



Twelve Imaginings of the Grandmothers

I imagine that women and men are equal.

I imagine that life is challenge and giving to experience
life and balance.

I imagine that sex is natural, sacred and beautiful.

I imagine that all humans are born to like to learn and grow.

I imagine that I can live my life, question my experience
and change my existence.

I imagine that I can help change conditions of my world
and my personal circumstances.

I imagine that I can listen to creation directly
and I need no interpreter.

I imagine that I can be myself even in those times
when I am pained by others.

I imagine that I am my own authority and my own teacher.

I imagine that all information must be questioned
by me to learn.

I imagine that I can be the kind teacher to myself.

I imagine that I am a self-responsible human who will teach others
to care for our sacred Mother Earth with Beauty

Introduction

PLEASE NOTE ON YOUR HANDOUT

The Twelve Imaginings were first shared in a very moving teaching by Estcheemah as written by Hyemeyohsts Storm in *Lightningbolt*, page 484.

Our SMSD presentation of them is as taught to us by Thunder Strikes.

By now, the Twelve Imaginings are well-known and loved by SMSD apprentices. The Twelve Imaginings are body knowings out of the womb of the Great Mystery. They inspire us to a Walk of Beauty. They are sometimes called the “Goddess Beauty Imagination Wheel”.

I’d like to share a bit from *Lightningbolt* as Estcheemah sets a beautiful stage for our learning of how to walk the Twelve Imaginings into our everyday life. She shares these imaginings with Liberty, a young apprentice whom she was mentoring, after she asks,

“Where shall I tell these women (seekers) to begin?”

Estcheemah begins by foretelling that

“An ancient balance will return to every community when women, and their children, can honor our Creatress and Creator as equal. This honoring begins in their homes...the question now facing every woman and man...How is the discrimination against our Creatress affecting women, and all humans in our present world? ... WahKahn is Creatress. No amount of bigotry and silly beliefs will deny Her existence with Creation...Many people who are born into Life try to hide and run away from the truth of their Self. Life is the greatest of all challenges known throughout Creation. Most people fail their challenge because they escape into fantasy instead of living their lives....nurture people’s imagination. Imagination is different from fantasy in that imagination is the basis for all that can actually be created....Imagination is visualizing possibilities...beyond simple rules into Creativity. Do not be afraid to imagine the real problems that confront you. These are not the imagined monsters that are born of fear and fantasy...”

Once she has spoken what we now call the Twelve Imaginings (worded slightly differently from those given to us by Thunder Strikes) she concludes her teaching to Liberty with,

“When humans learn to respect the Self that they are, they will learn to heal their crippled imaginations. Do this and you will know true Healing.”

Our SMSD Teachings on the Twelve Imaginings are sprinkled throughout the many teachings that Thunder Strikes offered all those many years. Here are some golden gems.

- An Imagining is a body knowing of the Greater with such clarity that we are pulled to actualize them in our life.
- Each Imagining is a vision birthed out into the world through the She Thoughts. Thunder Strikes shared that the Imaginings are Infinity’s Intent – a direction action of the Everything of and in Creation.
 - See the 21-card – each She Thought is a tree, and each Imagining is one of 12 fruits on each Tree; each one drops down and seeds itself as an Act of Infinity. Since there are only 8 trees, the 9th She Thought is often related to the

lightning bolt and the 10th to the blue open space. So now the Imaginings become the fruits of the Tree of Life!

- Each She Thought carries all Twelve Imaginings inside them – and each Imagining expresses one or more She Thoughts as it is actualized. There is a seed/birthing interconnection between the Twelve Imaginings and each She Thought. The Imaginings are the pattern or the voice of the She Thought.
- Imaginings create, re-create, and re-birth Life. The Seven Values are the strongest Connected He Thought Seeds, the male pollen that fertilizes Life with Love. Together these are the keys that will show us HOW to create the Human World!

Imagine yourself being birthed out of the womb of each She Thought as an expression of each of the Twelve Imaginings. Each She Thought, each Imagining will prompt a unique expression in how you dress, how you walk and talk, what you are drawn to and willing to engage in.

- **Imagining is a decisive action** – not just the creation of a mental image of the possibilities that could be. These are steps from within our inner 18 that create solutions rather than regurgitate problems.

The Five-Wheels for each Imagining

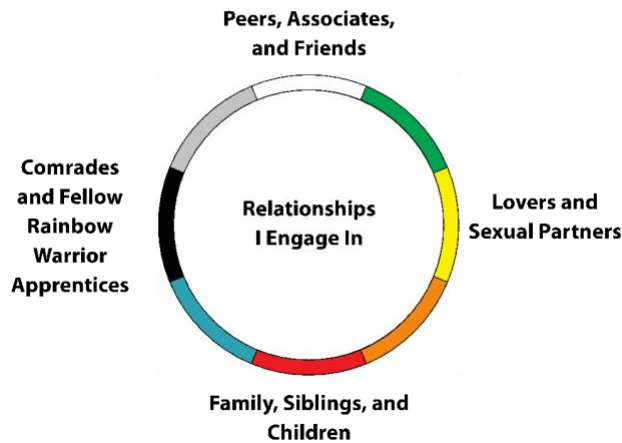
The five-wheels that Thunder Strikes gave us are working wheels, meaning they must be used or engaged with in the physical to change our way of being before we will actually understand them. We are meant to walk these Imaginings in our everyday life.

These 5-wheels are considered to be the “virtues” of the Imaginings, the inner mindsets (attitude and approach) necessary to stand inside the Imagining. We will study them to fuel our imagination and direct our intending as we create our dharmic reality. These are essential if we are to hold our space in the fast moving pace of dharma with clarity and sobriety. And certainly today, within our current everyday environment, we need some powerful Imaginings to fuel our hope and prioritize our energy.

We are going to look at each of the small wheels and add a few comments or illuminations to each. They are best looked at from the center (the catalyst) out and then clockwise around the wheel.

These are working wheels and so demand that you “work” them. To that end, each Imagining will offer invitations to reflect and apply the working wheel to your own life.

Five-Wheel: I Imagine that Women and Men Are Equal



This shows where you must use totally unlimited imagination with clarity (no 'fuzzy lines') in order to create reality. You will see that this is a wheel of relationships.

Center: This Imagining addresses all relationships we are engaged in. Engage to bring sobriety with intent into all your relationships. Imagine that men and women are equal in ALL your relationships.

South: When we give to our family, siblings and children with female and male equality, we discover the beauty in the differences. Thus we are more able to celebrate our differences.

North: We receive in life with female and male equality. Be receptive to both differences and similarities in your peers and associates.

West: This Imagining pertains to any and all warrior activities – see them with female and male equality and transform the space you hold with and for them. The west of these mini-wheels are best worked from within our spirit shields.

East: See our lovers and sexual partners with female and male equality through the eyes of our Child Spirit Shield. Imagine what our world will be like when we transcend our differences!

REFLECT ON

Where and how Spirit is asking you to make some steps in your SELF-GROWTH AND DEVELOPMENT in each of your relationships:

- Family, Siblings, and Children
- Peers, Associates and Friends
- Comrades and Fellow Rainbow Warriors
- Lovers and Sexual Partners

***Five-Wheel: I Imagine that Life
Is Challenge and Giving to
Experience Life and Balance***



To be able to accept the challenge and giving to experience life and balance, you must be a good hunter/stalker of life.

Center: This Imagining invites us to engage the challenge, to enter into a full engagement with life. How can we engage so we have more balance this time than the time before?

South: Give with E-motion (energy in motion) - the love of who and what you are without masks or pretense.

North: Our receptive mind teaches us how to hone our attention. To do so, we must keep our attention on those things that matter. Keep all four attentions as active as possible. Use all states of consciousness, stay awake, aware, and alert. Attention is power – what do we pay attention to? Pain or pleasure? Loss or gain?

West: We are what we are attracted to. Take care with what you pretend to be because what we pretend, we usually become! Keep your attention on the greatest attraction and beware of distractions.

East: When we determine with spirit we draw spiritual energy (magnetism) to us that will assist us to gain greater balance in each experience.

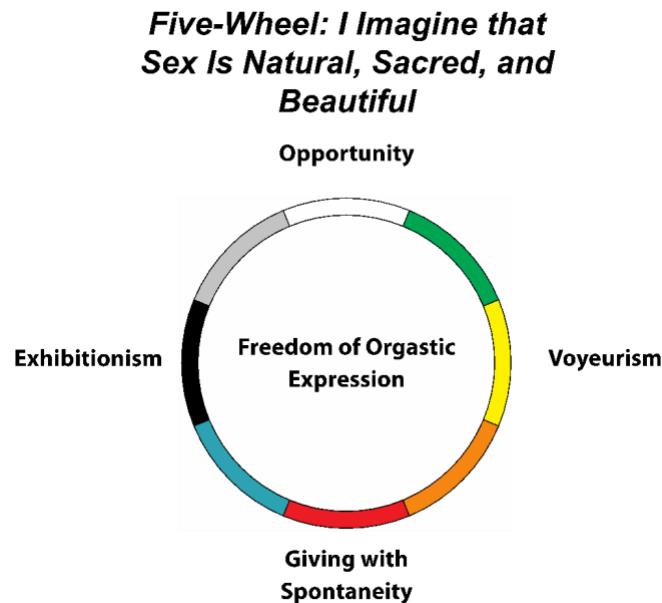
REFLECT ON:

Where and how is Spirit asking you to shift your ATTITUDE when you meet a challenge in your life?

- Which attitudes promote your maturity?
- Which attitudes need to ring an alarm inside you so you know it's time to shift, or it's time for an "attitude adjustment" in order to experience life in balance?

- How can you give love without pretense?
- On what do you focus your attention? Does it produce a positive or negative attitude?
- What holds a high enough attraction for you to be willing to adjust your attitude?
- What holds the greatest magnetism? Pain or pleasure? Heart-ache or healing?
- Envision drawing to you those challenges that inspire you and give you hope – share what that might look like for you.

When we embrace the challenge or the experience in the moment, we are blessed with greater balance.



Consider this Imagining within the context of spiritual sexuality (rather than the vulgar misrepresentations so common in our time). The naturalness of sex offers an orgastic expression charged with an irrepressible anticipation of Life's pure gift in being alive. Sex, as a Teacher and within this Imagining, is the key to our immortality.

Center: Orgastic energy is our catalyst life force energy. Sexuality is the catalyst for Balanced Choreography and, as such, has a positive influence on all other human aspects

South: When we engage with spontaneity, we give ourselves into the experience.

North: We receive opportunity because we are open or receptive to it. See all challenges as opportunities for growth, learning, and positive change.

West: physically put it on the line. Get in the game and be a player, don't sit and watch. Let your light shine!

East: See what needs to be seen, know what needs to be done and accept the challenge of it. This is the point to voyeurism – seek to learn as we observe with determinative intent/intending.

REFLECT ON:

How you APPROACH your sexuality.

- How can you free up your orgasmic expression, your way naturally and in Beauty?
- Where and in what way can you freely and naturally give with spontaneity?
- Every living thing has a life-force. The breath of our soul and the beat of our heart express *our* vital life force. Opportunities abound; break out of the box of limitations of what you were taught and still believe. Breathe!
- Consider the flowers and the birds – be natural in exhibiting your naturalness.
- Watch the ever-changing cycles and seasons of Nature – be a very attentive voyeur – and learn how sacred Life is (and you as a part of that Life)

Center: We came into the physical to learn how to become formless. Our true purpose for coming into physical form is enlightenment and resurrection.

South: In order to learn, we must engage with life, give in to the experience. No watching or waiting or standing on the sidelines.

North: We learn through experimenting, being willing to lose and win and either way keep looking for a gain. We gain experience, and this experience becomes our field of learnt knowledge.

West: Knowledge is felt in the physical body where it can be held and transformed into something usable. Our talents, skills, and abilities are all forms of physical knowledge.

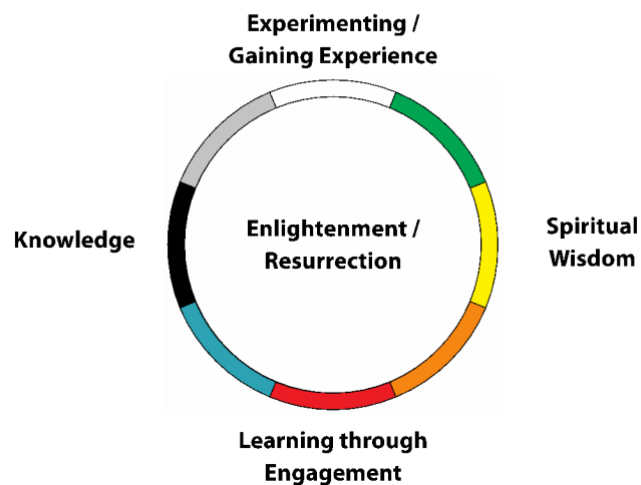
East: To grow spiritually is to gain wisdom. Sooner or later, little by little our spirit gets wiser and stronger as we like to learn and grow.

REFLECT ON:

Your own desire to learn and grow.

- See yourself actively engaged in learning – taste, touch, smell, take in all your senses, as you would have naturally done as a toddler
- Remember a time when you were bold and daring – experimenting simply to gain experience so you could know for yourself
- Knowledge is felt in the body – take another breath – what do you know right here and right now?
- Each one of us as a deep desire to gain spiritual wisdom – bring to mind a spiritual teacher who you see as wise (e.g. the Dalai Lama) – notice that his

Five-Wheel: I Imagine that All Humans Are Born to Like to Learn and Grow



inner peace radiates from his eyes and how a smile lingers on his face almost all the time!

- How does your emotional BALANCE AND CONTROL impact your willingness to engage in your learning or in your spiritual evolution (enlightenment) at this time? What can you do to increase your connection to the true nature of being born to LIKE to learn and grow? Identify where you go into resistance and what you could do to keep on growing instead.



This wheel is the key to being successful in all your endeavors. Live your life this way!

Center: Without a full measure of self-worth in our catalyst, as our prime mover, we will not live our life and question our experience, let alone change our existence. Instead we settle for “good enough, “it is what it is” and just exist.

South: Discipline is a key to our emotional balance and control. Emotionality is fueled by projected pretense wherein we are consumed by personality and events (who did or said what to whom). This blocks our ability to see reality as it actually exists.

When we are in the flow of pure e-motion we are at cause and therefore capable of changing how we respond to what is happening - and thus what is happening changes!

West: Change occurs in the body and creates changed substance. Commitment is a physical act. It means action with the body. We commit with our physical body to make change happen.

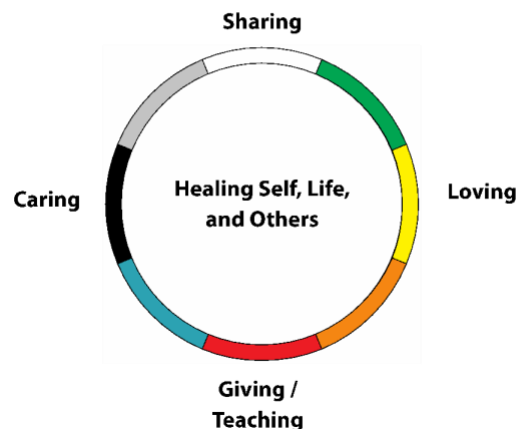
North: The body is inside the mind and will do what our mind tells it to. This is a process of assessment, evaluation and valuation (to see what you have done). Without mental follow through, without the assessment and evaluation of our thoughts and actions, we would repeat our mistakes instead of learning from them.

East: Our spiritual dedication is to the speed of our self-growth and development, to our vision. To continue on a course with dedication sustains our hope and keeps us on the edge of growth.

REFLECT ON:

- How you hold your SPACE in your life.
 - Where and how do you “lose it” and go into blame rather than self-inquiry?
 - How present and aware are you in your life?
 - Identify which aspect of your measure of self-worth calls to you for refinement at this time.
 - Do you have what it takes? Of course you do – imagine it now!
 - Where and how is Spirit inviting you to hold your SPACE with greater presence in your life?
 - Which aspect is asking you to refine your measure of self-worth?

Five-Wheel: I Imagine that I Can Help Change Conditions of My World and My Personal Circumstances



There is no separation in the Universe: change self in the 5th dimensional dream time and change happens in our everyday 3rd dimensional life.

Center: Our soul force energy, passion and open heart-to-heart communication brings healing to whoever and whatever we come into contact with. Healing self, life and others is our birthright. It is our way of loving.

South: Change the world by giving unconditionally or teaching what we know that works.

North: We are a magnetic attracting thought space within the psyche (mind) of the soul. Sharing is the key to changing the conditions of your world and personal circumstances. When we share what we have learned and how we have been healed, our light radiates out to others. Our gain is shared with all forms of life.

West: Caring must be physical in order to change the conditions of our world. We have to take action to care!

East: We are in control of our own destiny because we are determiners. Love is what moves us to change conditions in our world. Loving is an act of power for the warrior. The definition of love is to do the irrational will of another. Warriors make loving an act of power (a rational act of intent). Wisdom is knowing the difference.

REFLECT ON:

- Where and how Spirit is inviting you to Freely Explore how to close the gap (DISTANCE) between you and your personal circumstances. What is needed from you to engage fully and change the conditions of your world, your everyday life experience?
 - How can you close the gap (DISTANCE) between you and your personal circumstances?
 - What is needed from you in order to engage fully and change the conditions of your world, your everyday life experience?
 - How does your shining reach out to change the world around you? Now imagine an entire community of Rainbow Warriors imagining change in this way.

***Five-Wheel: I Imagine that I Can
Listen to Creation Directly
and I Need No Interpreter***



Notice this Imagining does not say listen to Spirit, it says to listen to Creation. Rather than the rebellious “I don’t need anyone to tell me ...”, this Imagining opens the door to listen to Creation, to the Five Worlds, to Sweet Medicine so that we know we are on the right channel and access the pure voice of reason. This is a key Imagining, along with the teachings of the Five Worlds, to share with all Seekers.

Center: It is through Sacred Law that creation speaks to us. These are the catalyst speakers of creation.

South: This is the pure e-motion (energy in motion) of creation. Alchemy is how we give to creation.

North: Our larien (our natural psychic gifts) are considered to be the sacred receptors of creation. This is how we receive from creation.

West: Body of Creation. This is how we hold and transform with creation.

East: Fire or spirit within creation is our determination, our vision and the key to how we listen to Creation directly.

REFLECT ON:

- The **STRENGTH AND POWER** of this Imagining. Where and how Spirit is inviting you to listen to Creation directly.
 - What is one thing you can do this month to listen to Creation more directly?
 - Remove the barriers of pretense, doubt, fear, self-pity and/or self-importance.
 - Consider where and how Spirit is inviting you to listen to Creation directly.

Once we see, feel, sense, or know the “Instructions from the Creator”, we need no interpreter for we are as one with creation.

- Reflect on a time when you felt your senses come alive when you were out in Nature, when your worries and fears simply fell away, and you knew that you had all that was needed.

***Five-Wheel: I Imagine that I Can Be
Myself Even in Those Times
When I Am Pained by Others***



Center: When we are in our Dharmic Commander, we are not pained by others. Our Commander Dharma Ego keeps us out of illusion, self-pity, and self-importance..

South: Within the pretense of our karmic ego, in the dark side of the Shideh, we are constantly at the effect of others. We sacrifice our freedom and we rescue others because it makes us feel good to be better than others. In contrast, our Natural Self gives simply by being naturally who we are!

North: When we receive with sobriety and clarity our mind functions as a pure receiver, and then we know we are in our True Nature Spirit Personality.

West: The Night Warrior transcends the physical. It is our Shadow Chief and Night Warrior that allows us to help others even when we are in pain, for it transcends physical pain and is still capable of great acts of power even when experiencing physical pain.

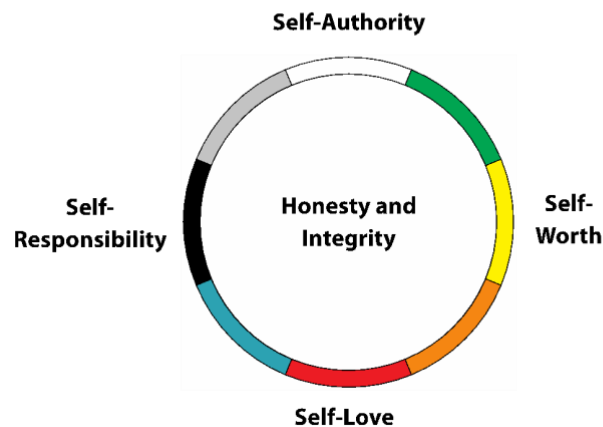
East: The Magickal Mysterious Character is our greatest spiritual determiner. As such, we are not controllable and we are capable of being a true sacred human being.

REFLECT ON:

- Where and how Spirit is working with, or through, the resource circle of your Commander Ego.

- How does your Commander Ego call to you?
- Which PATTERN of pain are you ready to let go so that you can access these higher aspects of your sacred image?
- How is Spirit inviting you to develop a stronger inner “command station”, an inner strength that allows you to stay centered even when you are disappointed and hurt by what others are doing?

Five-Wheel: I Imagine that I Am My Own Authority and My Own Teacher



Change and chaos are a natural part of Life. We must exercise our free will and choose to grasp the opportunities that change offers.

Center: Honesty frees us from deception and instead helps us to be just, conscious, and honorable. Integrity occurs when we adhere to a code of values.

South: Love is defined as a strong affection, an attraction based on sexual desire, having to do with a beloved person, or a giving emotion. The way to receive love is to give it to ourselves so we become our own “Beloved”. I am my own authority and my own teacher ... then who is in charge of my self-love? Who still gets to say if I am or am not lovable? Do I love myself enough to achieve self-authority in the north? Do I love myself enough to let go of the old stories?

North: Self-Authority is born out of our honesty and integrity. It affords us the power to influence thought or behavior. Inside self-authority, we decide from inside our own principles and core values.

West: Responsibility means that we are likely to be called upon to answer for our acts or decisions. “Response-ability”. Are we willing to take responsibility for our part in what is happening?

East: Self-Worth refers to the value of something measured by its quality or the esteem in which it is held.

Thunder Strikes shared that it is only at this point that we become teachable 😊 No one, not even the most masterful guru can give us this Imagining – we must give this to ourselves.

REFLECT ON:

- Consider where and how Spirit is inviting you to refine your character through Freedom and Autonomy.
 - What happens to your TIMING when you are in your own authority? How can you develop greater honesty and integrity at this time in your life?
 - How is Spirit inviting you to develop greater HONESTY AND INTEGRITY in your life.
 - How will this change how you live in your every-day?
 - Honesty can be brutal – be a kind teacher to yourself!
 - What comes to your mind when you imagine yourself as your own AUTHORITY and being your own TEACHER?
 - Are you teachable?



“What’s in it for me?”

Ruby Morning Star is quoted to have said:

“An individual has to know what’s in it for them. The warrior has to realize everything is in it for them.”

A wiser question might be: What is there for me to learn? What’s in it for me is the experience of engaging in it.

Center: Catalyze by teaching others only valid truths (svaha) or knowledge that works.

South: Before we can give we have to have something to give. The child in us is insatiable for learning. We have no knowledge to share if we are not open to learning! And so this Imagining states that we must be an open cup to receive in order to give.

North: Examine all information, assess the pros and cons; then test as if it were false; then test as if it were true.

West: This solves the problems of life. Hyemeyohsts Storm says:

“Anytime you do anything and it works, you asked the right question.”

Your body’s physical commitment is the best of all questions.

East: A child learns first through miming and mimicking; maturity allows you to be and create original ideas. We are invited to find out something more than what we were initially given – to see if we can find a better way, a more innovative, evolutionary approach. In this way we learn and grow.

REFLECT ON:

- Where and how Spirit is inviting you to learn through FLEXIBLE CLARITY. Reflect on the INTENT AND COORDINATION in how you teach others.
 - What’s in it for you to question?
 - How can you find even better questions?
 - Where, in what way and how are you teaching others?
 - In what situations do you simply parrot what others have said or engage in reactionary opinions rather than “knowledge that works”?
 - What would change in your life if you commit to this Imagining?

***Five-Wheel: I Imagine that I
Can Be the Kind Teacher to Myself***



This Imagining works with mysteriousness (the quality or aspects of the unknown and unknowable that are difficult or impossible to understand, explain or identify).

Center: Impossible heart mind is the mystery. To do the impossible you have to by-pass limitations. Impossibility is an illusion created through lack of imagination. Nothing is impossible; it's finding the right route into making the impossible possible. It's dreaming the impossible dream and making it a reality. It's the mindset of a winner. All mistakes and losses are seen as opportunities to re-assess and access what's necessary to succeed. Freethinking cultivates this mind, the longing of our soul for the more!

South: We must challenge ourselves emotionally or we will stay in the comfort zone and have nothing to learn. Without challenge, we stagnate.

North: Seize (grab onto and go for) all available opportunities to learn and grow.

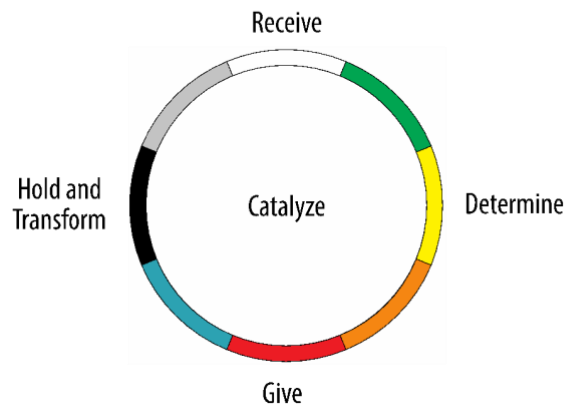
West: May we have the courage to change what can be changed, accept what cannot be changed and the wisdom to know the difference. This is best expressed in the well-known Serenity Prayer.

East: Spiritual determination to become enlightened!

REFLECT ON:

- What must change for you to be a Kind Teacher to yourself?
 - Are you willing to challenge yourself?
 - Are you open to seizing available opportunities?
 - How strong is your spiritual determination to listen to your “impossible heart mind?”
- Pay attention: stress is not an option! It is only through RELAXATION that we will be able to hear the longings of our strong heart and clear mind.
- What are the “stirrings of your ‘impossible heart mind’”?
 - The child within is insatiable for knowledge 😊
 - What knowledge do you need if you are to act on these longings?
 - What will it take for you to be a kind teacher to yourself?
 - Is there forgiveness or healing needed?
 - Are you looking for or waiting for something or someone to inspire and motivate you into action?

Five-Wheel: I Imagine that I Am a Self-Responsible Human Who Will Teach Others to Care for Our Sacred Mother Earth with Beauty



This Imagining creates Magick (seeing the direction energy is moving, stepping inside the energy, and directing it in the way you desire it to go). There is no separation from Grandmother Earth! A self-responsible human means we keep ourselves in balance. We are a cell in the Great Spirit’s body.

We know this as the Balanced Choreography Wheel.

Center: Catalyze with open heart to heart communication, in freedom of sexual expression, when we are intimate with one another.

South: Give our emotions with tenderness, by gathering together in our heart space.

North: Receive mentally with caring, by teaching one another respect, honor, and dignity.

West: Hold and transform in the physical, with intimacy, by caring for one another's physical spaces.

East: Determine spiritually with passion and lust, by sharing with one another our spiritual visions.

REFLECT ON:

- Where and how Spirit is offering a Free Will choice for Liberty.
 - Reflect on how balanced you are in your five aspects
 - How does your balance (or imbalance) affect your FOCUS – especially when you are moved to teach others how to care for our Mother Earth? Do you do this out of reaction, anger or fear? Or are you simply walking in balance and thus an image-maker for others?
 - Which aspect do you need to reinforce so you can remain in balance and in alignment?
- What do you now know of walking in balance on Grandmother Earth?

Personal Working with the Twelve Imaginings

Fundamental Self-Reflections

For the following reflections, find the way that works best for you for each of the Twelve Imaginings. Take your time so that each Imagining comes alive inside of you. Create a synopsis, your own succinct, sensory-rich description, of how you know this Imagining at this time.

Re-visit them again each Circle of Life Experience - you might even use them to jumpstart your chaotic journey as you prepare to shift to the next 3-year cycle.

For each one, place your hands on your womb and connect with the Womb of She Thoughts, specifically the one (or two) mentioned for each Imagining below. Take three breaths and focus only on your breath, then step into your inner knowing as you speak the Imagining out loud.

1. I imagine that women and men are equal.

Place your hands on your womb and connect with the She Thought of Creative Originality. Take three breaths and then speak this Imagining out loud.

Where and how is Spirit asking you to make some steps in your SELF-GROWTH AND DEVELOPMENT in each of your relationships?

- Family, Siblings, and Children
- Peers, Associates and Friends
- Comrades and Fellow Rainbow Warriors
- Lovers and Sexual Partners

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

2. I imagine that life is challenge and giving to experience life and balance.

Place your hands on your womb and connect with the She Thoughts of Maturity and Individuality (mature individuality). Take three breaths and then speak this Imagining out loud.

Where and how is Spirit asking you to shift your ATTITUDE when you meet a challenge in your life?

- Which attitudes promote your maturity?
- Which attitudes need to ring an alarm inside you so you know it's time to shift, or it's time for an "attitude adjustment" in order to experience life in balance?
- How can you give love without pretense?
- On what do you focus your attention? Does it produce a positive or negative attitude?
- What holds a high enough attraction for you to be willing to adjust your attitude?
- What holds the greatest magnetism: pain or pleasure; heart-ache or healing?

Envision drawing to you those challenges that inspire you and give you hope. See yourself gaining greater and greater confidence and balance.

3. I imagine that sex is natural, sacred and beautiful.

Place your hands on your womb and connect with the She Thoughts of Freedom and Individuality (free individuality). Take three breaths and then speak this Imagining out loud.

Reflect on how you APPROACH your sexuality.

- How can you free up your orgasmic expression, your way naturally and in Beauty?
- Where and in what way could you freely and naturally give with spontaneity?
- Every living thing has a life-force. The breath of our soul and the beat of our heart express *our* vital life force. Opportunities abound; break out of the box of limitations of what you were taught and still believe. Breathe!
- Consider the flowers and the birds – be natural in exhibiting your naturalness.
- Watch the ever-changing cycles and seasons of Nature – be a very attentive voyeur – and learn how sacred Life is (and you as a part of that Life)

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

4. I imagine that all humans are born to like to learn and grow.

Place your hands on your womb and connect with the She Thought of Intimate Fluidity. Take three breaths and then speak this Imagining out loud.

Reflect on your own desire to learn and grow.

- See yourself actively engaged in learning – taste, touch, smell; take in all your senses, as you would have done naturally as a toddler
- Remember a time when you were bold and daring, experimenting simply to gain experience so you could know for yourself
- Knowledge is felt in the body. Take another breath – what do you know right here and right now?
- Each one of us has a deep desire to gain spiritual wisdom. Bring to mind a spiritual teacher who you see as wise (e.g. the Dalai Lama). Notice how his inner peace radiates from his eyes and how a smile lingers on his face almost all the time!

How does your emotional BALANCE AND CONTROL impact your willingness to engage in your learning or in your spiritual evolution (enlightenment) at this time? What can you do to increase your connection to the true nature of being born to LIKE to learn and grow? Identify where you go into resistance and what you could do to keep on growing instead. You might even find a concrete way to increase your desire to learn and grow – make it a “learning task assignment” 😊

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

5. I imagine that I can live my life, question my experience and change my existence.

Place your hands on your womb and connect with the She Thought of Maturity and Open, Inquisitive Exploring (mature exploring). Take three breaths and then speak this Imagining out loud.

Reflect on how you hold your SPACE in your life.

- Where and how do you “lose it” and go into blame rather than self-inquiry?
- How present and aware are you in your life?
- Identify which aspect of your measure of self-worth calls to you for refinement at this time.
- Do you have what it takes? Of course you do – imagine it now!
- Where and how is Spirit inviting you to hold your SPACE with greater presence in your life?
- Which aspect is asking you to refine your measure of self-worth?

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

6. I imagine that I can help change conditions of my world and my personal circumstances.

Place your hands on your womb and connect with the She Thoughts of Freedom and Open, Inquisitive Exploring (free exploring). Take three breaths and then speak this Imagining out loud.

Reflect on where and how Spirit is inviting you to Freely Explore how to close the gap (DISTANCE) between you and your personal circumstances. What is needed from you to engage fully and change the conditions of your world, your everyday life experience?

- How can you close the gap (DISTANCE) between you and your personal circumstances?
- What is needed from you in order to engage fully and change the conditions of your world, your everyday life experience?
- How does your shining reach out to change the world around you? Now imagine an entire community of Rainbow Warriors imagining change in this way.

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

7. I imagine that I can listen to creation directly and I need no interpreter.

Place your hands on your womb and connect with the She Thought of Prowess and Strength. Take three breaths and then speak this Imagining out loud.

Reflect on the STRENGTH AND POWER of this Imagining. Where and how is Spirit inviting you to listen to Creation directly?

- What is one thing you can do this month to listen to Creation more directly? Remove the barriers of pretense, doubt, fear, self-pity and/or self-importance.
- Consider where and how Spirit is inviting you to listen to Creation directly. Once we see, feel, sense, or know the “Instructions from the Creator” we need no interpreter, for we are as one with Creation.

Reflect on a time when you felt your senses come alive when you were out in Nature, when your worries and fears simply fell away, and you knew that you had everything you needed. See yourself fully actualizing this Imagining in your everyday life.

8. I imagine that I can be myself even in those times when I am pained by others.

Place your hands on your womb and connect with the She Thoughts of Maturity and Autonomy (mature autonomy). Take three breaths and then speak this Imagining out loud.

Reflect where and how Spirit is working with, or through, the resource circle of your Commander Ego.

- How does your Commander Ego call to you?
- Which PATTERN of pain are you ready to let go so that you can access these higher aspects of your sacred image?
- How is Spirit inviting you to develop a stronger inner “command station”, an inner strength that allows you to stay centered even when you are disappointed and hurt by what others are doing?

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

9. I imagine that I am my own authority and my own teacher.

Place your hands on your womb and connect with the She Thoughts of Freedom and Autonomy (free autonomy or autonomous freedom). Take three breaths and then speak this Imagining out loud.

Consider where and how Spirit is inviting you to refine your character through Freedom and Autonomy.

- What happens to your TIMING when you are in your own authority? How can you develop greater honesty and integrity at this time in your life?
- How is Spirit inviting you to develop greater HONESTY AND INTEGRITY in your life? How will this change how you live in your every-day? Honesty can be brutal – be a kind teacher to yourself!
- What comes to your mind when you imagine yourself as your own AUTHORITY and being your own TEACHER? Are you teachable?

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

10. I imagine that all information must be questioned by me to learn.

Place your hands on your womb and connect with the She Thought of Flexible Clarity. Take three breaths and then speak this Imagining out loud.

Consider where and how Spirit is inviting you to learn through FLEXIBLE CLARITY. Reflect on the INTENT AND COORDINATION in how you teach others.

- What's in it for you to question?
- How can you find even better questions?
- Where, in what way and how are you teaching others?
- In what situations do you simply parrot what others have said or engage in reactionary opinions rather than “knowledge that works”?
- What would change in your life if you commit to this Imagining?

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

11. I imagine that I can be the kind teacher to myself.

Place your hands on your womb and connect with the She Thoughts of Maturity and Free Will (mature free will). Take three breaths and then speak this Imagining out loud.

- What must change for you to be the Kind Teacher to yourself?
- Are you willing to challenge yourself?
- Are you open to seizing available opportunities?
- How strong is your spiritual determination to listen to your “impossible heart mind?”

Pay attention: stress is not an option! It is only through RELAXATION that we will be able to hear the longings of our strong heart and clear mind.

What are the “stirrings of your ‘impossible heart mind’”?

- The child within is insatiable for knowledge 😊
- What knowledge do you need to act on these longings?
- What will it take for you to be a kind teacher to yourself?
- Is there forgiveness or healing needed?
- Are you looking for or waiting for something or someone to inspire and motivate you into action?

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.

12. *I imagine that I am a self-responsible human who will teach others to care for our Sacred Mother Earth with Beauty.*

Place your hands on your womb and connect with the She Thoughts of Liberty/Freedom and Free Will (free will choice for liberty) Take three breaths and then speak this Imagining out loud.

Consider where and how Spirit is offering a Free Will choice for Liberty.

- Reflect on how balanced you are in your five aspects
- How does your balance (or imbalance) affect your FOCUS – especially when you are moved to teach others how to care for our Mother Earth. Do you do this out of reaction, anger or fear? Or are you simply walking in balance and thus an image-maker for others?
- Which aspect do you need to reinforce so you can remain in balance and in alignment?

What do you now know of walking in balance on Grandmother Earth?

Imagine yourself actualizing this Imagining in your daily life. Give it full sensory awareness – see it as you desire yourself to become.