

5 Minutes : COSMIC ORBIT - SYNC WITH THE UNIVERSE

SECTION ON WATER - 30 Minutes

1. 2 Minutes : WE ARE IN THE DEEP SOUL JOURNEY TIME OF YEAR - THE LIFE JOURNEY TAKES SO MUCH COURAGE.'

We are in an age of converging crisis - What is our mythological response? We are also in the darkest time of the year! This time will take imagination to get us through it.

2. 10 Minutes : ELEMENT OF WATER

Water, the enabler of life,

Water holds and has memory and

Water carries harmonic resonance and magnetism.

Water is a conscious entity, connected to earth and third connected to nature

Water symbolizes adaptability, depth, and renewal.

Water is the most yin element of five-element theory

Water is crucial for balance and wellness.

Water represents self-identity, internal work, stillness, and the ability to respond effortlessly to its environment.

Courage and Fear - the emotions of Water: What do I choose?

**I will not Die an Unlived Life:
Reclaiming Purpose and Passion. By Dawna Markova**

"I will not die an unlived life.

I will not live in fear

of falling or catching fire.

I choose to inhabit my days,

to allow my living to open me,

to make me less afraid,

more accessible,

to loosen my heart

until it becomes a wing,

a torch, a promise.
I choose to risk my significance,
to live so that which came to me as seed
goes to the next as blossom
and that which came to me as blossom,
goes on as fruit."

This is a poem and a tale expressing how the practice of zeal and courage can grow out of grief.

3. Breakout : 10 Minutes - What am I afraid of Most - What is my most Courageous Act?

30 MINUTES TOTAL

IMAGINATION - 60 Minutes

1. 10 Minutes On Lecture

Our imagination is our soul reminding us that we have a longing for a personal conversation with the world. The three worlds: the upper, middle and lower world of the axis mundi. Our three worlds within and the many dimensions they hold.

Longing can lead us through a portal - Those who are resigned to life as it is, have shut down their longing; they have closed the door to the portal of the imaginal realm.

David Whyte says: What you can plan is too small for what you can live. To become human is to be visible, still carrying what is hidden as a gift to others; to live in your true inheritance. Begin to remember that which has been hidden - what we've kept ourselves safe from: The beauty, the magnificence, the humility.

In our journey: **Earth—Show me How to Do this.**

Soul is what life - earth - wants to express through you, bring into being through you, soul is LIFE...the cosmos, the mystery, the hidden, the imaginal realm.

Myth, stories, our dreams, our journeys: They exist as a reminder of our place and meaning on the Earth: they are a reminder of what we have to undergo to become truly human, with a culture where art is the same as knowledge.

A RADICAL WAY OF BEING : is to Open Us to Our UNCOLONIZED IMAGINATION, a mythic intelligence - that doesn't tell you what it is; it reveals different things to whoever is beholding them.

DO YOU LONG FOR YOUR IMAGINATION TO OPEN TO THE MORE THAN HUMAN WORLD? Working with dreams, myth, story, poetry.

Imagination is more powerful than knowledge.

Wisdom and imagination are probably the same. Darryl

—He says: to Balance the negative with the positive
We all have bad thoughts and we all have good thoughts

- He says that bad is believing something rather than what it actually is.

Good is positive—it is a labeling and judging
The two need each other to complete the experience of imagination—can't tell the story if too positive or too negative. How they meet in the middle

- He says that our identity needs memory and memory needs imagination - this is in your sensation body