

## Symbolic Journeys and Mental Tools



## The Spiritual Power of Imagination



## Beyond Words

**“When words and thoughts are silenced—the universe blossoms forth—real and whole and one—and words become what they were meant to be: the score, not the music; the menu, not the food; the signpost, not the journey’s end.”**

—From *Awakening: Conversations with the Masters* by Anthony de Mello



## The Pool of the Mind

**“This...pool, or mirror of sacred spirit...is sensitive beyond comprehension...Every thought and feeling and even disturbing word shatters the stillness of its repose. In some it is only a restless, turbulent, seething, storm-tossed, disquieted pool...As long as this sea remains turbulent and disturbed by wrong thinking...just so long will outer conditions reflect that upheaveled condition into a man’s life...”**

—From *The Temple of God* by Annalee Skarin



## Inner Silence

- It is possible to focus the brain on something so intensely that the mental chatter stops
- This quieting of the mind is what creates a meditative state of mind, which has also been called sacred silence
- Learning to quiet the mind takes practice



## Dreamtime

- When one learns to still the pool of the mind it is possible to receive inner vision, or in other words to “have a vision”
- Native Americans called this “dreamtime”
- In the near Eastern culture, writers used phrases like the following to describe the content of “visions”
  - The angel of the Lord appeared...
  - I was in the Spirit...
  - The Spirit of the Lord was upon me...
  - The Word of the Lord came to me...



## Pure Intelligence

- The pure “mind” does not use words
- It “thinks” in pictures (mental images), emotions and sensory sensation
- This is the deeper language of mind
- Vision, visualization, imagination are also forms of thought, which can be more powerful than words



## Non-Verbal Prayer

“Prayer in essence is a verbal form of visualization, but I believe that mere words are not enough in true prayer.”

“In order to communicate with the worlds beyond flesh, we must use the same language as these worlds use to reach us. We must learn to use the language of vision, dream, sign, symbol and feeling.”

—From *Awakening Spirits* by  
Tom Brown, Jr.



## By the Still Waters...

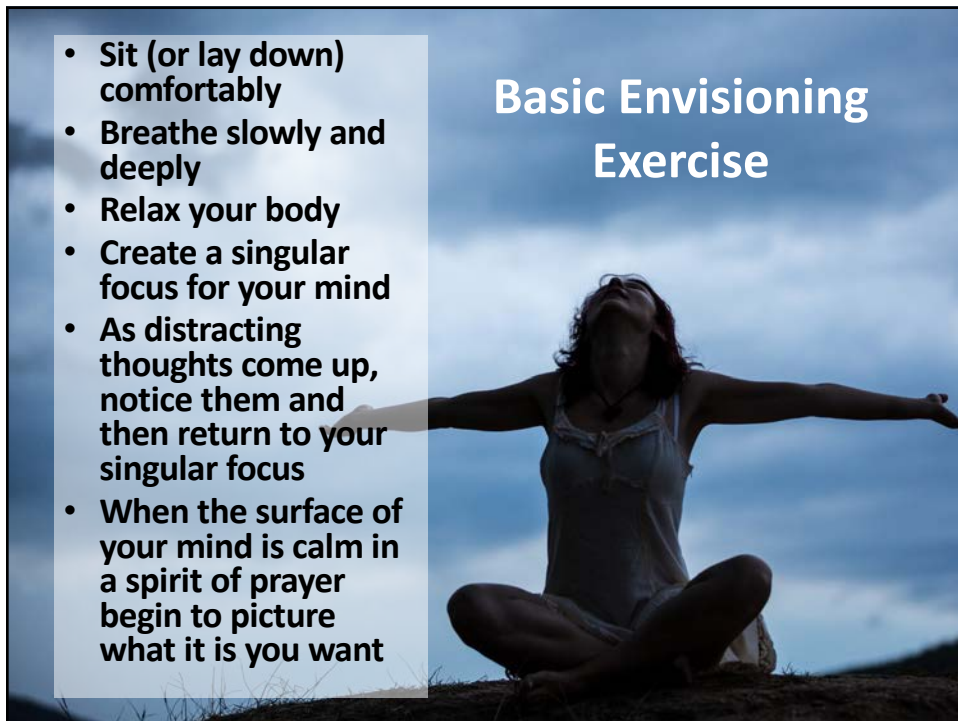
"It is only when one's turbulent, discordant thoughts are stilled and in quiet repose that he can comprehend the powers of this sacred font...It is into this quieted sea of...Spirit, when it is completely purified and stilled, that one can place his desires, or image them into it, and they will be fulfilled. This is the great secret to the gift to "imagine," which literally means to "image in."

—From *The Temple of God*  
by Annalee Skarin



- Sit (or lay down) comfortably
- Breathe slowly and deeply
- Relax your body
- Create a singular focus for your mind
- As distracting thoughts come up, notice them and then return to your singular focus
- When the surface of your mind is calm in a spirit of prayer begin to picture what it is you want

## Basic Envisioning Exercise



## Envisioning and Faith

- Faith is "...the substance of things hoped for, the evidence of things not seen."
- "But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed."

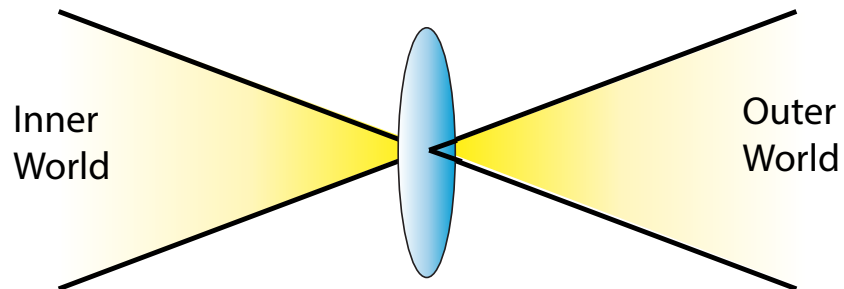


## Utilizing Sacred Silence

- To explore solutions to things that are troubling or disturbing you
- To place the most noble desires of your heart onto the sacred altar of faith
- To facilitate physical or emotional healing in someone
- To obtain insights, inspiration, revelation and vision to guide your life



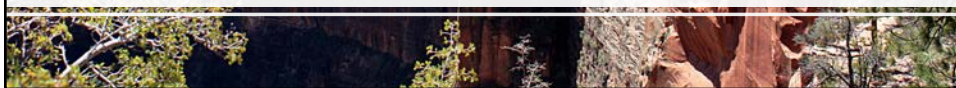
## The Grand Illusion



- The illusion is that the outer (physical) world is creating our inner (spiritual) world
- The truth is that the outer (physical) world is a projection of what is taking place in the inner (spiritual) world
- Another way of saying this is that it is the higher (spiritual) world that creates the conditions in the lower (physical) world.



Symbolic Journeys





## Why Symbolism?

- How do you communicate an experience that you have had to someone who has not had that experience?
- By comparing what they haven't experienced to something they have experienced via:
  - Symbolism
  - Metaphor
  - Simile

## A Symbolic Journey

- You're walking through a forest, describe it
- You come upon a body of water, describe it; what do you do?
- You find a key, describe it.
- You find a vase, describe it.
- You find a house, describe it.
- You find a barrier, wall or fence, describe it; what do you do?



## The Long Hall and Doorways

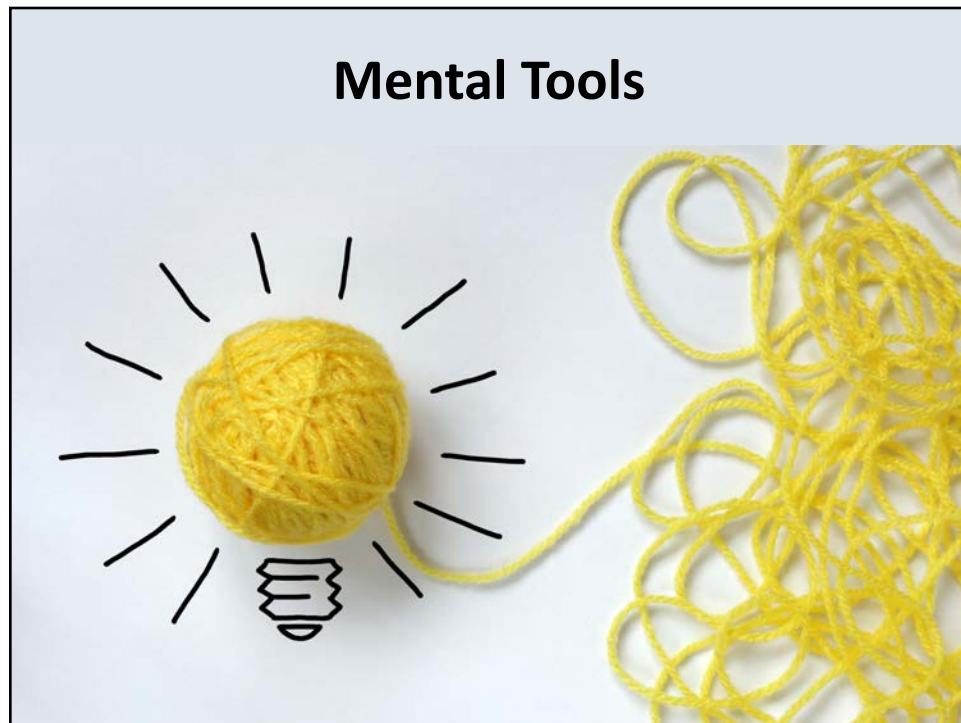
- Have the person imagine that they are in a long a long hallway with many doors
- The hall leads from now back to the beginning of their life
- Each door represents a life experience
- Have them walk down the hall and open any door that they feel they would like to open



## How Does This Make You Feel?

- People may access real life experiences or symbolic representations of life experiences
- Either way, after having them describe what they see, always ask: "And how does this make you feel?"

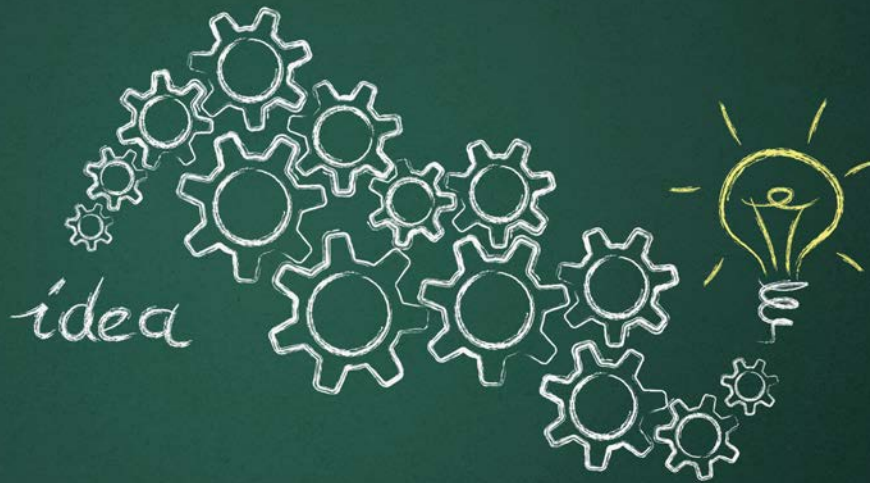




### Basic Directions for Mental Tools

- When you observe a problem (with yourself or others), go into the sacred silence and ask (pray) for a “tool” to help you solve the problem
- You can even imagine you have a spiritual “caddie” who hands you the right tool when you need it
- An image will come to mind of something you can use
- Using your imagination apply this tool to the problem in your inner mental world until the problem resolves in that mental world

## Examples of Basic Mental Tools



### The Heart Rose

- Imagine a rose in your heart
- In your mind, give this rose to anyone who looks sad, discouraged, upset, lonely, etc.
- You can do this whether the person is physically present or not
- Another image you can use is that of a warm blanket of love



## Lighthouse or Searchlight

- When there is something you want to accomplish and need the help and resources to do imagine that you are sending out a beacon of light from your mind that is attracting the people and resources you need
- For example: send out the message that God will bring the people to you that you can help with your healing work or business



## Spiritual Armor

- When you have to deal with a critical person, mentally put on a “suit of armor” that causes all their negative words and energies to be deflected
- The best suit of armor is one constructed of light and love
- This armor can be a bubble of white light you surround yourself with in your mind that radiates only love



## Invisible Helpers

- Napoleon Hill claimed he had 10 invisible helpers that he assigned to take care of every area of his life, including his health, happiness, finances, etc.
- One helper “Norm Hill” was his errand boy for everything else



## Mental Tools for Emotional Healing

- Soul Cleansing
- Removing Heart Arrows, Darts and Daggers
- Removing Energy Parasites
- Disconnecting Strings (Cord-Cutting)
- The “soul-retrieval” net



## Soul Cleansing



- People who have been sexually abused often have a feeling of being “unclean”
- Images I’ve used to help “cleanse” their soul include:
  - Using a washcloth to clean their body
  - Washing them down with a hose or pressure washer
  - Running a giant “bottle brush” through their insides

## Removing Arrows, Darts, Daggers

- Visualize the pain in your heart from the betrayal you experienced
- Give the pain form, this may be an arrow through your heart, a knife in your back, etc.
- Grab the “weapon” with your hand
- Feel the emotion associated with the betrayal
- When you are ready to “let go” pull the “weapon” out of your energy field





## Removing Energy Parasites

- People will often describe a sensation of something being in them (like a parasite or blockage)
- Have them give this form: color, shape and location
- Put your hand over the area where the “parasite” is located
- Imaging grabbing hold of the parasite and ask the person if they are ready to let go of it
- When it releases, imagine pulling it out of the body and throwing it into the ground

## Disconnecting Strings

- Visualize the person you are connected to in an unhealthy way in front of you
- Look for “strings” that connect you to them in your mind
- See where they are attached in your body
- Breathe into that part of your body and feel the emotional that connects you to that person
- Once you return to a place of peace, disconnect the string from your body and release the attachment to the other person





## **“Soul-Retrieval” Net**

- This is for fixing a weak crown energy center
- Imagine some type of net that goes out and captures the person’s soul (spirit, life energy) and pulls or pushes it back into their body through the top of their head
- Anchor the life force in the body via the root energy center



## **General Directions for Using Mental Tools**

- Get into a meditative state of mind
- Get a clear mental “picture” of the energy you’re dealing with
- Pray and ask for the right tool to change this energy, problem or situation
- In your mind, imagine yourself working on the person or problem with this tool