



**A Celebration of Our
12 Powers**

**Family Study Material
"IMAGINATION"**

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Lesson 6: Overview



Apostle: *Bartholomew*

Color: *Light Blue*

Location In The Body: *Between The Eyes*

Ability: *To envision & conceptualize Divine Ideas*

Imagination helps us to envision our world, and to bring it into being.

When we align our imagination with Divine Ideas we help to co-create a world that works for all.

Definition

Revealing Word

The faculty of mind that images and forms; the power to shape and form thought. The imaging faculty presides at the nerve center between the eyes. Through this faculty the formless takes form. With our imagination we lay hold of ideas and clothe them with substance. The body is the product of the mind. What man pictures or imagines in his mind will eventually appear in his body. In the communication of God with man, the imaging power of the mind plays an important part. It receives divine ideas and reflects their character to the consciousness. According to Scripture this is the opening of the heavens and the seeing of the "angels of God ascending and descending upon the Son of Man." John 1:51

Power Points

- Imagination is our power to exercise, control and create our world.
- In order to achieve anything we must first be able to picture it in our minds.
- Imagination enlarges our thinking. With our imagination we are capable of seeing things that are not apparent to our human eyes.
- We must combine our imagination with wisdom so that the things we imagine are for our highest good.
- Dreams are our imagination at work while we are asleep and can contain special messages for us. They help us with creativity and to have the courage to try new things.

Bible Quotes

I Corinthians 28:9

"The Lord searches all hearts, and understands all the imaginations of the thoughts."

Isaiah 65:17

"For I am about to create new heavens and a new earth."

Genesis 1:26

"God said, let us make man in our own image."

I Corinthians 15:49

"As we have borne the image of the earthly, we shall also bear the image of the heavenly."

LESSON-AT-A-GLANCE

| | |
|--------------------------------|--|
| Bible Story | “Jacob Ladder,” Genesis 28:10-22 |
| Synopsis of Story | Jacob had stolen his brother’s birthright and so was on the run to Haran. As Jacob camped for the night he laid his head upon a stone and had a dream that angels were going up and down a stairway to heaven. He dreamed that he would do great things and that God would protect him. Jacob promised that if God protected him through this experience, he would come back and build a memorial to God. |
| Deeper Meaning of Story | <p>Jacob represents the mind and the intellect. He had stolen the birthright from Esau because that is our progression in consciousness. Esau represents our physical nature and in order for our soul to grow, our mind needs to rule over our physical nature. Jacob was going to Haran, which represents our higher nature. This tells us that in order to grow spiritually our minds must seek dominion over our physical/material nature and seek higher ground. As Jacob rested for the evening he laid his head on a rock and had a dream. The dream was a vision that showed him that God was always with him, constantly sending guidance and direction. It was a vision of possibilities that Jacob could attain if he were willing to seek Spiritual understanding.</p> <p>Our lives have the same possibility. As we seek Spiritual understanding, mental control of our baser impulses and spend time in the silence of our own Divine nature, we too receive inspiration that lights our imagination with possibilities.</p> |

CREATIVE ACTIVITY SUPPLIES

| Title | <u>Dream Chests</u> | <u>Be the Change</u> | <u>Treasure Map</u> |
|------------------|--|--|---|
| Age Group | Kids | Adults & Teens | All Ages |
| Supplies | <ul style="list-style-type: none"> • Small wooden boxes, 1/ child • Markers • Glitter glue • Stickers • Sequins • Beads • Acrylic paints • Paint brushes | <ul style="list-style-type: none"> • <i>Blessed Always</i> - Agape Chant Anthology CD • CD player • Journal • Pens | <ul style="list-style-type: none"> • Magazines • Blank paper • Scissors • Markers • Glue |



Imagination

Opening Activities

Greeting

- Greeting the participants as they arrive creates an atmosphere of community and inclusiveness.
- It is an opportunity to provide them with lesson materials and any other information they may need.

Opening Prayer

- Call the group together at the appointed time by playing music or sounding a chime. Welcome everyone.
- **Centering Breath:** Always begin with a centering breath. This helps to release stress, bring their attention to the present moment, focuses the brain and connects the heart.

Example:

Take a breath in and feel your belly expand and your shoulders relax. Hold. Release, allowing your belly to fully contract and your shoulders to remain relaxed. As you continue to breathe in this manner, move your attention to your heart center and breathe in and out, feeling your heart energy expanding and filling every part of you.

- **Prayer**

Dear Divine Spirit. I am a creative and imaginative being of light. Any doubts I may have about my creativity are quickly extinguished as I connect with the power of Spirit within me. I have the ability to see past the appearance of the world to the Truth within. I am a imaginative child of God and I seek the knowledge that resides within me. I demonstrate this commitment to creativity that saying yes to Divine Ideas. I know that any question I may have can be answered by tapping into my amazing creative abilities. I am filled with dreams of endless possibilities. It is my choice and I step boldly into the manifestation of my dreams and I do so in joy. Amen.

Check-In

- Go around the circle and invite each person to share their name and a thought about how imagination worked in their life last week.
- Add a blessing for all members of the group that could not be here today.



Story Exploration

Adults

Teens

Lesson Focus

Exploring the constant contact we have with Divine Mind.

The Story

“Jacob Ladder,” Genesis 28:10-22

Jacob has stolen his brother’s birthright and so was on the run to Haran. As Jacob camped for the night he laid his head upon a stone and had a dream that angels were going up and down a stairway to heaven. He dreamed that he would do great things and that God would protect him. Jacob promised that if God protected him through this experience, he would come back and build a memorial to God.

Discussion

- What was Jacob dreaming about?
- What were the angels doing?
- What was the message from God?
- How did Jacob respond to the dream?
- What did he do when he woke up?
- How did Jacob bring his dream into reality?
- Tell me about a message from God that you have received?
- What is necessary in order to bring our dreams into reality?



Story Exploration



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The Story

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Discussion

- What was Jacob dreaming about?
- What were the angels doing?
- What was the message from God?
- How did Jacob respond to the dream?
- What did he do when he woke up?
- Tell me about a message God has had for you.
- How can we use both our dreams and our imaginations to create something in our lives?

Dream Chests

Objective:

The object of this activity is to nurture your dreams as you take steps to bring them into being.

Supplies

- Small wooden boxes, 1/child
- Markers
- Glitter glue
- Stickers
- Sequins
- Beads
- Acrylic paints
- Paint brushes

Action

This week we will make our dream chests. Dream chests are like a God box. They hold our hopes, dreams and prayers and remind us that we are not in this alone. The presence of God is always with us, directing our life and filling it with inspiration.

- Using the materials provide, create a dream chest that is an expression of your deepest desires.
- Then, over time, fill it with things that inspire you, interest you and relate to the dreams and goals you have for yourself.
- Visit your dream chest when you need inspiration or are doing goal setting. It will help you identify and stay focused on who you are and what's important to you.

Discussion

- How do you intend to use your dream chest?
- What are you willing to in order to bring your dreams into reality?
- How can you support one another?

Be the Change

Objective:

This is a social experiment to notice the effects of personal change on the world around us.

Supplies

- *Blessed Always*
- Agape Chant
Anthology CD
- CD player
- Journal
- Pens

Description

This is a social experiment to notice the effects of personal change on the world around us.

Chant

- Today we will be doing a visioning to bring forth a dream that we can work toward bringing into being. Be open to all ideas and possibilities.
- Choose a chant from the CD that fits your group. Some suggestions are: *"How Can I Serve Today," "I Feel the Spirit,"* or *"Us Me."* Use the chant that has words that your group most resonates with.
- Lead the group into a meditative place and play the chant, inviting them to join in as they feel comfortable. Play it over again or play another chant - so the whole chant lasts at least 10 minutes.
- Once the chant is complete let the group sit in the powerful silence allowing Spirit to speak through them.
- Bring them back to the present moment in a gentle and loving manner.
- Move them into the visioning process.

Visioning

- Invite the group to share whatever came to them. It may just be a color, a thought, a picture and idea, etc. Write everything down.
- Use the ideas, thoughts, images shared to create a project and/or change they would like to see in the world. It can be something as simple as holding onto a new thought collectively or coming up with an actual service project.

Plan

- Create a plan about how you will bring this into being.
- Keep track individually and collectively of the effects of this plan.

Treasure Map

Objective:

The object of this activity is to explore ways to give form to our dreams.

Supplies

- Magazines
- Blank paper
- Scissors
- Markers
- Glue

Action

"You are here to enable the world to live more amply, with greater vision, and with a finer spirit of hope and achievement. You are here to enrich the world."
~Woodrow Wilson.

Knowing that this quote is true and knowing that bringing a dream into reality involves having a clear idea of what you would like to create, create a treasure map of something you would like to manifest in your life. Give form to your dreams and ideas.

- Think about a dream that you have.
- Using the magazines, look for pictures that represent your dream and pictures that will help you to keep focused on your dream. Consider images that evoke a sense of peace and wellness also.
- Glue the pictures to the paper and then hang the map in a location where you can see it daily.
- You can use your maps during meditation time or any other time you want a reminder of what you want to create.
- Also pay attention to the messages that you will receive from your inner guidance showing you the way to go and the choices available to you.