



## **ALLORAH'S INSIGHTS**

June 15, 2008

Imagination is very often the key to breaking free and finding happiness. The cool thing is that because it's a vibrational force, we cannot get it wrong. The word itself implies that imagination is relegated to the visual realm, but the truth is that imagination is so much more than what we can, or cannot see in our mind's eye. Better still it's contagious, even when we do not act on it in the physical world. Imagination is expressed and experienced by all of our senses.

Maybe this will make more sense if we consider that imagination is a conversation. It is an in our mind and body conversation with ourselves and others. Strangers, loved ones, those who have wounded us and those through whom we have experienced grace. It is our contact with our past and our future as well as our now. It is how we connect to our Source and how Source connects to us. I think perhaps this is part of what Einstein meant when he spoke of imagination being more important than knowledge.

It is through imagination that infinity is possible. Imagination is the ability to dream, see, smell, taste, hear, speak, hope and even fear that which does not exist into being; past, present and future. Imagination summons forth and makes possible all that has been, or ever will be, or could be. What we imagine is real. What we do about what we have imagined determines (or at least influences) what comes to pass. For this reason alone our imagination can give us a relief and allow us to get free. For example, someone once asked me how I was able to refrain from blurting out my darker thoughts; I replied that generally, just being able to have had the thought was enough.

The simple act of giving ourselves leave to honor the expression can be sufficient to transmute or heal the energies in question. In my experience, having the idea of the expression shifts and clears the energy and often makes me laugh because I am no longer shut down. Frankly, I feel better because imagining has allowed me to complete the exchange in a way that is healthy, authentic and harmless. I am allowing my emotion to get back into movement.

Movement is what emotion needs. Feelings are (by their very nature) fluid never stagnant, yet we attempt to stifle or change them all the time. Feelings must be felt and responded to. That cannot always be done in the physical. Whether we are imagining our beautiful future or a correction to a painful past, we are dealing with what is, in order to make way for what could be.

Namaste,  
Allorah