

THE  
ENCYCLOPEDIA  
OF MENTAL IMAGERY

COLETTE ABOULKER-MUSCAT'S 2,100 VISUALIZATION  
EXERCISES FOR PERSONAL DEVELOPMENT, HEALING,  
AND SELF-KNOWLEDGE

**Gerald Epstein, M.D., Editor**  
**Barbarah L. Fedoroff, Editor**

# THE ENCYCLOPEDIA OF MENTAL IMAGERY



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In memory of my beloved teacher Colette  
who said to me

*"That which is remembered lives on."*

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*Gerald Epstein, M. D.*

Founder & Director

American Institute for Mental Imagery

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## EDITOR'S INTRODUCTION

**GERALD EPSTEIN, M.D.**

*The Encyclopedia of Mental Imagery: Colette Aboulker-Muscat's 2,100 Visualization Exercises for Personal Development, Healing, and Self-Knowledge* is a deep journey into oneself through mental imagery as well as a practice for healing and spiritual growth created by my teacher, of blessed memory, Mme. Colette Aboulker-Muscat. Through imagery, we encourage conversations between our minds and hearts that speak to us in images. These images build a "ladder and scale for your own human development and a platform from which to jump toward the direction of Spirit," noted Colette in her book of poetry.

Colette's work was brought to my attention in 1974 by a young man named Serge, who I met at a Japanese zendo in Jerusalem, where we were sitting in Zen meditation. He was cured of depression by a method he termed mental imagery of which I had no knowledge. His encouragement led me to meet Colette to learn more about this potentially remarkable treatment method.

Within five minutes of conversing with her, I had an epiphany that changed the course of my life. As we exchanged a few remarks about mental imagery, I recounted that Freud's explanation to analysts about using his technique of "free association" was, in essence, an imagery exercise. In Freud's exercise, the analyst tells the patient to imagine the two of them riding on a train, the patient looking out the window describes to the analyst everything he or she sees. Colette responded by asking, "In what direction does the train go?" I was caught short by this seeming non sequitur. I cautiously said that trains go in a horizontal direction, and I made a horizontal gesture with my hand. Colette made an upward movement with her hand and forearm, saying, "Well, what if the direction were changed to this axis?"

At that moment, I can only describe that I dissolved and became a being of light. The vertical movement seemed to lift me from the horizontal hold of the given, the ordinary patterns of everyday cause and effect. I leapt into freedom and saw that the task of being human was to help realize the freedom to go beyond the given, to the newness that we all are capable of, and to our capacity to renew and re-create. Imagery makes this possible.

Immediately, I became a student of imagination and later an apprentice in mental imagery under Colette's tutelage until 1983. As my understanding of imagination deepened, I joined other students who traveled from around the world for Colette's Group Imagery practice. Here, Colette presented imagery exercises she created on particular healing themes. We were encour-

aged to report our images without embellishment or commentary and to describe our emotional and sensory responses. Colette's observations and comments taught us to read the images as hieroglyphs or symbols of our inner wisdom that could act as guideposts for changing our lives.

Transformations in consciousness and an out-flowing of creativity occurred throughout these Group Imagery sessions. Works of art were birthed, talents discovered, careers changed, our well-being improved—and as Colette described, there were “jumps toward the direction of Spirit.” My own creative juices began to flow like a torrent, and I produced two books and a number of articles that were published during that time.

This group process was evolutionary, even revolutionary. Needless to say, I incorporated it into my regular teaching programs and integrative healthcare practice in New York City. Students' awareness expanded as they unveiled outgrown beliefs, replacing them with new ones that enriched their lives. Patients in my clinical practice resolved issues and renewed their zest for life in a very few sessions.

Encouraged by the outcomes, I founded the American Institute for Mental Imagery (AIMI) in 1978 to train clinicians in *Imagination, Phenomenology, and Imagery*. This educational program is approved by the New York State Board of Regents and has graduated many clinicians. The same positive outcomes that occurred in my Group Imagery sessions are regularly reported by AIMI graduates in their private practices and in agencies and institutions where they work.

The imagery exercises in this book were shared by Colette: their arrangement comes from my intuitive understanding and experience with their effect. They represent a segment of my teaching from 1994-2002. During that time, my students Barbarah and Serge Fedoroff were in my Group Imagery classes, and Barbarah studied with Colette as part of a group I took to Jerusalem for fifteen days. Following Colette's practice, I dictated the exercises to students after each class. Barbarah recorded these exercises in a word processing program, which Serge formatted and managed, making it possible for the exercises to be shared.

That nine-year collection of more than 2,100 exercises is presented in these pages. It covers an incredible breadth and depth of personal possibilities for anyone wanting to discover the transformative potential of the exercises. Included are more than 40 themes to aid you in penetrating the depths of your being by gently peeling away layers of false beliefs,

misperceptions, and hurtful physical and emotional experiences. Among the themes are *Deep Cleansing From Infancy*, *Introspection*, *Resurrection Of The Body*, *Quest For Hidden Meaning*, *Regaining Health And Wholeness*, and *Images Of The Heart*.

The beauty of Colette's imagery is that it is simple, powerful, and quick, with the exercises taking from seconds to a minute. The images you discover reveal both where you are now and what possibilities are available to you. At each step of your practice, you will make new personal discoveries and see behaviors in a new light, all of them steps in your discovery, growth, self-development, and transformation.

Colette was fluent in several languages, was an inspiring poet, and had keen insight into people and their responses. These combined skills are evident in the language and structuring of her imagery exercises. Like poetry, they do not necessarily follow the rules of logic. They nonetheless are effective at bringing you to your inner realm, the repository of wisdom imprinted in you at birth. This wisdom will surface as personal images showing your potential to become a unified being.

**Gerald Epstein, M.D., Editor**

*Founder and Director, American Institute for Mental Imagery*

# An Introduction to Mental Imagery

Simply put, imagery is the mind speaking to us in pictures. Like English, it is a language; but a *picture* language rather than a *word* language. Imagery conveys the higher wisdom of our minds and longing of our hearts. It is also how the mind “speaks” or instructs the body, so it is a natural healing modality. The imaginal experience comprises what we see, sense, feel, live and know. You may see images in color, black or white or shades of tone. Concurrently you may *feel* emotions such as joy or sadness, love or anger, etc. Likewise, you may physically *sense* in your body tingling, a rush of energy, constriction or relaxation of muscles, etc. Occasionally, you may hear sounds as well. In sum, imagery is the natural and true language of our inner life. Colette was a master of this language and taught people to quickly become their own masters as well. As she summed it up in her book *Mea Culpa* “the image is life, which comes to help life, and is the movement of life, that starts life moving again.”

Inspiration and intuition are similar to imagery in as they too convey our higher wisdom. Consider when you suddenly are motivated to create something - ideas flow and you feel exuberant and joyful. This is called inspiration. Or “out of the blue” you have a solution to a problem that seemed to have no answer. This kind of thought is called intuition – information and knowledge that is revealed to you outside the rules of logic and reason. We experience the language of images in our dreams as well. Inspiration, intuition and dreams usually occur spontaneously, without our direct initiation. In the imagery process, images are likewise *received* rather than sought or conjured.

My experience with Colette revealed to me that imagery takes place in an inner realm of existence, free of time and space, where we access a “vertical axis” beyond the constraints of gravity. Spiritual seekers have acknowledged the existence of this vertical axis for centuries, and it is understood through all cultures as the axis of freedom.

Imagery always attempts to put us in connection with this vertical axis enabling us to escape the ordinary limitations of earth-bound living. In practicing this work, you may regularly find yourself on the vertical axis. Here’s an example of making this connection:

A friend called and explained that he had viral conjunctivitis. I suggested that he imaginably take his eyes out of their sockets, wash them in healing waters, and put blue light in the sockets. Several days later, he reported that his eyes had begun improving once he started the exercise. He also noted that after he returned his eyes to the blue-light-filled sockets, the dark-green lush vegetation around the healing waters had burst into flowers. But why, he asked,

did he always find himself moving upward to get to the healing waters. I explained that moving upward was the direction of freedom and healing. My friend had discovered what we call the vertical axis. Given my experience with imagery, it did not surprise me to learn, as I studied other healing systems, that all cultures and traditions have linked upward movement with transcendence, myths of flight, severing the bonds and limitations of everyday habitual behavior and activity, and finding new paths, new ways of being.

# Your Guide to Doing Imagery

Colette's imagery holds transformative possibilities whether done sporadically to correct difficult life situations or during periods when you feel impelled to discover more about yourself. You can support these quests for self-discovery by tapping into your inner wisdom with a daily *Personal Imagery Practice*. However you incorporate imagery into your life, you'll soon feel at ease with the process. Let go of any preconceived ideas about the images you find. Whatever appears is correct and useful, even if it seems silly, enigmatic or impossible. As imagery is not bound by the laws of logic, anything is possible.

## CREATING AN IMAGERY PRACTICE THAT RESONATES WITH YOU

The Encyclopedia is organized in healing **themes** such as Personal Restoration, Clarity, and Coming to Order. Each theme is composed of several **subheadings** that contain related exercises. For example, under the **theme** of Personal Restoration there are seven **subheadings**. These sub-headings include Self-Healing, Self-Sculpture and The Whole Person, to name a few.

To help you get started, here are three possible approaches to use this book. Select the one that appeals to you now and try it for a week. After that, you may try another if you wish. The aim is to find an approach that supports the development of your Personal Imagery Practice.

**1) Spontaneous Selection:** *Spontaneously* open the book to a page and start at the beginning of that theme. This approach is often helpful to address an individual situation you'd like to change, but can be used as a regular practice as well. When you have completed the theme, you may continue with this spontaneous selection process.

**2) Personal Appeal or Circumstance:** Scan through the *Table of Contents* and select a theme that appeals to you or pertains to a current life situation. When you complete the theme, select another meaningful theme.

**3) Following The Book:** Begin with the first theme in the book. When you complete it, move on, following each theme in order.

## AUDIO RECORD THE EXERCISES

With the ready availability of miniature recording devices built into smart phones, you may prefer to audio record your selection of exercises and then playback the recording for your imagery practice; alternatively, you can read each exercise individually, and then do it imaginally; or possibly enlist someone to read the imagery to you as you do it. Of course, you can always organize a group imagery session.

# Instructions for Imaging

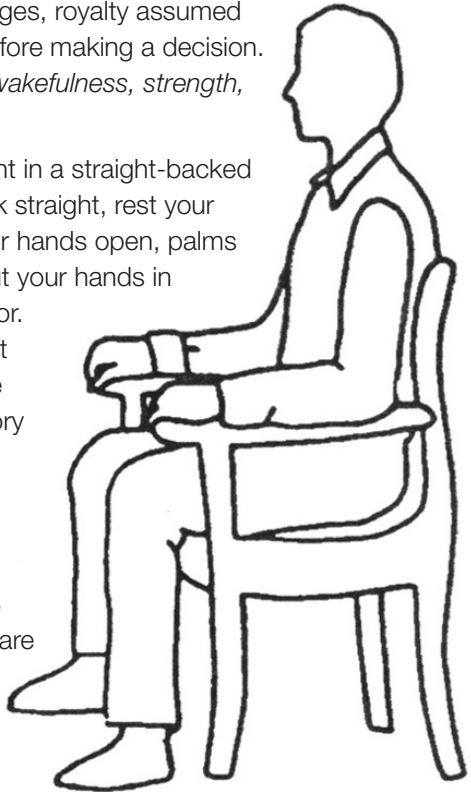
Imagery succeeds in direct proportion to our success in turning our senses away from the stimulation of the outside world to a calm, inner realm. As discussed below there are three simple steps to begin imaging: sit upright in a chair, close your eyes, and breathe out. (Note: In several of my other books on mental imagery, I discuss setting an intention. With this work, it is unnecessary.)

## HOW TO SIT FOR IMAGERY

The most effective body position for imaging is to sit in what I call the "Pharaoh's Posture." Throughout the ages, royalty assumed this posture seeking inner guidance before making a decision. *It is a posture expressing awareness, wakefulness, strength, and independence.*

In the Pharaoh's posture, you sit upright in a straight-backed chair that has arms. Keeping your back straight, rest your arms comfortably on the armrests, your hands open, palms down. (If you have no armrests, just put your hands in your lap). Place your feet flat on the floor. Try not to cross your hands or your feet or touch other parts of your body while you image. This helps keep your sensory awareness focused inward, away from external stimuli.

While the Pharaoh's Posture is ideally suited to imaging, there are instances in which an imagery exercise has to be done instantly; for example, when you are experiencing anxiety. In these situations, you can image standing up, even with your eyes open, wherever you are.



## CLOSE YOUR EYES TO TURN INWARD

In imagery, we generally keep our eyes closed to shut out external diversions and distractions. If you are uncomfortable with this, keep your eyes open. At the end of an exercise, or at the end of several short exercises, you open your eyes briefly before starting the next exercise.

## HOW TO BREATHE FOR IMAGERY: OUTBREATH//INBREATH

To help direct our attention inward and induce a light relaxation, we start by breathing *out* a long, slow exhalation through the *mouth*, and follow it with a normal inhalation through the *nose*, i.e., don't exaggerate the *inbreath*. Do this **three (3)** times - an exhalation followed by an inhalation, an exhalation followed by an inhalation, and an exhalation followed by an inhalation. This is noted in the text as **BO3X**, short for *breathe out three times*. Once you complete this cycle, your breathing can resume its natural pattern. During imagery work, your attention will be focused on the images and your breathing will take care of itself.










At the end of an exercise or imagery set take **one** *outbreath* before you open your eyes. This induces an inner calm and will bring you back to everyday life in a quiet, centered way.

As you go through the Encyclopedia, you will see variations on this basic breathing technique. For example, sometimes an imagery exercise may instruct you to start by taking a single *outbreath*, noted as **BO1X**, short for *breathe out one time*; or two rounds, noted as **BO2X** (short for *breathe out two times*). Occasionally, there may be different breathing instructions that are fully noted in the text. ***And of course, if you forget to follow a breathing instruction exactly, just proceed with the exercise.*** After a few imagery exercises, the varied breathing instructions will become second nature. You can find a short video on this breathing at my website: <http://drjerryepstein.org/encyclopedia/breathing>

## UNDERSTANDING THE ICONS



### BETWEEN EXERCISES

You'll notice there are icons (    ) between many of the exercises. They provide a brief rest between exercises. Taken together the three icons instruct you to: ***Breathe out*** (  ), ***open your eyes*** (  ), rest a moment, then ***close your eyes*** (  ) before beginning the next exercise. If there are no icons between exercises, just keep your eyes closed. These icons are also used at the start of a group of exercises to remind you to close your eyes (  ) and at the completion of a group of exercises to remind you to breath out and open your eyes (   ).

## IN IMAGERY, LESS IS MORE

Many of us tend to think that more effort brings greater results, but imagery works in the opposite way. Paradoxically, the shorter the time you stay in an image, the more powerful the result will be. Most imagery exercises are short and take only 5 to 15 seconds - or occasionally up to a minute to complete. If you don't relate to an exercise or respond to it after several seconds, just breathe out once, open your eyes, and move on to the next image.

## IF AT FIRST YOU CAN'T IMAGE

Not everyone has the same capacity for imaging. For most, the process comes easily, almost at once. Others may need more practice before imaging comes to them. Here are a few tips to stimulate your capacity for imaging:

Look at pictures or photographs of natural settings for 20-30 seconds, then close your eyes and see the same pictures appear in your mind. Another approach is to remember a pleasant scene from your past, with your eyes open. Then close your eyes and remember these images. You can also use your non-visual senses. For example, hear fish frying in a skillet or the applause of an audience or glasses clinking; or smell perfumes or essences of varying strengths and experience what happens.

You can also practice relying first on the senses you use or respond to most easily. For example, if you're an auditory person, hear the sound of the ocean and sense what images emerge. When you consciously focus your attention on what you are sensing, they can convert spontaneously into other sensory experiences. Remember that our senses turned inward allow us to discover this inner realm of self-awareness, self-knowledge, self-wisdom and self-understanding. In this regard imagination is recognized as the inner super-sensory organ of perception, an inner light guiding our senses to make these discoveries.

Some people have the habit of verbalizing rather than visualizing, turning images quickly into words. If this applies to you, practice looking around at your environment for a few minutes without naming, labeling, or categorizing what you see. If you reflexively start to name things, just return to the practice of seeing without further elaboration. Over time, you will find the images emerge more and more spontaneously.

## ESTABLISHING A DAILY IMAGERY PRACTICE

Plan to spend a few minutes each day practicing imagery. Generally, you will do each set of exercise only once, moving on to another set the following day. If you have a strong response to an exercise or series of exercises, take a moment after you complete the exercise(s) to jot it down along with your

responses. Writing down the imagery anchors it in consciousness. If you wish, you may repeat the exercise(s) once a day in the morning for another six days before going on to a new selection.

You may find yourself spontaneously modifying exercises. Go right ahead. You are calling on yourself to participate in your growth and healing. Should you be left with an occasional image that is disturbing or distressing simply reverse or correct the image. Here are examples of how to correct an image: If you find yourself in a dark cave, light a torch or turn on a flashlight; if you find yourself in prison, find a golden key to unlock the door.; if you cannot see something clearly, use a golden magnifying glass; if you feel a cramp, imaginably see your muscles elongating. Remember, this is imagination - anything can happen!

## TIMES OF DAY TO PRACTICE IMAGERY

If possible schedule your Personal Imagery Practice before starting your daily routine - that is, before breakfast, enabling you to start your day in a new way. Otherwise, do it at twilight, and/or at the end of the day before bed. Together, these three times are natural prayer and mediation times, potent transition points when information from other realms is more readily accessible. Be consistent in your practice. This really cannot be emphasized enough. Not compulsive, just consistent.

## GLOSSARY OF UNFAMILIAR WORDS






Words that are unfamiliar are followed by an asterisk (\*). Definitions for these words can be found in the glossary at the back of the book.

## CREATING YOUR PERSONAL IMAGERY SPACE

If possible, reserve a space in your home where you can be alone and without interruptions. Set the space up with:

- ▶ A comfortable, straight-back armchair;
- ▶ Natural lighting if possible;
- ▶ A notebook and pens to jot down exercises;
- ▶ A recorder to pre-record your selected exercises, if you wish.

## A CHECKLIST FOR GETTING STARTED

- ▶ Pick an approach to use this book selecting your first theme, exercise set or single exercise. If you prefer, you can audio record the exercises in advance.
- ▶ Sit upright in the Pharaoh's Posture, close your eyes () , and take a long, slow exhalation (*outbreath*) followed by a brief or normal inhalation (*inbreath*). Do this a total of three times (**BO3X**). Thereafter, breathe in any way that is comfortable for you, allowing the imagery to form in your consciousness.
- ▶ Complete one or more exercises. Between exercises, follow the icons - *breathe out* () , *open your eyes* () & *close your eyes* () . Conclude your last imagery exercise each day by *breathing out one time and opening your eyes* () . If you become tired at any point, stop! breathe out and open your eyes – you have had enough imagery for the day.

*There's only one thing left to do. Begin imaging. Bon voyage!*

# Search for Identity

*“...Choose a color for every day. Create in joy and purity and stay happy.”*

*-Colette, “The Light of Lights”*

## TOO MUCH, TOO LITTLE



BO5X ► COUNTING SILENTLY FROM 5 TO 1, EACH OUT-BREATH BEING A NEW NUMBER. See the number one as a lighthouse focusing light. Go to a circular mirror and see it as a lighthouse focusing light in and around you.



BO3X ► COUNTING SILENTLY FROM 3 TO 1, EACH OUT-BREATH BEING A NEW NUMBER. Seeing a lighthouse in the mirror, focus the light on the personal qualities you wish to change or burn away, using the light as a laser. Turn the mirror over and see the light focusing on those senses you wish to energize — your senses of touching, hearing, smelling, tasting, seeing.

BO3X ► To experience each sense, use the light to focus all around you, enhancing the specific sense or senses you want energized. (You can increase or decrease each sense as you wish.)

BO3X ► COUNTING SILENTLY FROM 3 TO 1, EACH OUT-BREATH BEING A NEW NUMBER. At 1, see yourself in the mirror becoming the lighthouse. See there, positive emotion as a color; see there negative emotion as a color. Then see the nuances of the negative-emotion color and use the lighthouse as a laser to burn it away. Turn the mirror over and experience an emotion color you wish to experience more deeply and see all the nuances of color your lighthouse opens up.



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## YOUR GUARDIAN ANGEL, WISE ADVISOR



BO3X ► See yourself going backwards into a mirror. See your shadow going farther and farther away until it becomes a point. See the point disappearing.

BO1X ► See the point reappearing. Reconstruct your shadow and see it coming out of the mirror, reuniting with you. See your Guardian Angel. Go through the day with your Guardian Angel and thank it.

BO1X ▶ Push your Guardian Angel away violently or fragment it and see the pieces of shells. See if there is anything inside the shells.

BO1X ▶ See if you are keeping anything from before. See yourself as you are now.

BO3X ▶ See and know how we are the uniqueness of a moment of cosmic truth.



BO3X ▶ See and live the struggle that shows the agony of nature that makes us feel and recognize the way to cure the struggle.



BO3X ▶ See how truth requires us to be young.



BO3X ▶ See, feel, and know if all along your life you have had some stable qualities like being gregarious and assertive or if all along your life you have had the qualities of being introverted and anxious or if you have had the constant quality of being impulsive.

BO1X ▶ Feel and know if these constant traits are inherited, biological dispositions, influences from early childhood, or patterns of social roles or expectations.

BO1X ▶ See and know which traits you are locked into.



# Introspection

*“Infinite in space and time, we are free to find in everyone,  
the perfect image to contemplate.”  
-Colette, “Prayer”*

## INNER JOURNEY



BO3X ▶ Live and know how the little self or ego-fulfillment is asking for immediate gratification.

BO1X ▶ Live how this self-fulfillment is a desire to get and not to give.



BO3X ▶ Live and know how self-fulfillment makes for a restless searching and spending.



BO3X ▶ Know and live how ego-fulfillment is asking for freedom, but is pushing us to avoid a lifestyle, commitments, and involvements, which would bring such freedom.



BO3X ▶ Feel and know how, when going to extremes, we become self-absorbed and are oriented and preoccupied only with the self (ego).



BO3X ▶ Feel and know the difference, when involved with the self, between a true search for self and self-indulgence that brings social alienation.



BO3X ▶ Feel and know the difference between introspecting and engaging in a search for awareness and meaning.



BO3X ▶ Recognize how when cutting with a previous form of life you like, you may feel empty or even bad.

BO3X ▶ See and know how working with images is a way of organizing reality and finding inside meaning.



BO3X ► Sense in yourself the battle of nature. Sense it as an agony of parts of yourself.

BO1X ► Recognize the way to repair and cure it.



BO3X ► Feel and know how you often seek what you call your problems because you need their gifts.



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## BREAKING WITH THE PAST



**1.** BO3X ► See yourself going backwards over a bridge, saying goodbye to those you have befriended, ignoring those who have used you, and forgiving those who have harmed you. When reaching the end of the bridge, throw a bomb that blows up the bridge between you and the past, the now and then. After doing this, turn and find a new direction and a new place for yourself in life.



**2.** BO3X ► Imagine the Hands of God taking away envy. Imagine the Hands of God taking away hatred. Imagine the Hands of God taking away rivalry. Imagine the Hands of God taking away regret. Imagine the Hands of God taking away guilt. Imagine the Hands of God taking away anxiety.



**3.** BO3X ► Imagine the Hands of God opening the doors to healing. Imagine the Hands of God opening the doors to tranquility. Imagine the Hands of God opening the doors to clarity. Imagine the Hands of God opening the doors to forgiveness. Imagine the Hands of God opening the doors to happiness. Imagine the Hands of God opening the doors to concrete material well-being. Imagine the Hands of God opening the doors to good fortune. Now the doors have been opened.

BO1X ► and imagine the Hands of God taking you by your shoulders and raising you up a thousand feet.



**4.** BO3X ► Take a star in your hands and put it in your heart. See and know the truth inside your heart.

*Note: The above four exercises can be used specifically for dealing with depression.*



**5. BO3X ▶** Know what has made you the person you are now.

BO1X ▶ What are the two most important events in your life? Allow the images that are coming reveal you to yourself.



**6. BO3X ▶** Recognize and live some place in your house. Recognize and live some event in your life. Recognize and live being with someone you know. Recognize and live some regret or remorse you cannot get rid of.

BO3X ▶ With a lasso, tie each of them separately.

BO1X ▶ Now tie all the lassoed images together. Open the lasso to free just that one still in your mind by tying it to something now happening. Then throw the lasso away, behind you.



**7. BO3X ▶** See and know how to fulfill your possibilities. At this moment, you may change your self-esteem by any way that comes to you. Then you may change your sense of control over your life. Choose now the ultimate value that is now to guide your life.



**8. BO3X ▶** If we are to totally give up our personal identification, experience how part of ourselves is always afraid of being swallowed up in the tide of wider consciousness.



**9. BO3X ▶** See and live the childish fears and resentments brought into focus.

BO1X ▶ Sense them pushing us to show our distress so someone will have to protect us.

BO1X ▶ Live and recognize how by doing that, you have made yourself unhappy and dissatisfied.



**10. BO3X ▶** See and feel how in knowing our imperfections, we create standards impossible to reach.

BO1X ▶ Sense how we feel that if we do not succeed at being the best, we are the complete opposite.

BO1X ▶ See that we often have focused on small issues to avoid the wider field.



## A LIFE OF ONE'S OWN



BO3X ▶ Live how you are discovering the three different modes of insight:

- 1.** focus on bringing inarticulate feelings into words;
- 2.** focus on the way to easily focus your attention;
- 3.** focus on a non-assertive will by psychic surrender.

BO3X ▶ Imagine how the function of will is to want not to push.

BO1X ▶ Live how this kind of will enables you to move from a narrow to a wide focus.

BO1X ▶ Live how this wider attention is coming from attending to something and yet wanting nothing from it.



BO3X ▶ Live and find your different mode of escaping attention in a positive way.



BO3X ▶ Focus on bodywork or art. Live how you perform brilliantly by putting your controlling mind out of the way.



BO3X ▶ Count your blessings and see yourself at the end of the day writing down in your journal the moments that have brought you happiness.



BO3X ▶ Count your blessings and see and feel yourself examining and reliving the delights of the day in your private life, work life, and outside contacts.



BO3X ▶ Feel and live that by examining possible happiness, you have found reasons for burdens, anxieties, fears, a sense of inadequacy, and constricted consciousness.



BO3X ▶ Live and know how you are discovering blind thinking and subliminal childish emotions, ideas, and patterns. See and know how by finding this blind thinking you reach clarity, expanded consciousness, and moments of transcendence.



BO3X ▶ See and live how by observing your inside and then your outside and through trial and sometimes by error, you are coming to some insights.



## RESTORATION



BO3X ▶ Looking in a mirror, see what and who you are and recognize if your identity is based on an attachment to someone, some ideal, or some thing. IF THIS IS THE CASE, THEN:

BO3X ▶ Feel what happens when the cord is cut. See and feel how attachment makes you afraid of not being liked or of being left and that friendship is in part, hanging on.

BO1X ▶ Live how without fear of loss, all is available for friendship or union.



BO3X ▶ Picture one of your prize possessions, something you hold dear. Imagine it stolen or lost and picture the exact moment when you discover it gone. Notice your feelings, thoughts, and emotions.



BO3X ▶ Choose a minor annoyance that is bothering you physically.

BO1X ▶ What is the pattern that emerges when you are bothered or frustrated?

BO1X ▶ Now discover the root of this annoyance.



BO3X ▶ Live some period of suffering caused by attachment to a life situation.

BO1X ▶ Live some period of suffering caused by attachment, such as an athlete losing physical strength.

BO1X ▶ Live some period of suffering caused by attachment, such as a student facing graduation.

BO1X ▶ Live some period of suffering caused by attachment, such as a mother when her children are growing up.

BO1X ▶ Live some period of suffering caused by attachment, such as an unsuccessful writer.

BO1X ▶ Live these changes as partial emotional deaths.

BO1X ▶ Restore yourself from the loss by rebirthing or activating something you like to do better than anything else.

BO3X ▶ Imagine the first time you did this. Feel in your body all the related sensations.



BO1X ▶ Imagine mind-induced trouble or suffering. Image how rich your life will be without attachment to these feelings.

BO1X ▶ Now feel and live your mind-induced health.

BO1X ▶ Know how your state of health reflects your state of mind.



BO3X ▶ Into a mirror look at your body and notice places that are not in perfect order. Reconnect your state of mind with each of these black spots. What happens?



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## FROM *AS A MAN THINKETH*: BY JAMES ALLEN\*



BO3X ▶ Sense and know the meaning of the phrase, “They, themselves, are makers of themselves.”

BO1X ▶ Sense and know the meaning of the paraphrase, “You, yourself, are the maker of yourself.”



BO3X ▶ See, feel, and know how the mind is the master weaver of the inner garment of character and of the outer garment of circumstance.



BO3X ▶ Become aware of the hidden seeds of thought.

BO3X ▶ See and sense how they spring forth into acts.



BO3X ▶ See, know, and feel how the act is the blossom of the thought and know how joy and suffering are its fruits.



BO3X ▶ See and know how that Godlike character is the natural result of your continued effort in “right thinking.”



BO1X ▶ Know how in the armory of thought, you forge the weapons by which you destroy yourself.

BO1X ▶ Now, in the armory of thought, fashion the tools to build the heavenly mansions of joy, peace, and strength.



BO3X ▶ Know and see how you are the master of thought, the molder of character, and the maker and shaper of conditions, environment, and of your future destiny.



BO3X ▶ See how circumstances reveal you to yourself. See how you attract to yourself what you are, not what you want.



BO3X ▶ See your thoughts becoming the jailers imprisoning you.

BO1X ▶ See your thoughts becoming the angels of freedom liberating you.



BO3X ▶ See and know how the hidden soil-and-seeds of your being give birth to your circumstances.



BO1X ▶ Having realized this power, become the rightful master of yourself.



BO3X ▶ See, sense, feel, and live yourself harmonizing wish, prayer, thoughts, and actions.



BO3X ▶ Sense and know how the sole and supreme use of suffering is to purify, to burn out all that is useless and impure.

BO1X ▶ See how suffering is a result of mental disharmony.

BO1X ▶ Hear the sounds of harmony rising up from your heart to your throat and utter its sound.



BO3X ▶ See and recognize failure as a starting point or pathway to attainment.

BO1X ▶ See yourself attempting fearlessly, accomplishing masterfully, and thinking strongly.



BO1X ▶ Now mentally mark out a straight path to your purpose. Look neither right nor left and reach it.



## NIMIR\* AND THE WELL OF WISDOM: TO CREATE A NEW FUTURE



BO3X ► Imagine and see an enormous Nordic giant, called Nimir, guarding the Well of Wisdom. Ask him for permission to plunge into this special well to find old memories that bring you actual wisdom. When he agrees, thank him.



BO1X ► Throw yourself into the well like a missile, touching all valuable memories for an instant and omitting from your life those that do not serve your life. Do not compromise.

BO1X ► Look at each significant memory, which is bringing you knowledge about yourself. Take the memories with you as you ascend from the bottom of the well and return with the messages of the past. Bring the messages into the light, for your mission of today is to be clear and accomplished. When you have cleaned up all you have found, know this makes you mindful.

BO1X ► When leaving the well, make a promise to Nimir that you have not changed the level of the water, and also that you will seek a new home without attachments to those of the past, which have been useless.



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## TIME: WHY LIGHT IS CALLED DAY, DARKNESS CALLED NIGHT



BO3X ► See, know, and live how time is determined by its content.

BO1X ► Know why light is called day.

BO1X ► Know why darkness is called night.



# Wisdom of The Body

*“Now, my left and right, top and bottom, feel connected.”  
-Colette, “Essence of Reality”*

## HEALING BY BREATHING



BO3X ▶ Know and see how by making yourself conscious of your breathing, you permit yourself to get rid of hindering influences and to feel liberated.



BO3X ▶ Sense and know the subliminal feelings that are delivered.



BO3X ▶ Feel and know how by breathing out you are allowing sense perceptions to come out and be free.



BO3X ▶ See and feel how you don't have to correct the breathing pattern all at once, but you can use it as a starting point, even if it is a faulty one.

BO1X ▶ See and feel the inner movement of your natural breathing until the breath left to you returns to a normal pattern. Stay with this a long moment.



BO3X ▶ Sense the intimate connection of this breathing with your two nervous systems, the voluntary, consciously directed one and the involuntary, reactive one, which works without your mind.

BO1X ▶ Sense, feel, and know how the breath forms a bridge between the voluntary and involuntary nervous systems.



BO3X ▶ Know how by watching your breath you may learn to observe a normally involuntary function at work.



BO3X ▶ Know how by watching your breath, you learn how to exclude interferences and to help your self-regulating processes, such as yawning before becoming over-tired and sighing before becoming over-restricted.



BO3X ▶ Sense and know how our breathing pattern is expressing our inner situation. Know now what that situation is.



BO3X ▶ Sense and feel we are breathing irregularly when concentrating and focusing our attention. Know this is normal.



BO3X ▶ Feel and sense an emotional state. Be aware and see how your breathing is changing.

BO1X ▶ Sense and feel how your breathing is agitated in anger.

BO1X ▶ Sense and feel what is happening with an emotion of fear.

BO1X ▶ Feel and see how when feeling sad our breathing becomes choking or suffocating.



BO3X ▶ Sense how we are sighing when we are relieved. Sense now your breath becoming normal. Sense and feel how when at peace you are breathing with your diaphragm.

BO2X ▶ Sense how when in stress or maximum effort you are breathing with the chest.

BO1X ▶ Sense and feel how if we are not opening the chest cage we become anxious, inhibited, self-conscious and with a sense of inferiority.



BO3X ▶ Sense and know how when there is almost no exhalation, the abdomen is pulled in tightly.

BO1X ▶ See it like a bottle filled with consumed air. Open the bottle and breathe out in a safe and slow way. Be aware of your feelings.

BO2X ▶ See and sense how when abdominal breathing is disturbed, the inner life is disturbed.



BO3X ▶ Sense and know how the slow exhalation is reversing the habitual neurotic process.

