

## **Active Imagination Process to Help You Get Started**

### **Process**

- Environment: quiet space with no disturbances
- Calm your body and mind in whatever way works best for you
- Quiet the conscious ego and invite the unknown into this space (sometimes I find it helpful to give the ego a little attention and acknowledgement)
- Careful concentration on an image
- Wait: watch, feel, listen
- Whatever comes, just receive it – don't censor it
- As the image – which could be a visual image, an emotion, a figure, an animal, a word, a sound, and unfamiliar thought – moves, follow it
- As it begins to show its own life and energy, engage with it; enter into dialogue
- This can be done with stillness and silence or through writing, speaking, movement, and/or artistic expression
- Respond as naturally as possible, be authentic with the imaginal interaction

“If you recognize your own involvement, you yourself must enter into the process with your personal reactions, just as if you were one of the fantasy figures, or rather, as if the drama being enacted before your eyes were real. It is a psychic fact that this fantasy is happening, and it is as real as you – as a psychic entity – are real.” ~ Carl Jung

- Remember, if at any point it feels too intense and not safe for you, leave! You can respond authentically to the situation and leave, regroup, and consider how, and if, you want to approach this image more safely.
- Stay with it for as long as you have set aside and/or until the interaction naturally comes to an end
- Spend some time writing and/or drawing your experience

Remember, this process is to help you get started. As you develop your practice, you will find ways that work best for you!