

'yto - one'

Newsletter – April 2008

"Imagination is everything. It is the preview of life's coming attractions."

Albert Einstein (1879-1955)

Hi All Our Valued Friends, Partners, and Clients

April 2008

Welcome to our fourth edition of 2008 of 'yto - one'.

Theme for April – The Power of your Imagination

Welcome to April 2008. I'd like to start by acknowledging the fantastic results which were achieved by so many of you last month – in regards to the absolutely illuminating subject of perception and projection. Easter has also just passed, and in embracing the Easter Spirit of renewal/rejuvenation/newfound faith - we send you our blessings and do this by introducing our April theme – the Power of the Imagination. This month we'll learn about what our imagination is, how to start practicing using the imagination, and then how to manifest our deepest held wishes, hopes and dreams. ("98% of the population is on the verge of giving up on their dreams, and that is a travesty" Chris Howard, NLP Practitioner, Author).

The Left (Rational) Brain

Through research we know that most educated **Western people tend to have a preference for rational 'left brain' processing and tend to think more objectively.**

The Right (Creative) Brain

Research also shows that because of our crowded **Western lifestyles, we do not as readily tend to access the subjective world of the right brain, which is associated with our unconscious/creative/imaginative natures.**

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Einstein said **"Imagination is more important than knowledge."** Therefore it is vital that we access the precious world of our right brain by using the power of our imagination. Let's look at some examples below.

The Ultimate Creative Power – Your Imagination

Story One: The power of imagination is the ultimate creative power. One dramatic example of the power of vivid imagination is that of Air Force Colonel George Hall. He was a POW locked in the dark box of a North Vietnamese prison for seven grueling years. Every day Hall played a full game of golf in his imagination. One week after he was released from his POW camp he entered the Greater New Orleans Open and shot a 76.

Story Two: In the 1980 Olympics the Russians used this technique. They split their athletes into four groups: Groups A through D. Group A used 100% traditional physical practice; Group B 75% physical 25% mental; Group C, 50% physical - 50% mental and Group D was 75% mental and 25% physical practice. After the Moscow Olympics and the Lake Placid Olympics these world class athletes scores were tallied and those in Group D had won the most medals.

So, what exactly is the Imagination?

In a nutshell: **Imagination is the ability to form mental images, or the ability to spontaneously generate images within one's own mind.** It helps provide meaning to experience and understanding to knowledge; it is a fundamental facility through which people make sense of the world, and it also plays a key role in the learning process. **A basic training for the imagination is the listening to storytelling (narrative) in which the exactness of the chosen words is the fundamental factor to evoke words. Imagination can also be expressed through stories such as fairy tales or fantasies.** Most famous inventions or entertainment products were created from the inspiration of one's imagination. It is accepted as the innate ability and process to invent partial or complete personal realms within the mind from elements derived from sense perceptions of the shared world (ie imagery). One hypothesis for the evolution of the human imagination is that it allowed conscious beings to solve problems by use of mental stimulation. (Wikipedia)

The powerful role of imagination in your life

As noted above, your imagination is a great power that can change your life. You can literally make your heart's desires come true once you know how to work with it – for what we imagine with faith and feeling comes into fruition. Your imagination can also play a vital part in the achievement of success in any field. It

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is the impetus beyond creative visualization, positive thinking and affirmations. Visualizing an object or a situation, and repeating often this mental image, attracts the object or situation into our lives. This paves the way for us for new, vast and fascinating opportunities. (Note: we should therefore think only in a positive manner about our desires, otherwise we may create and attract into our lives events, situations and people that we don't really want.)

The Art of Imagining

The real key to turning imagination into reality is acting as if the imagined scene were real and already accomplished. Instead of pretending it is a scene from the future, imagine it as though you are truly experiencing it in the present. It is a real event in the now. The great masters of antiquity have told us through the ages that whatever you believe you become. If you believe and imagine in the now that you are whatever you wish to be then reality must conform. (Note: we should therefore not look at our lives through eyes of lack, seeing only what we don't have and dwell on that because that is also active imagination. You are imagining and actively pushing this lack into your future by dwelling on it as real in the now.)

"You can have what you want – if you know how to form the mold for it in your own thoughts. There is no dream that may not come true, if you but learn to use the Creative Force working through you. The methods that work for one will work for all. The key to power lies in using what you have...freely, fully...and thus opening wide your channels for more Creative Force to flow through you."

Robert Collier

Suggested Exercise for the Next 30 Days: Dreaming

For the next 30 days, start spending at least 10 minutes each day (preferably when just waking in the morning and/or just before you are going to sleep) dreaming and imagining your heartfelt wishes. To get started, relax your body, and visualize a calming, peaceful and tranquil scene (maybe a place you have been on holidays). Remember imagination is not limited only to seeing pictures in your mind. Take anything about your life you would like to change or enhance. Now relax, lie down (or sit back), close your eyes and imagine/fantasize what you would really like to occur in your life. Allow yourself to dream your wildest dreams of your deepest wishes. *Ensure that you see it as if it is already happening. Intensify the experience by using all the senses and feelings. For example, you can imagine a sound, taste, smell, a physical sensation or a feeling or emotion. Believe it is on its way to you, have faith, and then release it.* Before you open your eyes again, spend some time basking in the feeling of gratitude. Gratitude has a magnifying effect on your imaginings and wishes. Think of things you are grateful for right here and now. Then open, your eyes, and go about your day. Keep practicing this once-twice daily for the next 30 days and notice what starts to change in your life. Have faith!

Developing a Strong Imagination – The Key to Recreating and Remodeling Your World and Life

Wow – what an exciting and magical month April is – now you are tapping into one of Einstein's teachings: the power of your imagination! Just to finish off on a personal note, the other evening, I reflected on how one of my long forgotten wishes had come true. Whilst I reflected in a state of gratitude, and joy, I realized that I had gone over this scene every day in my mind for almost a year, and there it was – it did occur. I realized then that I would embark upon a daily ritual of "imagining" each and every day. The very next night I lay under the stars (it was a balmy Melbourne night) and just imagined...and dreamt. The person I was thinking of sent me a text message at that very moment! How's that for the power of imagining. So, spending time each day developing a strong imagination will set you on the path to achieving your greatest wishes and dreams. So, I really wish and hope and dream now that you will start putting this into practice each and every day for the next 30 days (and for the rest of your life), and watch what comes back to you! I know it will be magical because it lives in your imagination! I can't wait to connect once again very soon.

Warmest Regards,

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