

# MYSTIC LIGHT

## *Imagination*

### DEFINITIONS

**I**MAGINATION IS THE ACTION of forming mental images. Imagination can be either active or passive. It is active if one is creating new and original images. It is passive if one is attuning one's mind to externally produced images.

### ACTIVE IMAGINATION

When we exercise our active imagination, the will of our Divine Spirit activates the creativity of our Life Spirit, which causes an idea to form in the Human Spirit, which then forms an image in our Concrete Mind. We may additionally form a desire in our Desire Body to bring our image into manifestation, and then use our Physical Body to bring about the manifestation.

All that humans do is first imagined. Artists imagine the pictures they will paint. Composers imagine musical compositions before they write them out or play them. Inventors imagine machines or other devices before they construct them. Architects imagine buildings before they are constructed.

Even in the everyday affairs of life, we imagine doing things before we do them. We imagine ourselves getting out of bed, eating breakfast, going to work or school or the store, or saying something before we do it.

Because actions start in the imagination, if we wish to change what we do, we need to change what we imagine ourselves doing. If we have some habit that we wish to change, we need to imagine ourselves doing differently. If we want to develop some quality, we need to imagine ourselves exhibiting that quality. If we want our physical bodies structured differently, we need to imagine how we wish them to be structured.

Because everything starts with imagination, if we wish to improve our lives we can start by improving our active imagination. Some things we may want to keep in mind as we work on improving our imaginations:

1. We need to focus on imagining what we want to happen, not on what we don't want to happen.
2. Imagination takes time. We need to give ourselves time to imagine what we wish to bring into manifestation.
3. When we are actively imagining, we need to concentrate on what we are doing and temporarily block any external or internal impulses from disturbing the process.
4. The stronger the will to do something, the more energy is available for making the image. To make the will strong, we need to know clearly what we want. Conflicting interests can weaken the energy focused in any one direction.
5. When we have imagined something as best we can, bringing it into manifestation will enable us to see how well we imagined it.

### PASSIVE IMAGINATION

Passive imagination can occur in two ways. The first way (which we will call Active-Passive Imagination) is to actively create an image of some existing being or object or situation, but then release the image from active imagination and let that image attune itself to the actual being or object and pick up information from it. The second way (which we will call Passive-Passive Imagination) is to simply leave the mind in a completely passive state, so that it can receive any images sent to it or that are floating around in the atmosphere.

SOME EXAMPLES OF ACTIVE-PASSIVE IMAGINATION:

1. When we love someone, we may create a mental image of that person, and then from the image

sense what the other person is feeling or thinking or doing.

2. If we imagine ourselves as being in other people's situations, this may help us to feel what they feel and understand why they think and act as they do. We may also imagine ourselves being in the situation of animals or plants to gain an understanding of them.

3. When we hear a description in words of some event (listening to the news, or talking to someone, reading a book, etc.) we may create mental images of what is being described, and may sympathetically feel what the people involved feel, or understand how they view things.

4. During the day, every act that we do and its effects on others is stored in our subconscious mind. In retrospection, we create mental images of the events of the day. These images may attune themselves to the images stored in our subconscious mind, so that we begin to be able to see and feel the actual effects of our actions.

5. When some mechanical or electrical device is malfunctioning, if we can imagine the inner structure of the device, we may be able to see in our imagination what the problem is.

6. We can imagine ourselves as being anywhere in the universe, and seeing, hearing, or feeling anything which we are interested in on any scale (small or large). If, beyond having chosen what we would investigate, we keep ourselves in a passive state, we may see, hear or feel what is actually there.

**SOME EXAMPLES OF PASSIVE-PASSIVE IMAGINATION:**

1. The Recording Angels create the archetype of our lives as a series of images of the major events which it will be our destiny to meet. As we go through our lives, these images arise in our minds and we generally act them out. If additional input is needed to get us to meet our destiny, the Recording Angels may make additions or corrections to these images in our minds. Note that these images only lead us to the situations which it is our destiny to meet. We have free will as to how we handle those situations.

2. Archangels, who have the job of being National Spirits, infuse the etheric atmosphere of nations with the images of the customs, culture, religion,

language and patriotic feelings of the nations. The people in the countries take in these images with every breath they breathe. The influence of the National Spirits is weakened by intermarriage between people of different nations, international communication, and independent thinking (not doing things just because they are the custom).

3. During the Fall and Winter months, the Christ Spirit infuses the atmosphere of the earth with His vibrations of universal love. Those who are sensitive may feel them.

4. Astrological forces energize various parts of our imagination. We may leave our imagination in a passive state and go with the flow, or put ourselves in an active state and take control of what we imagine and do.

5. When our minds are in a passive state they may receive thoughts and feelings from other people, from animals, from buildings (such as places of worship, hospitals, prisons, etc), from artifacts or monuments, etc.

#### **CONTROLLING WHETHER OUR IMAGINATION IS ACTIVE OR PASSIVE**

Just as we can decide when we talk and when we listen, we can decide when we will put our imagination in an active state, and when we will allow it to be passive. When we want an active imagination, we form images which are in accordance with our will, which have the forms which we give them. When we want active-passive imagination, we form the initial image, but then release the image from our control and let it attune itself to reality. When we want passive-passive imagination we simply let our minds be calm and quiet, and let images form in them without any interference from us. We, of course, may return from either form of passive imagination to active imagination whenever we choose.

#### **DISTINGUISHING BETWEEN ACTIVE AND PASSIVE IMAGINATION**

Some people have difficulty distinguishing between mental images which they generated and mental images which they received from outside themselves. Sometimes they think that ideas received from outside themselves are their own

ideas. Sometimes they think that messages are coming from outside themselves when they are really generating the ideas themselves. For example, they may think that God told them to do something, when actually they told themselves to do it. They may think that they are sympathizing with someone else, when actually they are imagining how they would like the other person to be feeling.

To distinguish between active and passive imagination:

1. We need to be aware of the flow of energies within ourselves. Just as we would be able to tell whether or not we are talking, even if we were totally deaf, by being aware of whether we are energizing our vocal chords, we can be aware of whether we are creating mental images by making ourselves aware of whether we are putting any energy into the forming of the images.

2. When we are passively receiving images, we need to avoid letting our desires and our logical mind in any way influence what we are receiving.

3. It is also good to occasionally compare passive imagination with reality. If we imagine that people feel or think in a certain way, we may, when we have a chance, ask them how they feel or what their views are. If we imagine that God (or one of His messengers) is guiding us to do something, we may check and see if the actions are consistent with what we know about God (such as, "God is Love").

#### SENDING OUT MENTAL IMAGES

Not only do the images in our minds influence what we do in life, they also radiate outward and, if received by others, can influence what they do.

When we are actively creating images of others in our minds, these images tend to travel to the persons we are thinking of and may put suggestions in their heads if they are in a passive mental state. They do not have to do what the received images suggest to them, but if the images are in line with already existing tendencies within them, those tendencies are strengthened by the incoming images. Thus, it is important that we not imagine others doing anything that is not good for them to do.

If people, in the past, have done wrong, we should not assume that they will continue to do wrong. We should set up the hope that they will

learn their lessons, and start acting wisely.

When we are creating images of others acting wisely, we should not be trying in any way to force them to act as we imagine. Our images may be offered to them as suggestions, but for their own evolution they need to make their own decisions as to what they will or will not do.

Not only can people receive the images we send out, but also plants and animals and even inanimate objects can receive them. Here, also, we need to make our images constructive.

#### SUMMARY

Our imaginations are our means both of directing our own lives and of receiving information from outside ourselves. Our imaginations also can influence those around us. Thus, it is important that we learn how to use our imaginations effectively.

In the following poem, can you identify which verses are describing active imagination, and which are describing passive imagination?

#### IMAGINATION

Form in your mind an image  
Of situations others are in.  
The image serves as antenna,  
And sympathy will begin.

Form in your mind an image  
Of any system or thing.  
The image resonates  
And understanding will bring.

Form in your mind an image  
Of what you would like to create.  
Then you can actually make it  
At some future date.

Form in your mind an image  
Of what you would like to do.  
The image then serves as template  
For making it come true.

Form in your mind an image  
Of the ideal ultimate goal.  
Cling to this image firmly.  
It will draw upward your soul. □

—Elsa Glover