



The Seven Sacred Supports

IMAGINE SELF BASICS



These are suggestions for supporting your process of Imagining Yourself. Please be conscious and responsible for your experience.

These supports are qualified as sacred. What does that mean? What are the aesthetics of sacred? Creating and entering sacred place, time and environment requires a personal design based on devotion, discipline, organization, and simplicity. Sacred energy is energy you reserve for your inner work. Sacred fluidity keeps your contemplations enlivened. Sacred reflection comes when you recognize this engages spiritual beings in your process. Sacred rhythm and rest brings a holy movement and pause to your imagining.

Thoughtfully design a sacredness that supports your inner life as you imagine yourself.

1. **Sacred Place** — Where will you read to the messages? You can choose any space/place, but be aware of the space. Your bedroom, your kitchen, in nature... where? One friend has taken an extra closet in her home and created a sanctuary for her inner work.
2. **Sacred Time** — What time of day/night does your soul feel most comfortable opening up, settling in, and surrendering to the imaginations of the messages?
3. **Sacred Environment** — Environment is all that surrounds you from a sensory experience. Consider your visual experience - light, color, order. Your bodily comfort— you want your body to be comfortable and supported. Your auditory experience -quiet, perhaps simple music. The Holy Nights are a wonderful time for candles.
4. **Sacred Energy** — Don't be tired when you work with this material. Don't be hungry. Self-awareness is strenuous activity, you need calm physical energy to do this. If you work with the messages at bedtime, you might want to simply read them before you turn out the light and then upon waking in the morning, reading the message again and journaling.

5. **Sacred Fluids** — drink water during this process. You need to have a fluid mind and fluid body.

6. **Sacred Reflecting** —Deepen your response. Ask yourself questions. Now write down your questions, your insights, your responses. I have attached a worksheet of prompts for your journaling.

7. **Sacred Rhythm of Rest** — Develop a committed rhythm to this process. Every activity in nature and in your body has a rhythm and every rhythm depends on the pause or rest between activity. Growth occurs in rest. Design your rhythm thoughtfully and rest deeply. During the Holy Nights, this may be simply pausing for a certain number of breaths as you read the messages.

Our lives are chaotic and profane giving us little of the sacred. Do your best to work with these seven supports, but be relaxed, compassionate and forgiving.

Perfectionism is not sacred and will undermine your process. These are supports, not rules.