

Change the quality of your experience and you'll change the quality of your thoughts.

INTENTIONS

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"Without this playing with fantasy, no creative work has ever yet come to birth. The debt we owe to the play of imagination is incalculable."

-Carl Jung

Can You Imagine That?

Thoreau wrote "If one advances confidently in the direction of his own dreams, and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."

You can have all that you desire without limitation. You can even win the lottery! Can you imagine that? A better question is, Will you imagine that? Einstein said "Imagination is more important than knowledge."

The desire to win the lottery is really the desire to have more money which is really the desire to obtain more "things" which is really the desire to live a certain lifestyle which is really the desire to be comfortable, secure, peaceful and safe. So you CAN have all that you desire. Work with your unbounded imagination and you *will meet with a success unexpected in common hours.*

The limitations are always self-imposed and often from using the inappropriate brain hemisphere for the job in mind. When we use our imaginations, we often impose the left brain limitations of logic and intellect, eg., the chances of winning the lottery are a zillion to one. Therefore, our imagination, from the get-go, has been suppressed. When we use the right brain for the use of imagination, we work with unbounded creativity, that is, void of limits. The world most of us live in honors being realistic and scoffs at dreamers. The world that geniuses live in, honors the *dreams* that imagination offers and it is this spark which literally creates that which was never there.

The good news is that we were all given the capacity to create through this faculty of imagination. When we begin to understand that this invaluable tool, given to us by our creator, is for our use throughout our lifetime and not something we abandon after kindergarten, then we begin to open the door to create *the life which we have imagined.*

The so called crazies like the Wright brothers, Galileo, and Einstein indeed rejected the limits of logic and intellect and *advanced confidently in the direction of their dreams.* These dreams were pursued with an absence of doubt and doubt is the only thing that can prevent us from attaining all we desire. Doubt is all about fear; the relentless pursuit of our dreams is all about love and faith which aids us in *advancing confidently.*

So, when we can *imagine* effectively, we can be lottery winners, we can heal ourselves, we can work our right livelihoods, we can achieve our ideal weights, whatever the goal, IF we do not put limitations on how we will achieve it.

"Programs designed with the whole brain in mind."

John Felitto, trainer & coach

I know people who have avoided surgery, eliminated chronic pain and even beaten death sentences through the creative use of their imaginations. Drs. O. Carl Simonton and Bernie Siegel are contemporary medical practitioners who have successfully integrated these principles into their traditional medical practices. The brain will accept the images it is presented in a present moment context and will produce the chemical response appropriate to the task at hand. It will generate a pharmacy of medications to treat disease and in like manner, it will produce the right chemistry to orchestrate anything we desire. This is done whether or not you are consciously aware of it.

At certain levels of consciousness we are imagining all the time. These images are produced spontaneously by our thoughts. If a mother's child is home later than expected, the mind imagines accidents and other fearful images, due to a lack of information. Without conscious guidance of our intention, the mind, like a drunken monkey, will produce haphazardly whatever it is presented with.

Through conscious use of the imagination, applied with the appropriate brain hemisphere, (right brain "thinking" mode) we work in harmony with the creative tools we were blessed with. So, the lottery winner uses the image of winning the lottery and through the faculty of imagination, begins *to advance confidently in the direction of her dreams* and sees herself living the life of a lottery winner. The brain processes the images as "reality" and begins to resonate with the emotions that these images are presenting. This sort of unbounded play of the imagination is powerful and very serious business. Our lottery winner literally creates with her eyes closed and then when her eyes are open, (shifting to left brain - "doing" mode) becomes the alert witness. The mind and brain are now primed and alert for opportunity which is in alignment with the images presented and our lottery winner *advances confidently in the direction of her dreams*. Her attention is alert to, and has expectation of, synchronistic experiences and makes prompt use of this information. This is an equally crucial phase - taking practical action. She releases her attachment to the single means (the lottery) and is sensitive to and accepts ALL pathways which will provide the essence of her desire. And the essence of all of our desires is always what brings us peace, joy and happiness. Stephen Covey says to "begin with the end in mind." The creative imagination of the right brain is filled with the joys and emotions of the end in mind. The left brain takes action to seize that which has been created by *advancing confidently* and taking action. Right brain is focused on end results in a present moment context. Left brain is focused on process, taking action and being fully in the present.

Napoleon Hill states that "Whatever the mind of man can conceive and believe it can achieve." Therefore, with the use of the creative faculty of imagination you can achieve anything. Yes, you can have anything you desire but first you must *imagine* it. So the question isn't "Can you image that?" it is, "Will you imagine that?" Success is a choice and you *will meet with a success unexpected in common hours* if you choose to. Think unboundedly about what you desire, not what you can logically achieve and make a thorough, or I should say "Thoreau" study of it.

I have a step-by-step process for working with the whole brain on this topic. If you'd like it, simply call "the coach."

"Intentions" is a free publication promoting the use of the whole brain and mind, to live life mindfully and purposefully through the awesome power of awareness and intention, for the benefit of all. Written by: John Felitto, Mind Development Trainer & Coach, 65 Mendolia Ct., Pearl River, NY 10965 (845) 735-4284 Email comments to: John@EvokeYourGreatness.com.