

[Jumpstarting your Imagination-](#)

A worksheet to accompany GET READY for your session video series by [QuantumHealers.com](#)

Imagination is the language of your Higher Self. Allowing yourself access to your imagination can make all the difference in a quantum healing session!

Why is accessing our imaginations so hard for so many of us? The reason is clear and explained here in this popular article called, "[Dear Left Brained Client](#)"

Where in your life do you allow yourself to be creative? Here are some areas you can explore:

- Art - Viewing or Creating by Drawing or Painting, etc. Even coloring books!
- Music – Listening, Singing or Playing an instrument
- Reading – Fiction or Poetry (Or anything at all by [Dolores Cannon](#))
- Writing – Fiction, Fantasy, Poetry
- Pretending or Acting. Theatre, Improv or Pretend Games

You might try playing the "What If?" Game. As an example: What if you woke up and there was a baby miniature horse at the foot of the bed? Use the spaces below to come up with some answers.

What details can you imagine about the horse?

What story could you come up with for why it was there?

What would you do now that it is there?

If you liked that game, [HERE is a link to an article](#) with even more prompts and ideas.

Play the "What is in the delivery box?" Game. Write down your answers and remember to try to add as much detail as possible to your answers. Imagine the doorbell rings and you are being delivered a box.

Who is delivering the box?

What does the box look like?

What other details can you provide?

Open the box. What is inside?

Look at a painting and create a story around it. [Here is an article](#) that describes how and you can see how others created a story to see how yours compares. What is your story? Write it below.

Sometimes it takes practice to wake up the imagination. It's a very good idea to wake yours up before heading to a past life regression, quantum healing session, or any consciousness exploration exercise. We hope you enjoyed playing!

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