

# THE JOURNEY BEGINS



The Guides for  
Your Inner Christmas



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If you do not understand something and need some clarification,  
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# Welcome



The Imagine Self Academy Workbooks provide :  
Guides, Inspirations, Visuals, Questions, and other materials to support  
your work on the Inner Christmas Journey.

Use these if you want. They are not a requirement.

You have undertaken the journey to greater self-knowledge, to being  
more fully human, and to celebrating your amazing individuality.  
Congratulations and let me know what additional support you need. I'm  
here for you.

Contact me at [lynnjericho@imagineself.com](mailto:lynnjericho@imagineself.com) with your questions and  
comments.



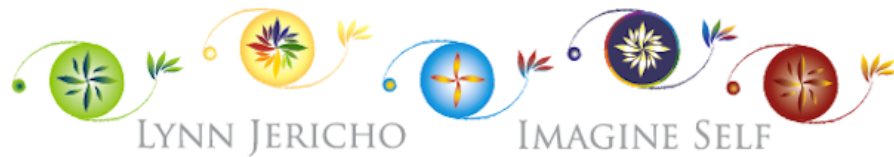
## Seven Sacred Supports For your Self Imagining

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.

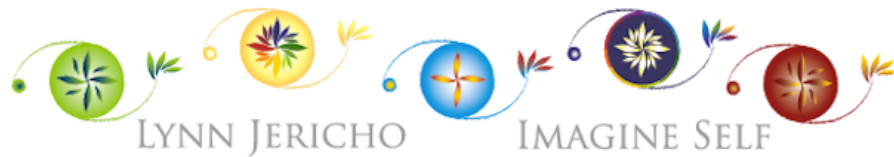
5. **Sacred Fluids** — drink water during this process. You need to have a fluid mind and fluid body.

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.



## 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.

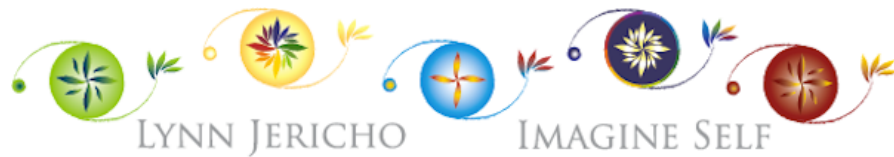
**I don't want you to just follow the leader (me) as if you were a child obeying and pleasing. I want you to choose to do something because it feels right to you, for you, in you as an adventure.**

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



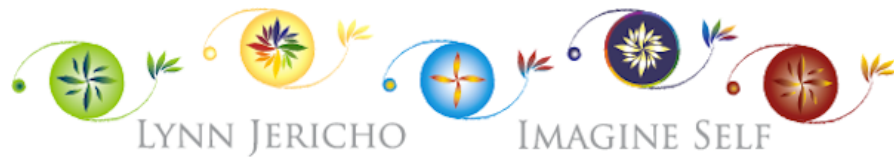
and crank up the volume and bake some cookies. Or bring your laundry over by your desktop and fold. Just do something active while you are listening. No pressing pause...just go through the whole recording. The moving is to keep you from going into your head and intellect for the first listening.

**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!**



# HOW TO IMAGINE ANYTHING

## WHAT IS AN IMAGINATION?

An ordinary imagination is an image that exists in your mind because you have thought or conceptualized it, not just seen it outside your mind and perceived it or remembered it.

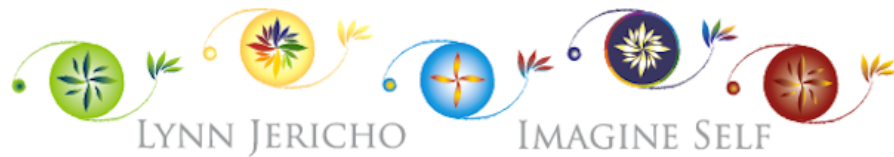
An Imagination is a thought, not a perception or memory, that reveals, relates to, and aligns with Truth, the Archetype that comes before, stands behind and lives beyond the Imagination.

I can perceive a particular rose with my senses, I can remember seeing it and hold a picture of that rose in my mind's eye. That is a memory.

To imagine a rose, no particular rose is in mind. What is in mind is the concept "rose" and behind that you will find other concepts such as "flower," "petal," "scent," and the concepts of "beauty," and "red." I take all those concepts and I work to build an imagination of a red rose that is not a particular, sense-perceptible red rose, but an archetype that lives in every red rose that grows.

If I have an imagination of "red rose" when I go into a rose garden in bloom, the uniqueness of each individual red rose will be deeply alive and extraordinarily tender. When I see a yellow rose, I need to imagine yellow and replace red with yellow. Now red and yellow roses become more stunning to my perceptions and I can have a deep feeling for the uniqueness of each rose I see. Each rose becomes a spiritual, not just a sensuous, experience. It takes my breath away.





I can now imagine rose. And knowing how I built that image and knowing how alive an individual rose has become because I intimately understand “rose” I am inspired to imagine all things. I can go through the imagining process with anything.

Now I have described how to imagine a thing, any thing. Now I can add to that “time” and I see growth and decay in the thing. Time has added a new level to imagining. I can see “seed,” “leaf,” “bud,” “bloom,” “fruit,” and so on.

Beyond time comes relativity and imagining how each individual imagination relates to all other imaginations. So “rose” relates to my imaginations of not just other roses, but to gardens, daisies, rain, pruning, etc. I can relate it to feelings and emotions. I can relate it to ideals. Imagination at the level of relativity gets complicated. It snowballs. It's a rabbit hole, but a rabbit hole filled with divine inspirations and wisdom.

#### THE MOST CHALLENGING IMAGINATION OF ALL

The most challenging thing to imagine is self, the experience of I. Of all the universe the individuality of a human being is the most complex imagination.

It is this most complex of imaginations that we must undertake. The gods want us to imagine self, to know every nuance of meaning when we experience I.

Imagine Self guides you to imaginations of self, your own self, and the self of every other human being.

The creator gods imagined a red rose before creating it. Then they placed it in space and time and relativity. And waited to see what would evolve.

The creator gods, wanting to see if they could be imagined by their Imaginations shared this amazing gift of imagining with their most complex Imagination, the human being. (No animal can build an imagination of red rose. They can only perceive a red rose.)

An Imagination is not a fantasy, a wish, a dream, or a desire. What makes an imagination different is the rigor of truth and consciousness living in its cognition.



Imaginations feel grounded, solid, fluid, balanced and alive. Fantasies, wishes, dreams, and desires are airy, not fluid, and lack weight though they can feel quite heavy and burdensome. They can be quite beautiful, but they lack vibrancy and substance. They are not real.

Imagination begins in a creative void. An emptiness that calls in substance. This calling is named wonder. Wonder is an innocent questioning, a tender longing to conceive.

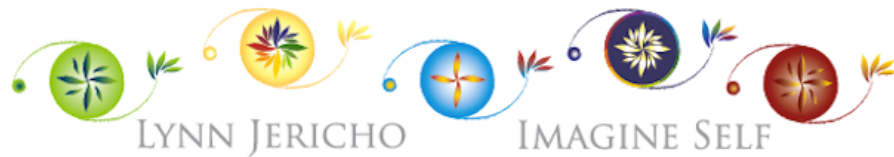
The human being is the greatest imagination of the Gods, of the unimaginable Spiritual Hierarchies.

### QUESTIONS ARE WISDOM BEING IMAGINED

Imagination awakens or quickens in a creative question. (I am not talking about questions arising from a need to survive or a need to be informed.) A quickening question quickly quickens more questions. Imagination comes to life in the active movement from question into answer into the next question. Often there is no time and no point to an answer like the rapid multiplying of cells forming the developing human embryo (250K every minute at 3 wks) or the reality that in the time it has taken you to read this paragraph 150 million blood cells have been born in your body (and 150 million have died).

In Imagine Self, the quickening question is “What do I mean when I say ‘I’?” We can imagine each quickening question is cutting another facet of the diamond of the self and polishing it so the sparkling light within is revealed. There are infinite facets each shining with the ineffable light of self.

Quickening new self-imaginings is a much slower process. Could you imagine having one new question a day, or two or three?



## THE TWO-FOLD TASKS OF IMAGINING SELF OR ANYTHING ELSE

### *The Task to Wonder and Observe*

This task begins the work of imagining. Wonder and observation open your consciousness to endless possibility. You embrace all there is with a wandering, not fixed, perspective.

There is no attempt to define or contain. The multiple perspectives slowly begin to link up, objects come into focus and lead to discernment and recognition.

### *The Task to Recognize and Name*

The best or most mature recognition comes out of a right or elegant relationship that is both simple and complex: Simple in that it distinguishes one thing. Complex in that it sees the one thing from many perspectives.

To recognize you must distinguish and you must love with objective compassion what you are seeing.

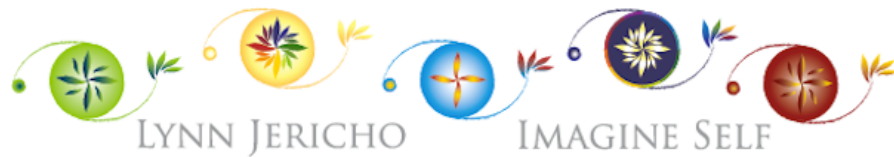
You must be able to give what you recognize a name so you can re-call it. Names are best when they reveal and acknowledge meaning, significance, and purpose.

### *The Task to Organize and Systematize.*

Organizing creates a design. Systematizing groups and relates.

Determine where the “things” belong, fit in, function, and impact. Determine how they relate to other things you recognize.

You are awake and able to manage structures, systems, connections, uses, forms, flows, interactions, sequences, intensities, differences, similarities. You are also able to place the recognized and named object or aspect of self into history/biography. You find the right place and the right connection.



### *The Task to Evaluate and Regulate*

You now evaluate and regulate the imagination/object to establish a right relationship between it and yourself and all other objects and constantly adjust or adapt the relationship to circumstances.

When we evaluate we place a value on the object. Evaluation is subjective. Healthy evaluation arises when we actively evaluate from different perspectives, if we move around the imagination by asking different questions.

With imagining we evaluate the truth, beauty, and goodness of the imagination. Some evaluating questions to ask: Does it make sense, meaning, significance? Does it feel right, good, bad, off, pointless, ecological? Why is this in existence? Why did this happen? What is my response to it?

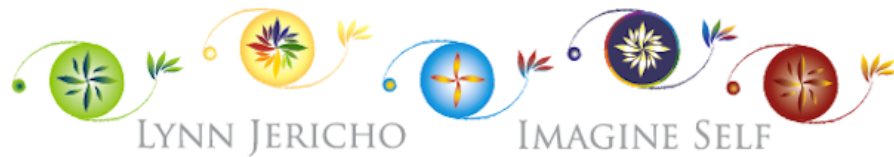
When we regulate an imagination and our relationship to it based on how we have calmly evaluated, we consider increasing and decreasing, stimulating or inhibiting all or parts of the imagination in order to establish a harmonious and balanced strength in the imagination and in our relationship to it.

Some regulating questions to ask: Is this just right (as in Goldilocks) and is it right (as in Buddha's 8-Fold Path)?

Is it too much? too soon? too dark? too light? too intense? Does it need to be more contained? more controlled? inhibited? slowed down? Does it require down-regulation?

Is it too limited? too vague? too distant? too weak? Does it need to be more fully expressed? be more wild and free? be more intensified? Does it require up-regulation.

Evaluation and regulation are best determined when considered from more than a single perspective. Twelve is the ideal number of perspectives but very difficult to



experience. Four perspectives forming a cross (two sets of opposing perspectives) will really strengthen this activity.

### *The Task to Sacrifice and Evolve*

The greatest task of self-imagining is the task of evolving. And to evolve we are required to sacrifice, to let go, to become the unknown and forego the known, the familiar, the understood. To evolve we leap from all that was into an abyss where no stories are remembered. In the abyss there is only the awareness of “I Am” filled with light, warmth, tone and force giving us a strange confidence that with death comes resurrection.

Evolving is not changing at the same level of complexity, but to arrive at a higher, deeper, broader complexity, selecting parts to expand, parts to contract, to be in a flow of mysterious perspectives, changing names, forming new connections and to still own it without imprisoning it. To re-evaluate. To re-organize. To re-cognize. To feel safe while feeling in real, remembered, or anticipated danger. To feel whole while disintegrating. To be fully human while becoming I.

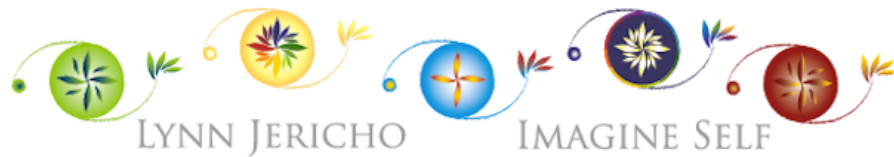
A living imagination is never fixed, locked, rigid. It is always dying and always becoming.

To imagine a flower, a chair, a poem, a thought, a color we must sacrifice what we have know so intimately and let it resurrect in a new strange image. It will be a more complex flower, a more complex thought, a more complex truth.

### *To Imagine Self - Yourself*

Imagine Self is about finding the self of your past, knowing the self of your present, and becoming the self of your future. Self is your inner reality

- that you bear in freedom and with love,
- that you can distinguish through thinking,



- that you can relate to through feeling,
- that you can alter through willing

To imagine self you need to deconstruct yourself into parts, understand the needs and the potential of each part and then reconstruct yourself to meet your inner goals following a process of your inner design within the resources of your inner budget.

You will then think your own evolving thoughts with the authority of your own truth. Your evolving feelings will express your own authentic aesthetics of beauty and harmony. Your evolving will will manifest through your own agency and self-direction toward the goodness beyond good and evil.

The Imagine Self courses provide tools, templates, sequences, perspectives and trainings for these four tasks/skills of the mature self-imagining soul.