

Feeding Your Imaginative Self

Our day to day world pretty much denies and belittles our imaginative self. In my opinion, this fact can make many things in life more challenging for us as a result. If you are not using your right brain, your imaginative self, you are using only half of your mental resources.

Today I am offering an exercise that helps to open and “feed” your imaginative self. Primarily I am creating this article for those clients who are preparing for a Quantum Healing Session, but really, this activity is for *anyone* who wants to use both sides of their brain to help them in their everyday life.

For many years now, when I have a client come for a session I spend some time considering if they are primarily a left brain thinker (factual, linear, logical and structured) or a primarily a right brain thinker (creative, musical or artistic, out-of-the box problem solver.) Our society unquestionably creates and rewards more *left-brain* thinking. Quantum Healing needs the right brain of the client fully engaged to get the most out of a session.

To assess the right brain access a client has, I usually have them view an image like the one below. I have them practice entering a scene, which is (most often) how a Quantum Healing Session begins. I encourage them to allow their imaginations to take over. I tell them, “Here you are, standing right here in this scene. What can you tell me?”

The way a person answers this question gives me much information and allows me to make suggestions that will help make for an easier session. Today I want to share with you an image and some typical responses to the image. Play along, especially if you have a Quantum Healing Session coming up. You can get your right brain moving, or moving again with this simple exercise.



Image courtesy of Salvatore Vuono at
FreeDigitalPhotos.net

Again I have the client look at the image and I ask them what they can tell me. Before you read the responses below, look at the image yourself for a while. Imagine you are there. What can you tell me? Write down everything that comes to mind as you immerse yourself in the image.

Done? Good! Now here are three typical responses. First from very left brained and "locked into logic" Client 1:

Client 1: I see an old room. There is a fireplace and some furniture and some candles on a table.

Me: Is that all?

Client 1: Well, there is a chair on the floor turned over. Yes I guess that is all. Oh wait, there is a wagon wheel just outside the door.

I usually give them some more time to view the image and see what else they can come up with on their own, but Client 1, like many people are looking here just to provide the "correct" answer without any embellishment or details. They usually look to me at that next moment as if I were a teacher and they a pupil and want me to tell them if they were right or wrong. If I have this type of client, we spend a lot more time with the photo and questions and attempts to tap into the imagination.

Let's move on to Client 2. What can Client 2 tell me?

Client 2: Oh, I am standing in an old stone house. The floors are stone and there are wooden beams on the ceiling. There is a fire on the hearth and dinner is cooking. Stew. Venison Stew I think. There is furniture, simple and candles on the table. There is a chair overturned on the floor. Looks like someone might have left in a hurry. There is a wooden wagon wheel outside the door.

Me: Anything else you notice? Anything more you can tell me?

Client 2: Its almost dark outside. Even though there is a fire going, its kind of cold in the room. No one is here but me. I think I might be lonely.

Client 2 has definitely more right brain involvement in the exercise than Client 1. Details not discernible from the image are provided. The type of stew in the pot, the temperature of the room, the time of day. There is a tentative description of themselves as actually there standing in the room also this is a very good statement: "I think I might be lonely." At this point I encourage a bit more discovery from the client by asking more questions.

Let's see what Client 3 has to say.

Client 3: I am in my Grandfather's old stone home. I actually helped build some of this house when I was just a little boy. Its winter and I just arrived here by horseback after a long journey. I am sitting on a chair. I just took off my wet leather boots. There is a vegetable soup simmering on the fire, I am so happy to be here. We were just about to set the table to eat dinner when we heard the old cow mooing in distress. Grandfather was in such a rush to check on her he overturned his chair.

Me: Where is the old cow?

Client 3: Oh she is in the little wooden lean-to barn just outside the house. I think she is about to give birth. Its so good to be back in the country again. I actually remember that old cow, her name is Rosie. I have really missed country life, and I have missed Grandfather so much. He still looks the same though, strong and healthy.

If I have a client like Client 3, at this point I know I probably won't have to spend much more time encouraging them to use their imagination, because they have done so already in a very nice way. There is emotion, relationship, a story, and a willingness to create other characters and scenes outside of the room where they are located. Some clients begin their "actual" session in just this way. They may go into a similar life with a Grandfather they loved dearly.

So how did you do? Were you more like Client 1 or Client 2 or the very imaginative Client 3? If you were like Client 1, or even Client 2, consider taking some time to flex your imaginative muscles. Make up stories. Use the photo above. How many different stories about that scene can you come up with? How many details, how much emotion, history and meaning can you create? Let your imagination go wild, the wilder the better. Maybe there was a dinosaur outside the room in one scene. Maybe elves coming in to make shoes in another. Maybe you ARE an elf. Maybe the house belongs to giants, or is merely a set on a reality tv show. Truly, the more you "stretch" and flex your imagination, the better.

The more active and alive your imagination is, the smoother and more productive your Quantum Healing session is likely to be.

Also see a previous article to help you prepare for a session called "Seeing Exercise".

(Permission to share this article is given as long as it is shared completely with all links and remains unaltered in any way. Copyright 2013 Candace Craw-Goldman. www.newearthjourney.wordpress.com www.newearthjourney.com)