you , as you want to be, feel or do...listen to your own voice feeling and being your 'new' way of being.**

Practice 3 – Belief Cards

-Here is the PDF of the Belief Cards and Orgami Box.

You will need to print the box lay-out and cards on card stock, then cut the cards.

Here is the link to fold your orgami box -

<http://www.youtube.com/watch?v=P8dXvCrl8s>

- **Write your own personal 'new' beliefs on the *blank* cards provided.**
- **Read each card aloud every day.**
- **Shuffle your cards upside down, randomly choose one card every morning after reading them aloud – display it close to your work space so you see it often throughout the day. (Or, you may want to consciously choose a card)**
- **On the back of your cards – write your personal 'mantra'.**

Practice 4 – Your Mantra

- From doing the ‘bonus game’, what did you learn were your soul essences? _____

- What one thing would you like to have different after these 21 days? _____

- **Create a personal mantra** for this 21 days describing who you want to be, you may want to combine your soul essence and the one thing you are wanting different. (ie: I am colorful and radiant, comfortable and open, easily connecting with others.) _____

- **Write your mantra on the back of your belief cards, and on one blank one.**
- **Choose something you see often every day – and every time you look at that object, say your mantra aloud or in your mind.**

These can feel like silly exercises, and our mind can tell is they are not worth doing...but they are. Remember your mind will finally get repetition, and your mind doesn't know what's real and what's imagined...so the more you imagine, and feel as if it's already is, the sooner you actually become.

May you see yourself in the dragonfly, transforming from a world of limitation, darkness and sometimes muckiness....becoming someone different, growing and learning through your personal experiences, being nudged by your heart to move upwards towards the light. May you notice your amazing iridescent wings glittering in the sunlight, and know you have become someone totally new, stunningly beautiful, completely free and alive in a brand new world of light, freedom and love.

