



# Principles of **A p p l i e d M e d i t a t i o n**

from *Meditations on Everything Under the Sun*  
*The Dance of Imagination, Intuition and Mindfulness*

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Inner dimensions operate in a different fashion than our ordinary world; it is good to periodically review the information that follows so that it remains in the forefront of awareness when you do your meditation work. Otherwise you are likely to employ your usual way of judging and dismiss the very experience you should be paying special attention to.

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## KEEP IN MIND:

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- Applied Meditation works with the Witness to be cognizant of the quality of energy that's present; the Active Imagination is used to help achieve goals; and the Receptive Imagination is used to gain insight. Usually all three modes operate simultaneously.
- Meditation is synergistically more powerful in group settings and causes groups to be more cohesive.
- Meditation utilizes a very familiar state of consciousness where imagination is most prominent.
- In addition to being the source of creativity, the imagination is the medium of psychic/intuitive information and the stuff of which probabilities are made.
- Meditation work takes place in the realm of the sacred.
- Affinity is the way of the universe. In the dimension of probabilities, like energies one another.
- The subjective world and the objective world mirror each other — change in one causes change in the other.
- Healing energy is always accessible in the inner dimensions.
- Healing happens naturally when you let go and trust life-force energies.
- All behavior stems from the imagination, whether or not it is to our liking. Nothing is done unless it is imagined first.
- For any problem, if you do not have a positive vision to strive for, then the problem itself is perpetuated because there is nothing else in your imagination to replace it — it becomes the source of your behavior by default.
- What you believe determines how limited or expansive your expectations are. Beliefs are the conclusions you have drawn from past experience. Outdated limiting beliefs, once recognized by the Witness, can be transformed with the process of Mental Housecleaning.
- When you can imagine what it would actually be like, it is possible.
- The act of “making it up” provides a context for intuitive information to make itself known.

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## THE CHARACTER OF INNER CONSCIOUSNESS

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- Thinking and imagining are not the same. The imagination is dominant when you are in a relaxed state of awareness and rational processing has receded into the background.
- The inner consciousness lives in the perpetual here and now. It is literal, suggestible, and does not comprehend negatives.
- The inner consciousness communicates through rhythm, repetition, rhyme, ritual, sensation, symbol, pun, metaphor, memory, and childlike make-believe. Inner consciousness lives in the realms of universality, and therefore its insights often feel clichéd.
- Intent, expectations, and questions determine the angle of the light of awareness and therefore control both what comes into view and what is drawn into experience.
- The rational mind tends to discount the workings of inner consciousness. Discounting does not impact the effectiveness of the work; in fact the presence of a discounting voice usually means that you are doing effective inner work.
- Inner consciousness is fluid and prone to wander; whenever it does, notice if there is anything significant about where it has taken you. If not, bring it back to where you were last working and continue where you left off.

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## ALWAYS STRIVE TO:

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- regularly meditate on your own, in group settings, and with or without meditation scripts.
- keep a journal of your meditation work.
- credit your inner dimensions when credit is due.
- have the Witness present at all times.
- follow your own inclinations of what feels right for you.
- notice and set your imagination to work coloring in and fleshing out the details of your first impressions, gut feelings, and the vague hunches that you find in the back of your awareness.
- never dismiss your experience just because it feels like you “made it up.” In this work it is your imagination that is the purveyor of your truth. If, when you are asking a question, the answer is not already there, don’t wait for it to come — make it up.
- be optimistic and open. If you have no positive vision in relation to a particular dissatisfaction, find one and work with it to bring about change.
- notice constriction and breathe through it, making space for the Witness to recognize what is taking place.
- move all that you imagine into a state of well-being, balance, peace, and wholeness.
- trust the harmonizing forces intrinsic to life and know that you access them when you meditate.
- express your gratitude for the gifts you receive from inner dimensions.

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## THE WITNESS:

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- is a state of being, not a character that resides within. It is a verb not a noun.
- emerges with full breath and should be present in all meditation work.
- brings a sense of wholeness.
- recognizes what feels right (balanced) or where well-being may be found.
- perceives intuitive information and catches sudden insight. (Aha!)
- has no attachments, reasons, or justifications. It simply knows. The information it offers can be ignored but not argued with. Any perspective that has a drive behind it is not being offered by the Witness. The Witness is not invested in having its perspective heeded.
- provides spacious awareness, where freedom lives, making response instead of reaction possible.
- recognizes energy that is at cross-purposes with intent.
- knows the meaning of metaphor and recognizes puns and their specific significance.
- discerns the potential outcome of any action under consideration.
- illuminates internal congruence/collision with external limitations.
- reveals the underlying expectations, intentions, and assumptions that limit or open energy flow.
- notices impulses to do things differently.
- notes when there is no vision toward which to strive.
- recognizes points of reference that can form a basis for making change.
- notices if projection is, in fact, what you really want.
- surrounds problems with spacious awareness, making room for the Receptive Imagination to do its work.
- identifies what is conceivable, plausible, and possible and detects whether expectation or wishful thinking is operative.
- knows when to employ the Active or the Receptive Imaginations.

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## THE ACTIVE IMAGINATION

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- Work with your Active Imagination to align yourself with and energize your aspirations, dreams, and goals.
- For any specific concern ask yourself how you would like it to be and imagine how that would feel, look, taste, smell, and be like — as if were already true. Give it three-dimensional detail and project what you want.
- Do not concern yourself with why, how, if, when, or where the projection may come to pass; just assume it has.
- Embody the projection and pretend that it is already true. Experience how that feels in your body and what your life would be like if it were the reality. Be sure that, in fact, it is what you want.
- Notice the impact of your projections on others. When projecting do so with the attitude that it will only come to pass if it is in everyone's best interest. Always respect the choices of others.
- Maintain a humble attitude that acknowledges you may not know what is best.
- Make the projection believable by telling yourself that, incrementally, this new experience is manifesting itself, or project it into a time in the future when it is conceivable that it will already have happened.
- Cultivate faith; remember past successes and acknowledge when change comes about.
- Create an affirmation and/or symbol that represents your projection.
- Have your last image/thought in meditation be positive and open.
- After working with the projection forget about it. Suspend judgment and assume the projection is working in its own way and its own time.
- Expect change; assume it is happening under the surface. If you watch for signs of success, it encourages the emergence of your projection.
- Invite your Receptive Imagination into the process whenever you feel constriction or can't find a positive vision for which to strive.
- Invite the Witness to discern if your vision is truly in your, and other's, best interest.

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## THE RECEPTIVE IMAGINATION

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- Work with the Receptive Imagination when you have no vision for which to strive.
- Story-making provides a context for insight to reveal itself. Use your creativity. Make up stories like children do.
- Imagine as though all thought forms have an intelligence of their own.
- Personify the constriction/problem — make up a character that represents it. Dialogue with the character. Ask it questions like, “What are you protecting?” or “What are you worried will happen?” “What do you want?” “What can you offer?”
- Work with whatever comes spontaneously into awareness or make it up; don't wait for it to happen. Give detail to the first image, thought, and/or sensation of which you are aware.
- Never concern yourself with whether or not what you are aware of is “correct.” When your rational mind does this, simply let it take a back row seat in your imagination. Do not get caught in the trap of deciding if it is correct before you proceed.
- Remember that what is “made up” and what “comes to” you both emerge from the same source.
- When you formulate a question notice what you sense to be true at the same time as you formulate it. Since inner consciousness lives in the perpetual here and now, answers often present themselves simultaneously to your process of clarifying the question. Sometimes you will feel that you already knew the answer.
- Inner consciousness resides in the realm of universality, so the answers it offers often feel corny. What matters is whether or not the information is useful.
- Pay attention to exactly how the imagination depicts any concern; metaphorically this represents the current state of reality.
- Negotiate with the character representing the problem; imagine what it can offer, and tell it what you are willing to do.
- When you agree to do something take manageable steps and renegotiate with your inner self if you find that you are not keeping your agreements.
- Whenever constriction arises breathe and invite the spacious awareness of the Witness. Endeavor to move the imaginary scene into a state of openness. This makes room for the Receptive Imagination to do its work. It will point to a strategy that you can use in your life. Invite your Active Imagination to project how it is to embody the newly received insight