

Inspired Life Formula with Nina Lockwood

Module 5 Reimagine Your Life

Exercise 2 Letting Go of the Reins

This is Nina Lockwood and welcome to the second exercise for module 5, Reimagine Your Life, in the Inspired Life Formula. This exercise is called Letting Go of the Reins. In the first exercise, Holding on to the Reins, your visualization requires specific steps or a process that you take yourself through in your mind in order to experience a specific outcome. You might think of it as winning or succeeding within a specific, goal-oriented construct. With Letting Go of the Reins, we're going to create a more open-ended visualization, although we will still keep the same components of starting by being relaxed and centered, envisioning and feeling.

In the imagery we're creating here, we're aligning with feelings and pictures - more of a qualitative rather than quantitative process - the "what" of it rather than the "how" of it. We're allowing (which comes from a more heart centered awareness) rather than figuring it out or specifying a sequence of steps which uses more of our analytical thinking process. Our job is to bring the finished vision of what we want into view, complete with the people, the circumstances and the feelings in as much detail as possible. We drop into kairos time as we do this, where our aware presence holds the space for our vision to come into being. We're outside of linear time, past present and future exist simultaneously, all possibilities already exist, which means that your intention also exists, and you're inviting that intention into your reality now. Then, when your visualization is complete, you let it go, release it into the Universe to allow the outcome to be whatever is in your highest and best good.

I want to point out that neither way of using visualization is better; both are useful and in fact, somewhat interchangeable; both require mental imagery, both require including the feelings you'd expect to have, both require starting from a relaxed and centered state. So here's perhaps the most obvious distinction: when you envision by letting go of the reins, you're more focused on your feeling state and you allow the Universe or the

Divine to arrange the details and the outcome in a way that is grander and more all encompassing than what you could envision working from your mind alone. As a result, you focus not on what specific steps you need to take but on sensations, sounds, images, colors - those forms of knowing that are not defined by words but they nevertheless have a higher and finer energetic quality. And you can allow these wordless forms to move and act through you and for you, bringing your vision into reality. And now that you will have learned a few different ways of visualizing, play with having an intention or a goal and then trying both forms of visualization, just to see how they are different.

For our sample visualization, I'm going to use the intention of seeing the glass half full rather than half empty. In comparison to the visualization we used with Holding on to the Reins, here there are no specific action steps we need or want to do; it's more of a state of mind and a willingness to acknowledge what's right in front of you that is positive, useful, creative, fortunate. When we see the world through the glass being half empty, we're finding fault, looking for a problem, thinking there is less than, judging, comparing so that whatever we're focusing our attention on, it's not enough.

Let's get ready to begin our visualization by checking that we're in a comfortable position, in a spot where we won't be interrupted or distracted. Remember, you can always pause this recording if you find you need more time to allow an image or a thought or feeling to fully expand into your awareness. Once you've got the hang of how to do this visualization, be creative and use it wherever you want to make a change in your life. You don't have to spend more than a few minutes imagining what you want; as long as you have the three components of a relaxed and centered body, a clear intention and the feelings associated with it, you're all set. And as with the earlier visualization, I'm going to ring the bells to signal the beginning and the end. So let's begin. RING THE BELLS.

Close your eyes, and as best as you can, allow yourself to settle into a calm and relaxed state. Let your breath be soft and easy, and let yourself soften and open, releasing any tension in body, thought or feelings. Use the combined power of your heart and mind to access that unlimited creativity and manifestation that are yours to experience. Give yourself permission to

allow your higher wisdom, your inner knowing, to flow into your awareness - in whatever form is best: sensations, images, colors, sounds, thoughts..without any need to control or direct, because the meaning and purpose of whatever comes to you will make itself known in exactly the right way at the right time in the right place.

Sense or imagine a beautiful shimmering iridescent pink light - like a pilot light - in the center of your heart. See it slowly expand until it fills your chest, then your whole body, then the room you're in until that beautiful pink light totally surrounds you and touches everything in your world.

Let yourself bring to mind the idea of seeing the glass half full. You know in your heart that if you could see the world in this way, that so many more opportunities and adventures would be available to you. So visualize yourself starting your day and continuing through your day, up until you turn your light out at night: admiring and acknowledging everything around you. Become aware of how fortunate you are to be alive, to live in comfort and safety, to have access to heat, hot water, food, shelter and to have friends or family or acquaintances that care for and about you. Perhaps you have a beloved pet that adores you and from whom you get so much affection and devotion and for which you are grateful. Imagine all the people, events and things in your life that add to or express who you are, imagine how fortunate you are to be able to travel freely, how you have access to information and opportunity that many millions in the world will never know. Bring to mind the beauty of a blue sky and bright sun and how that lifts your spirits; how grateful you are to have food in your kitchen, clothes on your back. Feel into how good it makes you feel to acknowledge the abundance and variety you have in your life; imagine how many times throughout your day you could say "thank you" "may it go well for you" and allow yourself to imagine yourself dancing to music that moves you, feeling the aliveness of your body, whether you can dance with your whole body or just your fingers. Allow yourself to feel a sense of expansion, generosity, openness and positive expectation, as if you were tending tiny seedlings in your own heart that with each kind and encouraging gesture on your part, grow bigger and stronger every day. Feel how easy it is to move from seeing the glass half full to seeing the glass totally full, and notice how your body opens and softens, feeling rooted and strong and receptive and open to

new possibilities that are just waiting to be recognized for what they are. Sense or imagine a deep sense of connection, love and gratitude.

Once this creation of yours feels complete, allow yourself to let go of this creation, this new way of being in the world, acknowledging who you really are and what you really have. And then, let all the details, all the feelings, all the people, places, events and things - thank them and let them all go, knowing that you've created a energetic vibration that the Universe will continue to respond to, bringing you a new and better way of living in the world that's for your highest and best good. And then just gently bring yourself back to this moment in time and space, letting yourself be open to what will show up for you.

RING THE BELLS TO CLOSE.