

## Conscious Imagining Guidelines

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### Overview

**Conscious imagining is a way for you to bring your attention to something that's going to feel better because what we are thinking or feeling inside is going to be reflected as our experience outside.**

**Since there is no inside and outside, what I am thinking and feeling inside is going to show up for me outside.**

**It is a vibrational universe which responds to our thoughts and feelings.**

**Conscious imagining is a powerful tool to help you work through karmic patterns.**

The mind is going to be thinking, so conscious imagining is just using it to think on purpose – consciously rather than let habitual thought patterns continue unconsciously.

We've always been infinitely powerful, and conscious imagining is a tool for refocusing that power in beneficial ways.

Conscious imagining is like building an inner blueprint for manifesting in energy (your thoughts and emotions).

It is something children do naturally, such as on the night before Christmas.

This ability is usually forgotten as we grow up, though we still use it in an unconscious, often negative, way without realizing how the power of our beliefs and feelings are always expressing themselves in our world and experiences.

Thoughts become beliefs with attention. We usually use imagination unconsciously to worry about something, resulting in spending energy resisting what we do not want. Life mirrors back to us what our current energy and thoughts are holding on to. Attention is like a magnifying glass focusing light so powerfully it will start a fire.

Issues that are experienced as chronic, including stubborn pain, usually reflect stubborn thinking patterns. We need to change the thinking patterns to focus on something better. It is always our choice whether or not we stay with a chronic problem. In this process we are choosing to stay in a good place for five minutes or more each time and gradually increase that.

Conscious imagining can be used to take our thinking off the negative and end the habits of karmic patterns.

Conscious imagining puts us in a non-resistant state. We are often too used to putting energy into resisting what we don't want, rather than being clear about what we **do** want and putting our attention and energy into that.

Ask yourself, 'What is the opposite of what I don't want? What would it look like?'

If you are worried that what you want causes a win-lose situation with others, change that to one where you feel everyone wins.

Although conscious imagining can make use of good memories and anticipated future scenarios, it is not about the past or future. When we do this, it is imagined AND FELT as real NOW.

Ask yourself what some issue you have would look like when it is resolved. Do not be concerned with the 'how', the process of getting to this imagined outcome. We are not trying to 'fix' any situation. We have to see that what we have been believing isn't true. If we focus on a problem being better or fixed, we are still giving some reality to the problem. What we focus on is kept alive in our energy. While we are not avoiding or suppressing the issue, we need to take our attention off 'problem' completely. In this practice we are just staying in the end result that feels good.

If we look at things from the ego, there will always be more problem. If we look at things from the Self, there will always be more joy to experience. Shift attention to 'How does the Self see this?' And if we can't do that directly, just shift attention to something in between, halfway, so we can get back to silence and peace consciously.

How you imagine this outcome appearing has to feel good. We will get into the habit of choosing what we focus on by how it feels inside. Stay with the parts that make you feel good. Maintain the good feeling – or rekindle it if it ever starts diminishing. And, as cause and effect are one, your experience will shift to reflect what you are thinking and feeling.

There is no limit or restriction on how good we can feel or on what we can imagine. At first it does not have to be a specific outcome but might start just on how you want to feel about the situation. So, if you are not sure about exactly what it is you want, go for how you want to feel. It is more about the feeling. Then you can gradually add more detail, such as physical and sensory aspects and interactions with others.

Move the practice from our usual largely mental process to engaging the body in feelings and senses. Bring life to it.

Get it to the point where what you are visioning has a real feeling of actually existing now.

As we experience more of the good feeling, we will naturally come back into the peace, silence and emptiness of the noumenon. We slide more and more into that space where thinking stops and the manifest just unfolds spontaneously.

Note, too, that although we are taking our focus off situations we may not feel happy about, we do not ignore whatever those circumstances are, and we still take whatever action may be required. But, through conscious imagining, we no longer let our thoughts linger on what we do not want, and this will reverse mistaken core beliefs and stop us perpetuating the old karmic patterns.

### **Step 1 – Set the stage**

**Have a notebook to write down your lists of wishes and memories/future scenarios to which experiential details can be added daily as they develop.**

**List 1 – Vision List:** Make a list of one or more wishes or visions – things, experiences - you would like to be true for you. It could be something new, something you would like to turn around or something which is already going ok, but which you would like to go even better.

**List 2 – Feel Good List:** Have another list of 4-6 or even more things that make you feel good, such as happy memories or anticipated dreams for the future, such as being/feeling loved unconditionally, appreciated, accepted, successful, happy, joyful, etc, which bring the feelings you want, love most and wish to experience now.

Your list could include such things as having a cup of tea with a loved one, even if they are no longer with us physically. You could also imagine flying to another planet and being with Christ, Krishna or the Buddha. What you imagine does not have to be real. Its objective is to shift your feelings. Spending time on list two should always be a great pleasure as it is taking you to your 'happy place'.

Decide on which particular wish or wishes from **List 1** you would like to 'work' on imagining coming true right now

Recall memories from **List 2** so you have the living experience now of the good feeling you wish to have, such as happy, joyful, etc. Maintain experiencing the good feelings of those memories.

## **Stage 2 - Visualize**

See as if in a photo the dream(s)/vision(s) from **List 1** that you wish to come about.

Shift the feeling you have been maintaining from your **List 2** memory/memories in **Step 1** to what you are visualizing, so that the good feeling from memory is imbued in the photo of your dream/vision – like you are already experiencing the happy reality of it.

If you do not have a good feeling from imagining your vision as reality because you feel it is unbelievable, too good to be true, then just scale back the initial end product until it is believable, such as a quarter or half-way to the end vision, which takes you to a better feeling, a higher vibration in your body-mind. Then, as you continue your practice day by day, you are adding a little more each day, feeling a little better with each increment – increasing the vibration - and building a ladder rung by rung for yourself between how it is now and how you would ultimately like it to be.

After your still shot of it, see your dream/vision as if in progressive photos, as if in a time sequence and becoming a living moving reality, like a movie.

Notice details in your pictures of it. What is happening? What are the surrounding objects?

- See other people who would be involved and their movements and expressions.
- If it is in a garden notice the plants and trees and be specific by naming some.
- If it is indoors, note the furnishings.

Visualize details which would confirm to you in real life how you would know what you are seeing and feeling are true.

**Example:** if it is about a sum of money, you might visualize seeing that sum or a greater one in your online bank balance or in your bank statement or receiving an unexpected gift of money in the post.

### **Stage 3 - Engage the body more**

Bring emotions and senses to the dream/vision you are 'working' on.

As you hold the good feeling, energy begins to build in the body.

Emotions and senses make it seem real and invite participation from the **Life Force**.

**Example:** If it is about relationships, experience feeling relaxed and loving with those involved. Feel the relief, happiness and joy this brings.

Ask yourself, 'What would I be feeling in this dream come true situation?' and then feel that feeling.

You might start by imagining you are feeling at peace and where that might be – a favourite chair, the place where you meditate, or somewhere in nature. Then imagine the surroundings, smells, and sounds. If in nature, you might feel a breeze and hear it rustling the leaves of the trees and notice the sound of water and of birds singing. Have the feeling of being there.

If it is about something like love, money or food, have some sensory experience which would be present in the situation.

What is the weather like in your vision?

What are the smells, such as of flowers, fruit, herbs?

What are the sounds? Children playing? People chatting? Waves on a shore?

What are the other sensations? A breeze on your hair and skin? Feeling the warmth of the sun?

What are the sights which confirm to you what you are visioning is already true?

What are other people wearing in your imagined scene?

What are your feelings and those shown by others, such as are the people you see smiling and are you feeling happy with them and smiling back?

In a gradual and enjoyable way, add some more detail to your visualization day by day

- Add more photos to your movie
- Add more details to the photos
- Add more feeling and sensory aspects to the vision

After your practice of conscious imagining and feeling good, you will gradually find yourself naturally relaxing into peace and silence. Conscious imagining is a means to create positively while thinking is still going on. This peace and silence is usually a thought-free state, which is the best place from which to create.

### **Other guidelines:**

#### **Come from the Self**

Conscious imagining is done from the Self, which is from a state of Oneness.

Other seemingly similar practices which have been quite popular may also have some benefit but are not the same, as they are invariably done in duality, as if one is a separate being. When doing a process as a separate being, hidden beliefs will still be in the way of it working out as effectively as it could and for the benefit of all.

Conscious imagining is not exercising a 'law of attraction', as there is no 'out there' – only 'in here'.

When coming from the Self in conscious imagining, the Oneness experienced will naturally reach and have a beneficial influence on all others involved in the imagined scenario.

#### **Timings**

20 minutes per day is recommended, either in a single go or split into 2 10-minute sessions. 20 minutes of generating and feeling so good in a day will cancel out all the rest of the day's negative thinking.

We can break our old – often unconscious and negative – habits if we do not use their neural pathways for 30 days. Spending 51% of our waking state on the positive and feeling happy will shift the balance to that and 'outer' reality will show us this as it begins to catch up with what we are imagining.

Hence, a 30-day commitment to conscious imagining is recommended, and you will have set it as an enjoyable habit by then.

Even just 5 minutes each morning and evening will be powerful, but it will become a pleasure to feel so good that you won't mind extending the time. Children naturally love doing it.

The more we do it the easier it is, and you will naturally find yourself wanting to do it when the opportunities arise for it during the day.

Try conscious imagining just before going to sleep and again on awakening – even if just for 30 seconds. It will benefit your whole day.

#### **Feeling**

- Keep imagining while you are feeling good.

- If the good feeling stops, shift back to the happy memory or anticipation to rekindle that feeling in the now.
- Remember that feeling bad/unhappy will just generate a like (bad/unhappy) experience.
- If you are too strongly caught up in emotions to shift away from them, just wait until they subside sufficiently to the point where you can shift your focus to imagining something which gives you a better feeling
- Experiencing a better feeling will benefit all aspects of your life – health, relationships, finance, etc.

### **Enjoyable and easy**

- In all these imaginings, make it easy and playful, so the whole process is enjoyable. Do not force it.
- The body will feel inspired the more we do it. Enjoy feeling excited and alive. It becomes addictive.
- Soon your ego will find doing this is fun and you will naturally wish to practice it in any spare moments.

### **Evolution of wishes and visions**

Your imagining will grow naturally to become ever bigger dreams as you continue daily practice.

### **Effect on daily living**

Right actions in your daily life will naturally come when you are experiencing these good feelings. Your actions in life will feel easy and fun.

### **Self-appreciation and love**

Something we are not usually aware of is that we have often already had quite wonderful successes in our lives, but do not notice, acknowledge or appreciate them because our focus has been on problems and worry about what might happen. So have a closer look at your life and acknowledge and feel appreciation for what you have already accomplished and of how far you have come.

Soon you will find your everyday outer world will more and more naturally bring you the same happy experiences that you find in conscious imagining.