Earth-Heart Living: A Deep Dive Journey

Journal of Co-creative Presence

Keys of Quickening

Key #6

Let your imagination be
your lens of perception.

How did being more engaged with a place by consciously activating your imagination influence your experience of being there?

Did the place appear different to you? What was it like?

What emerged into your awareness that was unexpected?

Was there a specific aspect of the place that your imagination was drawn to? What was it that resonated with you about it?

Did any memories rise up? If so, what did you remember?

How did your experience perceiving the place through your imagination manifest in your body, your emotions, your mind and spiritually?

Significant moments:

Ideas, elements, aspects of the place to deepen with:

Listening to the Land

"When you start to develop your
powers of empathy and imagination
the whole world opens up to you."
~ Susan Sarandon