



# ***PYT Weekly Training & Support***

## Lesson #80 Changing Destructive Imagination

by Jim Katsoulis

This week, let's talk about your imagination and how you're using it. This idea came to me because I was having lunch with my daughter this week, and we were in kind of a cafeteria-style room that had really, really high ceilings; and maybe they were 50 feet up in the air.

We were eating and everything was fine; and, all of a sudden, my daughter goes, "Oh, I don't wanna look up." And I said, "Why don't you wanna look up?" And she goes, "Because I'm imagining that I have a balloon, and I let it go, and it got lost way up in the ceiling, and I can't get it back."

And for the rest of the hour, she couldn't look up. Regardless of what my wife and I said to her, that was what she was thinking. And it got to me that this was a real clear example of how people use their imagination sometimes.

Now, the truth is that we're constantly using our imagination. The question is, are we using it for imagining bad things and the worst case scenarios that make us upset or are we using it to imagine things that make us feel better?

The answer to that is very, very important because the way you feel what you expect to happen is going to very dramatically influence the results you get because it's going to influence what actions you're going to take.

You know that if you're going to influence your weight, if you're going to really master your body, you need to master your emotions; and one of the most important ways to do that is to master what you were thinking about in your mind.

If you, in your mind, are regularly thinking about balloons flying up to the ceiling and getting upset about it, first of all, it puts in a very negative state—a very fearful, upset, and not clear state—and it affects what you're going to do.

Now, obviously, you're not thinking about balloons flying over the ceiling; but you may be imagining that "Well, no matter what I do, no matter how well I eat, the weight's never gonna come off. The last time I tried to lose weight, I actually gained weight." And then, you imagine this in your mind.

Again, it affects your feelings and your expectations. And so, we need to constantly become aware of this process and reinforce it in the other direction. And this can be hard for some people. And this is where it's weird.

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So, my daughter is five years old and I can say to her, “Well, you don't even have a balloon right now. We could tie it to your wrist. If it did go up to the ceiling, we can get a really tall ladder and get it back down.”

I could say all these things to her and I did, but none of them really mattered because she wouldn't let go of that initial negative imagination.

You, as an adult, can't do this. You need to let it go. You need to admit, “I'm wrong. This isn't going to happen or if it is going to happen, I'll deal with it then. But, chances are, something good is going to happen.”

You need to let go of the negative imagination. In my own experience working with a lot of people and with my daughter, it's not easy to let go of the negative imagination sometimes.

So, it's not about it being easy; it's about it being extremely important that you stop doing it, that you let it go, and that you'd come to some sort of peace with it.

Your mind might do it naturally. You might naturally imagine negative things happening—the worst case scenarios. It's not about beating yourself up about it; it's about letting them go. It's about accepting that, yes, that's a possibility but so is this; and then, giving talk to the more positive things, and doing it intentionally.

Even though your mind might have all the reasons why that negative thing could happen, what you want to do is build up the muscle in your mind that allows you to begin thinking about all the reasons the positive thing could happen as well; and that begins by articulating what that positive imagination could be.

It's saying, “Maybe this time when I'm losing weight, it's going to be easier than ever because I finally made some deep changes that make this process just feel more natural than it's ever felt before.

And because of that, it starts happening; 24 hours a day, I'm on track. My emotions are getting in line. My beliefs are congruent. My goals and what I want to accomplish are all congruent with what's important to me.

And that's what's different than before because I'm eating better now; I enjoy exercising because I'm doing exercises that are the right ones for me. They're comfortable; and yet, they push me a bit. But I can do them for a long period of time and I can see my body being strong and looking the way I wanted it to for the rest of my life.”

Again, first, it's identifying the negative imagination, and then shifting it over into positive. This is something we've worked on before. But, again, at first, it's identifying

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it because, sometimes, it's just so common in us. The negative imagination can be so common that we don't even see it anymore. It's just part of who we are.

So, the first thing is becoming aware of when we're being negative in imagination because, sometimes, it can also feel real to us if we've been doing it so long.

What was so funny about my daughter was that she didn't have a balloon. She could have tied it to her wrist. And she has never lost a balloon in her life. And yet, all of a sudden, it was real to her; and she was living in that world and living in that imagination; and she wouldn't give it up. So, it almost like she was indulging in that fantasy for some reason. Who knows why?

But we all do that to some degree. It's not about understanding why we do it as much as it is about identifying when we do it, and stopping it, and putting our energy back into something positive again.

And you can do that as an adult; that's the choice you have. But it takes some practice because of the culture and just the way we're wired for some reason. It seems that, sometimes, it's easier to go into the negative imagination; it's easier to do. But it's very harmful in a lot of subtle ways.

So, as you start enhancing your powers of positive imagination and you reduce the negative imagination, I think, overall, you're going to feel a general shift into feeling better. You're going to start feeling that things are just working out for you naturally and things are becoming easier. That's the idea.

That's the goal for this week. Notice when you're imagining things, things that are not happening—when you're imagining. Make that clear distinction about what's real and what's your imagination.

And when it's just imagination, let it go. It's going to feel a little bit weird. I don't know why; but even though you can logically say, “That hasn't happened yet; it is my imagination,” there's that weird holding on to it. Let it go.

You kind of exhale—“It's just my imagination. It's a possibility; so is this.” And you work on doing that; and the more you do that, I think the more you clear your mind out.

If you imagined a backpack with rocks in it, and all the rocks would represent a negative imagination that you normally think about, you take them out slowly and the backpack becomes lighter and lighter; and your process and your journey becomes easier and easier.

So, think about this, this week; and I'll talk to you next week.

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