

TAP INTO
YOUR INNER CHILD



Imagine

with
PROJECT
Fruition

IS YOUR *Vision* UNCLEAR?

If your eyesight is blurry, kindly book an appointment with your local optometrist or ophthalmologist (because that is not my ministry), BUT I can help you expand your capacity to think about and plan for the future!

As children we are encouraged to practice our imagination. We do arts & crafts, we color & draw, we play outside, we had toys/action figures/dolls flying around our bedrooms. But, as we age into adolescence and further into adulthood that external encouragement to exercise our imagination fades:

"You're grown now!"
there is no time for
such frivolous things

Repetitive tasks
can drain the color &
spontaneity from reality

Possibilities decrease
when factoring money
and responsibility

you are responsible for yourself and this includes practicing your imagination!

This guide will jumpstart your imagination abilities and, potentially, have you digging in the crates (literal or memory) as you remember the expansiveness of your imagination. You can do this on your own or you can invite a friend or partner and take turns reading it aloud to each other.

I am all about activating our ecosystems of energy, which include our village our tribe of support! Besides, who couldn't use a little more "playtime" in their lives?

Rusty?
That's
OK!

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BE *Specific*

Let's be clear on what our intention is for this practice. I am an avid believer in the meaning we tie to words we use to speak about our practices, so let's define some key terms.

VISION

ability to think or plan the future with imagination or wisdom

ENVISION

act of imagining as a future possibility; visualize



VISUALIZE

form a mental image of; imagine

IMAGINATION

practice of forming different images and stories in our minds

SET UP SPACE | MINIMIZE DISTRACTIONS | BREATHE | CLOSE EYES | PAUSE AS NEEDED

the warm up

something that exists

Hold the general shape of a lemon in your mind.

A lemon, nothing else.

- What size is it?
- What color is it?
- What texture does it have?

You're
doing
great!

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BE *Specific*

Hold the lemon in your mind.
Now slice it in half.

inspect
dive deep

- Does it have one uniform look or are there different parts of the lemon?
- What colors do you see?
- What textures do you see?
- Is there a scent? Describe it.
- What are the qualities of its flavor?



Mend the lemon back together with
your mind, so it is whole again.

- Is the surface uniform or is there a particular spot that is different?
- What was in this spot?
- What color is the stem?
- How thick is the stem?
- Are there leaves?
- What do the leaves look like?

pan out
step back

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BE *Specific*

Color in the background.

bird's eye
see big picture

- Where does the stem lead?
- Are there branches? What is their quality? Thin? Thick? Long? Short?
- How many lemons are on each branch? One? Two? Many?
- Follow the branches, where do they lead?
- Is there bark? what does it look like?
- How wide is the trunk? Is it wider than your arms?
- How tall is the tree?
- Is there one tree or many?



look at you go!



GIVE *Space* REFLECT

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BE *Specific*

realizations?

perhaps you wondered:

- When the last time it was you actually had a thought about a lemon
- When you last physically held a lemon
- When you first or last tasted a lemon
- If you have ever seen a lemon tree up close or only in pictures. Maybe it was while you were on a trip. Maybe it was at your childhood home. Maybe there is one you pass by in your daily commutes.

**You may have actually hugged a tree
in your mind when you attempted to
see how wide it was with your arms.**

Our imagination is a tool we use to visualize something in our mind. That thing can be something we already have experience with, like the taste of lemon, or it can be something we have yet to experience, like visiting a lemon tree grove.

visualization is a form of meditation

Thought it was just your imagination?

IS YOUR *Vision* UNCLEAR?

I bet you didn't realize that every time you were crafting a story with your toys or drawing on a napkin while sitting at the table of a restaurant as a child (this was definitely me!) that you were also meditating by visualization!.

**you were a yogi &
you didn't even know it!**

friendly reminder:

- You are not “new” to yoga & meditation, you probably just called it something different & haven't practiced in a while!
- You have the power to create whatever reality you want for your life, you just have to **shift your mind** into that reality and **take action** accordingly.

In my meditation and self-inquiry practice, I consistently use visualization to gain clarity on what the vision for my life looks like, how it feels and how to bring it to fruition.

Visualization is how I came up with “Project Fruition”[□]: a “plan”[□] (“project” as a noun) that “extends beyond”[□] (“project” as a verb) thought and becomes a reality (“fruition”).

**you just practiced on a platform
that was in my head, as a vision**

my imagination practice has leveled up

PROJECT
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Level UP YOUR PRACTICE



My signature program

EVOLVE
Consciously®

is under construction!

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the launch?

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practice with me!

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