

MyQuest

By Daniel Habbe

Today's Meditation - As humans we are blessed with incredible imaginations. If someone was asked, "What kind of person comes to mind when you hear the word imaginative?" He or she would likely think of an artist, a writer, or a genius of some kind. This is what people often associate creativity and imagination with. We often reserve creativity and imagination for artistic or ~~artistic~~ aesthetic pursuits, but there is another arena in which imagination can shine, one that is practical and has the power to transform our lives, and that is the arena of recasting.

Recasting is a simple yet extremely undervalued skill. For those of you unfamiliar with this term, recasting is when we choose to see an event, or circumstance we are in, in a whole new perspective. Sounds rather dull and simplistic, right? No way! Recasting is extremely powerful and can turn any problem into an amazing opportunity. Imagine being able to turn those difficult areas of your life into opportunities for growth, innovation, and ~~and~~ success. Imagine finding a blossoming garden of fulfillment where you once saw weeds of frustration and fear. This is the exhilarating and transformative power found in recasting.

Before ~~we~~ we can use this amazing skill we must be willing to do two things: we must be willing to let go of the problem. This may sound easy and obvious, but we don't easily relinquish our attachment to our problems. In fact, it is a common trait among us humans to defend our

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Problems. We fight for their ~~survival~~ survival as if they were precious pets. "How dare you threaten the integrity of my precious problem! It's my problem, and I'm not letting it go!" Seems to be a common mantra - I know it was for me. When a problem is facing us we must be willing to see it as an opportunity, even if the whole idea seems absurd (and it will). Second, we must be willing to use our imaginations. We won't be able to see ~~the~~ how the "problem" is an opportunity at first glance. Everyone in our bodies will scream "There's no way to turn this mess into an opportunity!" But imagination is an amazing gift with divine capabilities.

If we are willing to give recasting a shot - if we are willing to let go of the problem and use our imaginations - we can then use what I like to call Questions of Transformation. Try this experiment: Choose an issue in your life that is giving you some difficulty. Try to begin with an issue that isn't overwhelming, yet still causes you a lot of frustration or anxiety. Once you have chosen your issue set aside 10-15 minutes to answer the upcoming questions. For this experiment just be willing to follow through on all six questions and give them your best shot. Here we go.

1. What is the problem (be specific)?
2. What is (or could be) great about this?
3. How can I transform this into an amazing opportunity?
4. What am I willing to do to make the most of this opportunity?
5. What am I willing to stop doing to make the most of this opportunity?
6. How can I enjoy myself (or create a rewarding experience) while

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I make the most of this opportunity?

I am confident that if you gave this exercise your full participation you were able to transform your difficult issue into an amazing opportunity. Did you feel yourself defending your right to hold onto your problem? Strange, isn't it?

I used these questions to transform my incarceration - something most inmates view as a devastating and worthless circumstance - into an amazing, ~~one~~ one of a kind opportunity. Because I don't have to worry about paying bills or keeping up with the Jones's, and because I don't have to spend time doing dozens of daily ~~chores~~ chores, I have so much time to truly look deep into myself and work on the issues that got me here. Prison, for me, is like an intense spiritual retreat. Here I am forced to face my every demon. If I have anger, the prison environment will bring it out. If I harbor negativity, prison will bring it out. Poor social skills? Prison forces me to face them. Disempowering beliefs? I'm sure to hit my head against each and every one in this joint. Prison is like a furnace: it will either burn you to ashes, or refine you. The choice is yours. What a fantastic place to do the deep spiritual and psychological work of self-actualization! I feel like Gandalf in the movie Lord of the Rings when he fell in the mines and had to fight the Balin. It was a horrible, deadly experience and indeed it did kill Gandalf the ~~grey~~ grey, but what came out of those mines was Gandalf the White!

It may sound like fantasy or a Pollyanna-like exercise, but recasting has infinite potential. It is only limited by ~~our~~ our own imaginations. Imagine if we could all

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transform our difficult situations into amazing opportunities! Why settle for allowing an issue to drain us ~~from~~ of our ability to live life to the fullest? A Problem is only as powerful as we allow it to be. This recasting skill works for even the devastating issues of life. In fact, this is where this skill thrives. Let's let go of our tendency to treat devastating situations as untouchable, sacred entities. Let's let go of defending them, and use our imaginations to transform them into the life-changing opportunities they are. Let's become true alchemists! Don't get trapped by our culture's tendency to make certain issues "off-limits." That's just a crutch. There's no law that says we are supposed to allow death, disaster, or personal crises to have full rein on our lives. Even these issues can be transformed once we go through the grieving process. Give it a shot.

of a lower one

Current Events - I recently got a book on chakra's (The Book of Chakra's, by Ambika Wauters), and read through it. My therapist has this book and she photo-copied a ~~page~~ few pages for me. I found these few pages so transformative that I just had to get the book. I was never into doing "chakra work." I still don't know if I believe in the whole idea of our bodies having seven areas that channel "energy." Though I am more open to this idea now. What I know I believe is this: the seven ~~8~~ chakras can represent seven stages of psychological/spiritual growth. And by working on each chakra you develop each stage of this process. For ~~a~~ example, the first

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Chakra channels Vital energy. The Psychological view is this: We must have a sense of order, security, and safety as a base. We need a solid foundation that is secure and we need to feel that our very survival is safe. Without this sense what else could we possibly work on. This Chakra also represents Structure. With a solid base and ~~so~~ Structure, we can then begin to work on things of a higher order. At the top of the Seven chakras is the Crown Chakra. This represents full self-actualization. In between there are Chakras that focus on self-worth and power, love, integrity, communication and so on. Each one builds off the last. Whether or not we possess centers, chakras, that channel energy, we certainly do have stages of that progress toward self-actualization and psychological growth. I plan on spending the next seven weeks doing Chakra work, one week for each chakra.

The Mindful Living Group is going strong. Guys enjoy the meditation portion so much we just added a new night dedicated solely to meditation. We now meet on both Tuesday and Thursday nights. Cool, huh? I feel like I'm really contributing to my environment and having an impact on the guys here.

I just finished the LifeQuest Prospectus. Look for it soon! That's all for today. Peace, everyone, and Happy Questing!

Today's Quote - "Let me embrace thee, sour adversity/ for wise men say it is the wisest course." William Shakespeare