



## **Mastering the Magic of Imagination**

**Workbook – Class 3**

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### **The MAP to Mastering the Magic of Imagination**

There is a map, a way to go, directions, landmarks and signs to fully experiencing the magic of imagination. Imagination truly is magical whether we are aware or not, it's just when we are aware we are consciously creating what we truly want.

We are in our imagination ALL THE TIME....Where are you, now? (in your thoughts-imagination)

Painful imagining and worry activates physical symptoms...our heart pounds faster, we break out in a sweat, from the waist down we pretty much shut down, our breathing is shallow, we lose our sense of groundedness, solidness, feeling connected and supported.

The knowing place, the place where we know that we know that we know...feel that place. Feel how solid and grounded you feel even though you may not know exactly how something will turn out, you feel the strength and solidness of 'knowing'. Bringing our focus and thoughts to this place is harnessing the power of our imagination to our full advantage.

#### **Practice #1**

**Here's how magical imagination is for us... it's this simple.**

Pretend you are driving somewhere you have never driven before; it's a place you have read about so you have imagined it and know you want to go explore. The territory is brand new to you even though it's only a couple hours drive. You look at the map, have the directions, printed out the street names and when to go north, south, east or west- right or left. You have a good idea of where you're going, you hop in your car, turn on the key and go.

***Now, notice there is absolutely no doubt whatsoever you will not get there.*** You may get lost, but have you ever embarked on a road trip and ever had the thought cross your mind you might not get there at all? Even though, you are not familiar with where you are going, you DO KNOW you will get there.

You imagined your destination when you first decided to go, but now that you are going, your focus is now watching for the signs. Your intention is the destination and your attention is now completely focused on each *next* step paying attention to every sign and landmark. Sometimes you may turn on a different street than the route shows; you notice and just go around the block, no big deal.

### **Practice 2 – Abby Gooch**

#### **Connect with your knowing.**

Very simply, place your hand a couple inches below your navel and hold it there for a few moments. Breathe and feel into this place, this is where your instinctual knowing is in your body. Trust your knowing and your guidance. Your results will give you your self-validation.

What would you do if you knew you could? Feel into what you love from this place of connection.

**So...here is the magical imagination map!** Imagine where you want to go, get a sense – feel into it, and then GO...KNOWING. Knowing you will get there, in fact, no thought otherwise because you are there...in your mind you are already there. Then, PAY ATTENTION to signs – signs, you know, those assurances you are on the right path. The signs as in a butterfly flying into your space, your favorite bird flying right in front of your car, a heart coral on the beach, a phone call at just the perfect time, a serendipitous meeting of someone...those signs. Other signs, the signs in your body – how am I feeling about this right now? Signs that remind us to ‘be light’, follow our joy, be still and know, and move to what feels a little better, let go, loosen up, dance - those signs....Pay attention and follow those signs.

Your focus is not I’ve got to constantly think about my destination or I’ll never get there – your intention is your destination, your attention and focus is your next step, the next turn, the next sign...and your heart is at rest knowing, it is done.

It’s essential to change your mind set – embody entirely new beliefs in order to change your life. ...to do what you would do if you knew you could!

### **Practice #3 – Abby Gooch**

#### **Belief Changing Exercise**

Our current beliefs are creating our current reality.

Look at what is going on in your life that you don't like right now and ask yourself...What was I thinking and believing when I created this?

**'Be willing to believe something different.'**

On a blank piece of paper draw a vertical line down the middle.

On the left side of the paper list your 'old' (current) beliefs one at a time.

Ask yourself, 'what is the truth?' ...then

across from each old belief-'cross over the line', and write your new belief on the right side of the paper.

Bring yourself back again and again to your new belief. Your old belief is where you are accustomed to going – it will take practice to change that pattern, so be super consistent.

Use your belief cards DAILY. Listen to 'inner conversations' DAILY, and make your own recording and listen DAILY.