

J
O
Y

I
N

I
M
A
G
I
N
I
N
G



THE SEASONS OF YOUR SOUL
WORKBOOK

Lynn Jericho

J
O
Y

I
N

A
C
C
O
M
P
L
I
S
I
N
G



Copyright 2023 Lynn Jericho. All rights reserved.

No part of this workbook may be reproduced or transmitted in any form, by any means, (electronic, photocopying, recording, or otherwise) without the prior written permission of the publisher.

an Imagine Self publication

www.imagineself.com

If you do not understand something and need some clarification,
please email me.

www.imagineself.com

lynnjericho@imagineself.com

Welcome



The Imagine Self Academy Workbooks provide :

Guides, Inspirations, Visuals, Questions, and other materials to support your work with the content of the module.

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.



Seasonal Planning by the Numbers

Take the **168 hours in a week** and look at how you spend those hours.

a certain number of hours to sleep and food and other elements for survival essentials.

the hours you will devote to your moral obligations such as work and your social life.

Then how many hours are left for freedom and devotion?

I always suggest that you tithe these hours to inner development. This is usually 2-3 hours a week. The rest of these free hours are for enjoyment rather than betterment, but you might want to consider how you enjoy what you do to develop inwardly.

When you bring this time allotment to consciousness you can let go of the judgments of indulgence and deprivation. You are choosing with self-awareness.

There are **2184 hours in each season**. Recognizing how each season brings different ways of enjoyment and then designing your time with this understanding is so delicious.

Also remember the spiritual world does not measure or keep score.

I
M
A
G
I
N
A
T
I
O
N
S



Please Remember

Notice when you are thinking in

Luciferic Ideals
and
Ahrimanic Oughts

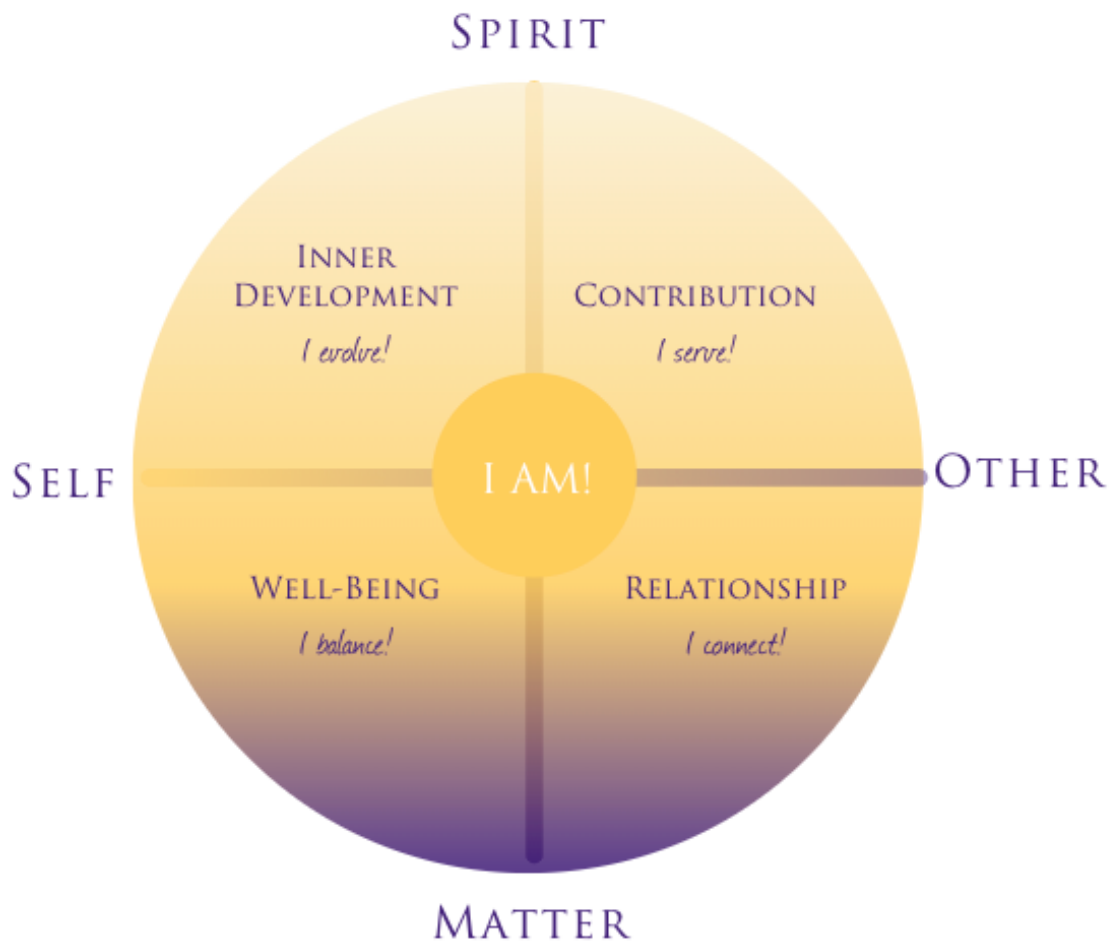
You want to choose your summer goals
in freedom. You have permission to
feel the joy of who you are.

Do not think any of this Imagine Self
work is about performing based on
expectations of perfection, proving,
pleasing, or pretending. Your angel
isn't interested in your performance.

All of this is just sacred, humble
practice.

I
M
A
G
I
N
A
T
I
O
N
S

THE FOUR REALMS OF MEANING & PURPOSE



Plan your summer in each realm.

Make lists of possibilities.

Begin by looking at each realm and writing down 3-4 desires you have. Please know that you can desire rest and renewal along with growth and development.

You might want wisdom, freedom or love to flourish in one particular realm and let every other realm relax. You might want to just have fun..

The important question is "What do you want to be doing in each realm?" Free yourself from any sense that you have an obligation or a fantasy to fulfill.

Just joyfully imagine what you want to do or accomplish that would be joyful to do and to accomplish.

THE REALM OF CONTRIBUTION

What contributions do you want to make this summer?

Have fun with this question. You can make a contribution to someone else, to nature, or to the future. Gardening is a contribution to nature. Taking a training in your profession is a contribution to the future.

What you do in this realm requires unselfish devotion.

THE REALM OF RELATIONSHIPS

Who do you want to connect with and how do you want to do that. One thing that deepens a relationship is making clear offers and clear requests. Use your list to get clear. Relationship also has to do with others which means they can say no to your offer or your request. It's important to contemplate no and yes. And you can think of quality or quantity. Do you want special time or lots of time?

THE REALM OF WELL-BEING

How are you going to take care of your well-being. This is about your relationship to your earthly life: your home, your finances, your body, your possessions. Well-Being provides a foundation that allows you to flourish.

THE REALM OF INNER DEVELOPMENT

Inner Development occurs in many ways but the goal is always about connecting with the Divine within your own being. Whether you are practicing meditation or reading wisdom about spirit or soul, how does this reveal and awaken your experience of I AM free of stories and dramas. You learn how to experience every aspect of this life with wonder and wisdom. I like to begin with a question. What are your questions that will lead you to an imagination of your self as a being of karma and destiny?



CHOOSING AND COMMITTING!

Now choose up to three goals of meaning and purpose for your summer. Not three in each realm. Three...total. This means there is one realm that you will only work on in your sleep. You may find at the end of the summer you have accomplished more than 3 but only commit to 3 at the beginning of the Summer.

1.

2.

3.

You can plan on reading your four lists and adding to them once a week or every now and then but you commit your will to only three. We can think so many more goals than we can actually accomplish.

BUDGETING MY RESOURCES CONSIDERING VALUE & COSTS

Every thing you desire has a value and a number of costs.
Reflect on your lists and imagine the value, the benefit and transformation to your
existence, the meaning and the purpose of each desire.

Then calculate the time, energy, and money that this desire will cost to
fulfill, manifest, and accomplish.

Can you afford these costs? Is the value worth the expense?

Write down your feelings about budgeting your time, energy, and money. Be honest
with yourself.

Contemplate five-step budgeting

THE BENEFITS

Make a list of the benefits this devotion will bring forth. How will it bring joy, knowledge, restoration, consequences. Think of all the reasons why you want to do this.

HOW MUCH ENERGY

Will this require cognitive energy? emotional energy? will forces and discipline? Energy needs to be focused and measured. Thinking is different from doing. Look to your heart to form the right budget.

HOW MANY THINGS

What supplies and tools you need to accomplish this goal. do you have them or will you need to focus time, energy, and money on acquiring them?

HOW MUCH TIME

How many hours/days will you need to fulfill this devotion? When will you bring your attention to this? You need to budget your time for each goal so you are sure you have enough time.

HOW MUCH MONEY

Money can be both a cost and an investment. Take time to consider how much money you can afford to spend based on your financial integrity and the value you will receive from the expense.



INTENTION #1:

BENEFITS

TIME

ENERGY

MONEY

THINGS

INTENTION #2:

BENEFITS

TIME

ENERGY

MONEY

THINGS

INTENTION #3:

BENEFITS

TIME

ENERGY

MONEY

THINGS

IMAGINE SELF - SUMMER OFFERINGS



THE RETREAT

Five Days for finding the center of your body, your voice, and your soul. in Chestnut Ridge, NY

EQUANIMITY ONLINE

A six-module program on awakening your own inner equanimity allowing for calm self-awareness and social presence. Includes six live zoom conversations.



GATHERING OF SELVES

A membership of individuals seeking to know themselves and each other through content and conversations. Learn the mysteries of being human and becoming I. Meets twice each month.

1:1 CONVERSATIONS

Work with Lynn in bi-weekly conversations for getting to the core of your selfhood, understanding your karma and destiny. Be listened to and empowered.



SACRED
CONVERSATIONS



MONTHLY WEBINARS

Each month Lynn offers a free webinar providing archetypal lens for self-knowledge. Recordings are available.



VISIT
IMAGINESELF.COM
TO
LEARN MORE ABOUT
LYNN'S SUMMER OFFERINGS

EMAIL LYNN
LYNNJERICHO@IMAGINESELF.COM
IF YOU HAVE ANY QUESTIONS