



Module 4. Your Passion and What Drives You to Create

Imagination: Dream really big.

In this session you will be invited to identify not only your passion but how you are being guided to manifest that passionate nature of yours in a life that truly makes your heart sing. Module 4 is about reconnecting with your imagination, from the soul's perspective, and re-learning how to allow for the expansion necessary to realize your soul's highest expression. Skills you'll learn how to:

1. Reconnect to your imagination
2. Become more passionate about your life.
3. Identify what drives you to create
4. Interpret expansion and use that feeling as your navigational guide

Concept 1: Imagination

Imagination is the voice of the soul. The soul loves to fly—loves to create movement. And you do too. Here on earth, you may also love to feel that movement as the wind at your back or feel the reward of accomplishment of a job well done.

While the soul only knows a world of timeless feeling and communicates through the projection of feeling and imagery, you live in a world of thinking, doing, shaping, and building. It's the imagination and the passion to create what we feel inside that ties these two realms together.

Young children are closer to the soul's way of being and are not yet tied into the mind's way of thinking. Query an adult about what is held sacred as the dream of the soul in this reality and you'll likely get an answer that is filled with expressions of life qualifiers. The adult is likely to put a limit on that dream by schooling the mind to dream only from the current day vantage point.

A young child, on the other hand, has much less experience with the world of limitations, and on some level, still remembers what it's like to soar. The child inherently knows that the universe is limitless and answers the question that way.

Key: The soul, in its most expansive state of awareness, knows no bounds and allows for the joy of connection to flow forth. That's passion set into motion.

Dreams are merely a reality potential yet to be discovered or chosen. As you allow your imagination to take you to wherever your heart would have you go, what you are actually doing is reconnecting with what your soul has had in mind for you all along, which is to expand.

Before I go on, I want to emphasize that it doesn't matter how old you are or how different your life is in present moment. What matters more is that you open up and allow for that expansion.

Exercise: Passion and how to identify what drives you to create

Once you discover your passion then begin practicing the fine art of allowing, you will naturally find that your imagination will open up. You'll begin to reconnect with early fascinations—lost or tucked away fantasies—like your childhood toys that were put away for another time, another lifetime.

You might not be able to remember that limitless feeling before you were programmed to set your dreams aside for more practical things. But you are likely more to remember when you began to believe the stories that you were told about those limitations. You likely came into contact with someone early in life that pushed you into a corner or challenged you in some way.

The statements that come from these teaching moments are: I don't want to be like that (or so and so) when I grow up, or I'll never do that to my kids, or fill in the blank here for your version of this declaration. When I was a child (or at this stage of my life) I said, "I don't want to be like or do":

This statement of "don't want" is, in part, the motivator for the person you are today. Every soul has a teacher waiting for them on this side of the veil, and with a little thought, you'll remember who or what that was for you too. It's these don't wants that help shape our character and set us up for discovering our passion. These life experiences provided you with a start point, a value system, that eventually served to help shape your character. It's the fuel that drives you to focus on why you are here in the first place.

Part 2 of this exercise is designed to help you to identify the core value (or values) that influences all of your creations. Identify the value of the learning and you will reaffirm or connect the dots to your passion.

With that being said, I invite you to now shift your awareness of that “don’t want to be like” scenario around and make a statement using this same don’t want scenario, but now state this in terms of what you value, learned or how you were strengthened by that situation.

What you are grateful for given this person or situation who stood in your path. What core value you have adopted (something you hold near and dear to you) as a result of that period of learning.

What strength do you now carry within you because of this life happening? (This is the passion that drives you now).

Key: The gift of the shadow side of your life, once healed and transformed, serves as the passion for making your contribution in your life and sets you up for expansion.

Exercise 2: Your brilliance

Describe three people that you admire most and why. What higher vibrational qualities do you see in them that is an inspiration to you?

Note: You cannot see in the other what is not already inside of you. Now describe yourself here using those same descriptives:

Concept 2: Expanding into Joy

Money, power, and prestige are nice but like a king or queen sitting on a throne, it takes a lot of time, energy and focus to rule and to protect your kingdom. Your life is already inundated with things that keep you focused on the world around you. Your imagination points you in the direction of those avenues of expression that are connected to the feeling nature of love, inclusiveness, passion, friendship, being nurtured, honored, and understood.

Imagination triggers the feeling of the kind of passion that comes from self-expression, which serves as the very gateway to expansion.

Key: At the end of life it will not matter what you have accomplished as much as how you have loved and allowed yourself to be loved.

Exercising your imagination is like any other muscle. If you don't use it you'll lose it. You'll forget or put away your toys of life and become a boring, bored person with no inner fire or passion.

Set aside time to dream. Allow yourself to dream big, *really* big. Hold nothing back. Express yourself in the context of those realities that play out as your heart guides you.

Allow yourself to be guided.

Track these periods of expansion in a journal, draw or paint what you sense and feel to ground the vibration. Music and dance are effective for grounding light in the body as well.

Exercise: Opening to your imagination

Write down three things that you've always wanted to do but have never allowed yourself to even consider and why.

- 1. _____
- 2. _____
- 3. _____

Next, in your perfect world describe what one of those dreams look like How does it play out? Who is there with you? Where are you as the protagonist in your own play? What are you doing?

Focus on the what (*what is feeling based*). Flush out one or all three without any limitations in your language around this scenario regardless of what your mind would have you believe. Pay attention to how you feel when you write it out.

Remember to let your imagination be your guide. If you begin to feel yourself closing down, go back to Modules 1 and 2, and explore those beliefs, perceptions and expectations that are holding you back then return here and keep writing until you have everything written (or talked through with a friend) that matches the joy you feel when you are in that more expanded state.

The very point of this exercise is to get you into the embodied state of expansion that comes with stepping into a feeling of limitlessness.

The very next step is to connect with the feeling of what you have documented. It does not matter where you are in your life now. What matters is that you are giving yourself permission to let go and fly!

Exercise: Now describe in feelings only.

Describe the feelings of “expansion” when you are allowing yourself to dream. These sensations serve as your internal compass and tell you that you are headed in the right direction. For instance, describe how your body is talking to you when you are in that more expanded state. What is your emotional state feeling? How about your awareness? What are you sensing? Overall, what attitude are you holding about your life?

Key: It's the feeling nature of your life and the actions you take that align you with the manifestation of those imagined creations. These sensations are your navigational guide for realizing higher states of expansion.

Your Practical Life Assignment

For the remainder of this week, embrace those more expansive feelings. Embody them. Live them. Be them. Remind yourself that you are there now, and watch as you are called to make your moment to moment choices from that more expanded feeling sensing state. This is where the imagination touches down and begins to take form in the choices you make. Expand your energy. This opens you up to transform your life. Enjoy the process!

Notes:

Questions:

Key: Creating the life of your dreams is like a bowl of jello. Your heart creates the form through feeling; your imagination creates the glue that hangs it all together by showing you the shape your life is to take, and your joy is like the water that flows into all the creases and crevices of your life to create the beauty of each new form.