

The Healing Power of our Imagination

ESG Prayer Circle
November 5, 2020



Welcome to our Prayer Circle

Glad to see you back!

Check the Participants list to see who is part of our Circle

Please Mute your Audio unless we ask for participation

➤ *Light a candle inviting God's presence*



TAKE A MOMENT TO BREATHE



- **Focus on where you are right now**
- **Just notice and acknowledge any physical discomfort you are experiencing in this moment**
- **Just notice and acknowledge any emotions you are feeling in this moment**
- **Allow yourself to be open and present to whatever thoughts, fears, images, desires, or yearnings pass through your mind**
- **Then refocus on your breath & that you are where you need to be right now**

***Imagination is the beginning of creation.
You imagine what you desire, you will what you imagine, and at last,
you create what you will.***

GEORGE BERNARD SHAW



IMAGINATION - Definitions



- the act or power of forming new ideas or mental images of something not present to the senses or never before wholly perceived in reality

“The power of imagination created the illusion that my vision went much farther than the naked eye could actually see.”

Nelson Mandela

- the ability of the mind to be creative
- the ability to confront and deal with a problem & be resourceful

THE VALUE OF IMAGINATION

1. It helps us make sense and meaning - as well as inspires joy and creativity

“Most children begin to develop pretend play at around 15 months of age...

By playing out scenarios and extending themselves beyond their limited experience, children seek to make sense of the world and find their place within it.

This meaning-making is full of emotion—joy, excitement, awe—and finds an echo in every subsequent act of creation.”





“Laughter is timeless, imagination has no age and dreams are forever.” Walt Disney

“It’s delightful when your imaginations come true, isn’t it?” Anne of Green Gables by L. M. Montgomery



The World We Live In

By Mary Oliver

I have refused to live
Locked in the orderly house of
reasons and proofs.
The world I live in and believe in
Is wider than that. And anyway,
What's wrong with *Maybe*?



You wouldn't believe what once or
twice I've seen. I'll just tell you this:
Only if there are angels in your head will
you
ever, possibly, see one.

2. Imagination helps us problem-solve, plan & provides opportunities for success

“All crises contain the seeds of opportunity. Many businesses, struggling now, will likely find a second life during and after the crisis, if they can keep alive and harness their imaginations.”

Imagination may seem like a frivolous luxury in a crisis, but it is actually a necessity for building future success. Imagination feeds off the aspirations and aggravations that propel us to seek a better reality.”

Martin Reeves & Jack Fuller. Harvard Business Review, April 10, 2020



“Without leaps of imagination, or dreaming,
we lose the excitement of possibilities.
Dreaming, after all, is a form of planning”.

Gloria Steinem

3. Imagination Can Help Overcome Anxiety

New brain imaging research shows that *imagining* a threat lights up similar regions of our brain as *experiencing* it does

- In studies, imaginal exposure to threat worked just as well as real exposure in reducing Fight or Flight responses.



4. Imagination Enhances Our Prayer & Spiritual Life:

- **We Can Pray With Scripture Imaginatively:**

Imagine the sights & sounds of a biblical story as an observer or a participant in the scene

- **It Helps Us Give Thanks:**

Bring to mind people, relationships, communities, pets, or others for whom you are grateful

- **It Allows Us To Let Go Of Old Images Of God And Allow New Ones To Emerge:**

Images of God in scripture:

loving father (*Psalms 68:5*); friend (*John 15:14-15*); spouse (*Song of Songs*);

a mother eagle protecting her young (*Deuteronomy 32:11-12*);

a rock or fortress (*Psalms 62:6*).

When we allow a new side of God to emerge in new images,
we expand our understanding of this great Mystery

<https://www.ignatianspirituality.com/seven-ways-to-use-the-imagination-in-prayer/>



5. It can Create Empathy & Activate Social Change

"By imagination, we can put ourselves in other people's shoes, think what they think, feel what they feel, and project them and our relationship into the future."

Neel Burton M.D.(Psychology Today)

Imagination & empathy enable us to talk to one another, understand one another, & work together so that we can solve various kinds of complex, societal problems.



6. Imagination Gives Us Hope

When we stay hopeful, we believe that we can meet our ideals or fix our problems.



*Imagine a country whose citizens—maybe even its leaders—
are brave, calm, and open towards each other;
a country whose people realize that all human beings belong together as one family
and must act accordingly;
a country guided by Common Sense.* Br. David Steindl-Rast



➤ **MUSIC: IMAGINE (UNICEF: World Version)**

<https://www.youtube.com/watch?v=L7IP4UIXvG8>



A TIME TO SHARE YOUR PRAYERS: People, Situations Or Hopes You Wish To Mention

Turn On your Audio/ Video ...



An opportunity for your 'Conversation with God'

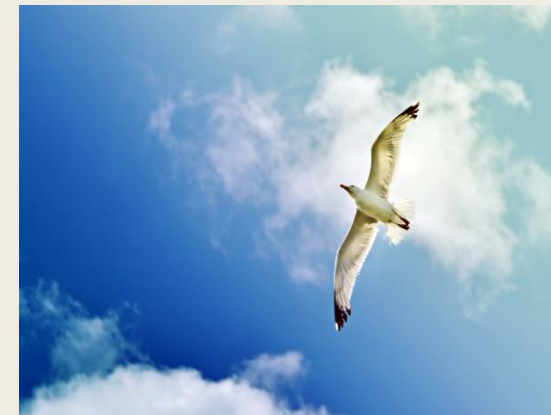
**I'll start with my prayer, then join in as you are comfortable
& offer your Prayers or thoughts for others**

Daydream

A.S.J. Tessimond



One day people will touch and talk perhaps easily,
And loving be natural as breathing and warm as sunlight,
And people will untie themselves, as string is unknotted,
Unfold and yawn and stretch and spread their fingers,
Unfurl, uncurl like seaweed returned to the sea,
And work will be simple and swift as a seagull flying,
And play will be casual and quiet as a seagull settling,
And the clocks will stop, and no one will wonder or care or notice,
And people will smile without reason, even in winter, even in the rain



We Are Not Alone



We are strengthened
and empowered
by the living Spirit
within us.