

Shift-It!

With the Transformative Power of *Imaginal ReVisioning*

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Introductory Case Examples

The First Use of Imaginal ReVisioning. Some years ago, a colleague said to me, “I know of your work with visioning process tools. Do you have anything in your tool kit that could help me? *I’m desperate!*”

Dr. Michal “Micki” Rosenberg, then a teacher of special education for the gifted and talented in an oil-rich, blue-collar suburb of Houston, complained that, “Every Monday, after lunch, my schedule requires me to teach an experiential learning session in the classroom of an elderly school teacher [who we’ll call, “Hanna”], who seems to go out of her way to belittle and to thwart what I am trying to do for the kids in her class. I’m at my wits end what to do about it.”

I told her I had just finished designing a new process for my advanced class in “Visionary Futures” that she might like to try. She agreed, and immediately followed my suggestions to do an early version of the steps that this process now involves:

- First, describe your *feelings* about the problem situation. Miki’s primary feeling was that of *desperation*.
- Next, intuitively visualize a symbolically accurate image for the way you see the problem. When she looked inside herself, Micki got the image of a *prickly porcupine*.

- In order to involve the rational/analytic as well as the visionary/intuitive aspects of your mind, you next interpret this image by considering the symbolic meanings this image has and what they imply for how you live your life. In Micki's case, it was symbolically clear that this problem was *painful to touch* and something she would really *like to stay away from*.
- Before doing the next step, you need to be clear about how you prefer to conceptualize a Source of wisdom and healing that you love and trust; one that you will call upon to inspire a "re-vised" image of the problem situation.

Higher Self/Soul/Spirit Guide/Guiding Angel/Holy Spirit or God are common Wisdom Sources that spiritual believers choose, but things like *My Wisest Intuitive Knowing* or *My Highest Inner Creative Potential* are equally good for agnostics or atheists.

Micki chose "*The Holy Spirit*."

- For the transformative "re-visioning" step, you invite the energy of your chosen Wisdom Source to give you a new image that symbolizes the *highest level appropriate for you, now!* Then you simply wait, quietly, until a new image appears.

For Micki, the first image of the prickly porcupine was replaced by the image of a *cuddly teddy bear*.

- You next consider the symbolic meanings that the transformed image has. For Micki, it was something to *lovingly value*, and *play with*.
- Finally, as a last step, you invite the new image to imprint itself into your entire being — body, mind, heart and soul; breathing deeply as you let this happen

Micki said that this felt like an experience of grace that restored her feelings of personal well-being at all levels.

But after we finished the process, Micki immediately asked "So... how will this help my problem with this woman?" I responded by saying, "Micki, don't even think about it. Just wait and see what happens."

We did this process together on a Sunday evening after doing some lesson planning together for the Sunday School class for adolescents that we co-taught together. The following day, after returning from work, Micki called me and excitedly said: "You won't believe what happened today. Toward the end of lunch time, I was walking toward the class we talked about, dreading what would be waiting for me. But when I walked by the teacher's lunch room, Hanna saw me and called out, saying, 'Hi, Micki. Why don't you come in and have a cup of coffee with me before class?' And when I sat down, her whole attitude had changed. She was actually friendly to me!"

Imaginal ReVisioning When Hitting the Wall of Fear in Sales Prospecting. Since that first application almost four decades ago, I have guided this process for both individuals and groups in many different settings, and it still amazes me that only rarely does a person doing

this process *not* get a transformed image that both proves to be insightfully useful and productive of positive change for the problematic situation — even for people who say that they “can’t visualize.” This is especially noteworthy for people who feel like they are stuck, “hitting the wall,” so to speak, unable to move forward, or even retreat without losing face. This seems to be a situation in which Imaginal ReVisioning is extraordinarily well-suited—as an additional example may illustrate.

Roger Marsh, a young colleague of mine who, in 2003, was newly working as a marketing consultant, came to me with a request for help dealing with feelings of panic he was experiencing as he prepared to “cold-call” a sales prospect—someone who, although a friend, was a highly placed executive in a company that Roger wanted to favorably impress regarding the services Roger was selling.

As in the case study with Micki, recounted above, I asked Roger to let an image emerge that symbolized his inwardly-held picture of what he felt up against. His image was *a large bed of nails and spikes*, ready to impale him if he clutched and screwed up in the phone call. After exploring other meanings that this image had for him, Roger invited the energy of his Divine Soul or Higher Self to flow on, around and through the image of nails and spikes, and to transform it into the highest level appropriate for him at this time.

As he was watching this happen, Roger immediately began laughing, and told me how the image turned into *a bouncing basketball*, which for him symbolized a playful game, done interactively with others. As things turned out, this metaphor turned out to be quite meaningful to Roger on two levels: first, it released him from his deep fear of painfully screwing up; but it also turned out to be a prophetic image of the relationship that emerged between Roger and his client after the call was successfully made – a relationship that was playfully interactive and also deeply productive.

The Essence of Imaginal ReVisioning and Purposes of this Technical White Paper

When we are “hitting the wall” at work or at home, what is to do? In such times it can feel almost impossible to break free from the imprisoning grip of whatever we believe has us stuck and is keeping us from feeling okay.

Some people seek to escape through drink, drugs or denial, only to come back to a situation that has usually become worse than before. Some try harder, feeling even more intensely up against it, until it is either solved or they burn out. A wiser approach is to “reframe” the situation, as in the old cliché about “turning a lemon into lemonade,” by transforming the threatening problem into an inviting opportunity. This brings to mind the two ancient Chinese symbols for crisis, *wēijī* – danger and opportunity; sometimes also translated as “in every crisis lies the seed of opportunity.”



The trick is being able to make good on this possibility when needed, which Imaginal ReVisioning can help you do.

Imaginal ReVisioning is an exceptionally swift and powerful visioning process through which what feels like a pressing problem can be transformed into something more like a promising opportunity, albeit a sometimes challenging one.

On the other hand, it may be that your life is relatively free from threatening problems, but nevertheless, you would like an inspiring new vision to challenge you in taking some type of transformative “jump-step” forward to whatever would be most fitting for the next phase of your life trajectory. For both situations, a really unique thing about this method is the ease with which it draws upon the innermost transpersonal reaches of consciousness as a source of creative wisdom having extraordinarily practical usefulness for responding to what is sometimes called the “real” world of hard knocks.

The **purposes** of this working white paper are:

- To introduce Imaginal ReVisioning as a promising best practice for transformatively shifting situations you would like to change;
- To provide a theoretical basis for why it works the way it does, together with some caveats regarding its use; and
- To help attract an increasingly broad range of case examples that will further demonstrate the general applicability of this method.
- To attract the interest of other professionals in co-creating new ways to advance this work; for example, with a community of trained practitioners.

How and Why Imaginal ReVisioning was conceived

I originally developed this approach to solve a problem that repeatedly faced students in my graduate course in Visionary Futures at the University of Houston-Clear Lake during the last two decades of the 20th Century (1980-2000). The problem was this: When students repeatedly explored a wide range of long-range alternative future possibilities using [Mental Time Travel: A practical business and personal research tool for looking ahead](#), they often tended to become rather upset and sometimes depressed (i.e. “future shocked”), by the gloomy futures they discovered to be most plausible, assuming a Present-Trends-Extended societal trajectory. It is interesting to note that how, now – in the first quarter of the 21st Century – the prophetically

depressing foresight of these students is proving to be alarmingly accurate and needful of more positive guiding visions about future societal possibilities.¹

So it was, that I set out to find a suitable “self-soothing” process that would allow the students to reframe how they saw these futures – not to block out awareness of them, but to see them differently, as with a different lens or frame of interpretation. Being a student of “depth” psychology (from whence the Mental Time Travel process was also derived), one of the sources I consulted was [The Inner Guide Meditation: A Spiritual Technology for the 21st Century](#), by Edwin C. Steinbrecher. On page 69, this well-known psychospiritual teacher suggests that “If you find yourself in some hassle or painful life situation, ask your Guide to take you to the *inner energy image* that is causing the outer problem” (emphasis added), and on pp. 113-115, he details a series of steps to do this. These suggestions inspired me to develop this practical process for transformatively “re-visioning” a problematic situation; once translated into a teachable step-by-step sequence, it proved to nicely fulfil my quest for a self-therapy method that my students could learn to do successfully by themselves.

Imaginal ReVisioning is a concise protocol for using that process on many different types of problematic or needed creativity situations. For example:

Helping to Deal with the Pain of Divorce. Since my early teaching of Imaginal ReVisioning to help my graduate students handle their experiencing of visionary future-shock, it has proven useful to many of them in other ways as well. For example, here is a story told to me in a recent letter from a former Visionary Futures student, [James Lee](#).

“I just had a most interesting experience with imaginal revisioning. Last night at 10:30 p.m. I got a message at work from an assistant that I had for 5-6 years. I was sort of surprised to hear from her, but she was clearly distraught about some things going on in her life.

So, I called back today, and found out that she is going through a divorce and was trying to avoid medication to keep her mind clear. She wanted to know if there was any sort of meditation that she could do to help balance her mind. It occurred to me that the imaginal revisioning process might be good for her. So, I went through the whole process with her.

The headache and nausea immediately disappeared and she felt relaxed. Then she started crying because she felt so good. I suggested that she carry the transformed image with her and bring it into her consciousness every time she needed it.

¹ My own most recently published contribution for dealing with present and future global crises is “Aspirational Guidance for Wiser Futures: Toward Open-Sourced Ascension from Ego-Centric to Eco-Centric Human Communities,” published in the peer-refereed journal, *Foresight* ([2015, Vol. 17 No. 1, pp. 1-34](#)). An expanded pre-print of this article can be accessed, free of a pay-wall, by clicking [here](#).

So...this was kind of interesting. I had never thought that I would end up using this process for crisis-management, but it was good to have such a tool on hand."

Jim Lee

Why It Works - Part One²

A powerful, but infrequently mentioned resource for inner healing and creative transformation is the so-called *imaginal* function, emanating from a deep zone of consciousness between that of the egoic mind and the transcendental soul. Esoteric teachers from various traditions use the word *imaginal*, both as a noun and as an adjective.³ Harman & Rheingold⁴ used the term *higher creativity* for this type of intuition, and in my own work, I distinguish *imaginal visioning* as different from *imaginative visualizing*.⁵

Imaginal ReVisioning is a specific protocol for transformatively shifting an imaginal vision - that represents how you currently see something you would like to be different - into a transformed imaginal vision that represents the highest potential of that situation that is appropriate for your consideration at this time. This shift is inspired by the specific inner Wisdom Source that you chose to invoke.

One archetypal clue as to why Imaginal ReVisioning works this way is elegantly symbolized by the common folk image of the cornucopia or "horn of plenty," pictured in the Figure below.



Although the cornucopia is traditionally a symbol used in connection with American Thanksgiving Day celebrations, it is also an essential icon symbolizing this generative phenomenon in many cultures, both ancient and contemporary. At a superficial level, the cornucopia obviously symbolizes a plentiful harvest, for which we naturally feel gratitude. But at a deeper level, it also symbolizes an expanding spiral vortex of manifestation, which quite literally out-flows from the "no-thing-ness" of the universal field of sub-quantum energy into the "this-here-ness" of matter, energy, space and time making up what we conventionally call

² The two Why it Works sections of this white paper are based on "[Imaginal Visioning for Prophetic Foresight](#)," a prior white paper that became an expanded preprint of a peer refereed journal article having this title in the *Journal of Futures Studies*, 2012, 17(1): 5-24.

³ Gerald Epstein's "[The imaginal, the right hemisphere of the brain, and the waking dream](#)" is a deeper and more technical introductory overview of this topic.

⁴ Harman, W. & Rheingold, H. (1984) [Higher Creativity: Liberating the Unconscious for Breakthrough Insights](#).

⁵ A 15 min. video lecture experientially demonstrating this difference can be seen [here](#).

physical reality, including bio-socio-psycho-spiritual phenomena involved as intuitions, feelings, thoughts, and motivations.

For convenience, I use the term “Cornucopia Causality” for this subtle energetic flow. I believe it to be the type of causality about which, Anita Moorjani, in talking about her Near-Death Experience that involved an intense illumination leading to a rapid and complete healing of her lymphoma stage-4B cancer, said:

“To explain this [healing] from another perspective, although I have been using the words, *Universal energy*, know that I could just as easily say *chi*, *prana*, or *ki*. These words mean “life-force energy” in Mandarin, Hindi, and Japanese respectively. This is the *chi* in Tai Chi and Chi Gong, and it's the *ki* in Reiki. In a nutshell, *it's the Source of life, and it runs through every living thing*. In fact, it fills the entire universe and is inseparable from it.” (Emphasis added.)⁶

Various doctrinal systems refer to this transcendental sourcing of wisdom and healing with names such as *Holy Spirit* (Christian), *Shekinah* (Jewish), *Spirit of Guidance* (Sufic), or *Alayavijnana* (Buddhist). Scientific atheists and/or agnostics, on the other hand, are more comfortable using words such as *insight* when referring to the hidden guidance of deeper intuitive levels of the mind. From a holistic, general systems, perspective, it seems to me that the wide variety of such terms are but different names for the same underlying energetic Source whose transcendental nature is quite literally “beyond words.”

Essentially, Imaginal ReVisioning works by virtue of users projecting an *intentional request*, asking that their chosen cornucopic Wisdom Source inspire a shift in the (prior) imaginal view of the situation they wish to see changed. Please note, however, that understanding and/or acceptance of the theory introduced here is not essential for this process to work successfully.

Why it Works - Part Two

As a second way of understanding how and why Imaginal ReVision works the way it does, please recall our first case described at the beginning of this article. My intention in having Micki try my new exercise was to have her *feelings* of desperation be eased in whatever way her chosen Wisdom Source might offer up. I was just as surprised as Micki by the positive change that suddenly happened to Hanna. But it turns out that a transformational shift in the problematic target often accompanies the transformational shift in the user's own frame of reference about the target – as the following case also shows.

Transformation of cultural misunderstanding. *Haoli* is a derogative term for a non-Hawaiian. In 2002, a haoli that we'll call “Jim” had bought a piece of sacred Hawaiian land on the Garden Island of Kauai, on which he intended to develop a New Age ceremonial space. But in so doing, Jim aroused intense anger from the Hawaiian family whose grandfather had sold the land in

⁶ Moorjani, A. (2012) [*Dying To Be Me: My Journey from Cancer to Near Death to True Healing*](#), p. 145.

order to cover gambling debts associated with his addiction to use of crystal methedrine, which Jim said had become a wide-spread problem among native Hawaiians.

On New Year's Day, when Jim was on the land trying to conduct a personal ceremony of dedication of it in preparation for the development he planned for the coming year, the grandson, seeing Jim being thus occupied, took out after him with an ax, clearly intending to do him great harm. By quickly running away, Jim escaped safely, but was now afraid of what might befall him if he went back to the space to do more development work. He was feeling very stuck about what to do next.

I was on something of a year-long meditation sabbatical on Kauai at the time, and when I met Jim at a social gathering, he told me the above story. I told him about my revisioning process, and offered to facilitate one for him to see if a peaceful solution could be reached. Jim immediately agreed.

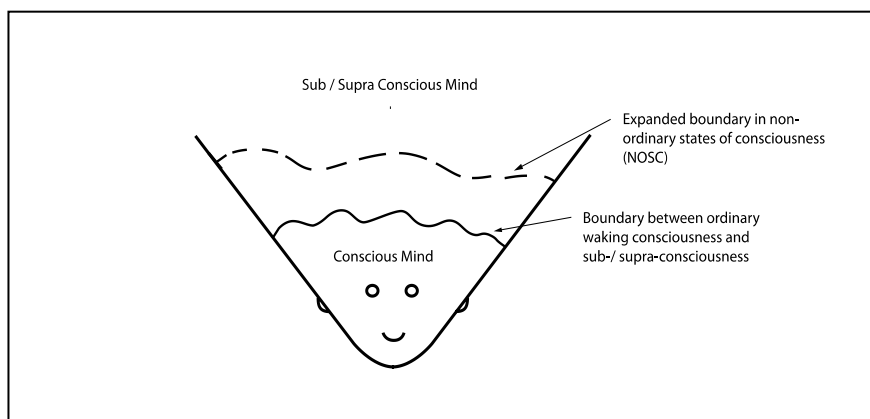
Several days later, when we did the process, Jim's first image symbolizing his inner view of the situation, was of the Hawaiian grandson and his family as *ignorant savages*. When asked if that image could apply to himself as well (one of the standard questions asked about the first image in the process), Jim had the intuitive insight that in trying to force New Age ceremonial use of sacred Hawaiian land, he could well be thought of by the angry family as an ignorant "cultural savage," which is what many Hawaiians have come to expect from most haois.

I can no longer remember what exactly Jim's transformed image was, or of the specific Wisdom Source he invoked, but I do remember its symbolic meaning. It clearly signified Jim seeking to develop the ceremonial space in cooperation with the Hawaiian family, and in ways that would respect the sacred traditions of both Anglo and Hawaiian cultures.

As things turned out, the very next week, before Jim could take steps toward the realization of his newly transformed vision for the ceremonial space, as he was standing at the meat counter of the local grocery store, he felt a strong energetic presence behind him. Turning around, he saw the 6'4" grandson towering above him with tears in his eyes, wanting to apologize for chasing Jim with murderous intent on New Year's Day, and offering to make peace in whatever way might be possible. And Jim had tears in his eyes as well when he told me of this miraculous outcome which he did, indeed, follow up on.

What sort of transpersonal phenomena might explain how it is that Imaginal ReVisioning so often produces a healing shift in the problematic person about whom the process is being done? What follows is a bit more imagistic theory that may help answer this question.

The first of the two schematic diagrams shown below is meant to symbolize various levels of mind, with both self-aware consciousness and "other" consciousness that one is not aware of most of the time. The solid wavy line above the eyes represents the "felt" boundary between the conscious experience of self—what I am normally aware of as myself—and the "other" of me: that which is variously referred to as *unconscious*, *subconscious*, *preconscious*, or *superconscious*.

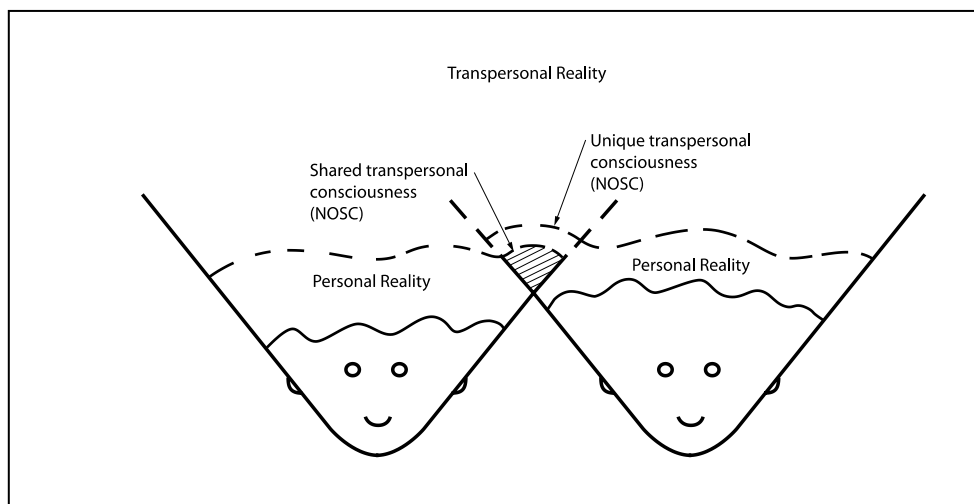


Zones of Personal Consciousness

The expanding “V” shape of the diagram denotes the subjective experience of expanded “inner space” which often comes with non-ordinary states of consciousness (NOSC), as in deep meditation, shamanic trance work, or when having a peak experience of being in the flow of whatever you are doing, such as high-performance athletes and jazz musicians often call being “in the zone”. Thus, the height of the wavy line, and the amount of “inner space” available is not fixed, but highly variable, depending on the level of awareness held by the individual at any given point in time.

In the second diagram below, two “V” shaped personal zones overlap, denoting a “Transpersonal Zone.” Although usually not available to normal waking-state consciousness, sometimes waking-state transpersonal experiences occur which do involve the experience of “shared consciousness” with one or more persons.⁷ As portrayed in the second diagram, it is possible in these “non-ordinary states of consciousness (NOSC), either to share the experience of transpersonal consciousness, or to have one person conscious of specific transpersonal content that the other is not conscious of.

⁷ Examples are described by Charles Tart ([Altered States of Consciousness](#)) and Christopher Bache ([The Living Classroom: Teaching and Collective Consciousness](#)).



Zones of Personal and Transpersonal Consciousness

And present at all times is the transpersonal phenomenon that C.G. Jung called the *collective unconscious*, also called the “collective subconscious,” as well as what research biologist Rupert Sheldrake, in his book, [A new science of life: The hypothesis of formative causation](#), calls the *morphic field* and *morphic resonance*.

In keeping with this line of thinking, it seems quite plausible that transformative revisioning of how one sees a problem person or situation affects both the psychic contents of the individual doing the process, *and* the psychic contents of other individuals who are integrally involved (some would say, “quantum entangled” in the problematic situation).⁸

Bottom line: The fundamental reason why Imaginal ReVisioning works is that a cornucopic type of empowering grace flows into your whole self-system when you invoke an inner Source of wisdom and healing that you trust, to give you an appropriately “revisioned” image. Imaginally *feeling* the revisioned image being embedded in all bodily aspects of yourself (physical, emotional, mental, motivational and spiritual), actually lays down new neural and non-physical pathways in your whole self-system, which is why your life experience can change so quickly and dramatically.

Some Caveats

Is it ethical to someone via Imaginal ReVisioning without their permission? Edwin Steinbrecher, whose insightful suggestion led me to invent the Imaginal ReVisioning process itself, specifically warns against psychically attempting to change or transform a problematic person or situation into something you wish. To do so, he warns, is what, traditionally, is called black magic.

⁸ While writing this paper I became aware of additional supportive theory from authors such as Dean Radin ([Entangled Minds: Extrasensory Perception in a Quantum Reality](#)) Paul Levy ([The Quantum Revelation: A Radical Synthesis of Science and Spirituality](#)), and Alan Wallace ([Dreaming Yourself Awake: Lucid Dreaming and Tibetan Dream Yoga for Insight and Transformation](#)), for this type of transpersonal causality involving both quantum entanglement and life as an unconsciously shared dream that can be awakened from via dream yoga.

However, if you imaginably shift your own way of symbolizing the problem situation or person, it transforms your subconscious projection of it, such that an ethical type of transpersonal healing seems to magically take place for the improved well-being of you both. Clearly an ethical thing to do.

A second caveat is that, in my experience, the formal Imaginal ReVisioning process does not work at all well on any situation that does not *feel* beyond your current capacity to resolve using a conventional approach you are already familiar with. Stated in other words, don't try to play-act this process or do it on something trivial, just to see if it works.

A final caveat is that it may not be feasible to successfully facilitate this process for others unless you, yourself, have a knowledge-based faith-state about its power that may be subliminally transmitted to the client. For example, a skeptical clinical psychologist who once heard me talk about this process immediately went out and tried it out on a difficult client problem in her own practice. It didn't work. So, she immediately rejected Imaginal ReVisioning as having no practical value for her, and made a caustically dismissive comment about the process when we next talked.

Three Additional Case Examples as a Demonstration of Generality

Transformative Extension of a Sales Executive's Persona. When I was ready to begin demonstrating Imaginal ReVisioning to executive leaders in the sales training profession, my first choice was, "Win", the CEO of a leading media firm for sales enablement who prefers that his case example be anonymous. In a Zoom video conversation, when we talked about what he might focus on in his Imaginal ReVisioning session, Win said that what he most like to transform is his difficulty in convincing prospects for his highest-dollar training retreat, that they, themselves, could actually experience magical outcomes such as previous participants have said happened to them. Thus, what we decided to use as a working focus for the session was: *"To discover how to be more effective at helping prospects let go of their initial reluctance to buy into my retreat process."* And Win chose *"Inner Magic"* as a name for his inner Wisdom Source.

The first image that Win got, symbolizing his inward projection about the problem situation, was *"a ladder with some of the rungs missing."* Some of the symbolic meanings he got from this were "a self-handicap that makes it take too long to climb, and maybe not making it to the top."

Win's second, transformed image was *"a new aluminum ladder having an attachment for extending it to a greater altitude."* When beginning to talk about the symbolic meanings of this second image, he said that he now recognizes that the first image was, in fact, of an old wooden ladder – symbolizing old paradigm ways of thinking and acting; whereas the second image is a type of metal that is light, doesn't rust and can be extended – symbolizing a new paradigm approach and greater confidence in his capacity to sell his advanced sales training retreat.

When Win breathed the new image sequentially into the physical, emotional, mental, motivational and spiritual aspects of himself, a number of intuitive flashes occurred, involving things like lightness, joy, helping people be happy, integration, and the ladder extension attachment as being limitlessly extensible – ending with the vision of a white paper to write about his advanced retreat as a way to translate the imagery of an limitlessly extensible aluminum ladder into new levels of practical achievement that most high-level professionals could see themselves aspiring to achieve by doing the retreat. And Win intuited an imaginal vision of *himself* as being such a ladder.

Recovery from burnout. An activist social entrepreneur, [Elizabeth Moro](#), had a session dealing with burnout recovery from previous political involvement as she was launching a new initiative: [The Little Barn of Big Ideas](#). Elizabeth’s statement of her problem was *“How to overcome all the obstacles that are keeping me from bringing my new project into being?”* The image that she intuitively got regarding how she viewed this problem was *“darkness, like a void, bringing a feeling of breathlessness as though there is nothing to draw upon, and the fear that ‘I don’t know how to do it.’”*

Drawing upon *Mother Mary* as her chosen Wisdom Source representing the feminine side of the divine, Elizabeth’s transformed vision was *“Intense blue energy with light-hearted laughter in the background.”* Asking what symbolic meanings this image has for her, she realized that the blue color symbolized the chakra of communication centered at the throat, and that light-hearted talking with people is the part of social activist work that she most loves to do. A very meaningful aspect of the Imaginal ReVisioning exercise for Elizabeth was during the envisioned imprinting of the new image in all aspects of her being, where, for example, at the mental level, she experienced the return of a bright light of illumination at her third eye chakra, something that she said she had long enjoyed before burnout, but which had been conspicuously absent since then until now.

Asked to envision “what next” at the end of the exercise, Elizabeth reported a sense of peace about putting her ideas in writing to move the project forward, and letting go of self-judgment, so that “things flow like water.” This sense of peace has continued with her in the days since then, and became even deeper by doing a meditation first thing in the morning, in which she envisions the blue wave and feels in through her whole body. On the days when she doesn’t do this, things do not flow as easily. Also, she took the initiative to find a publisher and a coach for the book she is beginning to write.

Transformative recovery from near-death aftermath. Just about a year ago when he was in a hospital, [Kevin G Blackwell](#), stopped breathing while asleep and went into cardiac arrest. It took them at least 5 minutes to discover this, and 33 minutes more to get his heart beating again, but he did not then awaken into full consciousness. Instead, he was in a coma for almost a month before he mysteriously awakened into conscious awareness, but then had to relearn how to talk, to walk and to interact socially, which he was able to accomplish much more rapidly than medically expected. Although his physical health and motor control are now satisfactory – with the exception of somewhat slurring of his speech – Kevin has found that in

spite of all his psychic skills to shift things for himself, he is simply unable to summon the motivation to return to his professional work as a spiritual counselor who accesses higher intelligence for his clients.

When I learned about all this in a FaceTime conversation with Kevin, I suggested that the Imaginal ReVisioning “Shift It” process might help. He was eager, so we did it straight-away as a continuation of our conversation. Kevin’s presenting problem was two-fold: lack of motivation to continue the writing the book he had going before his near-death experience, and reluctance to reconnect with the public for psychic readings and speaking engagements. He was clear that this reluctance was primarily based on an underlying fear that he might not be taken seriously due to the speech problem; the lack of motivation was, he said, a total mystery. But a mystery urgently needing resolution, because his cash flow was in big trouble and soon unable to cover his living expenses.

When we did the process, his image that symbolically represented how he sees his current dilemma was “*dismemberment... being pulled at from multiple directions*”; in particular, “fear that the public would ‘tear me apart’ and pull me down paths out of alignment with my soul.”

When Kevin took the step of asking for a transformed symbol from his chosen source, which was “*The Source, the Creator, the Consciousness that creates the universes out of itself*,” he took a really long period of silence before he said anything. He then described how he saw his first image again, but this time as *himself literally being pulled apart, leading to an internal explosion of light from his center – like a supernova – that suddenly filled his entire being with ecstatic joy*. He said that his long period of silence was just that he didn’t want to interrupt the joyous purity of the vision by talking about it.

In talking about the felt meaning of embodying the new image in all the levels of his being, Kevin first said now much his heart and mind now felt reconnected with his Higher Self, and eager to express himself with others, no matter what the circumstances are. In particular he emphasized having, “Clarity on how to express what I have learned from this experience; I know what I need to do: to declare that I died and came back anew and need to declare myself anew; to reintroduce myself; to reframe myself to others.”

After two weeks we talked again, and Kevin reported that his professional life has suddenly reawakened, with the publication of a video interview of him leading to multiple requests for paid counseling sessions, several of which were so successful that they led to repeat

Conclusion

By way of ending, it should be emphasized that Imaginal ReVisioning is but one of many useful techniques for reframing troubling situations into inviting opportunities. But I know of none that so quickly and easily draws on the hidden “cornucopic” reserves of insightful wisdom, healing and guidance that—though called by many different names—are available in all of us.

And although the results of Imaginal ReVisioning frequently seem almost like magic, the insights it produces must still be courageously applied in the “real world of hard knocks,” where things

frequently go differently than we might wish. By experiencing the presenting problem as an opportunity rather than as a problem—which the Imaginal ReVisioning process helps one to do—we are naturally led to deeper levels of understanding and higher levels of mastery in this awesome journey called life. Moreover, this is a process that brings a positive ripple effect of improved well-being for others as well as one’s own self.

Author’s Bio

Oliver Markley, Ph.D., P.E., began his professional career as a creative design engineer but quickly shifted to social psychology and policy-oriented “futures research,” first at the Stanford Research Institute (now SRI International), and later at the graduate program in Studies of the Future at the University of Houston-Clear Lake, where he led a curricular transformation to enable professional training for practical foresight. His career specialty is intuition-based visioning technologies for insight, foresight and wise-choosing/well-being to help people to realize the futures they aspire to. In this regard, he produced and edited a “[Symposium on Intuition in Futures Work](#),” which the Association of Professional Futurists cited as a “2016 Most Significant Futures Work that advances the methodology and practice of foresight and futures studies.” Although Oliver retired from his professorship in 2000, he has continued his work as a visionary futurist. For more, please see: www.futurepod.org/podcast/ep-125, <http://www.olivermarkley.com/about/>, and most recently, a pre-publication white paper, on [Lucid Dreaming](#).