

Inspired Life Formula with Nina Lockwood

Module 5 Reimagine Your Life

Exercise 1 Holding on to the Reins

This is Nina Lockwood and welcome to the first exercise for Reimagine Your Life, module 5 of the Inspired Life Formula. This exercise is called Holding on to the Reins. Now just by the title alone, you can tell that this form of visualization is going to have more structure or deliberateness to it. And because each of you will be creating your own imagery for what you want, this is just a sample visualization so you can get a sense of the steps to go through. Keep in mind that when you're envisioning what you want, it doesn't have to be a long, involved process. It does, however, need to have detail (and that means specific ideas or intentions) and feelings that have a positive, elevated and inspiring or uplifting quality. You can record your own visualization, too, and play it back for yourself, or at least write it down and use it as your script.

"Holding on to the Reins" is the kind of visualization to use when you have a specific goal that requires you to perform or behave in a particular way in order to get a specific outcome (like winning a tennis game). It can help you eliminate or minimize pre-event or pre-situation jitters, and it will enable you to familiarize yourself with all things you'll need to do to get the results you want. You can also include alternate scenarios (the what if something unexpected happens) and how you'd handle them. This kind of step-by-step visualizing is used in rehearsing for a performance or to master a sport, and in those cases each step is rehearsed over and over again in your mind so that they become automatic. Remember, the mind cannot distinguish between what is real and what's vividly imagined. I want you to realize how empowering this scientifically proven concept is. It means that

the more time you spend vividly imagining your intentions and outcomes, and the feelings that you want to feel, the greater the results you will have than if you just left your life to chance.

Even though this kind of visualization is used primarily for performance in a specific context like sports or public speaking or even being an astronaut in space, we're going to be creative and adapt it to changing a behavior - in this case, changing the way you express yourself to a way that you'd like to be really good at. Our guided visualization is going to have the intention to speak your truth. This is something many of us struggle with because we were brought up to keep our opinions to ourselves, that either our opinions weren't as important as our parents or people in power, or that in some way it was unsafe to stand out or stand up to someone who we didn't agree with. You might want to start with something that's a relatively small issue and work your way up to a major situation, or you may be ready to dive into a subject that's been nagging at you for far too long.

There are three steps involved in Holding on to the Reins: relaxation, envisioning, and feeling. You'll put yourself in a relaxed state, create your scenario and include all the strong, powerful, safe and successful feelings you want to have. Please feel free to adapt this visualization to your own needs. But before we begin, make sure you're in a place where you won't be interrupted and you're sitting in a comfortable position, preferably not laying down where you might easily fall asleep. We want you to have all your faculties ready and online and accessible. I'm going to use bells to signal the beginning and end of our visualization, although it's not necessary for you to do this when creating your own.

Close your eyes, take a breath and allow yourself to soften and as much as you are able, let go of any tension you notice, whether it's in your body, your thoughts or even your feelings, until you feel that you are as calm and clear as possible. Let your focus turn inward, as if you were tuning into your own creativity channel inside yourself. Feel into a spaciousness where the energy of creativity and inspiration is totally available to you.

Now sense or imagine a powerful brilliant light coming in to you from the top of your head, going all the way down to your toes, filling you up with a powerful sense of well being. See a bright blue light encircling your throat, the area of your fifth chakra, and notice a warm, comforting glow of peace, calmness and strength emanating out from this area.

As you think about speaking your truth, choose a scenario where you have yet to speak this way and want to feel confident and secure in yourself. It may be with a parent or a spouse, family members, maybe it's in a business context. Maybe it's related to a specific subject or in a certain setting. This is where your envisioning begins: bring to mind all the details that would make it real to you: the person or people to whom you'd like to be able to speak your truth, and the setting where this would most likely take place. When that's complete, imagine that they've said or done something that requires you to stand up for yourself and make it clear that not only do you not agree with what was said or done, but that it needs to be done differently. Envision yourself as centered and calm, knowing that you are acting from your own integrity, for your own well being and with the intention of clarity and honesty for everyone involved. See yourself breathing naturally and easily, see yourself as comfortable and clear in your viewpoint, alert and aware. Envision yourself using words that express what you need or what you believe is right, with confidence, and really letting yourself feel strong and safe and free to tell the truth and support

your own needs in a way that gives you a new found sense of empowerment - not at anyone else's expense, but as an example of caring for yourself in the best possible way. Visualize yourself making eye contact and making your point simply and completely. You aren't concerned whether others will object or react; you allow them to have their own opinions and you hold firm in your position and secure in honoring your own truth. You are not concerned so much with the consequences of what you say but with the experience of feeling courageous, strong, confident and proud for coming out of the shadows and speaking up for yourself.

Add whatever other components you feel would make this visualization complete, and finish by taking in and then releasing a deep breath of gratitude for the growth this experience has provided for you.