Awakening Your

IMAGINATION

How to Tap Into
the Limitless Power Within You
to Manifest Your Wildest Dreams

By Paul Bauer and Susan Castle
This book is dedicated to the
*Inspired Dreamer*

in all of us.

May you dare to soar to heights
*beyond your Imagination*...
THE MISSION OF AWAKENING YOUR IMAGINATION

Our vision is to awaken the infinite power of your imagination to inspire you to create the life your Heart desires and, in doing so, to serve the planet and mankind.

It is our intent, our mission, to help you reconnect to Source, remember your Soul’s Essence, and find the inspiration to fully and completely express your authentic self and your unique gifts.

When you tap into your pure Heart, you are tapping into The Awakened Imagination State. It is the state of unconditional love and complete self acceptance. In the Awakened Imagination State, you have stepped into the flow of life... there are no needs or desires because this powerful state of being holds everything all at the same time... in a state of pure peacefulness, pure manifestation.

The Awakened Imagination State is free from any conditions, judgments, or critical mind dialogue. It’s a profound feeling of deep inner peace. It is a state of absolute acceptance, and unconditional love—a love that is infinite, a love you can trust, a love that is eternal.

The Awakened Imagination State gives us the most exquisite experience of Oneness, you and your Creator as One. In this heavenly state, there is no separation, there is no pain, no suffering. There is only Love through the Oneness.
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Chapter 1

THE GIFT OF IMAGINATION

"Imagination is the living power
and prime agent of all human perception"
Samuel Taylor Coleridge

If you've received this kit, I imagine we may know a little about you...

You long for a simpler way to create what you want.

You've already studied and read courses of many different kinds to help you clear fear, uncertainty or doubt and attract what you want.

You're tired of materialism and you know that getting more "stuff" won't bring you the happiness you truly desire.

And maybe—just maybe—you long to remember what it's like to feel the magic of a child.

Carefree... Inspired, playful, full of wonder and awe... Living in the moment, connected to your Spirit.

If that captures at least some of who you are, then this book (and kit) will help you break free of old conditioned thoughts and step into a whole new way of being. This Kit will remind you of your Essence, who you really are.
If I could share one thing with you that has helped me transform my entire life (as well as the lives of every person I admire and have learned from), that one thing - that critical ingredient is...

**Pure Imagination**...

Not the kind that you were told when you were a kid when you heard "Oh that's just your imagination!" or "You're just imagining that."

What I’m talking about is the single greatest creative force in your life.

And that creative force is **Imagination**.

The dictionary defines imagination as:

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Im*ag`i*na"tion", n.

1. The imagine-making power of the mind; the power to create or reproduce ideally an object of sense previously perceived; the power to call up mental images.

2. The representative power; the power to reconstruct or recombine the materials furnished by direct apprehension; the complex faculty usually termed the plastic or creative power; the fancy.
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...which is getting close to the way we’re about to share with you in the rest of this book.

*But there's more...*

Much more.
The kind of *Imagination* that I’m referring to is the Force that Yoda refers to in Star Wars. It’s what the great sages like Rumi spoke about when they told stories of “The Field”. It’s the kind of magic that Walt Disney tapped into and Charles Schultz to create Snoopy.

In the words of one of the greatest teachers of the true meaning of Imagination, Neville says:

> "...the power which makes the forgiveness of sins, the achievement of our goals inevitable"

**Imagination has no boundaries.** That’s the kind of *Imagination* that we’re referring to. It’s not limited to what you think is possible. If you have a challenge or problem in your life, the only way you can stop it from being solved is to fail to imagine it in a different way. For you see, the solution to every life problem lies within your imagination.

But what if you’ve already dreamed of a better life and it hasn’t shown up yet? We’ll address that issue in this book. As you continue on in the Awakened Imagination Membership Program, you will learn ever more powerful ways of transforming even what you might consider your most impossible dreams into reality.

To be honest, what you want may not happen as fast as you’d like (or it may happen faster than you thought), but with the “Imagination Formula" that we’ll share with you in this book, you’ll gain two significant benefits just by using it:

1) You’ll feel empowered and inspired right now - the moment you use it
2) You'll instantly tap into new ideas, possibilities, and solutions that may never have come to you

In the process, you'll feel more alive, passionate, and energized than you have in years.

Too big a promise perhaps? Not when you put your Heart and Soul into what you love.

That’s a KEY part of the magic within you. Did you catch it?

**Three key words:**

- Heart
- Soul
- LOVE

So many of us have lost that feeling of passion and LOVE for what we do. But it’s that energy of LOVE that people are drawn to, like a beacon in the night. When your whole Heart is in your work or your play - time seems to stand still. You've captured the essence of what the sages and the poets have been saying for years.

When you do what you love, your life has a rich meaning and you come to know why you're here...

To help humanity and to make this world a better place.

**Why We Wrote This Book**

Years ago, when I worked for "Corporate America", I longed for a better way—a simpler way. I knew down deep that I was never meant to be in an office, working like a lemming—waiting for the next project and for the next drip of recognition and praise.
Even when I was at my peak—when I sold a six-figure contract to a major trading company in Chicago—I remember the feeling I had that night before I went to sleep...

I felt incomplete... And I couldn’t figure out why.

If you remember that old song by Peggy Lee called "Is That All There Is", that's how I felt.

Do you know what I mean? Have you ever felt that way?

It was as if something was missing but I couldn't figure out what "it" was. I continued on with the same approach (suspecting that something still wasn't quite right).

So, I studied more, read books of all kinds, listened to tapes (this is before CD's hit it big), attended seminars and even had personal sessions with different kinds of coaches and therapists.

Something in me slowly began to shift...

**A "Perception Into The Deception"**

As the old sage Vernon Howard calls it, I began to have a "perception into the deception." The deception that he’s referring to is the one the mind plays on us for as long as we choose to play by its rules.

**The Rules of the “Matrix”**

If you’ve ever seen the movie "The Matrix", the character named Neo struggles with the concept that he has been hypnotized for so long and not even known it. He realizes that's the "Matrix". The world of illusion that we believe is reality, but we forget it’s just a replay of what we lived yesterday. We forget it’s an illusion.
We come to slowly realize that the reality we perceive is based on money, materialism, competition, and scarcity.

But what if there was a different world? A world that’s filled with wonder, awe and joy? And what if this world is just a thought away? What if this world lives right within you?

What if you could enter this new world—at any given moment—and let go of the "Matrix"?

In other words, every day is a new, vital day, and has infinite possibilities. Imagine every moment is a Tabula Rosa (a clean slate). The moment you wake up in the morning is a new moment, beginning a new day. The problem for many of us is when we first wake up, we begin to jump right back into the "Matrix" without even knowing it.

How do you wake up? What’s the first thought on your mind?

Are you revisiting the stresses from the day before? Are you trying to figure out how to get more material things? Perhaps your focus is on how to end that issue you've been struggling with. Perhaps, your focus is on continuing to chase after what you perceive you don’t already have. How often do you wake up with a feeling of gratefulness and a sense of being connected with life?

Imagine what your day would be like if you were to begin each day in gratitude, with the knowing that it’s a new day, filled with new experiences.

Imagine holding an Intent for yourself for your day and feeling the feeling of your intent already real throughout your day. And trusting that your Intent is here - now.
The Secret Is “You Always Have Choice”

It's your choice how you want to think and feel. You can choose to *shift your intent* from "wanting and needing" to being grateful and being in the moment at any point in your day.

How can that change your life?

When you begin your day with "Pure Intent" (Intent that comes from your Higher Self and your Source), you allow your Source to speak *through* you, rather than your mind thinking it knows what's best for you.

That very shift is the one that will dictate your level of success and happiness and how you feel throughout your day. Because your mind is limited to what's familiar, however, Source has no limits.

The old way is to use the mind to fix problems. The real problem is the mind doesn't know that it's the cause of the problem to begin with. The mind can never solve your greatest problems or fix your challenges.

Problems are best solved in the state of Pure Imagination, inspiration and the creative present moment. Please take a moment and read that sentence one more time.

You see, the mind (the part of you that controls 90% of your thoughts, actions and behaviors) works like a printing press—and continues to print only what it knows, only what's familiar. The mind gravitates toward the known, and attempts to solve problems from this limited place.
"The Island of The Known"

Ray Dodd, in his powerful book called *The Power of Belief,* calls it "The Island of The Known".

"The Island of The Known" is where most people live their lives - thinking, feeling and acting the same way day after day. Most people aren't aware (or are afraid to even imagine) that there's an ocean ("The Ocean of The Unknown") that surrounds the island.

"The Island of The Known" represents our beliefs, upbringing, conditioned responses, DNA programming and agreements we have made throughout our lives.

In short, "The Island of The Known" is the "Matrix".

"The Ocean of The Unknown"

"The Ocean of The Unknown" is the mystery, the passion, the inspired energy that we long for. It's what we search all our lives for - and yet when given the chance—to swim in that ocean—we typically feel fear and think the worst, rather than allowing ourselves to feel the very power we've been hiding from all our lives.

The truth is that within that fear is trapped energy waiting to be re-claimed and focused into what we love to create. So in other words, every time you feel fear, anxiety, depression or any other feeling other than ones that make you feel good, you're close to tapping into the power of "The Ocean of The Unknown".

"The Ocean of The Unknown" is where all your power can be found. Yet, by staying on the "Island of The Known", we are holding ourselves back from the true gifts that we're capable of producing, experiencing and sharing in our lives.
Hint: By staying on the “Island of The Known”, we lose sight of the very thing that could give us what we want most.

The Inspired way is to allow your Heart to speak in everything you do. The key is to "re-imagine" your day to your ideal. Dare to dream even beyond the dream.

Your Imagination is the Key

Remember when we said, "When you put your Heart and Soul into it"? Our pain comes from resisting the things we don't want in our lives. Our joy comes from surrendering into the present moment and breathing into all our feelings... and making peace with them in the moment.

The Vision of The Awakened Imagination Project

Our vision is to awaken the infinite power of your imagination to inspire you to create the life your Heart desires and in doing so to serve the planet and mankind.

It is our intent, our mission, to have you remember your Soul’s Essence, your authentic self and to find the inspiration to fully and completely express your authentic self and your unique gifts.

Imagination Ignites Your Inner Light

There is a light that burns brightly within your Heart. This light is enhanced through the power of your Imagination. This light is your Soul’s purpose, your Hearts most treasured dream.

Your Soul’s purpose was encoded into your Heart long before you were even born. It’s your Heart’s desire that you discover your personal purpose and live it consciously each new day of your life. Your Soul’s purpose is your own unique destiny, and no one or no
thing can take that away from you. By the choices we make in our everyday life, you can bury your Soul’s purpose under the many stressors and responsibilities of life or you can choose to embrace it and live it.

Often, we find that in our lives, we come to critical junctures or crossroads, and at those critical times we are once again given the choice to live our personal purpose or continue to suppress it.

Our challenges in life, the crossroads we face, are opportunities to reconnect with our Soul and our personal purpose. They are opportunities to reclaim your Essence.

**Your Imagination is your power.** Let your Heart lead you to the realization of your most treasured dreams. Let your Imagination guide you into living your Soul’s purpose. Each day you can ask yourself this empowering question:

"How can I allow my Heart’s most treasured dreams to become real in this moment?"

There literally are no limits to what Awakening Your Imagination can do for you, can bring to you, or what you can do for the world and mankind. The intent of the Awakened Imagination Kit and Membership Program is to be a support and source of guidance and love for you in living your Soul’s purpose and in creating the treasured dreams of your Heart.

Some say these times we live in are challenging, troublesome, filled with uncertainty. We believe these times we live in are an invitation to awaken to our soul’s purpose. We believe each one of us is being given an invitation to live with a higher consciousness – a Heart Consciousness. We believe what appears to be “troubling times” is a call to shift our consciousness from relying on the mind
to surrendering into the Heart. So that you (each one of us) can come to Know the joy and inner fulfillment of living your life—from your Heart—connected to who you are and your Source.

This new consciousness is helping us redefine wealth and abundance. In the past, wealth and abundance was defined by the acquisition of money, real estate, job title, precious metals (gold) and land. However, today wealth and abundance is about the enjoyment of “Who I am in my life”. It’s about the quality of your relationships and the love within your Heart. It’s about personal growth and fulfillment. It’s about contribution – knowing “How may I serve?”

Today real wealth and abundance is about knowing and living fully your authentic self, your personal purpose.

We are honored to share in your journey as you awaken the power of your Imagination to realize your most treasured dreams and to live in Heart Consciousness.
Have you ever wondered if there was an optimal way to breathe? Most people never stop to even wonder if they're breathing optimally. We just simply breathe.

The truth is there is an optimal way to breathe. It is called Essential Breathing.

**Essential Breathing**, otherwise known as diaphragmatic breathing, has been practiced for centuries. Some think that this type of deep breathing is reserved for Yoga masters, Spiritual teachers, monks, Kahunas, or people that have practiced this “art” for years. We are beginning to realize that all of us can practice this calming and balancing skill.

Given how simple breathing seems to be, many think it's the easiest thing to do. Yet many of us don't know how to breathe for optimal health and well being.

**Why Be Concerned About How You Breathe?**

When we were children, we knew how to breathe deeply. The Essential Breath was second nature to us. From our first breath,
Essential Breathing nourishes the body and feeds our Spirit. It connects us with our HeartWaves.

However, over time, we have lost our connection with our Essential Breath and have become shallow breathers. This is not only detrimental to our health and well being, it also causes us to lose our connection with our Essence, our Spirit.

Shallow breathing also results in our becoming out of rhythm with our HeartWaves. The practice of Essential Breathing is one of the many key elements to clearing your mind, body and energy of all that no longer serves you well. It's also a wonderful way to reconnect with The Divine, Source, Creator, God and access a peaceful state.

**Essential Breathing is the Doorway to Accessing The Awakened Imagination State**

With the practice of Essential Breathing, we experience the benefits of chemical, cellular and neurological changes in our bodies. People who practice deep breathing experience marked improvement in their health, and are able to remain calm and centered in the midst of chaos and extreme stress.

The practice of Essential Breathing facilitates powerful, yet subtle, movements that massage our internal organs (particularly the Heart) and release stress from all the muscles in the body.

Essential Breathing has been passed down for centuries from many of the indigenous cultures throughout time. The sages teach us the true benefit of Essential Breathing is in connecting through the breath, through your breath, with the Divine, Creator, Source, God.
When you practice **Essential Breathing**, you are inviting your body, mind and Spirit to become One with all that is, the Universal Song. You are entering into the Awakened Imagination State.

**Your Heart Rate Follows the Pattern of Your Breath**

As you breathe deeply, the breath moves through your chest and into your diaphragm connecting you to your physical body and beyond to your energetic and spiritual body.

Your breath awakens your HeartWaves. It’s the breath that opens the door for the beginning of powerful transformation. When your breath reaches your Heart, it awakens a wellspring of emotions that empower love, compassion, and give life to your creative spirit. It’s your breath that invites harmony, balance and a peacefulness into your body.

**Your Breath Awakens Your Imagination**

One of the biggest benefits to Essential Breathing is that you are connected with your higher self, Creator, Source.

There is a brilliant sense of clarity and peacefulness when you are in the Awakened Imagination state of being. As you awaken your imagination–through your HeartWaves—you’ll find your Essence, your lifelong passions, your personal purpose, your Heart’s dreams and you’ll discover a guidance that will bring you courage and unstoppable self confidence.

Essential Breathing does not involve *learning how to breathe* as much as it is a process of *remembering how to breathe*. So let’s take a moment to remember how to breathe.
The Essential Breathing Exercise

Just allow yourself to settle in and make sure you are comfortable where ever you’re seated… it’s best if you uncross your arms and legs unless you are sitting in a lotus position.

Gently close your eyes and follow this guidance…

Begin by taking a nice deep, deep breath in… and hold that breath at the very end of your inhale… hold, hold, hold… (for 4 seconds)

And gently release… (for 4 seconds)

Hold at the end of your release (for 4 seconds)

Inhale once again deeply and completely (for 4 seconds)

Repeat for 9 sets of complete breaths

Good, now very gently begin to bring yourself into the present moment…

And notice how you feel

And breathe fully into this feeling...

We invite you to practice this form of deep breathing at least twice daily, once in the morning and once in the evening and anytime.

How Do I Know If I Am Breathing Optimally?

To ensure that you are breathing deeply, you can do the following exercise.
Place your hands on your belly and notice if—as you breathe in—does your belly move in and out? Or, are you breathing from your upper chest? Try noticing this over several minutes.

If you discover that you are breathing from your chest, picture for just a moment, how a little baby breathes. You'll notice how their little bellies breathe in and out, just like a lullaby. For those of you that don't have kids or nieces and nephews, watch a little puppy or kitten as they sleep. You will notice how they breathe from their little tummies.

They breathe from what’s called the diaphragm. The diaphragm is a natural pump in your lower abdomen or belly that acts as a balloon. As the breath flows in and out, the diaphragm acts as a vacuum—pumping what’s called the lymph from your bloodstream, organs and tissues. It's like a natural cleansing waterfall inside you that's always able to purify and open up your energy, help you relax, detoxify your body and help bring inspiration to your work, family and play.

A Return Home To The Awakened Imagination State

Close your eyes for a moment...

Breathe deeply...

Feel your breath as it enlivens you...

Ask yourself, “How do I feel when I breathe like this?” “Does this breath work help me? In what way does it help me?”

If you feel the difference that most people do, then promise yourself that you will re-member to do this basic life-renewing exercise daily... (especially when you're stressed).
Awareness of the Breath

As you practice Essential Breathing, you want to be aware of your breath and notice how your breathing is slow, calm, like a cloud moving softly through the sky—effortlessly. You will notice that when you focus on your breath, you begin to let go of unneeded thoughts, habits, and patterns that may no longer serve you well.

And you begin to become aware of your Heart... and if you listen carefully, you can begin to hear your heart beat. You’ll hear the natural rhythm of your life force. Your Heart rate will follow the pattern of your breath.

When your mind and body are calm—you can access your intuition—your Imagination. This is where your creativity and hopes and Dreams come from. When you can access this source of wisdom that you've always had, you will find that you’ll be able to attract what you desire more easily. You’ll also notice that you have more clarity on what you truly desire and an inner confidence that it’s on its way.

Essential Breathing Aligns You With Your Essential HeartWave

The deeper you breathe, the more in touch with your body you are and your Heart. Shallow breathing keeps you up in your head, breathing from your chest. Essential Breathing aligns you with your essential Heartwave where you are inviting the natural healing response of the body.

Take good care of yourself and invite Life into your Heart, your body and awaken your Spirit. The following is a beautiful metaphor that describes the very nature of your Heart.
The Very Nature Of The Human Heart

The human Heart is surrounded by the coronary arteries, and they form a crown around the Heart. The primary function of the Heart is to nourish the body with blood, oxygen and nutrients. Something very unique happens once and only once in your entire life. That unique happening occurs with the very first beat of your Heart. Once and only once in your entire lifetime when your Heart takes its very first beat, it does something very unique.

Instead of sending that nourishment to the rest of your body it returns the nourishment to itself first. The very first beat of your Heart pumps that nourishment (blood supply) to your own Heart first. Beginning with the second Heart beat until the rest of your life, your Heart pumps that nourishment to the rest of your body.

The very nature of your human Heart is to nourish itself first, and then it has that much more to give the rest of your body for the rest of your life...

When you nourish yourself first with your own self love, you are in alignment with the very nature of your Heart. Nourish yourself first through the practice of Essential Breathing, awakening each day in gratitude, daily meditation, tapping into your Imagination and a practice of unconditional self love.
Chapter 3

CLARITY

“Do not leave this life with your music still inside of you.”
Dr. Wayne Dyer

The single greatest cause of disharmony and stress in our lives is something called the *Restless Mind*. The Restless Mind is the ego mind that thinks there’s always a problem and searches for a solution.

Most of our thoughts are the same thoughts as the day before... in fact, as much as 90% of our thinking at any one moment in time is random, often useless and often by nature quite negative.

My own dad had that challenge. He had the restless mind syndrome that seemed to go with him wherever he went, even into his sleep. I watched that as a child. I thought it didn’t seem right, but that was the only example I had in terms of a father. Some days I thought, “Well maybe that’s not right.” I just didn’t know better.

So, I watched him as he overworked himself. Later in his life, he developed Alzheimer’s. According to Chinese Medicine, when you worry too much, and my dad worried all the time, it creates a fear state and that energy drains our kidneys.

When you drain the kidney energy from the energetic body, (like a slow leak over time) all that stress—all that habituated negative thinking over time—drains vital kidney energy. This is critical
because the kidneys are the direct source of energy that fuels our brain.

If our kidney energy over time is drained, it often robs our brain of vital energy. In fact, in Chinese Medicine, the kidneys feed vital life supporting energy to the brain. If you have brain fog, if you ever have listlessness or fatigue, it very well might be a depletion of your body’s vital kidney energy.

**You’re Not Your Mind**

It’s really important to understand that you are not your mind. Even though we identify with thinking that we are our finances, we are our physical conditions in our life, we are our body, and in almost all cases, for even the most studious student, we think we are our mind—because that’s what showing up on the “screen” all throughout our lives.

The screen we’re referring to is just like a movie screen. The moment the lights turn down, images begin to appear and we hear what we think is reality. We believe what’s on that screen is real.

*And we seldom stop to question if what we are seeing and hearing is even real.*

In our busy lives (when we’re caught up in “The Polarized Mind”), we don’t notice the screen. We just say, “That’s reality”. Or, if what we want in life isn’t showing up yet, we assume there’s something wrong with us.

Except we’re not pointing at the screen, when we’re saying that. We think that we are the ones that are wrong because we’re identifying with the mind. We’re creating an identity that is only “real” because the mind thinks it is.
How to Let Go of the Mind

So, let’s do a brief exercise to see what it’s like to not be the mind. This exercise is designed to help you step outside the “Restless Mind” and unplug from the “Matrix”. In other words, the matrix of those habitual, constant, repetitive thought patterns. This exercise guides you into the quiet space between your thoughts.

Quieting Your Mind With The Breath
Begin by settling in and making sure you’re comfortable... in a place where you won’t be disturbed for the next several minutes.

Close your eyes for just a moment and take a nice deep breath...

And let that deep breath come from your lower belly instead of your chest...

With the next in breath, hold one of your hands on your belly and take a nice deep breath, and notice how your belly begins to expand and then notice the shift in your body as you begin to feel that expansion...

What’s different about it? Allow yourself to feel all the way to your toes, in your body, (not up in the mind), in your body where 95% of your consciousness is...

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**Breathe Into Your Heart Point**

So as you continue to breathe with your eyes closed, place your fingertips on your Heart point which is located in the very center of your chest.
Now take another nice deep breath and let yourself make that sound of ha on the out breath. (breathe in and breathe out “ha”)... 

The sound of “ha” is the sacred sound of creation. It’s the sound of balance within your mind, your body and your spirit. It’s where all the energy combines into the state of Oneness.

So continue breathing and just notice how you’re feeling, even if those feelings are other than peace, just take a nice deep breath and say, “Thank you”. Thank you to those feelings, and breathe...

And now just notice, as you continue to breathe, and as you cultivate this energy, (and become the observer), begin to notice that you feel a little more Alive. Maybe you feel a little more energized. And maybe you feel an inner peace that seems to last...

So as you begin to open your eyes, look around the room now and notice what’s different...

This exercise is a reminder of what you already know – breathing into your Heart Point. It’s your natural state of Being.

There’s an old phrase that says: “There’s no teacher who can teach anything new. He or she can only help us to remember the things we’ve always known.”

The books, the tapes, the audios, the seminars, whatever it is that you’re drawn to most are resonant within you because there’s something there that means something to you. It strikes the chord of what you already know. It helps you remember what you know and who you are.
We’re not talking about going and getting things, you know how to get all the material things. I’m talking about what you resonate with. The things that you’re drawn to that make you feel like you’re grounded, balanced and connected to a greater whole. I’m referring to something that brings a smile to your face, a warmth within your Heart.

**Pure Intent**

So right now, just think of something that brings a smile to you. And take a nice deep breath. That doesn’t come from your mind. You may think that was a memory of something but behind that is pure Intent which comes from your Heart.

**What is Pure Intent?** Pure Intent is something that comes from your Heart, your authentic self. It’s not of the mind. So, as we continue talking about this concept of Pure Intent and how you can experience more clarity... ask yourself: “How can I live in clarity? How can I allow the clarity that is within me to be known?”

It’s already there. Everything you could possibly imagine already exists, right now within you—in this moment, even though the mind may not yet be aware of it.

Even though the mind may not be ready for it or just may not know what it looks like or feels like. And that’s okay. That’s when you can take a deep breath and say, “It’s okay to not know. I now let go.”

**The Seductiveness of the Ego**

The mind can be seductive, and we sometimes call it the seductiveness of the ego. The ego is the part of the mind that has us thinking that we’re really, really good some days and really, really bad others. You know, the times in your life when you’ve created
something, where you got recognized for being really good at what you do, when someone loved you so much for something that you gave to them for example, or that you were there for that person in your life.

Yet as little as minutes, hours or days later, you find yourself back down in the valley again of those lower vibrational feelings of anxiety, despair, self doubt, depression. Do you ever wonder...

“Who is the person that was feeling all those good feelings? Or, why can’t I feel some of those good feelings more frequently?”

The ego mind is the part of us that’s attached to the good stuff and tries to avoid the bad stuff. And it can be very seductive.

So, when you receive a compliment, let’s say someone walks up to you and says, “Hi Joe” or “Hi Mary. You look great today. Man you look the best I’ve ever seen you.” How would you feel? Most of us would feel good.

Let’s say the next day you’re coming down the sidewalk, the same person walks up to you and they tell you that you’re looking awful. They tell you your hair looks terrible. They comment that your suit is out of style. How would you feel?

Most of us feel that sense of rejection. We may wonder: “What did I do to this person for them to say that”? Then our own inner beliefs take over as you continue walking down the street. “Why did he say that? I must not be very good. Boy, how dare he do that to me.”

**Inner Beliefs Are Very Powerful**

Our beliefs create our reality. Some of the beliefs we hold empower us while others prevent us from having the very things we want most. In fact, there is usually a “common thread” (a core
belief) that weaves its way through our life that shows itself when we feel judged, stressed, anxious or not good enough.

That “common thread” is a hidden subconscious belief that we developed at a very young age. This hidden subconscious belief weaves its way through most of our adult years. For some, its “I’m not good enough,” or “Life isn’t fair,” or “No matter what I do, no matter how hard I try, it’s never good enough.” For others, it might be “I’m all alone and there’s no one to help me.”

**Discovering Your “Common Thread”**

What are the things that you say to yourself most frequently when things don’t happen the way you want? It could be, “Why don’t I get what I want?” Or, “What did I do wrong?” For some people it’s, “Why do bad things always happen to me?” Or “Abundance is only for the famous”. These kinds of beliefs were formed at a young age and often go undetected in our everyday lives, yet they play a critical role in creating our reality.

**Become The Observer To Your Thoughts And Feelings**

You are not your thoughts. You are simply an observer to the responses you are having to experiences in your life. A powerful practice is to become the observer to your thoughts and feelings. How do you observe them? Here’s a simple way - take a nice deep breath, close your eyes, and step back and just notice how you’re feeling and just breathe into those feelings.

When you breathe into your feelings, it’s best to use The Essential Breath as you breathe into your feelings. Start noticing the shift you feel when you do that. When you practice that it may very well bring you a new sense of freedom and peace.
Here’s a hint: If you yawn during this process that’s a good sign. It means that your energy, your blood, your oxygen, is going back up into the brain to replenish the brain with vital energy. The waste products from the brain are releasing and being excreted naturally. You’ll be left with clarity and a sense of inner calm.

**Breathe Into Your Feelings And Make Peace With Them**

When we forget to breathe deeply, we are suppressing our feelings. On the other hand, when we remember to breathe deeply, it allows us to feel our feelings, and process them. We breathe shallow when we don’t want to feel our pain. This leads to trapped feelings, which only clamor louder and louder with time until we bring those feelings into the present moment and make peace with them.

You can begin this process of making peace with your feelings through deep breathing, allowing yourself to breathe into the feeling, and express gratitude by simply saying “thank you” to that feeling.

Your feelings are the most real part of you. So when you breathe into your feelings, (especially the ones we label as heavy, bad or negative) you are expressing acceptance and unconditional love for yourself and your feelings.

Gratitude is an expression of the Heart not the mind, so when you breathe into your feelings and say “thank you” you are breathing love and grace into them.

Loving yourself (all of you) unconditionally, without judgment, is one of the greatest gifts you can give yourself.
Clarity Comes From Your Heart

Your Heart is the source of clarity within you. When your Heart is open, you are in the present moment and in this state you can feel unconditional love. When you feel this unconditional love, your Heart is relaxed, open and trusting.

It's not always easy to keep the Heart open. The reason is because the mind thinks that it needs to be on guard. In some cases it does but other times it’s not appropriate because it stunts our growth and holds us back in life.

Consider some limiting beliefs such as: “I have to hold back otherwise something bad could happen to me. If I push too hard outside of my comfort zone, something bad may happen.” Or “If I let love into my Heart I may get hurt”. Those beliefs no longer serve us and we have the ability to transcend them. We can transcend our limiting beliefs by becoming the observer to them, by doing some inner work, or taking a journey inward and dialoging with those beliefs and feelings.

A wise sage once said: “The greatest journey you will ever take is the journey inward.”  Gary Zukov

When you practice Essential Breathing, especially while you're moving through your feelings or breathing into a limiting belief, (for example: while you’re picking up that phone to call that new person, while you’re giving a speech and your breathing and you’re grounding yourself as you breathe), you'll start noticing the difference. You’ll notice that you're centered—that you’re connected -- that you're in touch with your feelings and with all that is. Yes, even as you go throughout your day.
It doesn’t have to be a profound or deep meditation. In fact, the only ineffective meditation is the one you never did (or the deep breath you never took).

“Clear Mind States”

*Clear mind states* result in the ability to connect with that which is “right now” in this present moment. For example, as you read these words, as you listen to your own breath –

just listen to your own breath for a few moments...

Breathe in through your nose and let yourself make the “ha” sound. If you can hear that, you’re in the present moment. Your mind isn’t thinking of, *What didn’t happen yesterday. What do I have to do in order to feel calm.* You’re tuned into the present moment.

It’s not easy in many cases to be in the present moment because the mind is so caught up with thinking. Often, the mind is busy thinking *What do I have to do to take care of the stuff that wasn’t finished yesterday so I can, somehow, get out of the zone of fixing all that tomorrow may bring?*

*Now is the only moment we have.* This precious moment is the Essence of you. Call yourself back to the present moment and say, “Thank you.” In time, you will feel that shift.

In fact, practicing gratitude is what brings us into the present moment. Remember, if “*thank you*” became your daily prayer or your Heartfelt mantra, it would be enough.
Breathe Into Your Heart Point

So, to feel inner peace in your life, even if you're in the middle of a business meeting, even if you're in traffic, even if you're having an argument with your spouse, your loved one, or if you're by yourself and you just don't feel connected for some reason, all you've got to do is take a nice deep breath and place your fingertips on your Heart point and call yourself back to your Heart.

Then notice the shift in your body. If the mind starts going off on tangents, that's okay. Just notice that. Just like waves on the ocean. Just like the sound of the meditation in Clear-Mind. Those waves that flow in... those waves that flow out. And with each passing thought, you're connected. You're grounded. You feel the stillness of energy, spirit, grace and all of life.

Listen To The Space Between Your Thoughts

You can hear the space between your thoughts... you can hear your higher wisdom. You can hear the language of your Heart. Listen carefully... you're one with your HeartWaves.

So to feel clarity in our lives, all we really need to do is to step back from what we think we need or what we think we want. We need to step back from the Restless Mind or what we call the polarized mind.

We need to call ourselves back to the Heart. Remember, the polarized mind is that part of us that divides reality into have and not have, need and not need, separate and One.
Imagine a tree growing outside your office or in your back yard. Does that tree have to try to do anything? Does it need anything? Or does it have a direct connection, a Oneness with Nature? This profound deep connection to nature is the present moment of Oneness. Even if there's not enough rain, it knows how to get water. Even if there's not enough sun, it still grows.

There's a part of you that knows as well. The more we meditate, the more we allow the mind to calm itself and the Heart to open, the more you feel connected to who you really are – Your Essence, one with God, Creator, Source.

The beliefs, the trainings or all the books that we have stacked up, as good as they are, they begin to just remind us of that which we already know on the inside. All we need is just a little reminder once in a while to go inside. It’s all there for you. You are Source. You are Creator. You are God.

If your mind, for some reason doubts that, that's okay. Just take a nice deep breath and thank that part of you because that's just a memory. That's just a subconscious memory that says, “I may not be that powerful. I may not be safe if I'm that powerful. Who am I to be so powerful?” Whatever the belief might be.

Take a nice deep breath, feel that sense of peace, of Oneness inside of you...

Whisper these words within yourself:

“I am enough just as I am.”

“I am grateful for all that I experience in my life... for all that is and for all that is on its way...” and so it is.
Chapter 4

MANIFEST YOUR INTENT

“Life is love in action”
Glenda Green

There are three essential myths that we, as human beings have begun to believe. Many of us have “bought into” them but we’ve never really questioned them.

Those three myths are:

“There’s not enough”
“More is better”
“That’s just the way it is”

These assumptions or beliefs are deeply held unconscious beliefs that seem to carry over across all cultures, all races, and all economic levels.

Even some of the wealthiest people have these feelings on the inside. In fact, some people are caught up so much with the “not enough effect”, thinking there’s not enough, that they keep striving for more and more and more and for many of them, there will never be enough.

Because on the outside, if that’s what we’re seeking, if what you’re seeking is something external to you, you’ll never, ever attain it.
Even if you get that material possession, experience or outcome, it won't give you what you thought you needed or wanted.

It may help you feel better temporarily, but soon the mind will be looking for the next thing it thinks it needs to be happy.

**The “Origin Thought”**

So this premise of “it’s not enough”, if we never question it, then we just go on living it every day -- it becomes an origin thought. The origin thought is the one thought that’s beneath our normal everyday conditioned thoughts.

**Some examples of an origin thought are:**

“There’s not enough (money, love, time ...)”

“I’m all alone and there’s no one to help me”

“In order to get ahead in life I must work hard”

“No matter what I do, no matter how hard I try, it's never good enough”

Perhaps you can relate to some of these thoughts. It’s like being in a psychic sleep. So we come out of the sleep and right before you put your feet on the floor in the morning, your mind starts reassembling things the way that it was yesterday. Even if you went through a profound process yesterday.

Those “Origin Thoughts” still flow through your filter system. The mind sorts through, “What did I know yesterday.” And the reason it does that is because that is how the subconscious mind works. It’s doing its bidding for you but not the way you designed it, but because of the conditioning (and the beliefs we formed) at a very young age - prior to age seven.
Your beliefs are formed by age 7. Some of your beliefs are empowering - life enhancing such as “I deserve love”, “The world is a safe place”, “I am lovable”, “I trust love”, “My feelings matter.” Some of your beliefs that were developed at such a young age are not so empowering and are what’s called life depleting beliefs. Examples of life depleting beliefs are: “Love hurts”, “I’m not good enough”, “There must be something wrong with me”, “Life isn’t fair”. “No one loves me”, “I’m all alone”. Your beliefs create your reality.

So, what does this have to do with manifesting?

Everything. If you don’t have what you want in life, the reason is beneath the surface. You have seen the picture of the tip of the iceberg above the water. What’s beneath the water is how the subconscious mind works. It’s the depth of these beliefs that prevent us from manifesting what we truly desire. And in some cases, we’re not even aware of what most of those beliefs are.

The subconscious mind controls over 90% of our behavior.
Positive Reinforced Memories

Positive Reinforced Memories are memories that make you feel good as you revisit them. For example, taking home a new puppy, falling in love, Grandma’s homemade apple pie, family holidays, Christmas as a child. Those are what we call positive reinforced memories or PRM’s for short. You know them like the back of your hand.

Negative Reinforced Memories

There’s also something called NRM’s, negative reinforced memories. Those are the ones where the moment someone says something to you, it sets you off. If you’ve heard of that phrase, “Pushing your buttons.” It’s not someone else that’s doing it to you, it’s that they are saying something in their normal everyday life but there’s an old memory that gets activated within you.

The truth is that it’s a chance for you to wake up. It’s a chance for all of us. Now, no one’s immune to that, but it is a chance for you to step back and just notice and observe—and take a nice deep breath in that moment.

So, in terms of manifesting, if we hold these old beliefs of, “there’s not enough” or “more is better”—we are in effect experiencing a belief. Now, there’s one belief that’s not often questioned in many of the predominant cultures in the world—the United States, Europe, China, Australia.

As William Blake once said, “We’ve been led to believe a lie, when we see with and not through these eyes.”

If you find yourself buying into the myth, “We’ve got to have more in order to be happy,” then it really won’t matter how much you
have accumulated unless you tune into the gratefulness within you.

Once you tune into the gratefulness, you’ll feel complete, fulfilled, in the present moment, and free from past memories.

**Gratefulness Is A Powerful Key To Manifesting**

Gratefulness is a big part of manifesting what you want. That’s why we have included an entire section on gratefulness in the Awakened Imagination Kit and in this book.

So, if we capitulate and say, “Well that’s just the way it is,” you may be lacking power and feeling some apathy or hopelessness.

When we are disconnected to our power, we often find ourselves saying things like: “I can’t do anything about it. I’m just going to have to keep going the way it is. I can’t go changing anything.” If that was the case, there would be no transformation in this world.

Let’s take a look at how being grateful may impact your life. Even if things have not shown up the way you want, being grateful for what is showing up is the key to manifesting.

**The Gift of Gratefulness**

Throughout this chapter, we’ve mentioned gratefulness and how it’s a key practice to manifesting what you truly desire in your life. In this case, when you’re grateful and you tune into all that you already have in your life you’ll be honoring the energies that are flowing. This leads the way for you to enjoy the gifts that you previously might not have been noticing.

Let’s talk about the brain for a moment. There is a part of the brain that’s called the reticular activating system, (maybe you’ve heard
of it). It’s called RAS for short. It’s an automatic part of the brain and it’s brilliant. Your RAS scans your energy. It scans your field all the time.

For example, if you hear a noise, it won’t startle you if you’ve heard it before. But if you hear a loud crash, that’s a sound you weren’t expecting because your RAS wasn’t noticing it before. Boom—there it is, and it scares you.

What the RAS does is it saves us from having to constantly look for things or make decisions. It does all this important work for us.

The reason why many of us don’t have what we want is because the RAS, is conditioned – just think of it like an employee that was told to do something and continues to do it—day in, day out.

Many of us have at times felt that way when for example, we’ve sat for long periods of time doing mindless jobs. That’s just like an RAS person, sitting there at their desk around the assembly line, just going through the motions. Now there’s advantages to this, as well.

There are many positive actions which the RAS does for us on a given day. But if you feel like you’re stuck, if you feel like you don’t have what you want in your life, maybe it’s because that part of you is scanning for what’s the same, for what is familiar, for something your RAS already recognizes.

**Who Am I?**

In other words, it’s created an identity for you. The root word of identity is, “To see that which is the same.” That’s all it does. It’s just going to keep seeking something that looks, feels and is the same in your life. No wonder we don’t swim out from what is called the Island of the Known—because we’re afraid of the Ocean of the Unknown.
Imagine that you’re on an island (The Island of The Known), doing your normal everyday activities—driving to work, taking the kids to school—all the activities that you do on a daily basis; the day to day experiences that you have and the beliefs that you hold.

Notice how comfortable or safe your everyday activities, thoughts and experiences feel. What happens when you step outside of that Island and you do things that you really want to do? The callings that you have in your Heart are heard, and you begin to uncover part of your life’s purpose, and you begin to discover more of your dreams and passions on the inside. You ignite the fire of creativity in your Soul.

Now you might start feeling the energy coming up. It might feel unfamiliar. It might feel like excitement coupled with uncertainty. What happens if you don’t know what to do with that energy? This is an unfamiliar and sometimes challenging experience that many people have.

In building this project, we’ve felt a multitude of feelings - excitement, anticipation, gratefulness, and uncertainty at times. But because I’ve had some good people sharing their lessons with me, especially Susan Castle, for example, who’s one of the great contributors to this project, I’ve been able to come back into my Heart and say, “Thank you” to those feelings. I’ve been able to call myself back to my Knowing and tune into why my Heart has called me to share this work with you.

You see, there’s really a little child in all of us. That little child can feel overwhelmed, uncertain, and even lost at times. Knowing how to love that little child, knowing how to feel our feelings and be grateful for all that is... has made all the difference in our lives.
Each of the people that we’ve worked with over the years, even if it’s through software, like this, can feel that – that essence of being okay with what is showing up, even if the seductive ego mind says, “That’s not what I want” and it tries to push things away.

**The Mind Is Not You**

This is an important belief to embrace because there is a place within you that holds your Essence, who you really are. This place is your Heart. Your Heart is far more intelligent and wiser than your mind. You are not your brain. The brain is the physical apparatus that acts like a computer, send information in, send information out. That’s the way it processes information.

What you want right now, the things in your life, whether it be better finances, whether it be the love of your life, whether it’s more vibrant health -- whatever it is - it exists right now. But the mind doesn’t yet notice it. So it brings up the next obvious question, “How do I begin to notice it?”

Take a few minutes and write that down. "How do I begin to notice what I want right now is real?” And then just change that word “want”. “How do I begin to notice my intent is already real?”

**The Power of Intent**

Take a few moments, breathe that in. It’s a great question to ask yourself. “How do I begin to notice my intent already being real right now?”

“Intent”—the word means *pure energy*, pure unconditional spirit. It’s the pure You. *Pure Intent* is the feeling you feel having what you want, being what you want—noticing it in your everyday life.
Take a moment right now and practice this exercise on Pure Intent.

**Pure Intent**

Take a nice deep breath and close your eyes. Think of something that you would love to create, or have in your life, or be. And just take another nice deep breath and say, "Thank you."

Now, with your eyes still closed, take another nice deep breath and ask yourself this question, "How do I feel right now, in this moment, knowing my intent, my creation is already real right now?"

Take a nice deep breath. Notice that difference. Notice that shift in your body, and all through your energy field. From your head, all the way down to your feet. And again just say "Thank you."

Notice that feeling inside of you and before you open your eyes, just let a smile come to your lips.

Breathe into that smile. Let yourself feel how it feels to smile and just breathe with that. That’s the real you. That’s the unconditional you and that energy is within your Heart.

And so it is...

The reason we say “thank you” is because your subconscious is very, very faithful. Whatever you are grateful for, you literally harness or create—you open yourself up to the essence of the creation.

It’s like a lotus flower blossoming. “Thank you” is full of grace. It’s full of honor. It’s full of unconditional love. “Thank You” is a beautiful expression of the Heart.
The “Assemblage Point”
As you begin to come back from that inner journey, look around your room. What do you notice that’s different? Inside of you? Or outside of you? These little shifts are when that Island of the Known begins to open up a little bit.

The familiarity zone, the comfort zone begins to expand a little bit more. You begin to shift what’s called the assemblage point. In other words, how we assemble reality based on conditioned thoughts and memories. When you free yourself of those thoughts and those memories, you actually begin to transcend them.

You transform those old beliefs by just noticing them, observing them and thanking them. You reclaim a lot of power by doing that and it’s your authentic power—it’s not somebody else’s. Nobody can give you something that you don’t already have.

So, all we need to do is simply align with our intent – the essence of it. In fact, you just did this in that short exercise. When we are in the state of wanting or needing something, it creates counter-intention; in other words, it literally counter intends what we want.

We Are Intending All The Time
We’re intending all the time. The energy is always there. We’re always thinking.

Unconsciously, depending on the beliefs we hold, we’re either saying, “I deserve this. Thank you. I accept it while it’s on its way. Wow this is such a great opportunity. I love this life of mine.”

Or the chatter turns into, “Why don’t I get what I want? Why is it so difficult all the time? What am I doing wrong?”
You may notice that you slip back into thinking those thoughts. The truth is we're thinking 50 to 60,000 thoughts a day. The question becomes “Are those thoughts empowering us or not?” And “Are those thoughts based on memory?”

So, where do you hang out? Where do most of your thoughts go during the day? Are they high vibrational thoughts where you're feeling pretty good about yourself? Or are they low vibrational thoughts? The ones where you're questioning: “Why do I always mess up? Why do good things happen for other people but not me?”

Whatever those thoughts are, to be aware of them is absolutely empowering and is the key to managing your present moment state of being.

Manifesting what you want is never about going and getting things outside of ourselves. It's not about just the material things.

It's okay to have material things in your life, that's fine. A new car, a new home. That's great. But don't stop creating when you are finally learning to successfully harness this new and exciting power. Let's go beyond that.

A “Quantum” Question...

*What’s The Vision That’s Bigger Than You?*

What’s something that would be so inspiring to you that if you were to begin it, that it would provide not only your material needs but fulfill you from your core and give back to others—whatever that might be.

It might be a vision for your family. It might be a vision for your community. It might be a project that you would love to start to help the United Nations, or somewhere in Africa, or somewhere in your backyard.
Whatever it is, *what’s the vision that’s bigger than you?*

It’s a question that came to us many years ago and just that question shifts consciousness. It was a gift of epic proportions. When you ask such a question, it allows you to think outside of your *Island of the Known.*

When we are focused only upon ourselves, we know we are in the comfort zone of the "Island of the Known" because we hear our thoughts centered around self. For example: *“What about me? What about my stuff? What about myself and my absorbed needs?”*

It gets a little old sometimes, doesn't it? Just thinking about our own selves?

Some people may respond, *“Well yeah but I don’t have my own stuff the way I want.”* Remember, that’s the seductiveness of the ego. It keeps gravitating to what’s familiar... thinking of what you don’t have and focusing on problems, trying to find solutions and old conditioned thoughts. It’s not even the real you, by the way.

Do you ever wonder who planted those thoughts? Some of those thoughts have been influenced by your upbringing, your family, school, society etc. In fact, by age 12 we know our life’s purpose. That’s right. By age 12.

Just remember, when you were a kid. You knew what made you happy, inspired, held your attention and how you spent your play time. You were very much in touch with your free spirit, your Essence.

**The Feeling Is The Key**

For many of us, we’re thinking negative thoughts throughout our day. No wonder we’re not manifesting what we want. Have you
ever taken a long hard look at how you spend your “mental moments”? Is whatever’s on your mind, something you want to revisit day in and day out?

Imagine what your life would be like if you were to choose to live from your Heart and in the trust that what you desire is already real. The feeling of knowing that then becomes true for you – in this moment – This is the key.

So, let’s talk now about the core of the software (Awakened Imagination). One of the great teachers of our time is a man by the name of Neville Goddard. Many consider him an Awakened Master. What Neville taught people was that all you’ve got to do is feel the essence of your creation, right now, in this moment.

Feel the essence of your creation, right now, in this moment… and b – r – e – a – t – h – e …

Now, the key is that you feel the essence through your Heart. For you see, if you do it with your mind, you separate yourself from it. If you do it with your Heart, it’s done. You’re at that Oneness Point - - abundance point, where it’s already real.

Because the mind wants to come in and control, it’s hard for many of us to stay there—to stay in the essence of that feeling, because we’re being deceived by the ego mind again.

Buddha called it the Prison of the Five Senses. “I can’t see it. I can’t taste it. I can’t touch it. I can’t feel it. I can’t hear it.” And we stay stuck in that prison quite often.

It’s a “psychic sleep”. In other words, we often find ourselves walking around waiting for something to happen instead of feeling the way we want right now in this moment.
So, if what you want hasn’t shown up yet in your life, it’s because you haven’t yet chosen, with pure intent, from your Heart not your mind, to just be there—to just live it, to become it... and not wait for something to show up in your material world. When we wait and wait for something to show up in our material world—and when what we want is more important that what is - that’s called suffering. Perhaps you’ve been challenged with that in your life. But the secret is to step back from needing it or wanting it and really letting go of the attachment to it.

Practice the exercises that are included in this Kit. For example, if you only practiced Clear-Mind for just 10 minutes and you felt one moment of clarity, that’s a gift. That’s when the Heart opens and the mind relaxes and you feel those “Clear-Mind/Open Heart” states.

That’s reclaiming your power.

**The True Gift Comes From The Inside**

So, *awakening your imagination* is very simple. It begins with thinking of what it is you’d love to create. Try this simple exercise right now.

Think of something you’d love to create and ask yourself, “*How would I feel right now if it was already real?*” Take a nice deep breath. Breathe into it. Let it expand. **Hint:** It’s easier to do with your eyes closed at first.

Begin to notice all that is in your field—notice with more than just your eyes, notice with more than your five senses. Use your sixth sense and beyond. Let those energies open up. You have untapped reserves of energy, resources and brilliance that will absolutely astound you as your continue to practice these skills.
Awakening Your Imagination

*Awakening your imagination* is something that you already know how to do. You knew it way back when you were a child. **You were an expert at it because it was natural.** You saw things differently. Maybe you saw colors differently than others saw them. Perhaps you imagined things that others couldn’t see. Maybe you felt things and your feelings told you they were real.

You may have had those imaginary figures in your room and they felt real to you. Maybe you were highly creative and made and did wonderful things as a child. You knew all the way back then what you wanted to be when you grew up.

*But something happened...*

Somewhere around age six or seven, you started going to school and the system, the “think in the box”, the law of the familiar, started to influence you. Perhaps, there was a strong influence to be like others and fit into the mold.

For example, when you drew your tree, instead of green the way that everyone did perhaps you made it blue and the teacher came along and said, “You don’t paint trees blue”. That single event may have felt like rejection. It may have felt like you were being judged. That’s when creativity is stunted, right there.

It’s not only creativity that gets stunted. You form beliefs during those significant events. Perhaps you formed a belief that “there’s something wrong with me” or “I’m different”, or “When I let my creativity out people will make fun of me.”

Depending on your parents, your upbringing, your intent and many other factors, this all determines the way your imagination and your intent is expressed the rest of your life. So, if you don’t
have the imagination, the imaginal powers that you’d like to at this stage in your life, that’s only because your imaginable wheel is rusted a little bit. All you’ve got to do is oil it.

How do you do that? **You practice** what you are learning in this program. Practice your breathing. Practice feeling those powerful feelings of *already having what you want*. If there’s a lot of resistance on the inside, just take a deep breath and say “thank you” to those feelings.

Remember... if what you want isn't showing up yet, take a nice deep breath. Tune into your body as that’s very important. Tune into your feelings and make peace with them.

Say “thank you for all that is” and for all your feelings in this moment. Make peace with your feelings in this moment.

When you do so, **you bring yourself right back into the present moment**. The biggest benefit to bringing yourself into the present moment is that you are then free from any memories. Every moment is a pure and new moment.

**The Real Key: The Feeling Is The Secret**

If you’re not feeling the way you want, it’s because your memories are doing the “talking” so to speak. The thoughts and happenings from yesterday are negatively affecting what’s possible for you now. You’re not really experiencing the present moment. You’re letting yesterday dictate how you feel today. How do you come back into the present moment?

**Start By Feeling Your Feelings**

I know it’s counter-intuitive because some of those feelings aren’t very happy. They’re not very comfortable. But the only thing that
causes our problems or pain in our lives is the resistance to that pain. It's not the events that are showing up that’s causing our pain, it’s the distancing ourselves from the pain that creates the pain we feel.

So, the more that you honor and embrace your feelings and thank them (make peace with them), you'll find that they begin to give you new life and new energy.

The essence of creation is aligning with what you want being real right now -- feeling it, breathing into it and feeling the essence of it being here right now and being grateful for that. Now let your breath guide you through each of the steps of this process.

**The 7 Simple Steps To Manifesting Your Intent**

The following exercise called “The 7 Steps To Manifesting” will guide you through the process of creating what you want in your life and embracing the essence of your desire already real.

Enjoy this guided exercise and may all your Heart's dreams come true and may you feel the profound inner peace of the present moment, knowing... *All is well just as it is.*

**The 7 Steps To Manifesting**

**Step One: Breathe Deeply**

Begin by taking a nice deep cleansing breath in... breathing in life, energy and abundance

As you exhale release any stress, strain or tension from your body...
Release any thoughts and feelings... and allow yourself to begin to relax...

As you continue to breathe deeply, gently shift your focus into your Heart and take a few moments to dwell in your peaceful Heart...

**Step Two: Clearly State Your Desire**

Imagine something you really want (go to your Heart and let your Heart choose your deepest desire) If you could only have one desire, which desire would you choose?

Remember to choose your *deepest Heart's desire.*

Clearly state your deepest desire (in the present tense) such as “I am one with _____”

**Step Three: Visualize Your Desire Already Real**

Picture what you desire as if it has already happened, as if it’s already real for you in your life... Allow your visualization to be as vivid and real as possible...

**Step Four: Embrace The Feeling**

As you imagine your desire already real... how do you feel? Feel the feeling you have as you imagine your desire already real in your life...

Breathe into this feeling and bring it into your Heart fully and completely, let it expand...

**Step Five: Allow An Image To Come To You**

Allow an image to come to you that represents your core feeling (the image can be anything at all just allow whatever comes to you)... Breathe into this image...

Embrace this feeling and this image... This is the Essence of what you desire.
Step Six: Let It Go

Let your Heart surrender your intent (your desire) to your Higher Self, God, Creator, Source…

Breathe deeply...

Step Seven: Trust

Let Divine Providence work on your behalf – and feel the phrase “this or something better…”

Trust that your creation is already here – and allow yourself to see it, feel it, and be it... And so it is...

This is a wonderful exercise to practice as you begin your day. Start with quieting your mind, and take yourself through The 7 Steps To Manifesting Your Intent Exercise.

Remember, the key is to feel the feeling of your Intent already real in your life now. Wear that feeling all day long as much as you can.

When you fall asleep at the end of your day ask yourself this empowering question:
“How many hours in my day today did I spend feeling the feeling of my Intent already real?”

Make sure you spend more time feeling the feeling of your Intent already real than thinking about your problems, what you don’t have, what you don’t like about your life.

This is one of the secrets to having the life your Heart desires. This is the secret to feeling lasting inner peace on a daily basis. We all have what we call “slips of our magnificence”. When you experience one of those in your everyday life, simply call yourself
back to the feeling of your Intent already real... and as Neville reminds us:

“Wear it like a divine fragrance”.
Gratitude is an expression from the Heart. Gratitude creates a state of being where you know from the deepest part of you that you have everything that you could ever need or want in the present moment. The state of gratitude births the present moment and it gifts us with deep joy, happiness and profound inner peace. It’s through gratitude that we are connected to Source, God, Creator, The Divine.

With a gentle focus on what we’re grateful for in our lives, all our fears and other feelings or emotions (such as anger, sadness, grief, despair, hopelessness) melt away in those moments and the feeling of peace washes over us. So, as you allow your Heart to open to the fullness of gratefulness, you become fully alive, in the moment, to experience the beauty of the present moment. We know that the present moment is all there really is.

The present moment is the place, the state of being, of Truth. When we place our focus on what's missing in our lives, what we’re lacking, what doesn’t feel right about our lives – we are living in a memory. When we place our focus on our pain, our struggles, our stresses, our conflicts, we shift our awareness from the present moment to that state of memory. Through that choice, we cut ourselves off from Source. So we need to use the breath to
call ourselves back to the moment of “now” and reconnect with Source.

**Remember, you can’t be in love and fear at the same time.** They don’t exist in the same space. Fear is of the mind, love is of the Heart.

Here is a quantum question that you might want to ask yourself whenever you are focusing on lack, scarcity or what you want rather than on being grateful for all that you have.

"**Is what you want more important than what is?**"

So, calling ourselves back to gratefulness through an open Heart returns us to that state of inner peace, joy and happiness—that state of connection to Oneness with Source.

**You Are Enough Just As You Are**

Calling ourselves back to the Heart, to gratefulness, reminds us of the abundance that’s here for us right now in the Universe. Calling ourselves back to the Heart, to gratefulness, brings us that inner Knowing from the deepest part of us that all is well in this moment. Through gratefulness, through the practice of gratitude, we know from the very deepest part of us that we’re enough just as we are.

Now through your breath you’re able to more fully experience gratefulness because it’s through the breath that we become One with Source and we open our Hearts to receive gratefulness, to receive the gifts of gratitude. It’s through the breath that we experience our connection, our Oneness with Source, with God, with Creator.
As we receive the gift of the present moment, we also experience our connection to the One, to all that is. Gratefulness begins with the breath. The practice of deep breathing (such as Essential Breathing) will guide you into a deep connection with your Divine Essence and it will allow you to experience all the gifts of gratefulness in the present moment.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

Melody Beattie

**A Practice in Gratitude**

You are invited to experience gratefulness through the practice of gratitude. As you begin make sure that you're comfortable wherever you're seated and that your hands and your feet are uncrossed.

Slowly begin to focus on your breathing, taking several deep breaths. And allowing yourself to begin to relax. Just noticing your breath as it gently rises...and falls...

Breathing as you relax...

Relaxing as you breathe...

Imagine now that you’re connecting through your feet to the very center of Mother Earth. Imagine that you have large roots extending down through your legs and feet and allow your roots to extend down into the very center of Mother Earth.
At the very center, the very Heart of Mother Earth, there’s a large ball of red healing earth energy... connect your roots to the center of Mother Earth... Mother Earth which is a part of all that is...

As you connect your roots deep into the center of Mother Earth, remember Mother Earth, the Divine Earth Mother loves you. She always has and always will.

Begin to bring that loving Mother Earth energy up through your roots, into your feet, your lower legs, flowing all the way up into your thighs, your torso and your abdomen, flowing all the way up your spinal column, around your neck and shoulders and flowing directly into your Heart -- allowing your Heart to begin to soften... Gently relax... Beginning to open...

As you breathe into this opening of your Heart gently say these words: “I am grounded to the Earth”. Breathe deeply...

Very gently shift your focus to the very top of your head. Imagine out into the universe, high above your head, there’s a large ball of white healing light. Allow yourself to connect to this white light, your connection to the Divine Father, Source...

And allow this white light to flow down, down, down into the very top of your head, flowing directly into your Heart. Remembering the Divine Father loves you. He always has and always will.

As this white light fills your Heart, it begins to mix and swirl with the red healing Earth Mother energy into a beautiful silvery pink color, feeling your Heart, relaxing even more, opening even further and expanding even more... Bringing into your Heart awareness all that you are grateful for in your life and the gratitude you hold for yourself - Who you really are... your Essence...

Breathing deeply into this sacred space, gently within yourself say these words, “I am enough just as I am...”
"All is well in this moment. I am loved and forever safe. I am grateful for all that I experience in my life and within myself -- and so it is..."

Once again taking a deep breath and allow your breath to bring you the gift of inner peace...

As you prepare to bring yourself back from your journey, you’re invited to bring with you your grateful Heart, your open Heart. And very slowly taking a few moments, allow yourself to come back from your journey, feeling your hands and your feet, allowing yourself to become more and more present in this moment. And as you bring yourself back from your journey - notice how you feel as you’re welcomed back.

There’s the old quote by Meister Eckhart that says, “If the only prayer you ever say in your entire life is ‘thank you’, it will be enough.”

It’s not often that we “thank” what really matters, and not just something from the outside of us. This is what the Hawaiians have taught us over time. They thank for everything. They thank for the clouds coming. They thank when the clouds don’t come. They thank for the breath they breathe as that’s the most profound thing in many of the indigenous cultures. They thank for the food they are preparing for the next meal.

There’s something about people that are connected to the earth that have what we want if we’re up in our mind. These people seem to have what we want if we’re thinking we don’t have what we want. So, if the only prayer you ever pray is “thank you”, what you’re doing is you’re blessing the very things that are in your life right now. You are affirming “what is” is most important not what you want or what you don’t have. You are choosing to focus on Abundance instead of Scarcity.
If you want something and it hasn’t shown up yet, then of course it doesn’t feel so good. It’s often then at this time that those old limiting beliefs start kicking in. But let’s say those old beliefs are playing and you’re frustrated with nothing showing up the way you want. Take a few minutes and say “Thank You” to those feelings and love them. Your feelings are just like a little child within you. They are that powerful. They are that precious. And they are that profound. Love them as you would a little child in need.

**Why Things Don’t Show Up**

If you’ve done what your mind feels is all the right things to do and still what you want eludes you... here’s three simple reasons why the things you want don’t show up the way you want.

**Number One** - lack of clarity of your Pure Intent. When you are crystal clear with your Intent and when it comes from your Heart, it will manifest.

**Number Two** - something in our subconscious is blocking our Intent from manifesting. Most likely it’s an old belief that says “I’m not safe when I get that new job”. “I’m not going to be recognized if I step too far outside of my Island of the Known”.

**But there’s a third one.** This is the one that we don’t think of very often.

The third reason why what we want doesn’t show up is related to identity. *Who am I when this is real in my life?* It’s about moving into that realization fully and completely. What if the thing that you wanted really did manifest? What would that require of you? Some of us aren’t ready to fully embody the manifestation of our Intent– to do that thing or be that person. Some of us are so comfortable with who we think we are, that deep down inside we
have a fear of who we would become if our desire were already real.

**Who Am I?**

**We secretly fear losing our identity** - the person we have come to know in all our suffering, struggle and strain. For some of us, our suffering has provided us with attention and love. Maybe deep down inside you believe if you have what you want, no one will love you and you’ll be left all alone.

The truth is You Are Love, Perfect Just As You Are. You Know who you are when you live from your Heart and follow its wisdom and guidance.

You see, much of the time we are looking on the outside for answers. The truth is it’s never something on the outside. You’ve probably studied materials on prosperity. You’ve read things about the law of attraction. Many of these things don’t work if the mind is playing the game, “I’ve got to do something in order to get.” It’s an endless cycle of, “There’s not enough” or “I need more in order to feel better.” But we’re not questioning those underlying unquestioned assumptions when we do that.

You start noticing differently, when you shift your perceptions and you start asking empowering questions like, “How can I notice my intent already real?” Even if it’s just little bits of it? “How can I start connecting with people who remind me of my intent already being real? Who could I sit down with today? Who could I call? Who could I write a letter to?” Or, “What book could I pick up? What’s that one book that makes me feel most connected?” “Maybe I do know who I am when my Intent is real…” Imagine that.

Maybe this Kit, maybe this project helps you bring those dreams alive. Perhaps you begin to feel those callings in your Heart. If
that's the case, then you know that you’re singing your own song rather than trying to figure out what the notes and the bars and all the words are in other people’s songs.

When you’re tuned into your Heart, you’re in the present moment. When you’re in the present moment, there’s nothing that you need. And it’s so paradoxical. In other words, it doesn’t make sense. It’s almost like, “I’m convinced that I need something because...” And what’s the “because” in your life?

It may be that, I was told since I was young in order to get ahead you have to... and you fill in the blank. Now is when you begin to examine those false assumptions. They may not be false right away to you but you can at least start examining them. Ask “Is this even true? Hmmm, interesting. So, in order to be happy, I need money?”

"Nothing is more honorable than a grateful heart."
- Seneca

If you need money in order to be happy, then that one will cause you unending pain. If you need lots of love in order for you to be happy, you’ll never have enough. If you need lots of energy in order to be happy, then you won’t be happy because that energy may not ever be good enough. It finally becomes enough when you make peace with those parts inside of you and you shift your Intent. You need to shift your intent from the mind (the polarized intent) into pure Intent from the Heart.

**Pure Intent**

Pure Intent is, “It's done. It’s real. Thank you.” The Hawaiians have this very simple phrase, “Me Ka Mahalo Ihi.”

What it means is, “Thank you for that which is and thank you for that which is already on its way.”
They're not "hoping" for something to come. For any of the great indigenous cultures across the world and some other sages in your life and even in you, you know this. When you're grateful for that which is, you align with your creation and you beckon it from its Source and yours. In the present moment they are one in the same. You are One with Source.

So how do you create what you want in life? Be grateful for it -- well ahead of it showing up. Free yourself from identifying with the material side of it. Go right to the Essence of it. Be it. Live in it and as the old Sage Neville would say, "Wear it like a fragrance. Wear it like a mood. Throughout your day."

At first it can be challenging to Be that which you desire. It may take some time to become automatic. But the more that you live in the true sense of Imagination, the more you experience the true gift of Imagination.

The true Essence of reclaiming your Imaginational power is that you forgive yourself for never having attained your intent, or allowing it to slip away. So by you activating the power of your Imagination (which is the real you) your true self, you:

A) Forgive yourself for not having previously created your intent in the way that you wanted.

B) You feel the Essence of your intent already real right now in this moment. The Essence of your intent is really what you desire. The Essence goes way beyond just the material things, and when you tune into the Essence of your Intent (desire) you're manifesting in the pure moment in the state of Imagination.

Go to the Essence...
Go to the Soul...

Become One with Source...

That’s who you really are
Chapter 6

THE KEY TO AWAKENING THE POWER OF YOUR IMAGINATION

“Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.”
Albert Einstein

This chapter is dedicated to reconnecting with a very powerful resource you have within you that you can use in any given moment to help you, to guide you and to awaken within you the powerful Imaginal state of manifesting.

The resource we are referring to is your Heart. The human Heart is simply amazing. What you’re about to learn may surprise you. Many of us have not been told or taught about how wise and powerful our Heart really is.

We’ve learned to over rely on our brain—the mind. There’s one big problem when we over rely on the mind. That is, we’re living from a very limited perception of reality. In fact, when we over rely on the mind, we’re living from memory most of the time.

What do we mean by that? To over rely on the mind and live up in our head is stressful because that keeps us trapped in reliving the past or worrying about the future. Over relying on the mind
results in losing our connection with the present moment, with Source, — the only place where Truth is found.

You may be wondering, “Why would I choose to live in the past or to worry about the future when I have little control over either?” The truth is we are so conditioned to over rely on the mind that we forget all about the Heart and how to live in the present moment.

The purpose of this chapter is to re-introduce you to a place within you that is far more wise and more powerful than your mind. That place is located in the very center of your Being and is your Heart.

**The Wisdom of Your Heart**

Your Heart is far more than the physical organ itself. In fact, you have a physical Heart and an energetic Heart. With every beat of your Heart, you have a constant reminder of the wisdom, energy, peace and love you can tap into in any given moment. Becoming aware and feeling your Heartbeat is the beginning of discovering your HeartWaves.

As you begin to tap into the power of your Heart, your Heart will begin to blossom just like a rosebud in the warmth of the sun. Any guards or shields that were around your Heart begin to melt away and your inner radiance begins to shine brightly. Your Heart begins to reveal to you your deepest desires and gives you the power to successfully realize them.

Thanks to some amazing research that has been done over the last 10-15 years, we know a lot more about the Heart and its intelligence than ever before. According to the research of Dr. Paul Pearsall, the human Heart is an amazing 5,000 times more electromagnetically powerful than the brain. This electromagnetic field can be detected up to 10 feet away from your pulsing Heart.
This field attracts like-Hearted energy to you.

**You Have A HeartWave Long Before A Brainwave**

By the twenty fifth day of gestation, long before a woman may even know she’s pregnant, what’s called “the embryonic Heart” has begun to beat. The embryonic Heart is the first to register life in our body. The first beats of the embryonic Heart occur well before the brain registers any brain wave activity. You have a HeartWave long before you have a brainwave.

You’ve experienced your Heart’s intelligence many times throughout your life. Just remember a time when you had an intuitive hunch about something and you followed it and you were right. Maybe getting The Awakened Imagination Kit is one of those intuitive moments that has served you well.

As you make your way through this program, always remember:

*The wisdom of your Heart will never fail you*.

Many people tell us that their greatest challenge is being able to hear their Heart’s wisdom and then to trust it. This leads to further challenges of not having the clarity to make good decisions.

The reason it’s difficult to hear your Heart’s wisdom and to have clarity, is because the mind is too busy chattering.

Did you know that 97% of your thoughts in a given day are the same thoughts as the day before? Wow... that’s startling. These are old thought patterns that keep replaying over and over again. This leads to an over-active, busy mind and this alone will hinder your ability to hear the wisdom of your Heart and to manifest what you truly desire.
By using the Clear-Mind Meditation within The Awakened Imagination Kit, you can begin to slow down these old thought patterns and tap into the power of your HeartWaves.

**The Magic of HeartWaves**

You see, HeartWaves flow in a unique language. Your Heart speaks a language so unique, and the invitation is yours to learn this unique language of your Heart. Your Heart speaks in the language of present moment awareness. Your Heart speaks the language of love.

To help you understand this... remember what it feels like to hold a baby, embrace a puppy, watch a breathtaking sunset at the ocean’s edge, smell a rose in full bloom, fall in love... or lose track of time doing something you love... or lose yourself in your favorite music.

Each of these experiences help us feel through our Heart and are the most real experiences we can have. We are moved deep within our Heart. This is the language of your Heart. It touches your Soul, your Essence. It allows you to feel fully ALIVE. It’s the Awakened Imagination state of Being.

Now, you may find yourself asking—

“*What exactly is this language of the Heart? What would it be like to feel this every day, with everything that I encounter and how can I best create this for myself again and again?”*

**Quiet Your Mind and Hear The Wisdom of Your Heart**

How can you tune in to your HeartWaves and truly hear the language of your Heart? The answer is to practice quieting your mind. You can do that with the powerful Clear-Mind Meditation.
There is something else that happens when you over rely on your mind—and that is—the Heart is silenced. This alone is one of the reasons so many people feel empty inside.

Dr. Paul Pearsall goes as far as to state in his book “The Heart’s Code” that the number one reason for Heart disease is the Silenced Heart. He defines the Silenced Heart as the true part of us that longs to express itself, yet is consistently silenced and robbed of its true expression.

**By Age Twelve You Know Your Life’s Purpose**

Your Heart holds the key to your life’s purpose, your personal mission. Your Heart holds the key (the secret) to Awakening your Imagination. In fact, by age 12 you know your life’s purpose. That’s right. By age 12. So, it’s a matter of tuning in. Tune into the wisdom of your Heart, because that’s where your Truth can be heard. That’s where you will find the clarity you are looking for, not from your overactive mind.

Many people tell us that their greatest challenge is knowing what their life’s purpose truly is. The truth is, there is a place, deep within you, that holds the answer for you. All you need to do is tune in, and listen and trust.

How do you do that?

Once again, you need to quiet your mind. Find what works for you in order to do that. Some people benefit from meditation, listening to calming music, journaling, listening to guided imagery, all of which can be found in your Awakened Imagination Software. Whatever works for you, take the time to do that for yourself each day.
The key is to practice some form of quieting your mind – getting out of your head and into your Heart every day. You will be simply amazed at the wisdom your Heart holds for you when you surrender your mind into the loving, peaceful place of your Heart. Once you take this journey inward, you'll never turn back. You can hear the wisdom of your Heart right now... Simply tune into this powerful exercise and see for yourself.

**Tuning Into The Power of Your HeartWaves**

Let’s take a moment right now and connect with your Heartwaves and the wisdom within your Heart.

Place your right hand over your Heart... Close your eyes and take a deep breath in...

As you breathe out, allow your focus, your awareness to move into your Heart space... feel your Heart softening, relaxing and gently opening...

Allowing yourself to move out of your mind and into your Heart...

Fully and completely... dwell here in your HeartSpace for a moment...

And as you do so...

Feel your Heart relaxing, softening and gently opening...

*Ask yourself this question from your Heart:*

“What does my Heart long for...”

And listen to what you hear...

Breathe into this place of infinite wisdom...
And know that you can trust this wisdom for it will never fail you...

Allow yourself to gently begin to come back from your inner journey...

Welcome back, take a few moments to notice how you feel...

The Heart Is The Key To Awakening Your Imagination

Imagination is highly active in us as children. However, as we grow older, we begin to rely more and more on the mind and our thoughts seem to overshadow our imagination. For many of us, the Heart becomes silenced. So, too, our natural ability to imagine becomes silenced.

So we live our lives up in our head and we forget about the vast and intelligent Heart that rests in the very center of our being. We need to call ourselves back to living from the Heart with Heart Consciousness and to activating our HeartWaves.

The mind runs programs of fear, lack and scarcity when we’re cut off from our Heart. Without Heart Consciousness, our mind is left to run on its own and will revert back to old patterns of thinking and focus on old memories. This alone is the cause of stress.

75% Of All Doctor Visits Are Stress Related

Research indicates that 62% of American workers experience mental tension and anxiety on a frequent basis. Further research indicates 45% of American workers say they experience frequent headaches due to stress. A startling 158 million Americans, from all walks of life, experience what they call high levels of stress
every day. And 75% of all doctor visits are stress related. After further analysis, the most common stress producing thoughts are self-judgments, fear, envy and worry.

Many people have fallen into the belief that daily stress is just a necessary part of life. The longer we let negative thought patterns run in our mind, the more intensified they become, the more challenging they are to stop and the more stress we feel. The longer these negative thoughts go on, the more we deplete our life force and vitality.

The “silent stress” builds over time and the “little hassles” actually become monumental and release more negative hormones into the body and cause more disease than a single large stressful event.

The longer we allow negative thinking to take over our daily thoughts, the more hopeless we feel about things every really changing in our lives and the more the Heart is silenced.

Two Types Of Thoughts

There are basically two types of thoughts. There are thoughts that drain our energy and keep us cut off from living within our Heart. Those are called “life depleting”. They deplete our vitality and radiance.

The second group of thoughts are thoughts that bring us harmony and peace and keep us connected to our Hearts and those thoughts are called “life enhancing”.

Imagine what your life would be like if you held “life enhancing” thoughts in your awareness throughout your day rather than the life depleting thoughts. Your thoughts create your reality.
Your Heartwaves Are the True Fountain of Youth

Life enhancing thoughts activate our HeartWaves and increase our life force, vitality and radiance. Activating your Heartwaves is the true fountain of youth.

For example, life enhancing thoughts of peace, gratitude and caring bring us into our Heart (to experience peace, love and joy) whereas life depleting thoughts of greed, resentments, judgments and low self esteem keep us trapped in the “matrix” of the mind (where we experience fear, lack and scarcity).

Stress Relief Lies Within Your Heart

Living with Heart Consciousness begins with remembering to quiet your mind and allow the wisdom of your Heart to be heard. Your happiness and real security in life lies within you, just waiting for you to embrace it.

Ask yourself this important question... "During the course of my everyday life, do I experience more stress or more peace?"

Use the tools in this program to call yourself back to your Heart and to live with more peace and inner radiance each day.

What are HeartWaves?

Heartwaves are a very unique kind of Heart rhythm that is the result of a calm and relaxed state of being where you are connected to Source, through your Heart.

Peaceful Heartwaves are the result of a quiet mind that's been integrated into the loving service of the Heart. Peaceful Heartwaves create a peaceful state of awareness where you are One with all that is, and pure manifestation is already real.
Activating your Heartwaves results in a peaceful state of Pure Heart, Pure Magic, Pure Imagination, Pure Love.

When you activate your HeartWaves, you’re invoking Heart Consciousness. To live with Heart Consciousness means that you are connected to Source and you allow Source to be your guide. The present moment (Heart Consciousness) gives you instant access to the field of Oneness and a deep connection with your God Essence, your authentic self.

**Call Yourself Back To Your Heart**

When you find yourself stressed, anxious, upset, angry, sad, or experiencing self doubt, you’re caught up in your head, living out a memory and disconnected from Source.

All you need to do is call yourself back to your Heart. How do you call yourself back to your Heart?

It’s simple…

- Place your hand over your heart...
- Take a deep breath...
- Feel your feelings in the present moment...
- Breathe into these feelings as you say... “Thank You”

Your Heart holds the key to your imaginal wonder, inner peace and awe. Call yourself back whenever you choose.

**How To Open Your Heart To Experience Your HeartWaves**

The benefits to opening your Heart to experience the calm peacefulness of your HeartWaves are many. After a period of time,
it becomes natural for you to live in daily peacefulness with Heart Consciousness. However, in the beginning it may not seem so easy to open your Heart. As you begin to journey into your Heart, you may discover emotions you didn’t realize were there.

**Emotions Are Stored As Cellular Memories**

Many people feel sadness, old hurts and old pain when they begin to open their Heart. This is normal. Those feelings have been stored in what we call “cellular memories” for years, often even lifetimes. You can practice The Clear-Mind Meditation to help you make peace with and release these old feelings of pain, past hurts and sadness.

The important thing to remember about the Heart is that it’s the most resilient part of you... easily and effortlessly healed with love and grace.

For you see, the Heart contains its own medicine for rapid healing. That medicine is the energy of unconditional love.

**What Exactly is “Unconditional Love”?**

Unconditional love is a state of being, an experience of Pure Heart (free from the ego mind) and it’s a result of tapping into your HeartWaves.

**The Power of Unconditional Love**

Unconditional love is a powerful energy that is the very Essence of who you are. It drives your every unconscious decisions, attracts people and resources to you, inspires your most creative ideas, fuels your passion, heals all wounds, connects you to Source and is the wind beneath your wings.
Unconditional love is as an experience of the Heart, not of the mind. Unconditional love is a pure present moment state of being where you feel as though you have everything you could ever want or need in the moment.

Experiencing unconditional love within your Heart requires you to melt away the guards or shields around your Heart... and the way to do that is to tap into your own source of love.

Both the Clear-Mind Meditation and the Gratefulness Meditation included in the Awakened Imagination Kit are excellent ways to tap into your HeartWaves, melt away any guards you may hold around your Heart and experience your pure Heart and unconditional love.

When you tap into your pure Heart, you are tapping into The Awakened Imagination State. It is the state of unconditional love and complete self acceptance. In the Awakened Imagination State, you have stepped into the flow of life.

There are no needs or desires because this powerful state of being holds everything all at the same time... it's a state of pure peacefulness, pure manifestation.

**The Awakened Imagination State** is free from any conditions, judgments or critical mind dialogue. It's a profound feeling of deep inner peace. It is a state of absolute acceptance, and pure unconditional love. A love that is infinite, a love you can trust, a love that is eternal.

**The Awakened Imagination State** gives us the most exquisite experience of Oneness. - Oneness with you and your Creator as One. In this heavenly state, there is no separation, there is no pain, no suffering. There is only Love through the Oneness.
The Awakened Imagination State allows you to experience your Essence which is unconditional love.

You Are Love...
Chapter 7

THE INFINITE POWER OF YOUR IMAGINATION

"The world is but a canvas to the imagination"

Henry David Thoreau

The purpose of this chapter is to help you tune into (remember) the infinite power of your Imagination. There literally are no limits to what Imagination can do for you, what it can bring to you or what you can do for the world through the power of Awakening Your Imagination.

Have you ever wondered “What is my life's purpose?” Or “Why am I here?”

You’re not alone in wanting to find the answers to these questions. The best way for you to know the answer to these questions is to reconnect to your infinite self, your spirit, who you really are, through your Heart. Your truth will come through you.

In this book you’re (remembering) learning how to access your inner wisdom, your higher truth. You’re discovering that amidst all the noise and the ordinary day to day thoughts of the “restless” or “chattering” mind there is a center that holds a calm intelligence.
There is a center that holds all the answers to your most pressing questions. There is a center that holds the blue print of your life’s purpose, your Soul’s destiny. That center is your Heart.

**The Feeling Is The Secret**

You’re about to learn how you’re feelings are far more important in creating what you want than just thinking something, or hoping, or wishing for something.

As the old Sage Neville once said...

"The feeling is the secret."

In this chapter, you’ll learn how to distinguish between the worlds of cause compared to the world of effects.

**The “World of Cause”**

The world of cause is true Imagination, which is pure, infinite Creator’s energy. There’s an old quote by the great sage Vernon Howard about having a “perception into the deception”. The deception that he’s talking about is the deception of the five senses and thinking that you are your problems. But the truth is You are not your problems. You are something far greater...

The great deception of the 5 senses is that something is real only when you can see it. In other words, the old belief says that the unseen isn’t real. In reality, the unseen is the field of pure potentiality, “Pure Imagination”, pure Creator’s perspective.

And now, you’re beginning to remember that the un-seen is already real in the present moment. And this “World of Cause” is where everything you could possibly imagine already exists.
Let me share with you a powerful story that helped me step outside of “the matrix” and see through my eyes.

It’s a story that took place right before I left corporate America. I was working for a computer company in Chicago. A gentleman by the name of Rick Rose was the president of the company. One day we were told that Rick was coming into town and we were going to have a sales training. I thought, “Oh boy, here we go again another boring sales meeting.”

Much to my surprise, Rick seemed like a pretty cool guy. As he began his presentation I thought, “Okay, I have something to learn here especially how to really tune into what my customers really want.” So, since that was one of my key intents, what my customers wanted rather than what I just wanted, I thought, “Well, I’ll make the best of it.”

I was pleasantly surprised. Imagine this... We’re all sitting in a room if you can picture a u-shaped set of desks. Rick was starting to talk about how the key thing is you’ve got to step out of the box when you tune into what your customers really want. You’ve got to come up with innovative solutions.

**Stepping Outside of Your Comfort Zone**

A key phrase he said was, “What you have to be able to do is describe things in such vivid terms that they understand it in ways that they haven’t heard before. You break them out of their comfort zone by tuning into that description and asking them the right questions.”

This sounded pretty cool to me...
So, he went around the room and started asking people to “describe the exit sign over the door, in full sensory detail as best you can with no limitations whatsoever.”

I was thinking to myself, “when it comes to my turn how am I going to describe that sign?” But he said, “Before you start, I want you to describe it in ways that you don’t expect yourself normally to describe that exit sign. In other words, give that exit sign so much vividness, so much quality that everyone in this room would want it because of the way you described it.”

The entire room began laughing because most of us all knew each other before we walked into the room and it was like being in school again.

One of the guys began describing the exit sign... “Well that exit sign is red and it’s got a silvery frame around it. It’s got features that make you want to leave.” And everyone laughed in the room. So subsequently each of the people around the room began to describe it.

Then he looked at me and he said, “Paul, you describe it!” And I thought, “Uh oh.” You know that part of us that says, “I’m going to screw this up.”

Instead, I decided to just let go and I tuned in. I thought, “I’m really going to play full out in this exercise and I don’t care what everyone else says.” So I began to describe the exit sign.

I said, “The iridescent red glow of this sign reminds me of being in that state, you know, it’s almost like lava and the feeling of that red, and that oozing energy reminds me of this pure source of energy. And that energy helps take us into another place. In fact, when we’re in that place, we’re free, we’re peaceful, we’re—“
He looked at me and said “You got it.” I was shocked. He said, “Paul just nailed it.” I was as surprised as anybody was because I didn’t expect to be able to tap into that powerful state of Imagination. That wasn’t a familiar thing for me. It was latent in me as it is in most of us until you call it forth, until you beckon it. In other words, until you intend it.

I remembered that story vividly like it was just yesterday, and it’s now 14 years later. It seems like just yesterday. The reason why is because it tapped into more than my mind, I tapped my Imaginal state full of symbols, and imagery, and the feeling of it.

**The Feeling is the Key**

There’s the key word – feeling. I had to feel something before I described it, before I described it in the kind of detail that I shared with you.

Your feelings create vibrations that are more powerful than mere thoughts alone. When you feel the energy of your feelings move throughout your body it is powerful. Thought on the other hand is limited to just the mind – and can cause the very problems we’re trying to escape.

**The Power of Your Imagination**

Your ability to describe something in an unusual way is your ability to Imagine something different or new. The answers to life’s problems aren’t where you normally think. They’re outside of those boundaries.

A gentleman by the name of Ray Dodd wrote a book called “The Power of Belief”. He calls it the “Island of the Known”. The Island of the Known is that place that we travel to frequently, habitually, unconsciously all the time. We work there. We sleep there. We live
there and whenever it comes time to venturing off that island, something holds us back.

Something stops us from Imagining or stepping into that new ideal life. It might be fear. It might be uncertainty. It might be some kind of a negative belief that something bad will happen. Typically, it’s based on the fear of the unknown.

**The “Ocean of the Unknown”**

What lies outside of that “Island of the Known” is what I call the “Ocean of the Unknown”. That’s where your answers lie, to every problem, challenge or issue that now presents itself in your life, or ever will, or ever has been.

Everything that you could possibly imagine, or hope for, or wish for exists in that Ocean of the Unknown. You can also call it the “Field of Imagination”.

**The Field of Imagination**

The Field of Imagination is the field where everything already exists right now, in this moment; not sometime tomorrow, or a couple of minutes from now, or maybe when you work hard enough, or maybe when you “light up your attraction circuits”. I’m talking about right now. That’s where your divine connection is and it’s not outside of you. It’s inside of you and the best place to find it is in your Heart.

When you tune into your Heart, Your Essence, that’s what transforms your consciousness. It allows you to look outside of the blinders of habitual conscious thoughts and tap into your higher wisdom, your Truth.
Think about some of the most well known people such as Einstein, Jonas Salk, one of the great visionaries, Martin Luther King, Buckminster Fuller, Amelia Earhart, Madam Curie, Gandhi, Mother Theresa. The important thing to note here is each of these creative spirits across the world embody the solution rather than focusing on the problem. And they never gave up.

Right now, what you want exists in this moment. Yet for some of us, there’s just a subtle thing called the habitual, conscious thought. In other words, filters that are stopping you from seeing your solution that’s literally at the tip of your nose or at the tip of your fingers.

We can’t see our solutions easily because we have habitually, unconsciously agreed that’s just the way it is. Some of us may have told ourselves, “Well, I’ll just have to struggle. I’ll just have to work harder. I’ll just have to go along with what they’re saying or simply accept that there’s not enough”.

But what if that weren’t true? What if you woke up tomorrow morning and if you have financial challenges now, that they literally disappeared tomorrow morning. That’s the power of the Imaginal State.

If you remember the real definition of Imagination... It’s an infinite, powerful resource that comes from the real you and creates the very answers and solutions you long for the most. What you want is here right now, in this very moment as you read these words.

Here’s a quote from one of the old Sage’s, one of the great leaders of the new thought movement.
"You are already that which you want to be and your refusal to believe this is the only reason you do not see it."
- Neville

All that’s required in order to see it is to shift your intent. All you’ve got to do is shift your way of perceiving reality and notice things differently. Just observe it a little differently and “Re-Imagine it”.

**What You Focus on Expands**

Breakthroughs are just waiting to be tapped right now in the fields of natural energy, healthcare, the economy, and world peace to name a few. There are new breakthroughs in emotional clearing processes even beyond anything that you and I have studied thus far. It’s already beginning.

Let’s do a little mini exercise now that helps you tap into the Power of your Imagination.

Begin by thinking of something that you’d love to have, or create, or be. Remember there are no limits. If a part of you says it’s money, then don’t limit yourself to that. Go to the essence of what you want money to do for you.

Now take a nice deep breath and close your eyes...

And ask yourself:

“How would I feel right now if my intent was already real?”

Take a nice slow deep belly breath and let yourself hear that breath as you breathe in and as you breathe out.
How would I feel right now if my intent was already real? Let that feeling wash over you and let it expand. Imagine that it’s wider than your body now. Imagine that it's taller than you are and it expands even wider than the room you're in as you continue to take a nice deep breath and let the feeling expand.

Imagine now that it’s touching the outside peripheral of the space that you’re in right now. That now it’s beginning to touch the fields of other people, as well.

Now it continues to expand to your city, your state, your country and now like a wave across the planet, it now begins to touch people and all sentient beings across the planet, as well as all life forms. Now, imagine that you’re now looking at the planet, at Mother Earth. And now the energy is continuing to expand – the energy of your intent already real... that feeling state.

And now, take another nice deep breath. Let a smile come to your lips and a feeling of thank you, however you say “thank you” on the inside.

In Hawaiian, the word is “Mahalo” which means thank you from my Heart. So as you tune into this energy, these particles both inside and outside of you are now shifting. The more that you stay in this feeling, the Essence of your desire, the energy wave of what you just felt, the more it begins to become real.

This is tapping the incredible power of your Imagination. This is one facet of it. After a while as you practice this kind of skill you begin to realize that you don’t need something in order to feel better, you go right to the feeling.

**The Feeling is the Essence**

The feeling is what we want. It’s not the material form. The form is, as Buddha would say, “the poison of the five senses”. The form is
what we’ve allowed ourselves to just fall into thinking that it’s the real Essence. Yet we now know differently.

As the quote by William Blake says,

_“We’ve been led to believe a lie when we see with and not through these eyes.”_

When you see with your eyes, it separates you from the thing that you’re intending. It comes from memory. In other words, I don’t have what I want and I wish I could get that – those are examples of seeing with your eyes.

**Seeing “Through” Your Eyes**

Seeing through your eyes is the state of Oneness and it’s inspired energy. It’s a magical moment when you allow Source to be your true eyes. It’s the magical moment when you see through the eyes of a child, through Creator, through the true meaning of what God, Imagination, Source and creative spark energy, what it really means and feels.

Think of a time in your life that you felt inspired, when you felt connected, you felt so much a part of life that you said to yourself, “Oh, I wish I could stay here in this moment forever.”

But instead of wishing to stay there or hoping to get back to that feeling, just connect to it right now. Connect to a time in your life when you felt like time stood still.

It might have been on vacation. It might have been when you fell in love. It might have been when something in you just spontaneously cleared, whatever it might be, just allow yourself to feel that right now in this moment. The feeling state is the key.
Then take a deep breath and allow yourself to just be with that feeling...

When you allow that feeling to speak through you, you’re seeing through the eyes of Source as the William Blake quote talks about. That’s when you’re One with Source, you’re at the point of inspiration, in Pure Imagination.

When you’re hoping for something, wanting for something, or thinking you’ve got to use a technique to get it - that’s when you’re telling your unconscious, your subconscious that you don’t have it and that you’ve got to do something in order to get it.

This practice keeps you in the state of “not having it” instead of being in the state of Being it.

**The True Meaning of Imagination**

So let’s talk about the true meaning of Imagination. The meaning of Imagination that many of us learned when we were young may be quite different than the meaning we are talking about here. Growing up you may have learned that Imagination was something to hide or ignore. It wasn’t recognized as a gift or something to be cherished.

Because we were taught to over rely on the mind, our Imagination was something that, for many of us, got lost along the way. In the school system, the teacher’s job was to stick to “the program”. Instead of painting the tree orange or purple, they said, “Trees don’t look that way. You’ve got to paint trees green with a brown trunk.” For many of us, our creativity was judged, and we were often ridiculed when we expressed it.

So, we bought into a belief that Imagination was this thing that just pops up once in a while and is not real. For some of us, this belief
literally stopped our creative energy way back at about age 7. That’s about the age we started hearing that our creative imaginings weren’t real.

The new understanding, which really is the true understanding, is that your Imagination is your connection to Source. That is who you really are. The purest form of You is when you Imagine and tap into your creativity. When you express your creative Spirit, and it helps humanity in some way, you’re sharing the real You.

When your creativity helps humanity in some way and makes you feel good, it’s purely Inspired. So that answers the question of how do I know when it’s my mind or if it’s pure Imagination? The answer is simple…Check into how you feel.

You have a conscience. If it’s totally selfish, if it’s something that is only for you, your feelings will tell you; maybe not right away. Maybe it will take you days or weeks until after you’ve created something, or sold it, or given it to someone. Your own conscience will tell you whether that intent is pure or not.

When you express your creative Spirit, you feel free. You feel uplifted, it’s fun and the passion returns to your life. Your creative Spirit is your connection to who you really are, Your Authentic Self.
When you tap into and express your creativity, you are returning to the “child like” spirit within you. If you’ve ever been around children, you know how creative they are. Perhaps you can remember your childhood and moments of pure creativity. Remembering those moments when you tapped into your Imagination and created a masterpiece.
Chapter 8

THE NEW UNDERSTANDING OF IMAGINATION

“Nothing happens unless first we dream”
Carl Sandburg

The new understanding of Imagination is that it brings you back to who you really are, your Authentic Self. And when you’ve had “slips of your Magnificence” the state of Pure Imagination gives you a state of forgiveness for not having attained your original goal or intent to begin with.

The Gift of Forgiveness

In other words, it’s pure Christ, Buddha, Krishna, Quan Yin, and Creator Consciousness. The moment that I “Re-Imagine” what is showing up now into my ideal, I’m forgiving myself for having lost that connection. So the key word here is forgiveness. It’s a different way of understanding Pure Imagination.

While Imagination allows you to create something new, it also reconnects you to Creator, God, The Divine, pure Source. Pure Imagination is an expression of who you really are, your Essence. You wouldn’t be given the gift of imagining something without the seeds of its attainment. You may remember that from the motivational authors like Napoleon Hill.
The greatest thinkers of all time are called that because they tuned into their creative energy; their Imagination frequently. The ones that are called “great” typically are ones that also share their creativity freely. They contribute. They asked, “How may I serve? How can I help at least one human being breathe just one breath a little bit easier?” When you ask those kinds of powerful questions, you too are a great thinker.

The “One Gift”

One powerful gift of being in Pure Imagination is the ability to look at life through the eyes of a child; in other words, to be in a playful state. So ask yourself right now, “How often do I allow myself to be in that playful state”? Are you playful? How many times a day do you play?

How we move, how we think and how we feel are critical components of being in what Neville called “The Imaginational State - the field of Pure Imagination. Remember, in the Pure Imaginal State, there are complete solutions to whatever you’re struggling with in your daily life. There are solutions to the challenges of the planet and global problems. There’s an answer to every challenge and it lies in the field of Pure Imagination.

An easy and simple way to tap into your creative Imaginal State is to ask yourself this question: “How can I have fun today?” Even if you’re embarking upon a daunting task of some kind, working a job you no longer enjoy, struggling to make ends meet, whatever it is... Ask yourself “What if I could have fun doing this?”

Asking yourself questions like what if; what if I could and you fill in the blank of these many different possibilities.
"What if I could have fun doing this?" “What if I could help people with my new idea? “What if my finances could transform in a matter of days?”

The Vast Shift

We are living in a time of great opportunity and transformation. The invitation is right before us to step away from over relying on the mind to stepping into the service of our Heart.

Imagine having your own “dream team” of like-Hearted individuals who inspire you and share in your vision. Imagine being a part of a group of people who live with Heart Consciousness coming together on a regular basis to support you, each other and the collective whole.

What would it be like if you woke up each day and you had a team of people that you could connect to? A group where you could tap into their collective wisdom, who had love in their hearts, joy in their spirits, and played in the field of Pure Imagination every day? What would your life be like? Would it be inspiring?

Because right now as you read this you have a dream team. We’ve provided The Awakened Imagination Membership Program so you can have your very own dream team in this moment. You have access to a community that holds the vision for a peaceful world, a healthy planet and a vibrant life.

You can join in the movement of Heart Consciousness across the planet. You can join others in the field of Pure Imagination and dream of your ideal world together as One.
**How May I Serve?**

How may I serve? This can be a very empowering question because it allows you to move outside of your own needs and step into your personal purpose. This question also gives you the inspiration to step into the greater picture (the greater purpose) that benefits not just you but benefits the highest good of all.

The Awakened Imagination Kit invites you to take a step off The Island of the Known and swim in the Ocean of the Unknown.

If you don’t feel like you’re a good swimmer yet, grab a wetsuit, grab a life jacket. Grab some fins and some goggles. Have fun doing it. Grab a “boogey board” if you have to or jump in a little boat. Whatever it is that you feel will allow you to go out into The Ocean of the Unknown that helps make it simpler for you, easier, more efficient or more fun, then practice that.

**Transformational Questions**

“How can I notice the opportunities where there’s more than enough for both me and the people that I serve?”

What you’re seeking is seeking you. All you’ve got to do is let go and trust. When we become attached to the outcome, attached to having what we desire, that fosters a “scarcity belief”. A “scarcity belief” actually drives away the very thing you want. Because it keeps you focused on what you don’t have. However, when you tune into the Essence, the feeling of already having it right now, that’s the secret. Manifesting then becomes easy and effortless.

**Ask an empowering question:** “How would I feel right now as my intent, my desire, is already real in my life?” And feel the feeling fully and completely.
When you ask quantum style questions such as, “How might I observe it different? How could I notice that there’s more than enough? How can I help others notice that there’s more than enough?” it allows you to get out of your own way and connect with Source.

“…the moment that I “Re-Imagine” it, I forgive myself for never having attained it”

This powerful concept is the very intent of The Awakening Your Imagination Kit. Our intent is to have you remember that you are pure Source, right now, even though your mind may try to convince you differently.

Our intent is to have you remember who you are – One with Source.

**The Power of “I Am”**

I Am is the Divine Presence. It’s your true Source, It’s Unconditional Love. Pure Imagination comes from the “I Am” presence. Let’s take a closer look at the meaning of Unconditional Love.

**Unconditional love** is unconditional. Meaning that it is a state of total acceptance for what is in the moment. It’s a state of being free from any judgment, fear, free from the past and free from the future. It is present moment awareness.

A sense of feeling separate from our true self, from Source is the cause of unhappiness. When we are separate from Source and cut off from our Heart, we are crippling ourselves with messages of judgment and self rejection. We've lost our connection with the “I Am” state of being.
If this separation continues for an extended period of time we begin to feel that we will never be able to escape the pain or the suffering and a feeling of being trapped begins to set in. We end up feeling hopeless, stuck and trapped.

It’s effortless to return to the “I Am” presence. Simply take an Essential Breath, place your hand over your Heart center and breathe into your place of peace, your connection with Source, your “I Am” presence.
Chapter 9

“EVERYDAY IMAGINATION”

“What is now proved was once imagined”
William Blake

Let’s talk about this incredible power of Imagination in your everyday life. Here’s a simple yet powerful exercise you can do to “Re-Imagine Any Problem”.

Write down a couple problems or challenges that you’re experiencing right now in your life. They might be financial. It might be relationship. It might be health. It might be your self esteem. It might be your energy levels. Whatever it is, just write a couple of them down right now.

Now, take a step back. Take a nice deep breath. And touch your Heartpoint (the very center of your chest). Once again, taking a deep breath... Select one of your challenges or problems and “Re-Imagine it”.

In other words, see it already resolved... and feel that feeling.

**Hint:** You can ask yourself:

“What if this was already solved right now?” “How does it feel knowing this problem has already transformed right now?”
Imagine (see, feel and know) your ideal solution and feel that feeling knowing the perfect solution is real in your life now. When you ask the empowering question, “How do I feel right now, knowing my problem is already solved?”, you've beckoned from Source the very essence of its creation.

How do you tap into this limitless source? First of all, you place your fingertips over your Heartpoint and you take a nice deep breath (an Essential Breath) which allows you to connect with Source, through your Heart.

Remember, the Heart is the key to accessing successful imaginable states. The feelings that you feel when you are connected with Source, through your Heart, are the doorway to the Imaginal State.

There’s an old quote by Antoine De Saint-Exupery that reads: “And now here is my secret. A very simple secret.”

“It is only with the heart that one can see rightly...
What is essential is invisible to the eye.”

You came from Pure Source... and you return to Pure Source. So in between those two points is what we call life. Yet for many people, that’s where our suffering happens, in the in between. We often forget “what’s essential is invisible to your eye”. This is a powerful mantra.

How can I allow myself to field this energy day to day, moment to moment? That’s the gift. Instead of being tethered or being attached to the form of what it is your intent or your goal is, allow yourself to be in the Essence of it, the feeling state, and let it show up in ways that are beyond your ego’s mind’s attachment to it. That will create a wonderful shift in your life. You’ll no longer be
wondering why it didn't show up in the way that you wanted, you'll be grateful for what is. Let yourself let go and Trust.

How do you do that? The next step is to dwell in the silence, in other words, calming the overactive or the restless mind. The Clear-Mind Meditation within The Awakening Your Imagination Kit is a wonderful way to experience the silence.

**Hint:** You don't have to do it in the formal way all the time. It is, however, very, very powerful to begin your day in at least 15 to 20 minutes of meditation. It helps you relax the mind, relax the body and then you’re field expands because you’re connecting to the “Field.”

The Field is who you are—way beyond your five senses. Within The Field lies your Spirit. You’re shifting your “assemblage point” every time you meditate. Remember, when you spend a few minutes in meditation you receive the benefits of several hours of deep sleep.

Starting your day in gratefulness, tuning in and meditating is a wonderful way for you to tap into this limitless Source, your *Pure Imagination*. Things will come to you when you’re in that state that you’d otherwise not experience. That’s a promise. It’s because you’re letting go of what is “the known” and you’re flowing within the Ocean of the Unknown.

When you meditate, you’re in that ocean. You’re floating so to speak. Even if you don’t “think” you’re a good meditator, even if you’ve tried meditating in the past and it didn’t work for you, just shift your intent. Re-Imagine that you’re a good meditator.

Ask an empowering question: *“What would it be like if I was a good meditator?”* There’s a good quantum question. *“What happens if I*
Awakening Your Imagination

woke up tomorrow morning and I was able to get into a really nice deep meditative state?” “What does that feel like?” Wear that feeling like a beautiful fragrance.

The Re-Imagine Exercise

Let’s say that you begin your day in some form of Meditation or quiet space and you’re feeling balance and peaceful. Then the day turns stressful... doubts creep in and you find yourself feeling anxious or upset—as if you’ve lost that balance and peaceful feelings. It happens to all of us.

Take a few minutes just as those feelings begin to surface and take a deep breath into your feelings. Say, “Thank you” to those feelings and feel a calm peacefulness begin to return within you.

Our typical response when we’re not feeling good is to push our feelings aside – suppress them. But when you love that part of you, when you embrace your feelings, it’s just like a child within you. That little child needs love and understanding.

Let’s take a moment right now and practice loving your feelings – all of them. This simple yet powerful exercise is called The Mind-Heart Integration Process.

1. Think of your problem or challenge

2. Feel the feeling that you have as you think about this problem, (imagine you’re right in the thick of it when you feeling your worst)

3. Close your eyes and imagine (see) this feeling to be a little child (see your adult self stepping into this picture and go over and sit down next to this little child in your picture)
4. Ask this little child to tell you how he or she is *feeling* and listen with an open, loving Heart

5. Place your right hand over your Heart and see yourself bringing this little child close to your Heart in a loving embrace, a warm and gentle hug...

6. Within yourself, send this little child messages of love and reassurance, let this little child know you are there for him or her and that you understand how he or she is feeling and that everything is going to be alright...

Tell this little child you love him or her...

7. Place your left hand over the front part of your head and breathe deeply into this moment...

Allowing your mind to integrate into your loving Heart...

Breathe deeply and know that all is well in this moment...
Bring this little child with you from this moment on into whatever you do and where ever you go.

Staying connected to your inner child is a loving, wonderful way to stay present with your feelings, to experience your “I Am” presence.

Practice connecting with your feelings using the metaphor of the little child within over the next couple of days. See how that shifts your day. It will transform the very way you processed those thoughts and feelings.

**The Power Of Your Feelings**

Let’s talk about the power of your feelings. The feeling itself is the Essence. The feeling is where your creation exists. When you ask a “quantum question” the moment you ask it, the answer presents itself. Both of them exist on that same energy level.

When I ask a question of “How can I allow myself to notice that which is plenty – the infinite abundance all around me?” rather than lack, I beckon from the same Source that creates all plenty, abundance, and prosperity.

Source clears any and all beliefs of scarcity, not enough, lack, all the way down to your DNA and beyond.

**A Change of Feeling is a Change of Your Entire Destiny**

*Nothing every stops you from having what you want except for forgetting to feel it already being real.*

The dominant feeling will always express itself. You don’t get what you want. You get what you are.
That comes from James Allen. You don’t get what you want. The mind keeps saying, “I don’t have it. I don’t have it.” And it keeps manufacturing those thoughts just like when you place a piece of paper down on a copier and you press the start button. Every time you press the start button and however many copies are made, it’s just going to copy what’s on the glass. That’s the “origin thought” we spoke of in the beginning of this book.

**You Don’t Get What You Want You Get What You Are**

Let’s talk about the simplest way of manifesting what you want in your life. It’s something that’s so simple it slips from our grasp. It eludes our thought process most of the time. Some of you may already know this but we’re going to take it up a notch and that is the power of sleep. You could call it the power of “sleep manifesting”; the power of letting your sleep state, your dream state, create your manifestations or your intent.

Here’s a great exercise to do just before you go to sleep tonight.

Take a few moments to review your day... any and all parts of your day that did not go the way you would have liked or wanted, Re-Imagine those moments. Re-Imagine those experiences, those moments the way you would like it to be. And feel that feeling as you Re-Imagine your day to your ideal day.

Whatever you take to sleep with you, is what you’ll wake up with. When you fall asleep at peace, in a loving, peaceful state, you wake up in that same energy, that same state. On the other hand, when you go to sleep angry, you wake up feeling disconnected and sometimes still in that state. When you go to sleep worrying, you often wake up with those worry thoughts because you’re unconscious has been churning those thoughts and energy all night long.
The Power Of Your Dream Time

So to transform that, all you've got to do before you go to sleep is write down your ideal. Ask how would I feel right now if my intent was already realized right now? You take a deep breath into that feeling and then you fall off into a slumber. You just let your eyes close and you just feel that feeling as you drift off to sleep. You take that into your dream state.

In that dream state are powers that aren't normally known by the conscious mind. The dream state is very, very deep sleep and you leave the confines of the waking world; the limits of what your conscious mind thinks or doesn't think is possible.

In the dream state, you enter into the place where the impossible is real, in that pure field of Imagination. If you've ever remembered dreams, you know that there's no boundaries. You can go right to the thing that you're connecting with. You can hear the person's words from many, many miles away. You can visit that place that you've never visited before. All in the dream time state.

Your dream state is very powerful and when you use it with intent, you can dream lucidly. Remember to have your "dream journal" or piece of paper close by your bed so when you wake up in the morning you can write down what came to you during your dream state. You will be amazed at some of the solutions that will be revealed to you to the very challenges that were having that day.

Here's a great exercise you can do just as you're falling off to sleep. Set your Intent that you will receive an answer in your dream state to a problem or challenge you are having in your life. Be curious as you drift off to sleep and let your dream time be your inspiration.
Chapter 10

THE POWER OF INTENT

“The real problem is that our brain is thinking so hard that we can not hear the wisdom of our Heart”
Dr. Paul Pearsall

What is Intent? Pure Intent is pure Spirit. In the Hawaiian language, it’s *Mana*. In other languages, it’s Shakti or Prana. The essence of pure Intent is the life force energy as it flows. When you are connected to that life force energy, it heals anything instantly (whether the mind knows how to do it or not). Pure Intent comes from pure Spirit, God, Creator, Source.

Two Kinds Of Intent

There are two kinds of intent. There is polarized intent and there is pure Intent. **Polarized intent** is the kind of intent when you're thinking just from the mind.

In other words, I don’t have this; I want this; I’ve got to get it; if I don’t get it then bad things will happen. That’s polarized intent. Polarized intent often creates the very thing you don’t want or when you get what you thought you wanted, it doesn’t feel like it’s enough.

**Pure intent** is from your Heart with gratitude. It holds the Intent of “thank you” for that which is right now. Pure Intent invites the
lesson that’s underneath the challenge or problem and trusts the solution is on its way.

How do you know if your Intent is pure or polarized? If you ever find yourself pushing, wanting or waiting for something, thinking something better will happen tomorrow, that’s polarized intent. The moment that you feel it already real in the present moment, it’s pure Intent. The moment that you are asking “How may I serve?” “How can I help others?” “How can I bring a smile or help another human or another being breathe one breath lighter?” That’s pure Intent.

The energy within pure Intent is far more powerful than polarized intent. It lasts longer. It inspires you. It brings you through those dark nights of the soul. We all have dark nights from time to time, but when you step back from those dark nights and you ask: “*What is the gift in this for me?*” There’s something really powerful going on inside of you and it opens your Heart to receive the gift.

**Pure intent** is the real you. It’s your Essence. It’s your grace. It’s the spirit that came into this body long before the body showed up. It’s your spirit energy that will be here long after your body goes into the ground, when you return to your Source. This is pure Intent.

When you revisit that Intent daily, it enlivens you. It brings you peace. It brings you solace. It helps you live in the present moment. So being at pure Intent is living in the now, like Eckert Tolle talks about. It’s living in the present moment. That’s what pure Intent is all about. How do you know what your Intent is?

Look around your life. Look what’s manifesting. Look at how you’re feeling. If what you want isn’t showing up yet, all that means is that you just need to focus on your Intent with clarity.
Feel the Essence of your Intent already real and feel these feelings with your Heart.

Remember the wisdom of the sages who have come before us who help remind us: “Right now, you have everything you need. Everything you could possibly imagine that you think you need is here right now.”

Ask an empowering question: “What if I already had everything I could possibly want in my life right now?” In this powerful present moment, we are referring to something way beyond the material world. We are referring to the Essence of who you are, the gifts that you’ve come here to share. Your Heart and your Soul, all the experiences in your lifetime that have brought you to this moment unique unto you.

Take time to revisit your gifts. Ask yourself: “What are my strengths?” “What am I really good at?” “What gifts do I have that are unique to me?” Even if your mind says that you don’t have any gifts, ask “What if I did? What might they be?” This is the Re-Imagine Process.

It’s Here Right Now

It’s here right now, right as you read this. Everything you would ever want or need is here right now in this moment. Your pure Intent is already real – right now.

Breathe into this Knowing within your Heart and Trust. Feel your Oneness, your connection with Source and once again breathe into this Oneness.

This is Pure Intent. **I am that which I seek. I am my Essence... I am Love.**
We would like to bring this chapter to a close with a powerful exercise called The Re-Sourcing Exercise. Enjoy.
MORE ON AWAKENING YOUR IMAGINATION

To learn more about tapping into the amazing power of your Imagination:

http://www.dreamsalive.com/Awaken.htm
Awakening Your Imagination