

USG SGM ~ IMAGINATION ~ MAY 2025

drawn from Soul Matters materials, see the full packet for more of all of these elements
www.soulmatterssharingcircle.com



Chalice Lighting: The imagination plants the inconceivable in our minds and makes our hearts long for it to be true. [Hannah Mitchell](#)

Check-in *Share your highs and lows since we last met focusing on what drains you and what lifts you up. We give each other the gift of listening without asking questions or offering advice to allow people the safety to share what's in their hearts.*

Introduction

Imagination's great gift is *improvement*. At least that is what we're taught. Its deep magic lies in the way it can reshape our reality. We are urged to imagine the world we dream of. A world with more justice. More peace. More love. From that, a mysterious magnetism arises, a magnetism that pulls our imperfect present into an improved future. Imagination moves us forward. It makes our world - and us - better.

It also *illuminates* it. That's right. Imagination isn't just a force that drives us forward toward a better future, it also pulls the sacred into our impoverished present. Imagination is what transforms trees from potential firewood into wise friends. Imagination is what moves us from lording over the natural world to seeing ourselves as part of it. Or to put it another way, imagination is what gives the world a soul. So friends, this month, do everything you can to soak in *the many* gifts and messages of imagination. It's not just shouting, "Improve the world!" It's also pleading, "Let the world come alive!"

Spiritual Exercises

It's one thing to analyze a theme; it's quite another to experience it. By pulling us out of the space of *thinking* and into the space of *doing*, these exercises invite us to figure out not just what we have to say about life, but also what life has to say *to us*!

Five Imagined Lives

This exercise comes from Julia Cameron's classic book on imagination and creativity called "[The Artist's Way](#)." Here's her instructions:

"If you had five other lives to lead, what would you do in each of them? I would be a pilot, a cowhand, a physicist, a psychic, a monk. You might be a scuba diver, a cop, a writer of children's books, a football player, a belly dancer, a painter, a performance artist, a history teacher, a healer, a coach, a scientist, a doctor, a Peace Corps worker, a psychologist, a fisherman, a minister, an auto mechanic, a carpenter, a sculptor, a lawyer, a painter, a computer hacker, a soap-opera star, a country singer, a rock-and-roll drummer. Whatever occurs to you, jot them down."

For those of you wanting to explore this further, here are a few thoughts. First, from Cameron: "Look over your list and select one of the lives. Then do [an aspect] of it this week. For instance, if you put down a country singer, can you pick a guitar? If you dream of being a cowhand, what about some horseback riding?" Second, you could spend some time reflecting on where your attraction to each imagined life came from. What piece of history, inner hunger or unmet need gives rise to it. Third, you could ask a friend or family member if they can guess which five you put on your list. Finally, consider spending some time asking yourself, "Do I want to keep these lives imaginary? Or is there some way in which I need them to become real?"

Quotes for Inspiration/Readings

Logic will get you from A to Z; imagination will get you everywhere. [Albert Einstein](#)

I believe that imagination is stronger than knowledge. That myth is more potent than history. That dreams are more powerful than facts. That hope always triumphs over experience.

Robert Fulghum

History is birthed out of the imagination. It literally was conjured up. Imagination is so powerful that it could set forth 400, 500 years of something wrong, which means that it very well could set forth 400, 500 years of something right. That's sort of the beauty of humanity.

[Jason Reynolds](#)

There are so many boundaries in me, so many limitations, prisons, places where a line has been drawn... But... sometimes the imagination takes a line and bends it, twists it like a clown with a balloon, until what I thought was a boundary becomes bird, becomes crown, becomes flower. Or it turns the line perpendicular so what I thought was a deadline becomes path...

[Rosemerry Wahtola Trommer](#)

The goal of oppressors is to limit your imagination about what is possible without them, so you never imagine more for yourself and the world you live in. [Ashley C. Ford](#)

Questions

Pick the one question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of _____ means for you and your daily living.

1. What is your greatest act of imagination?
2. Has your (or someone else's) imagination ever led you astray?
3. Has age widened or narrowed your imagination?
4. What's the most radical thing you can imagine doing before you die?
5. **What's your question?** Your question may not be listed above. If the above questions don't include what life is asking from you, spend the month listening to your days to find it.

Sitting in Silence *Take a few moments to sit quietly and reflect upon your thoughts.*

Sharing/Deep Listening *Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

Reflection and Gratitude *This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

Singing (or listening/watching someone else singing). Click [here](#) for the YouTube playlist on Imagination with 14 different videos to choose from. Which resonates with you?

Extinguishing the Chalice: Live out of your imagination, not your history. [Stephen R. Covey](#)