

Trusting Your Inner Voice

Exercise in Pretending

We all know how to pretend. When we were children we played pretend. We pretended that we were doctors, nurses, mommies, daddies, superman, and wonder woman. It was easy to pretend when we were children because our minds were so creative and we could easily believe that anything was possible. We have not forgotten how to pretend. When we act we are pretending to be our character. When we don't feel well; but find ourselves at work or in a social situation where we have the need to be cheerful, we pretend to feel well. When we meet someone we know nothing about we pretend that we like them to be polite. It's easy to pretend. Today we are going to do an exercise in pretending. We are going to make believe.

In a moment I am going to ask you to close your eyes and pretend with me. I want you to find a comfortable position. If you begin to be uncomfortable during the exercise it is ok for you to adjust your position to one of greater comfort; but try to do so quietly so that you don't interfere with anyone else's experience in pretending. You will not fall into a trance or be in anyone else's control during this exercise. You will be fully alert and aware of yourself and your surroundings. This is merely an exercise in allowing yourself to pretend.

Now sit comfortably and close your eyes so that you will not be distracted by things in your environment. I want you to pretend that there is a soft glowing peaceful white light about a foot and a half above your head stationary in its position above you. This light is warm; but not hot. In fact, it is perfect body temperature so that as the light radiating from it touches your skin it feels like the perfect temperature. Pretend that the rays of this light slowly trickle down over your skin and you feel this perfect warmth in the top of your head. Pretend that this light begins to encompass and permeate your head, and, as it does, it's perfect warmth restores balance to your body. Whether you are too warm or too cold, the light brings balance as it fills and surrounds your body. Pretend that you feel the warmth on your shoulders, then your back and your chest, through your abdomen, torso, arms, and into your fingertips, through your hips, thighs, knees, calves, feet, and into your toes. Your entire body is encompassed in this perfect peaceful white light.

Now, I want you to keep pretending that you are surrounded by this white light throughout the rest of the exercise. Pretend that within this light is absolute homeostasis, perfect balance of everything. While you are still surrounded by the light, I want you to pretend that you begin to have a thought, just a seedling of a

thought that you don't yet know what it is. This thought, though, does not begin in your brain. Pretend that this seed of a thought comes from your soul. As you are seated, allow this thought seed to begin in your lower torso near the base of your spine between your hips in the inner core of your body near the center of your pelvic girdle. Since this is a thought, there is no discomfort in it. This soul thought feels very comfortable as it begins to form. Because it is your own soul's thought, it is in complete agreement with your body, mind, and spirit. It is in harmony with all that is you. You are not yet aware of the meaning of your thought; but you recognize that it is there.

Pretend now that you begin to allow your soul thought to expand slowly. This is a very comfortable natural feeling as you notice it expanding and gently traveling upward through your body. As your thought travels very slowly through your midsection, your body and spirit are nourished by it. The organs of your body are blessed by your soul thought. Your spirit is enlightened by it. You come to understand that your soul thought is perfect as the light surrounding you is perfect, and there is harmony within you as your soul thought fills your soul.

Pretend that you experience this soul thought softly moving upward in complete harmony with your body and spirit through the center of your body gently upward passing through the center of your chest, your throat, your head, and passing gently above the top of your head into the aura or atmosphere that surrounds your body just above the top of your head. Pretend that your awareness now accompanies your soul thought. You are completely aware of your mind and body and of your spirit, your soul. You can be in your soul thought and also in your body because your spirit can expand beyond the confinement of your body. Your spirit does not have to leave your body to experience your soul thought. Your spirit can experience both the body and the soul at the same time because it reaches beyond the physical into the spiritual realm. Pretend that your soul thought, now hovering above your head, is bathed in the white light that is shining down on you. As you become aware of your soul thought in this perfect light, you come into a knowing of truth from your soul. You have perfect knowledge of this truth. You know what your higher being, your inner self is telling you. You have complete understanding with perfect clarity of what your soul thought is, however great or small. Whether your soul thought is a single word, a simple truth, or a profound revelation, whatever it is, you recognize that it is yours and you absolutely get it.

Take as much time you want to sit quietly and enjoy this moment. Then, when you are ready, I want you to very quietly open your eyes, keeping complete awareness of your soul thought in your mind, take your pen and paper, and write down your soul thought.