

Imagining Our Common Purpose
Minto Workshop, Campbelltown, Sydney
6 May 2005
Visualisation

Preframe the Power of Visualisation. (2 mins) 10.05 – 10.07

Visualisation has been recognised by top scientists as far more powerful than we originally thought. What neuroscientists have found is that when we visualise something, our bodies will create the exact same micromuscle movements and chemical responses in our body/ as when we are actually doing it.

This is why top sports athletes use visualisation. Because it is equivalent to physical training. If we are visualising something that hasn't happened yet, something new (like a harmonious relationship with someone with whom it was previously unharmonious), our visualisation actually creates the neuro-networks in our brains that will make it easier to do that thing in physical reality. Because the pathways have already been created.

Visualisation is also used in the corporate world, and in community workshops like this one, to help people find creative solutions to existing problems. One of the reasons that visualisation can help with this is that it by-passes the "left brain only" logical thinking processes, and allows the whole brain to be involved in solution-finding. If you really enter into this visualisation with an open mind, the results may surprise you. You may discover solutions that you never would have "thought of" with you're your left brain only, but which are revealed through a combination of both hemispheres working together.

So the best way to get the most out of this visualisation exercise is to start with an open mind, and to really play full out, as if you were actually there, doing it. As you will have your eyes closed and so will everyone else, you can even make facial expressions and move your body a little the way that you would in the visualisation.

PART ONE... THE BEGINNING (10:07)

I'd like to invite you to close your eyes... and as you feel your feet resting on the floor... and as you hear the sound of my voice... you can just allow yourself to relax... As you relax now, imagine a pathway in front of you... It is a magical pathway into a world where anything is possible. As you move onto the pathway, see the grass, trees and the flowers around you... hear the song of the birds in the air and the wind in the trees... feel the warmth of the sun on your face as you look at the blue sky and smell the beautiful perfume of the flowers around you... As you see, hear and feel these things, you may find yourself feeling relaxed, creative and hopeful... as if anything really is possible...

As you meander along the path, you can bring to mind the working relationships between all the partners in the Minto project... I wonder what would have to happen for these relationships to be productive, respectful and fun...? As you begin to wonder, allow your heart to fill with a genuine yearning to help create harmonious relationships in this area.

As you experience your own positive intention, you may find that it draws to you a beautiful rainbow. Just allow that rainbow to come closer now, and feel yourself being washed in all the colours of the rainbow... Let yourself be flooded with red... orange... yellow... green... blue... indigo... and violet... See the colours with your eyes... and feel them on your skin... experience their taste in your mouth... the sounds of their vibrations in your ears...even smell the essence of the colours as you are filled with all the delights of the rainbow... and just allow yourself to relax now...

As you see and feel beyond the rainbow, you may find yourself at the door of a colourful building... Above the door is a symbol which represents absolute harmony and productive working relationships... You may like to take note of that symbol in your mind now... and just allow yourself to feel a great sense of excitement and anticipation as the door in front of you begins to open...

PART TWO... THE FIRST ROOM (10:10)

As you enter, you will find yourself in a spacious room where the walls are covered with pictures... As you move from picture to picture, you may begin to notice that there is something familiar about them... Each picture shows people you know – residents, Department of Housing staff and people from community organisations... You may also begin to notice that the pictures have a theme: they are all about people working together... there are people in meetings and offices... there are people in houses and community buildings... In what other contexts are people working together in these pictures...?

The pictures are clearly divided into three sections... past, present and future... The first section shows how people from the Department and the community worked together in the past... As you look at these pictures, what do you see that worked?... What didn't work...? How do these pictures make you feel?...

Now I know you know that you don't want to dwell in the past, so go ahead and move on to the present pictures... What do they show?... What's working now?... What isn't...? Just relax, and allow the images to reveal to you the way it is... (PAUSE)

And then, with excitement, you can move on to the future section, knowing that these pictures show not just any possible future, but the best possible outcome there is... As you look closer at these pictures, you can see that the people are really enjoying their work and enjoying working together... What specifically do you notice that is helping them to do that?... What is their body language like?... Consider the spaces they are in... What tone of voice might they be using...? What are people feeling as they work together in this way?... (PAUSE)

Now that you have had a chance to really reflect on the pictures, you will notice a video screen here, with a very comfortable lounge. You find that you can move to the lounge and watch what is playing on the video screen... Again, you may see familiar faces as you discover that the video is made up of people sharing stories about how they created successful relationships that benefit everyone at Minto... As you listen, you may hear people reflecting on how they found ways to work together with harmony and respect... How specifically did they do that?... How did they overcome difficulties and struggles?... How were they able to recognise and honour people's different needs and different working styles...? What were some of the guiding principles that they developed to help them to create and maintain positive relationships... What else are they saying?...

(PAUSE)

As you watch and listen, allow your heart to be filled with a deep sense of hope for the Minto project... and allow your head to be filled with practical and useful ideas of how what you are hearing can be used here in Minto.

PART THREE... THE SECOND ROOM (10:14)

Now that you have a good sense of what it is that is supporting these people to work together in a positive and healthy way, you will notice a door that leads through to the second room.... When you are ready, you can move through the door... As you enter, you may immediately feel a sense of lightness and ease... This is a light airy room and on the walls hang pictures of great leaders and ancient archetypes – Mahatma Gandhi, the Prophet Mohammed, Buddha, Jesus Christ, Kwan Yin, the Dalai Lama, Martin Luther King, and anyone else who represents wisdom, balance and wholeness to you...

There is a round table with chairs in the middle of the room. When you are ready, you can take a seat at the table and invite these great figures to join you at the table. You may be surprised to discover that they are delighted and eager to join you... they want to help you to clarify your ideas for Minto partnerships, to help deepen and craft them... So just relax now as you communicate to these great beings what your thoughts have been so far...

And when you are ready, you can open to the guidance and feedback that they are offering you... Just allow their help and support to come naturally to you... it may come as words... or as images... or even as sensations... What exactly do these guides seem to be telling you?

When you are ready, you can thank these mentors for their guidance, and just allow your meeting to come to a natural end, knowing that you can return to this meeting place **whenever** you want help, advice or support with this issue...

PART FOUR... THE THIRD ROOM (10:17)

As the meeting begins to wind down, one of the guides in the room turns to you with a twinkle in her eye... She tells you that there's one more person that she'd like you to meet who will help you to carry out this great task before you...

As you feel that you can trust her, you can allow her to take your hand, and lead you to a nearby door that is surrounded by a soft white light... As you feel your hand in hers, and as you move towards the door, you may find yourself being bathed in this soft white light, as if every cell in your body is being cleansed and renewed...

When you are ready, you can pass through the door and just allow yourself to open into the peace and stillness that is there... As you move to the middle of the room you find yourself filled with peace and joy... A being of great wisdom and light comes towards you and you may begin to realise that it is your **own** divine essence, whatever you perceive that to be... Just allow this part of you that is the highest and best part of yourself to appear before you now... You can see that this deepest part of you has something very important to say and of course, with great curiosity, you open your heart to receive these words...

"I know that you have been working very hard on this project... I really understand that you have put a lot into it... And I know that it hasn't been easy... You have felt frustrated and angry, hurt and betrayed, and deep down you may have even felt afraid and found it hard to trust the people you are working with... I want you to know that I am inspired by your courage, commitment and dedication, and I am touched by your hope... I want to honour you for who you are and what you have done... And I want you to know now that your deepest dreams can be realised."

As these words are spoken, this beautiful being offers you a gift that will support you in holding true to your intentions... what is this gift that is being offered?... How might it support you to participate in and encourage wholesome and healthy relationships around you?

You might like to take a moment to thank this precious part of yourself, and if there is a question about the Minto project and your role in creating and maintaining harmonious relationships in it, you might like to ask this wise and free part of yourself now... How does your deepest self respond?

When you are ready, you can thank your own divine essence, the highest and best part of yourself that is already expressing your greatest potential, for the gift and wisdom that you have received...

GOING HOME... (10:22)

Feeling relaxed and peaceful, and holding your gift, you can go through the door... and through the light again feeling renewed and refreshed... As you pass by your mentors and guides, at the round table, you may hear them cheering you on, allowing you to feel totally supported in this project... And passing by the pictures, you may notice how the pictures of the future seem more achievable now... you may notice how the pictures of the present seem lighter and easier to navigate... and you may discover a new feeling of strength and compassion as you pass by the pictures of the past, knowing that the mistakes are less likely to be repeated now, and the strengths will be developed...

Now that your heart has pictured the world – and the relationships here in Minto – the way you would love it to be... with your heart full of celebration you can leave the building... and go back through the rainbow... and along the path hearing the birds, feeling the warmth of the sun on your face... and watching the leaves on the trees move in the breeze...

As you begin to feel your feet on the floor, you can gradually bring your awareness back into this room and you will only be able to open your eyes as soon as your whole mind, body and being has integrated this visioning process and you are ready to silently record your vision on the paper in front of you... And you can gently open your eyes when you are ready.

POSSIBLE PROMPTS FOR DRAWING TIME

1. Remember thinking, **I wonder what would have to happen in order for these relationships to be productive, respectful and fun...?**
2. Above the door of the colourful building was a symbol which represents absolute harmony and productive working relationships... **What was that symbol?**
3. You saw the images of the best possible future outcome... people were really enjoying working together...
 - **What specifically did you notice that was helping them to do that...?**
 - **What was their body language like... ?**
 - **What kinds of spaces were they in...?**
 - **What tone of voice were they using...?**
 - **What were people feeling as they worked together in this way?...**
4. The video was made up of people sharing stories about how they created successful relationships that benefit everyone at Minto...
 - **How specifically did they do that?...**
 - **How did they overcome difficulties and struggles?...**
 - **How were they able to recognise and honour people's different needs and different working styles...?**
 - **What principles did they develop to guide them?**
 - **What else are they saying?...**
5. You were in a room with great leaders and ancient archetypes – Mahatma Gandhi, the Prophet Mohammed, Buddha, Jesus Christ, Kwan Yin, the Dalai Lama, Martin Luther King, and anyone else who represents wisdom, balance and wholeness to you... **Who else was there?**
6. These guides want to help you... their help and support could come as words, images, or even as sensations... **What exactly did these guides seem to be telling you?**
7. Your own divine self offered you a gift to support you in holding true to your intentions....
 - **What was this gift that was offered?**
 - **How might it support you to participate in and encourage wholesome and healthy relationships around you?**
8. You might have taken a moment to ask this precious part of yourself a question about the Minto project and your role in creating and maintaining harmonious relationships in it ... **How did your divine self respond?**

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