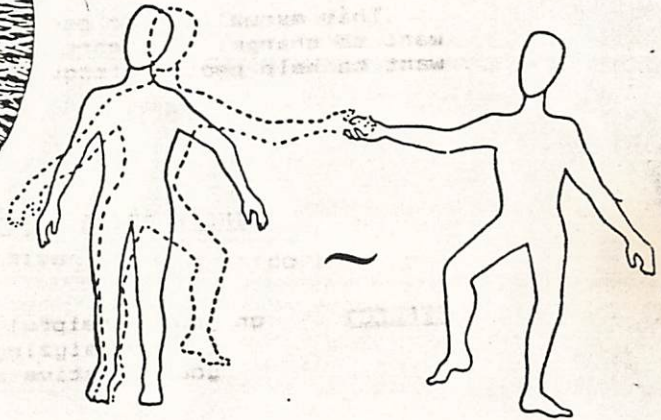
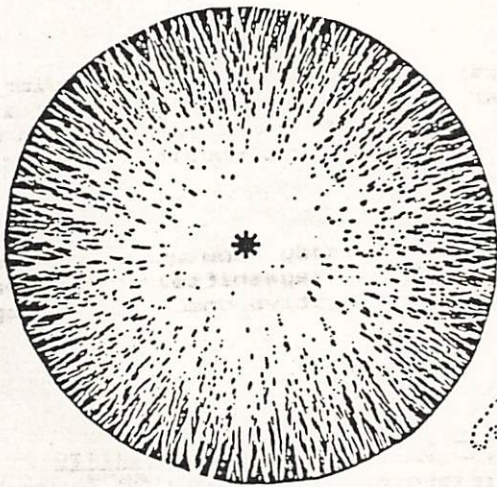


DO YOU WANT TO CHANGE?
THEN CHANGE YOUR IMAGE!



IMAGESHIFT EXPLOSION WORKSHOP



THE INSTITUTE OF CULTURAL AFFAIRS: MADRID
LA INSTITUCION DE ASUNTOS CULTURALES: MADRID

ICA
~

DO YOU WANT TO CHANGE? ~
THEN CHANGE YOUR IMAGES.

There are 3 things to remember about change.

IMAGES: Everyone lives out of images.
BEHAVIOR: Images determine behavior.
MESSAGES: Messages reinforce the image.

Messages: If you see yourself among people afraid to speak out;
Images: If you say to yourself, I have nothing important or interesting to say; Behavior: then you will have nothing to say. Your images (which are reinforced by the same repeated negative messages) determine your behavior.

Telling yourself that you ought to change your behavior or trying to believe new messages about yourself does not work. It is necessary to replace the old image with a new image. Then you reinforce the new image with a framework of positive messages.

This manual is for people who already know which behavior they want to change. The manual (Radical Imageshifts) is for teachers who want to help people discover their negative unconscious images.

~
THERE ARE 3 BASIC STEPS TO SELF IMAGESHIFTS

- REFLECT on your unhelpful behavior.
your paralyzing images
your negative messages
- REPLACE with a new image of your possibilities
with a new image of your future behavior
with positive messages that support your images.
- REINFORCE this new image with a new story about your life.
with a new context
with new relationships
with new attitudes

○ A. REFLECT

○ UNHELPFUL BEHAVIOR

List 5 behaviors you want to change. Choose one to work with now.

Examples: eat too much; afraid to speak out; complain constantly; nothing interests me; unemployed; poor relationships

1.

2.

3.

4.

5.

CHOOSE ONE BEHAVIOR YOU NOW WANT TO CHANGE

1.

PARALYZING IMAGES

List 3 images behind the one behavior you have chosen.

Examples: failure; growing too old; ineffective; my work is not important; people don't listen to me; I can't change; inferior; fat; no sense of humour; I never finish anything; unlovable.

1.

2.

3.

Put these three images in order of strength. You might know this by how many times you think of this image; how distasteful it is to you; or how often you hear it in your mind.

1.

2.

3.

2 Take one image at a time and list the negative messages.

● NEGATIVE MESSAGES

Examples of messages:

What I see: being at a party and unable to think of anything to say; eating too much; playing at my work and wishing it were time to leave; reading slowly; being uncomfortable when I am asked to talk; getting into a stupid argument; unable to work in noisy office; getting angry at nothing; watching t.v. to avoid being alone.

What I hear: people laughing at me; people laughing without me; noise that bothers me; internal voice saying: I am too old to do anything new; I can't do it; I am not going to try that again; That is too difficult for me; I will fail; the last time it didn't work;

What I feel: I feel stupid, confused, tired, bored, ineffective, lazy, afraid, angry, hurt, frustrated, helpless, powerless, rigid, shallow, insignificant; I want to strike out, I want to quit.

NEGATIVE IMAGE

When I think of this negative image, what do I see?

1.

2.

3.

When I think of this negative image, what do I hear?

1.

2.

3.

When I think of this negative image, what do I feel?

1.

2.

3.

* POSITIVE MESSAGES

Examples of Positive Messages

What I see: joining strangers and leading the conversation; walking in the park enjoying the solitude; a slim, healthy vibrant body; calling on the telephone with enthusiasm; taking a speed reading course; stepping back from an argument; eating large salads.

What I hear: wind chimes while I am reading; laughing within a group; internal voice saying: Live it; use your endless capacity for growing; a new beginning is given to you; there are no failures, only learnings; everything is in your hands; creative power is yours.

What I feel: I feel loving, gracious, effective, open, flexible, powerful, responsible, excited, caring, trusting, challenged, creative, free, supportive, ecstatic, beautiful, enthusiastic. I want to hug someone; I want to enlarge my relationships; I want to share my joy; I want to accomplish something; I want to sing.

POSITIVE IMAGE

When I think of this positive image, what do I see?

1.

2.

3.

When I think of this positive image, what do I hear?

1.

2.

3.

When I think of this positive image, what do I feel?

1.

2.

3.

***B. REPLACE**

***FUTURE DESIRED BEHAVIOR**

When your image changes, your behavior changes. Standing in the future, describe your new behavior. Put in the location, the environment, the physical stance, the emotions, the sounds, etc.

Example: Unhelpful behavior: I am a slow reader. Future behavior: I am reading in my armchair on a quiet evening and my eyes are flying across the page. I am relaxed but excited at being able to enjoy reading. There is a stack of books to read on my coffee table in front of me. The air is fresh and I sip my coffee gratefully.

RELEASING IMAGES

List 3 images behind your future behavior.

Examples: I can change; reading is fun; this is a new day; the decision is in my hand; challenge is exciting; the future is open; my life is just beginning; everything is possible; nothing can stop me.

1.

2.

3.

Put these images in order of strength. You might know this by how great it makes you feel; how strong it sounds in your mind; and how clear are the pictures that come to mind.

1.

2.

3.

4 Take one image at a time and begin to create the positive messages.

■ C. REINFORCE

■ NEW CONTEXT

To create a new story that reinforces your new image, create a new context for your actions.

WORLD

What is your context about the world you live in? A common negative context is that it is too complicated to think about. Therefore, I will be concerned only about myself and my family.

Negative Context: List down 3 ways you say to yourself that this world has become too complicated.

- 1.
- 2.
- 3.

Positive Context: List down 3 positive ways you could look at the world. Example: rise in youth suicide. Youth are becoming more conscious of meaninglessness. This is the time for our society to look at the quality of life and to set new goals.

- 1.
- 2.
- 3.

SELF

What is your context about your self and others? A common negative context is that the world is divided into good and bad people, thereby closing off any dialogue because some are already labeled bad.

Negative Context: List down 3 ways you label people that keeps you from listening or being open to them.

- 1.
- 2.
- 3.

Positive Context: List 3 ways you could approach people without labels. Example: I can learn something from anyone if I listen.

- 1.
- 2.
- 3.

***EXPLODE THE IMAGE**

Your new image is now made up of all the images of your new behavior and your messages. Quickly look at the material you have written on the new image. Do these steps:

1. Close your eyes.
2. Repeat to yourself your new image as if it were already true (use the present tense).
3. Step inside your new behavior as you have described it and look out of your new eyes.
4. Think of the messages: what you see, what you hear, what you feel.
5. Imagine the benefits of this new image.
6. Think of situations when you will use this new self.
7. Open your eyes.
8. Choose the most powerful image that came to you during this exercise as your clue image. It could be a picture, a feeling, a smell, a sound, a taste, a body sensation, an event. Whenever you need to reinforce your image, think of this short clue.
9. Repeat this exercise for seven days, twice a day for 2 or 3 minutes.



SECOND EXERCISE

If you feel your negative image has too much power over you, try this exercise: Negative Images

1. Close your eyes
2. Think of your negative behavior. Remember how you felt, what you heard and what you saw. Become involved in how horrible this negative behavior makes you feel.
3. Choose an ugly colour, a colour that you hate.
4. In your mind, melt the ugly colour over your negative behavior until you can't see anything but the ugly colour. Then, in your mind, pour the ugly colour down the drain.
5. Now think of your positive behavior. Remember what you see, what you hear and what you feel. Involve yourself in the beauty of that new behavior.
6. Choose a colour that you love. Brighten your picture of your positive behavior with this beautiful colour as a background. Make the picture larger and brighter in your mind. Breathe in the beautiful colour and feel the joy in this new behavior.
7. Say the "clue" to yourself, the one image, touch, smell, taste, event, emotion, or word that is your symbol of your new image.
8. Open your eyes.
9. Repeat this exercise 2 or 3 times. It is important to feel the negative and the positive emotions as if you were actually living these events.

NEW RELATIONSHIPS

To reinforce your new images, begin to think beyond immediate reactions. Often we jump to conclusions because we see things as static, with a life of their own rather than a dynamic relationship that can change. For example, when someone tells you that you are wrong, fighting begins from that screen- right or wrong. You are wrong because of this and this or I am not wrong because of this and this. Until you change the relational context out of which you are talking (like, what is the issue here?), then the whole fight is in a losing mode.

There are 3 steps in relational thinking:

1. To examine the information
2. To reflect on the different values
3. To decide the implication of the information and values.

How do you do this. You insist on looking at every issue with this screen. "Let's look at the information again. What values are you holding? How does that decision honour the data so far?"

Here are some possible categories to look at each section.

EXAMINE THE INFORMATION

1. common observation of what was actually seen, heard, felt, done.
2. the historical background
3. the present setting
4. the issues
5. the gaps
6. the details

REFLECT ON THE DIFFERENT VALUES

1. list the different perspectives that are present
2. list the missing perspectives
3. look for the value screens (what is most important and cannot be left out)
4. the different experiences and needs
5. listen for emotions as strong clues to values
6. listen for emphasis, repetition, dynamics, and sequences

DECIDE THE IMPLICATIONS

1. Look at several alternatives
2. view future scenarios
3. listen to intuitions
4. describe implications in detail with holding images and symbols.
5. talk through possible decisions using previous data.
6. decide and celebrate decision

Now, why go through this? Have you been in a discussion where one person was saying "We don't have enough data" Another one is saying "You don't care how important this is for me." And the third one is saying "Can't we just decide and stop all this fighting." Each one is stuck on one pole of this triangle of information, values, and decision and can't see the other. Below is a method of becoming conscious of all the relationships in an issue and how it is possible to look at all three before a final rupture or decision is made.

PAST

What is your context about the past? A common negative context is that nothing in the past was helpful. You might hear someone say "I will get as much as I can in this situation because nothing lasts very long. There is no reason to save money or schedule my time because only the present counts." Often, a person with this context only lives and reacts in immediate situations because the past does not give a good foundation for present activities.

Negative Context: List 3 past events you are unable to affirm as helpful to your present situation.

1.

2.

3.

Positive Context: List 3 positive ways you can now look at those past events. Example: Since my older brother was always better than I was, I had to develop my own resources and not compare myself.

1.

2.

3.

FUTURE

What is your context about the future? A common negative context is that since it is unknown, it is too risky to try something new. Therefore, this person may decide to build a life of total security where nothing new or strange can enter.

Negative Context: List 3 ways you find that you avoid or deny challenges.

1.

2.

3.

Positive Context: List 3 positive ways you can look at future demands. Example: What is needed in the future is more helpful to me than what must I do to hang on to my present life?

1.

2.

3.

EXAMPLE

Here is an quick example of the image problem of powerlessness in a 3rd world nation. They wanted a dam in order to improve their agricultural productivity. Some comments from that discussion:

THE INFORMATION

1. Failure image: no one will listen to us; the government doesn't care; we are too isolated; the landowner will fight any progress; we can't challenge them.
2. Missing data: have other villages built a dam? Has the government ever given anything to this village? to nearby villages? to any villages? How did they get it? What happened? At this point, it was learned that when another village did get a dam, the landowners then took away all the land for their own use.
3. Self-images: Is there anyone here who could speak to the government and/or the landowners if necessary? (yes) What have been the accomplishments of this village? When have you been the strongest? (when they work together to build the church) Will you work together again to get the dam? (yes, we already have a team who will help with the construction) When is the best time of the year to build? How long will it take to petition the government? Does anyone know someone in the government who can help us? etc.

THE VALUES

1. Power Image: when have you had power and used it well? What is your power? (our common need; our experience; our network of friends and family; our village leadership; our corporate achievements)
2. Need: why is this dam so important? (for our survival; so we can sell more produce and maybe have money for schools and medicines)
3. Fear: what can happen if you try to get this dam? (we can disappear or have our land taken from us). Is it still important to have this dam? (Yes, for ourselves and for our children).
4. Others: Why do you think others might stop you? (They are greedy for more land; they don't want us to have progress because we are too many.) What do you think that you have that makes them afraid of your progress? (They know that we can work together against their injustice.)

THE DECISION

1. Possible alternatives: Postpone the dam until we can get into a position of power: legalize the land first so no one can take it from us; train leaders to speak for us; contact friendly people in the government who can help us; raise some of the capital from other national businesses; learn how to petition the government, etc.
2. Power Image: we can be powerful if we work together and if we are willing to wait a long time for results.
3. Decision: Organize ourselves to work toward the dam. Name our village group and create a symbol for it that doesn't threaten the rich.

Look at your lifestyle in light of your new image.

EXAMINE THE INFORMATION

Describe in detail your present lifestyle - the events, the environment, the time design.

REFLECT ON THE DIFFERENT VALUES

List the values that are obvious from your present lifestyle and the values that you want from your new lifestyle. e.g. effectiveness; graciousness; challenge; solitude or escape, busyness, shallowness

OLD VALUES

NEW VALUES

1.

2.

3.

4.

5.

DECIDE THE IMPLICATIONS

Look at several alternatives to your life style:

1. How can you change your space, decor, and environment to support your new image?

2. How can you change your time design, schedule, vacations, weekends, and priorities to support this image?

3. How can you change your events, relationships, and social life to support this image?

STATES OF BEINGS

Reality is determined by how we perceive and interpret things. Our models, screens or filters therefore determine what we see. In order to create an environment of positive images, we need to consciously choose the models or states of being we wish to encourage in ourselves. Below is a model of 15 states of consciousness.

THE LAND OF MYSTERY

1. Impact of mystery: all I know or depend upon is taken away. I am not in control. It is like a thick fog surrounds me.
What is my positive response to this?

2. Power of mystery: I have a foot in two worlds at the same time.. One foot is in the common place world and the other foot is in a place surrounded by meaning. It is like being on both sides of a mirror and not being sure where to stand.
What is my positive response to this?

3. Transformation of mystery: The world is the same but everything is transformed because I see things differently. It is the same but new because I have just look at something like it was the first time I had ever seen it. It is like waking up on a new planet that looks like earth but is totally transformed.
What is my positive response to this?

4. Capture by mystery: I have an indefinite longing. I don't know what it is, but it seems to be meaningful. It is like being homesick for something I cannot describe.
What is my positive response to this?

THE RIVER OF CONSCIOUSNESS

5. The freedom of awareness: there are no guidelines, no excuses, and no limits to what I can do. It is like my eyelids can no longer close. I am aware of everything.
What is my positive response to this?

6. The freedom of creativity: no one else is responsible for my situation. It is like being the architect and being given a blank blueprint for my life.
What is my positive response to this?

■ NEW ATTITUDES

To reinforce your new images, you can create different responses or attitude. When anything happens to us, we have an immediate response. I lose my keys and I get angry. However, I don't have to continue living out of my anger. I can step back from this situation and my response and take a new relationship or attitude towards it. I can say something like "It's not that important, keep calm" Or I could increase that first reaction of anger by saying "How stupid." To live out of positive images, it is necessary to learn how to step back from your situation and decide which attitude you need to take.

These attitudes are your states of being. Look at this screen of 4 basic states of being:

1. Mystery: My life is a mystery to be lived, not solved. Everyday, things happen to me that I cannot totally understand or control.

A negative response is to never act until I am absolutely certain of the outcome. Since this is not possible, I am paralyzed.

What would be a positive response?

2. Consciousness: I am on a journey of consciousness. It never ends and the ending is not as important as the way I make the journey.

A negative response is to stop growing, to decide that life is complex enough, to be satisfied. At this decision, I close myself to any possible dialogue or creative encounter.

What would be a positive response?

3. Care: Living profoundly means to reach out for other relationships. The more I care and give of myself, the more I receive back and my network of relationships strengthens me.

A negative response is to care on a contract basis: you do this for me and I will do this for you. With this response you keep a book of who owes you and become a bookkeeper of debts, not a loving, warm person.

What would be a positive response?

4. Tranquility: My interior resources of confidence, peace, joy and unity are available to me at all times. I can reach into myself and decide to live out of positive images rather than negative ones. A negative response is to refuse to let go of negative responses and to defy anyone who suggest that you control your own attitudes.

12 What would be a positive response?

14. Problemlessness at the centre: Problems no longer block my decisions. It is like being a t.v. and I can change my own channels. What is my positive response to this?

15. Joy at the centre: I experience a strange gladness. Everything becomes a gift rather than a disaster. It is like being in love for the first time over and over again. What is my positive response to this?

16. Endlessness at the centre: I accept the fact of my death and no longer worry about my achievements or relationships lasting forever. I now concentrate on the quality of my life. It is like slowing down the time machine and seeing each day as meaningful. What is my positive response to this?

OTHER STATES OF BEING

What are other times you can remember when you were trapped in a negative response. Step back from them now and create a positive response to them.

Situation 1:

Situation 2:

Situation 3:

Situation 4:

Situation 5:

Situation 6: