

## Imagination

by Pam Kramer, ITP President and Mastery Teacher

*“The world of reality has its limits; the world of imagination is boundless.”*

- Jean-Jacques Rousseau

Close your eyes for a few seconds and call up an image of someone or something you love. Notice what happened. Maybe a visual image, memory or sensory impression surfaced in response. Where did that come from? What is the source of this capacity? As we explore the creative genius of imagination, we can become better acquainted with it and nurture its expression for good in the world and for ourselves as leaders.



Countless songs and poems have been written about imagination, and there is a growing field in science examining and researching this awesome trait hard-wired into us as humans. Imagination can free us up from only using our left-brain to strive too hard for a solution. By simply asking ourselves for an answer, a new sprout of an idea can miraculously pop into view or show up when we least expect it. Imagination gives us options, more fertile opportunities to live and play in the world.

By using imagination, we become aware that we can be in control of, or contain, our thoughts by generously offering ourselves a new way to view a situation with, hopefully, a better outcome. Imagination offers the possibility to break down old patterns, to set our sights in a different direction and to expand our potential. Imagination allows for playfulness, for innovation, surprise and for awakening unexplored dimensions of our being. Each of us, even if we have thought otherwise, has access to his or her imagination, which can be fostered by awareness, experimentation and honoring it when it lights up.

Imagination has not received the public favor it deserves, however, the tide is changing, and all transformative leaders are being called upon to use their imagination and inventiveness – to spawn new ideas and navigate life more skillfully, with compassion, joy and ease. Imagination opens the doorway to inspiration, creativity or a grateful pause in our day for reflection, shift in mood or appreciation of life itself.