



THE FOUR STEPS FOR IMAGINING YOUR SELF

and anything else worthy of your imagination

Questions Only

Poetic Imagery

Biographical Questions

An Essay of Revelation

These four steps will change your life and enrich your soul. You will find your experience of whatever you are imagining will truly deepen. Make them part of your spiritual practice for deepening any aspect of your life.

WHAT DOES IT MEAN TO GO DEEP?

To GO means we are on a journey, we have left where we have been, put one step, thought, feeling or question in front of the other, and we have no clear picture of where it will all end beyond the deep and deeper. I want to go to the profound and the penetrating, to the imaginative and the unimagined. But my steps, my thoughts, feelings, and questions will only get me so far by myself. When there is a community sharing the journey, everything gets deeper, clearer, more powerful, more transcendent. We need each other as mutual inspiration is the kindest way to go deep and deeper.

DEEP means intense, hidden, beyond the surface and the shallow. In the DEEP, we find surprising truth, beauty, goodness, courage, equanimity, freedom, and endless love. Our stories fade and our meaning and purpose intensify. DEEP looks scary and difficult from the surface, but once we dive, we find ourselves. Our minds must dive deep to find our hearts!

DEEPENING ONE ASPECT OF SELF AT A TIME

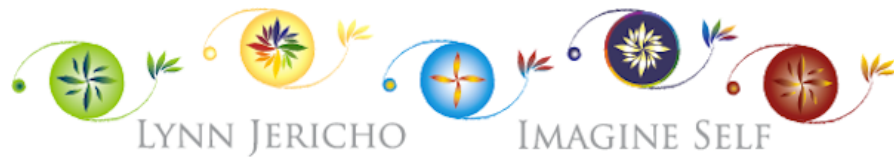
To go deeper, one aspect of self at a time offers us a chance to make each aspect more uniquely our own, spiritually, morally, and practically. We feel our souls expand with new imaginations of each aspect and our will to manifest, fulfill, compose, celebrate and do the humanly divine work of each aspect of being human strengthens.

Let yourself be INSPIRED!

This material is a work-in-progress offering suggestions, pointing toward possibilities. Please question everything and if you uncover other imaginations, inspirations or intuitions please share them with me at

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#1 - QUESTIONS ONLY!

Relax, this is not about being clever or right. It is about wondering and questing. It is a journey into your soul's experience of selfhood. Imagine not being attached to finding answers. You are just opening up to questions. Life begins with questioning.

Over the time you give to DEEPENING ONE ASPECT OF SELF AT A TIME, you will learn to wonder and quest calmly and enthusiastically. This practice of wondering and questing brings music to your angel.

When your angel hears the music of your questions, your heart (this is your angel's home) begins to feel a fluid movement, a soothing rocking. Initially, this might make you feel a bit anxious, as our modern schooling has taught us that questioning causes trouble. We are working on questioning and sharing our questions so we can restore our joy in speaking questions and hearing them sing: their tones, overtones, and undertones empower us.

With the practice of questioning, you will develop the spiritual art of wondering and inquiry.

Work with this activity of questioning for a number of days. I suggest you use a timer. Begin with setting the timer for 3 minutes and write down as many questions as you until the timer goes off. Increase the amount of time every couple of questioning sessions. You can write the same question(s) each time if you don't come up with new questions, but I am sure new questions will come.

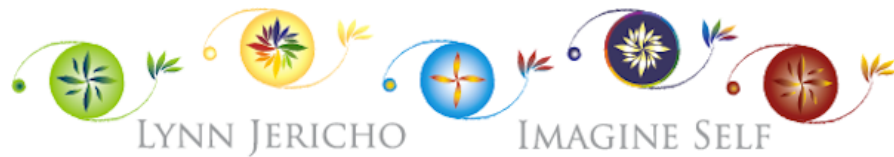
The most challenging aspect of this activity is to not think of the answers. To free yourself from the immediate answering is a renewal of innocence and the invitation of inspiration.

#2 - POETIC IMAGERY

Poetic imagery consists of personal symbols: pictures, words, combinations, diagrams. Creating your own poetic image helps you connect to each aspect of self in beautiful ways. Relax, be like a child... love your efforts (your angel will love them, too)

Some suggestions...

Review your questions and the questions of the other participants if you are in a community activity. Let them breathe into you. Surrender to the questions. Then go to sleep.



Wake up in the morning and begin to create an image in words or pictures of the aspect you are contemplating.

Be imaginative and creative. Be abstract or representational. It needs to feel right to you, not look or sound right to others. No one will critique your attempt. This is not a work of art. It is a symbol of your questing and wondering soul. Let it comfort you.

If you want to create with pictures:

You can search the internet or books for the work of others that ring true to you. Look for great works of art or creative photographs (unsplash.com). Make a copy and then share it as is. Paste it in your Comforts Journal. You can draw or write words over it. You can make it part of a collage.

Do a watercolor or pastel where you are simply using a play of colors. You can do this for each word living in the promise.

Use a photograph of yourself...do a selfie or use an old photo or several. Make a copy of it and then color it in the colors that feel like the promise to you.

Use forms. Work with circles, triangles, squares, stars, spirals. Again use colors. Cut images into forms.

For inspiration do a search on The Red Book by Carl Jung.

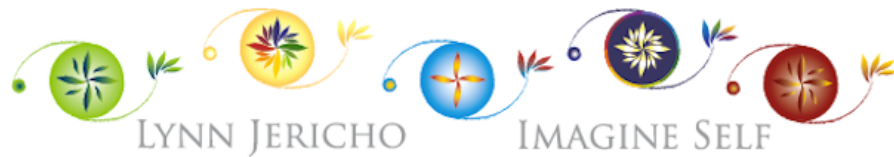
If you want to create with words:

Find a quote or a poem from someone else and share it. You might want to find a quote for the verb and others for the object and the qualifiers. Remember the more direct, distinct and discernible the more you are connecting with the promise.

Write a list of words that you feel relate to the promise. Maybe choose categories like mythic words, nature words, prepositions. Choosing one preposition is a great image of how you relate to the promise.

Write a letter to the question or the aspect of self. A love letter? A job application? A customer complaint?

Write a limerick, a sonnet, a haiku.



Combine words and pictures any way you can imagine.

I'm inspired to create a dodecahedron with each face being a question, or a phrase that describes some aspect of your self. This is not so simple but it could be wildly personal and rewarding. Do a search on 'How to Make a Dodecahedron' on Google. There are videos and printables to guide you. Create your picture and/or write your words on the pentagon and save it. At the end of the deepening work, you will have the twelve pentagons you need to make the form of a dodecahedron. I can imagine creating a different dodecahedron every year. with twelve poetic images. What an evolving ritual for your soul.

Right Work

Use the elements of Right Work to support you. Notice if you resist devotion, structure or movement. I am providing structure. Only you can provide devotion. When devotion meets structure beautiful movement will result.

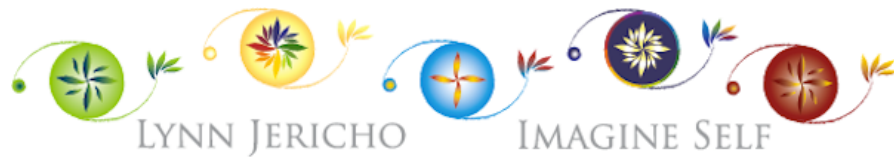
#3 - BIOGRAPHICAL REFLECTIONS

This third process of biographical reflections requires a contemplative approach. Using the question or aspect of self as the lens, the microscope and the telescope, you contemplate your life story looking for reflections. It might be when you got a glimmer of the idea/question of the aspect or a tender breath of feeling.

When in your life did you notice the absence of the awareness of this part of who you are and the presence of the sense that you were missing an opportunity to do something you came to do or when you witnessed someone else missing the moment?

Here we must understand that life is not about appearance, possession or story. Meaning, purpose and significance is consciousness! Consciousness observes appearance, possession and story seeking presence and absence of the aspect of self in order to perceive, understand and relate/ know it.

Consciousness is not about liking or disliking. We are not judging, scoring or measuring. We are simply noticing with the purest wonder. Oh, the irony. When we achieve ironic knowledge,



consciousness of the ironic, we are reaching a level of humanity and individuality that the gods applaud.

When we share our biographical reflections of any part of who we are, we are revealing a deep part of our existence to our community or karmic cohort. We are sharing something that we cannot redo or correct. It is humbling, not humiliating. We share our appearance, our possession, our story in relationship to any part of ourselves. Don't be self-conscious. Be self-aware. Don't feel you are exposing yourself. You are revealing yourself and finding new self-love.

Reveal yourself in all the glory of this lifetime. Feel your I Am (and your angel) celebrating, grieving, forgiving through conscious reverie (Reverie is the absence of drama and the presence of equanimity.)

Contemplation comes from the Latin root: templum - a temple and a place of observation. Your place of observation on your life is a promise and your life is the place of observation of the promise.

Relax. Enjoy this activity of contemplation by bringing wonder into your soul. Here is an opportunity to use expansion and contraction, focussing and blurring. You might also do a wonder map of the aspects and moments in your life.

#4 - THE ESSAY OF REVELATION

It is time to write your thoughts about this part of your self that you have been focusing on. Write from your heart. Write your thoughts, your feelings and your insights that arose with each process.

It is also important to understand that being anxious and feeling dread is a given that we all need to embrace. When you reach a level of self that is free of anxiety, you have developed the organ of self-knowledge, self-compassion and self-expression. Goethe said, "Any object well-contemplated, creates a new organ of perception." Any activity well-practiced creates a new organ of ease and confidence.

Go back over all the work on the this part of who you have been, who you are, or who you are becoming...or don't. You can gather up your questions, your imagery, and your memories or you can come up with a new understanding, a new imagination.



Here's a possibility: Write a letter to your next-lifetime self describing the this part of yourself . Imagine you are giving this new and different incarnation of self the gift of the selfhood. Share why it is important. Tell her/him about the peace, the strength, and the wholeness that comes with the promise being active.

Steiner said we alternate gender with each lifetime, but not always. I am sharing this because it might bring new understanding if you imagine writing this letter to the opposite sex. You can also write to a certain age as what you share might have a different purpose or meaning to a teenager, a 35 year old, a grandfather, or someone on their death bed.

Another imagination: Write about how your life would have been different if you had realized the fulness of this aspect of self in your soul from the time you were a child.

You can set a timer for 5 minutes and just start writing and never stop your pen from moving. You can write a formal essay on the art of selfhood, any part of it.

You can be funny or serious. You can grieve. You can forgive. You can celebrate. You can do this activity in five words or 500. Spend five minutes on it or five hours.

Be bold. Boldly writing on selfhood will do more to enliven it in your soul than any other activity.