

Creativity with Empowered Imagination for Supporting our Affirmations

by Julie Perkins

Mastery and ITP San Rafael group member

“Man has no body distinct from his Soul: for that called Body is a portion of Soul discern’d by the five senses, the chief inlets of Soul in this age.” - William Blake

Michael Murphy opens Chapter One, “Possibilities for Extraordinary Life” in *The Future of the Body* (1992), with this fascinating quote. On page 27, Michael lists these possibilities in 12 sets of human attributes, which he says “herald a third evolutionary transcendence.” Two decades later, during a lecture at an ITP gathering on evolution, Michael noted that he would like to add two more attributes to his book: that of *memory and imagination*. To me, this is creativity calling!

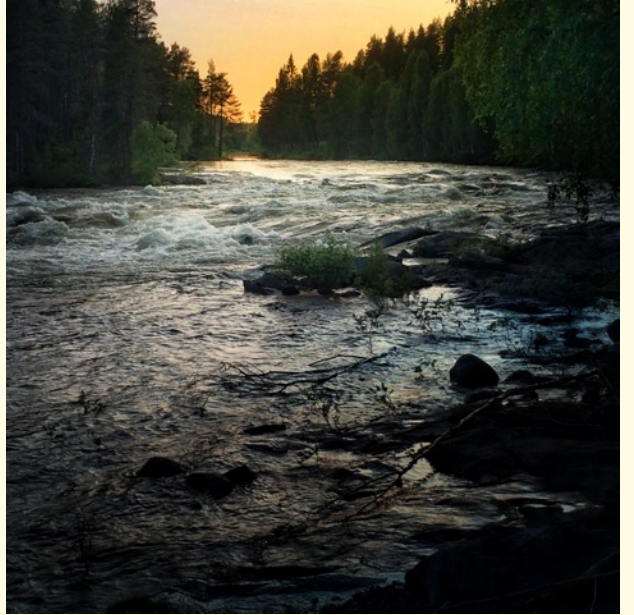


Photo Eva-Lena Rehnmark

What practices can we engage in to more easily live into our affirmations? Creativity, led by a sense of wonder and imagination, opens us to an embodied way of being that supports our aspired states or behaviors. Opening to our senses in relationship to the natural world is my favorite practice. Imagination is key! “To explore the terra incognita of our latent capacities, we must love adventure, complexity and strange territory.” (page 581, FOB)

Creativity is our birthright and resources are all around us. You may ask, “*What kind of experiences in nature might I be open to co-creating with?*” Notice which senses open up and how they fill your being. What is being touched in your body, heart, mind and soul?

I find that the ‘fun’ of it, the spark that starts the creative process, can happen in a deeply felt sublime moment, like seeing the startling contrast of delicate, luminous white apple tree blossoms against the dark clouds of an ominous storm approaching, or the quiet, strong quality of sunlight pouring through the full blossoms on an ancient pear tree, glowing pink petals covering the green lichen branches. In these moments of beholding, if I stay with them long enough to drop into my body, heart, mind and soul, a new territory opens up. A sense of deep empowering strength and joy wells up from my toes and feet up through my arms and fingers, like the strongly rooted trees birthing flowers as their branches open up to the nourishment in the atmosphere and sunlight. The gentle, steady effulgence of light in the flowering of delicate white blossoms, a profusion offered, even in the face of impending storms, brings a sense of resilience to my heart. One of my affirmations is: Relaxed and open, my heart is light.

On the other hand, white-water rafting through the ‘toilet bowl’ in Taos, NM, brings an immediate sense of being fully alert with a tinge of fear, yet while relaxed, somehow, to navigate the swirls and be released or shot back out to continue the journey downstream. To experience the memory of this now, the back of my heart opens to trust in the larger picture, and my upper body becomes capable and strong, while relaxed enough to take in the different currents that my right and left arms feel through the oar. I love this empowered sense of navigating powerful forces of water by being open to the unpredictable currents! (Wish I could always live this way, but at least I have this memory, which can evoke a momentary sense of it being so.)

Memory can support us. We can enhance our practice by tapping into our bodily memory in this way: *Gently encourage the embodied experience of your transformed states, your affirmations, by creating a posture or gesture that brings them easily to awareness.* What posture might you mimic that would help you to feel strength in your core, joy and flexibility in your being?

For me, it is feeling as reflected by a blooming tree with arms outstretched and blowing gently in the wind, after establishing a firm core, feet like roots sinking deep into the earth. Becoming resilient and generative like a tree: an embodied affirmation co-created with nature! What is yours? I would love to hear from you.

Thank you,
Julie
perkins.julie@comcast.net