



Self-Imaging – “the art of taking action to manifest your desired self!”

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Self-imaging is a multi-level process which engages your mind, body, heart and soul in the evolution of your desired self. Who is the desired self? It is the you who stands in your mind's eye every time you say to yourself, “When I finally _____.
I can't wait until I _____.” It is your future self -- the one you think you will be when you have attained your desired goal. Take a moment right now, before you read another word, and write down ten sentences you say to your self which capture who you wish you were and who you hope to be. For example you might say to yourself “*When I finally lose this weight then I will be able to find the man/woman of my dreams!.*” Or “*I can't wait until I find the job that will bring me the money I need to feel secure.*”

Most of us make statements such as these a thousand times a day. And each statement holds the seed of our desired self. It is always based in the future and is most often thought to be “just around the corner!” What prevents this desired self from materializing are the beliefs and feelings which follow these wishes? It is a scientifically-proven fact that our mind does not know the difference between what is real and what is imagined.

Whatever you focus your thoughts on your mind will start the process of creating it. UNLESS! Unless there is a stronger message from your emotional self which overrides that creation.

If there is fear attached to this image – the fear will dissolve the wish. If this wish is not in harmony with your most authentic self – if this image is based on the values of others and on shoulds instead of wants -- the evolution will be thwarted. There will be a conflict between your desired self and your true self. Your self-image is the result of your becoming who you think you need to be in order to be accepted and loved. Self-imaging is taking this noun and making it a verb. It is seizing control of your image by putting deliberate action to its creation thus empowering yourself to create that which you desire.

If you want to see this phenomenon in living color I recommend you go see the recently-released movie entitled: “*What the Bleep Do We Know?*” It employs quirky animation to depict the impact your intentions have on every cell within your body. What you say and what you think plays such a profound role that you can literally use your thoughts and feelings to alter your cells. Athletes know this. Cancer-survivors know this.

What we do not hold in our day-to-day awareness, however, is the fact that even when we are not deliberately intending this to occur – it nonetheless occurs. If our thoughts

and feelings are negative – they produce negative results. Our cells flat-line...become lethargic... and are programmed to energetically attract what we intend. If we tell ourselves we are fat, our cells create fat. If we tell ourselves we are a failure, we create situations in which we fail. If we fear getting hurt, we attract hurtful situations.

Our cells act like a computer. We download the program and our cells respond accordingly.

“*What The Bleep Do We Know*” features Dr. Masaru Emoto who “...discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. The implications of this research create a new awareness of how we can positively impact the earth and our personal health...”

When you choose to understand this concept you have the opportunity to impact your cells with your intent. You can either enhance them and encourage their expansion. Or you can engage in your addictions, compulsions and negative self talk which flattens them. The remarkable component to this dynamic is the fact that as our cells split – and they do split and recreate -- they carry the energy of the old cell. It does not split with a fresh start. A cell’s off-spring carries the imprint of the parent cell at the time of the split. Negativity begets negativity and positive reinforcement begets positive reinforcement!

Once again look at the sentences you completed above. Look into the heart of the desired self. What is the source of that wish. Is it really based on who you want to be – or is this image more in line with what you think you *should* be. As children we take the lead from our parents, our teachers, and society in general to determine who we need to be in order to be accepted and liked. Often there is a division between our real or desired self and our adapted self. There will always be a conflict between who we think we need to be and who we really are.

Self-imaging has the potential to perpetuate or dissolve this conflict. If our thoughts and feelings focus on the negative we create negative results. If they focus on the positive we create the possibility for the change and expansion which accompany our new image. Self-imaging is a process designed by your mind, fueled by your emotions, integrated into your body and inspired by your faith. It has been called *creative visualization* and *creating with deliberate intent*. Even Norman Vincent Peale’s *The Power Of Positive Thinking* books and tapes are based on consciously impacting who you are by what you think. In short, it is engaging in the art of pretending.

Self-imaging involves the process of giving form to a mental image or concept of who you want to be and then infusing that image with the color of your emotion and the inspiration of your faith.

In other words – once you have consciously designed the image of who you want to be you add the dimensions of how it would feel to actually attain that image. The emotion is the energy or the electricity which will give this mental form life. It is the air which fills the balloon of your desired self. Once the balloon is filled you want it fly. This requires putting action to the cardboard figure – bringing this image into the activity of your day-to-day life. You implant your desired self into present time. You take the image from the movie screen in your mind’s eye and superimpose this desired self into your day-to-day activities. How do you do this – by a little technique called “acting as if.”

“Acting as if” is the simple art of pretending. You engage in an activity which holds the potential of your future self and you *act as if* you are already that future self. Again, look at the sentences you wrote. Now, ask yourself “ How would I act if I had already become who I wanted to become. If you are stumped – then think of others, real or imagined, who have accomplished what you want to become. Then pretend you are that person. You learn by mimicking the behaviors of those around you. You pretend you are someone else until you become the you who you want to be.

Once you have attained this desired self the trick is to sustain it.

This requires your willingness to confront and resolve any aspect of yourself who does not energetically match your new image. Feelings are energy. They carry a specific vibration. The more joy you feel the higher vibration you emit. As you gain a more positive self-image any aspect of you who does not vibrate at that same frequency will come to the surface. You are presented a choice. You can either confront and resolve that old image by facing the feelings and working through them or you may collapse back into it.

***Change may occur with thought and directed feeling
but it is sustained by a willingness to resolve and grieve
any sabotaging feelings connected to that change.***

Often, right before you are about to make a major move, you slide back to ground zero. Be assured you have not regressed. Those aspects of you who are not as far along are simply tapping you on the shoulder and asking that you help them heal so they can join you in your triumph. You then boomerang back to where you were wanting to go. When you get close enough to your future self to step into its force field all within you surrenders to that new vibration and the transformation occurs. You have successfully altered the cells within your human computer and they are now attracting the energy of the new you.

CATHRYN TAYLOR, M.A., MFT, LADC and author of *The Inner Child Workbook* personifies the fact that one can use the art of self imagery to infuse joy into our relationships, career and body image. At age 54, while training for her first marathon, Cathryn inadvertently stumbled on a mysterious formula for sustaining joy. The blend of this personal experience with thirty years as a mental health professional evolved into a revolutionary, JoyKeeper’s Program. This step-by-step plan, offered in both individual and group formats, assists those inspired to design their own blueprint for joy. People who have never before been able to achieve their goals are finding success by applying this program to their daily lives. Cathryn can be reached at (612) 282-3686 or email her at CTInnerChildWork@aol.com