



IMAGINE SELF - ONBOARDING

THE THREE LISTENING PROCESS

Please read this, but don't worry about doing it just this way. For some of you, especially those with young children, just finding the time to listen once is a challenge. The three listenings are a discipline to consider and make your own choice.

Here is the process:

Ideally, you will watch or listen to each program three or more times. Listening multiple times allows you to relax into the content in such a way that you will be able to make it your own creatively.

I don't want you to just follow the leader (me) as if you were a child obeying and pleasing. I want you to choose to do something because it feels right to you, for you, in you as an adventure.

You might want to try listening in three different ways. This will empower you in amazing ways. The "once-and-done" approach is a hardening and fixing and forgetting approach. The multiple times is cultivates a fluid relationship between you and the content.

THE WATCHING/MOVING LISTENING

WATCHING the live zoom - Watch with attention and interest. Ask questions for clarity and understanding. If you are in the habit of taking notes, that's fine. However,



“worrying” about writing things down verbatim can distract you from the art of attention. Remember, you will have the replays...take advantage of them.

THE MOVING LISTENING for CONTENT Download the audio recording to your smartphone or mp3 player and go for a walk. Or take your laptop into the kitchen and crank up the volume and bake some cookies. Or bring your laundry over by your desktop and fold. Just do something active while you are listening. No pressing pause...just go through the whole recording. The moving is to keep you from going into your head and intellect for the first listening.

THE STILL WATCHING/LISTENING for WISDOM This is when you sit down, curl up, rest while you rewatch or relisten. Now you can press pause, rewind, re-listen OR watch. You are getting a feel for the content. If anything I say has real meaning for you, write it down. These are the gems of wisdom

THE RESPONDING WATCHING/LISTENING for INSPIRATIONS Sit down with your journal or your computer/tablet and as you listen/watch the content, stop it when you have a thought, question, feeling, insight, or an elaboration about the content and write it down. When you focus on your content rather than on mine, you have moved into the content and are making it your own. The goal of my content is to inspire your content.

Three watchings/listenings provide a very adult way to work with content. Imagine Self content is designed to awaken in you a creative self-authority. Its value is found in how you adapt the content and the work to your needs and your manifestation.

Yes, this asks you to dedicate time, but it is time you are dedicating to yourself!