



**FANTASTICAL
BEING:
beginner's
guide to getting
in the zone**

jenny suddaby

We are stardust
We are golden
And we've got to get ourselves
Back to the Garden

Joni Mitchell

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FANTASTICAL BEING

Imagine living as if you can do anything. Imagine you had fantastical powers that could change things for the better. Imagine you could create a fantastic life for yourself and others. Well... you can!

You ARE a Fantastical Being! You are the most complex instrument we know of to conduct, measure and transform energy. If you saw someone with these abilities in a Hollywood movie you would consider them superpowers. You can develop these superpowers in yourself and live your best life. You are amazing. The things you do can change the world. In fact, you can only change your world by doing things differently.

Fantastical Being is a 'made up' concept to remind you that you make up your reality as you go along. It is about living AS IF the things you do can make a difference, rather than living in a state of overwhelm where you lose all power over your own life.

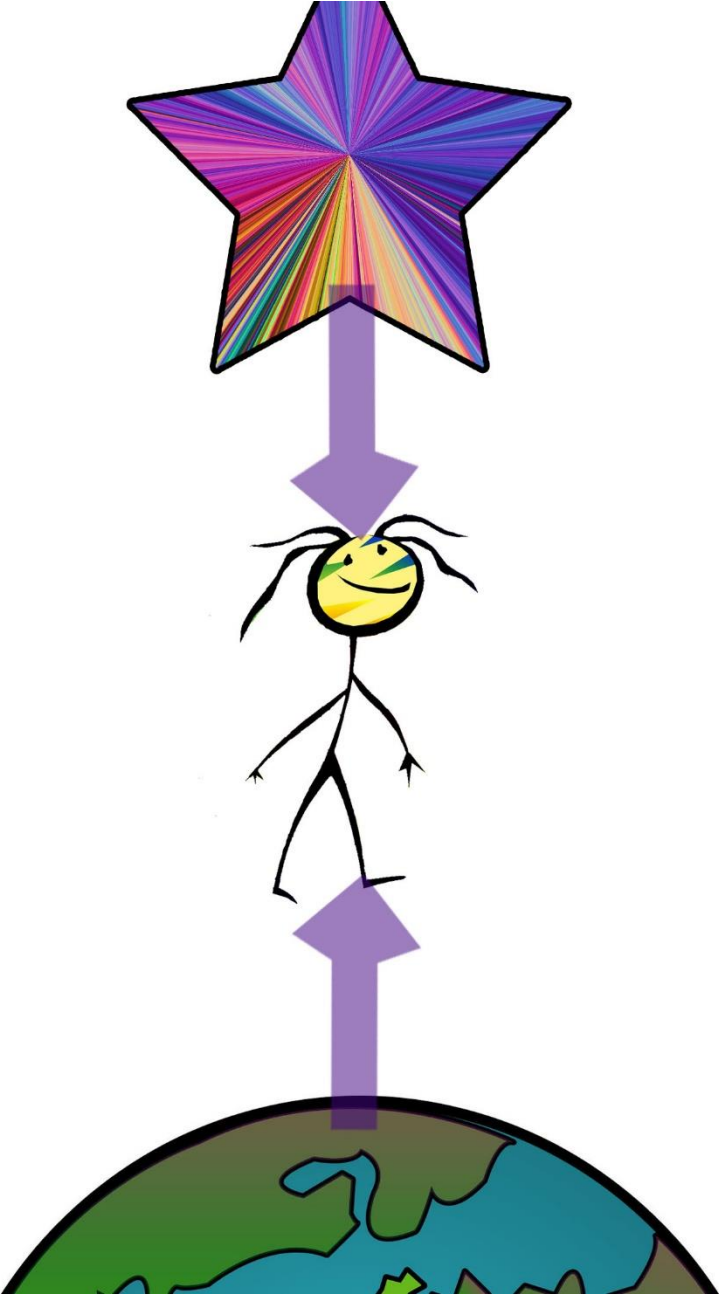
You can transform energy from one state to another with your intention. This process is free, it's a superpower and it's your natural ability. You can relax

without spending thousands on a spa retreat. You can build your resilience without building an army around you. You can experience the true joy of loving and being loved, which is something that money cannot buy.

The purpose of this e-book is to introduce you to how you can develop your valuable human qualities and live your best life. Cultivating intuition, creativity, love, resilience, the ability to form relationships and make reparations will help you to make the life you have the life you want it to be.

Our physical bodies are made up of the elements of the earth. Our physical bodies also have an energy moving through them that keeps them alive. It has different names in different cultures such as Qi in Chinese philosophy or Prana in Hindu philosophy, but in western cultures we call it Life Force Energy.

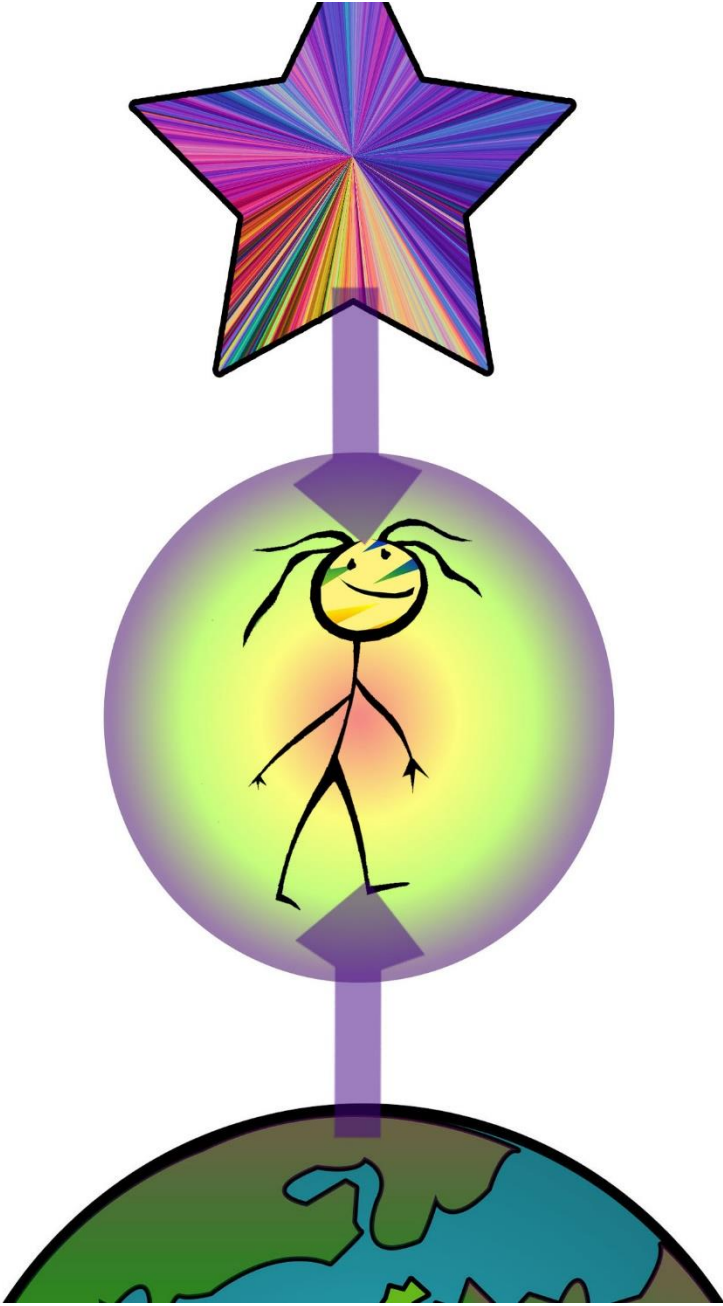
Plants also need Life Force Energy to stay alive. Plants transform the elements of the earth into food that we can eat. Every living thing needs nutrients from the earth and Life Force Energy to stay alive. Because every living thing is made up of energy, every living thing is connected to and affected by every other living thing.



Plants are very susceptible to variations their environments. Over time, to increase our resilience, we have developed complex energetic fields around us which help us to transform and store Life Force Energy so that we are not as susceptible as plants to unfavourable variations in our environments.

As humans and energy beings, we can pick up on the energy of other living things (including each other). We are sensitive to this energy, and it can have a negative effect on us when we experience it as fear, or the judgement of others. We can use our intention to not let the energy of others have a negative impact on our energetic field.

Our energy also affects everything around us. We can use our intention to affect what energy we put out into the world. We can transform this Life Force Energy into thoughts and emotions like new ideas, compassion and love.



We are energy beings so we can't get away from this energy. We need to understand how to manage ourselves and keep ourselves well, within the soup of energy that is made up of the universe, the earth, the plant and animal kingdoms, and the 7 billion people on the planet.

SELF AWARENESS

THE BODYMIND

Work on keeping the body well is probably the area that both western science and older, non-western health systems know most about. Ancient practices like Yoga and Qi Gong are still used by millions of people to support their health. Western science has made great advances in recent years in understanding specific areas of the body in detail, although there are still many things that are not totally understood.

A lot of work around the mind began with Freud and Jung. Their work emphasised that there is a connection between what goes on in the mind and what goes on in the body. There were other western philosophers at the time who were thinking and writing along these

lines. The connection between the health of the body and the health of the mind was taken more seriously, although not totally understood. This was only news in the west, as connection between mind, body and all that is had been accepted for thousands of years previously in other philosophical traditions.

As therapy evolved in the west through the 20th century, different ways of expressing and releasing thoughts and emotions evolved out of different ways of working with the mind. People doing therapeutic body work also started to realise that thoughts and emotions were stored in the body. This re-iterated the concept of the connection between mind and body, and people started using the term 'Bodymind'. Bodymind is a concept that had already been present for centuries in other philosophical traditions.

SPIRIT

For thousands of years, the spiritual aspect of the human being has been explained through religion. Some religions have suggested that spiritual nourishment is only available to us through connection to an iconic deity.

Other philosophies acknowledge the possibility for us to get spiritual nourishment through elements of the natural world, the earth and the universe.

There was no mention of the spirit in the work of Freud and Jung. They focussed on the body, mind and emotions. In 1965 Roberto Assagioli wrote a book called Psychosynthesis which incorporated the spiritual aspect of a human being into the old mind/body based psychological approaches.

By the end of the 1960s, there was a strong convergence of theories that supported the idea that mind, emotions, body and spirit are connected, and all play a part in our overall health and wellbeing. This concept had already been present for centuries in other philosophical traditions.

Our collective experiences, thoughts and emotions make up something which Emile Durkheim and Carl Jung called 'Collective Consciousness'. Freud came up with the term 'Personal Unconscious' (that which we are not always aware of), Jung came up with the term 'Collective Unconscious' (that which we share and which we are not always aware of) and Assagioli came up with the term 'Superconscious'... 'our higher

potentialities which we often repel and repress' (Assagioli, Psychosynthesis, 1965). We also share a collective potential which we can call the 'Collective Superconscious' – the collective potential of all of us that we have not yet realised.

We are born into this collective consciousness. As we grow up, we learn ways of being and behaving to try and keep ourselves safe from overwhelm in the circumstances we are born into. These ways of being and behaving are called sub-personalities. These protective behaviours become habits that underpin reactions that occur without us thinking about them. This is what happens when people 'push our buttons'.

The sub-personalities are aspects of our behaviour that we have learned. Because they are learned, we can unlearn them and change them to something we want them to be. To be able to unlearn them, we first need to know what they are.



The information that comes to us from the world outside of us is filtered through the sub-personalities by things like assumptions and distortions and even deletions of information, as we just don't hear or see certain things. These filters evolved in us to have a protective role but can end up creating more problems for us as they inhibit clear communication.

Getting to know our sub-personalities helps us to recognise our habitual ways of being and behaving. We can learn about the characteristics of our sub-personalities by observing our own behaviours.

The sub-personalities create a 'noise' of internal chatter in our heads. They show up as beliefs and theories of everything that we use to explain our life circumstances. Getting behind the 'noise' is essential to enabling our intuitive abilities to read what is really going on.

We need to be able to tell the difference between our internal chatter and what we are picking up through our intuition. Increasing our self-awareness helps us to turn down the noise of our internal chatter.

REPARATION AND THE SPIRIT

There is a longing that comes from deep within us. This longing is to BE-LONG. We are social creatures. We crave community and connection. Our community is all life on earth. Our connection is to each other and everything in the universe.

The mechanisms we use to cut us off from the pain in the world also cut us off from vitality and connection to community. Feeling isolated and without purpose harms us and causes depression and despair. How do we keep the human spirit strong through the process of acknowledging and transforming the pain?

The reparation we need is to our sense of belonging. We belong to each other. We belong to all life on earth just as all life on earth belongs to us. The separation we have imagined has caused us unbearable suffering. Through this separation we have allowed unbearable suffering to be caused to others.

We've made mistakes. We can learn from them. We can change our behaviours. We can forgive ourselves and forgive each other. We can choose to nourish the human spirit, instead of trying to break it.

INTUITION

We all have the ability to use our intuition. Intuition is our ability to read the energy that is in our environments. We can also read the energy that is stored in our own bodies and energy fields, and in the energy fields of others. We can read the energy that is stored in the collective conscious and the collective unconscious, and we can tune into energy in the collective superconscious which is the potential of us all, and within that, our own potential.

When we have learned how to get behind the noise of the personality and the influences of the people around us, we can begin to listen to our own interpretations of the energy around us. As this information comes to us, we can be informed by it and learn from it. This is why it is called IN-TUITION.

We are picking information up all the time, whether we are aware of it or not. At the same time, the limitations of our sub-personalities are always interfering with what we are picking up. Learning to recognise what we are picking up and when we are doing it is an important way to develop our intuition.

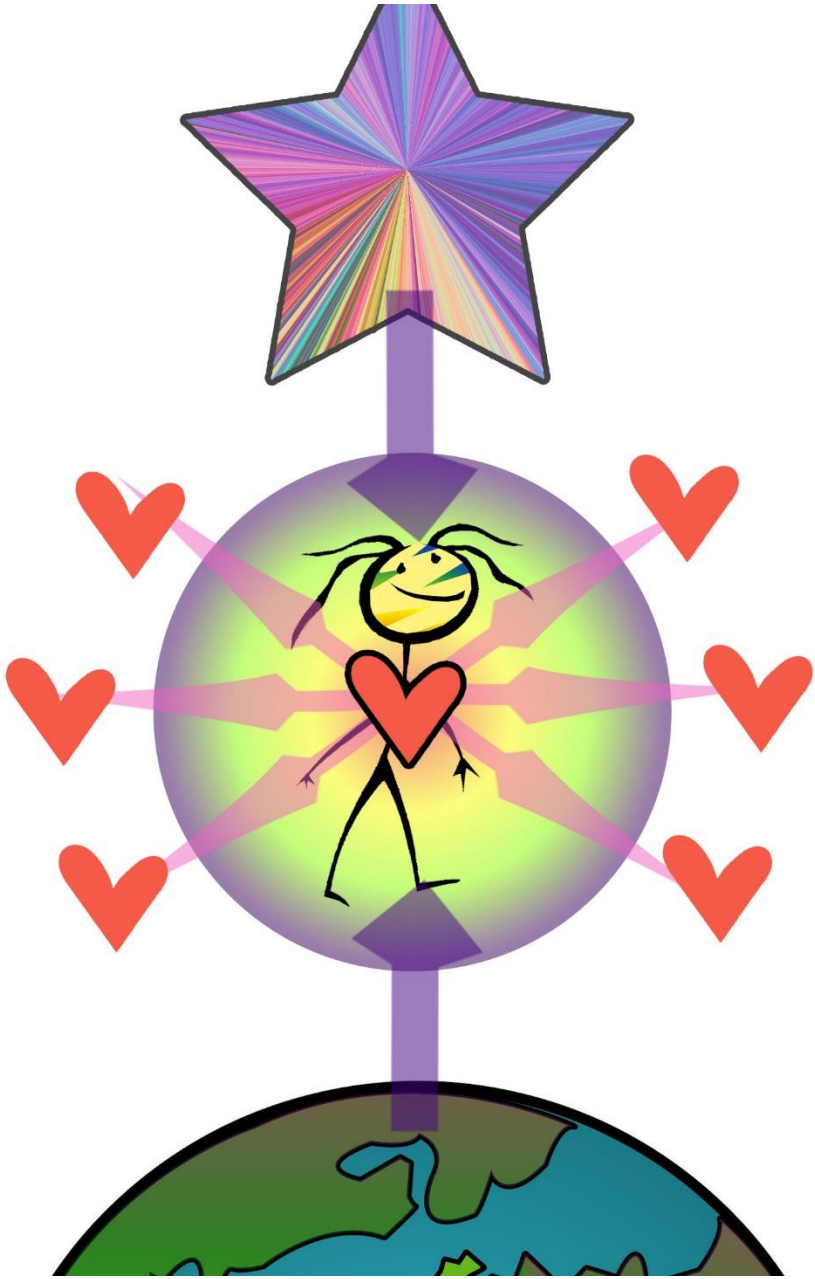
LOVE

We transform Life Force Energy into love with our intention. Love is a quality of energy that facilitates nourishment and growth. When we feel loved, we can expand and feel safe to be ourselves. Love feeds us. It supports us. We need love to thrive.

There is a lot of fear and judgement in the group collective conscious. Fear and judgement have an impact on us and can inhibit our vitality. By focussing on love, we can choose to replace any fear and judgement in our own energy fields with love

As we hold more love in us and around us, we are able to send more love to ourselves, our loved ones, our communities and out to the group collective conscious.

This is important because, in doing this, we can help to create the conditions where everyone and everything can flourish. Love is the energy that allows growth and expansion.



CREATIVITY

Creativity is the natural outcome of Life Force Energy flowing through our body, mind, emotions and spirit. This is why we use the term 'creative flow'.

We can encourage the free flow of energy through us by releasing old, stuck energy that we are holding on to. We can achieve this by expressing ourselves freely with love. When we express ourselves with love, we are being creative.

Encouraging Life Force Energy to flow through us, helps us stay well. Creativity encourages this flow, so being creative helps us stay well.

Unfortunately, for many of us, the creative process gets closed down by the trauma of judgement and ridicule. We often have to re-learn the creative process by actively creating the conditions for ourselves that make us feel safe. When we use our intuition to read environments, we can seek out situations where we are safe from judgement and closer to love more of the time.

To allow creativity, proper generativity, we need to feel safe. We need to be able to trust that our creations will be received with open hearts and minds. We need to be able to stay in a generative space. We need to be able to play.

Because we are connected to everything around us, we are connected to the collective unconscious just as we are connected to the collective superconscious. We can tune into, and are affected by, the collective memory of humankind. We can tune into and bring more love to the collective potential of humankind. This is important because, in doing this, we can help to keep the collective human spirit strong.

GETTING IN THE ZONE

To give you the space to explore your self-awareness with your intuition, connect to your ability to make more love and release your creativity by understanding what you need to do, it helps if you get into a zone where you can sense yourself as an energy being.

You are trying to get to know more about the nature of your being. Spending time experiencing these different thoughts, emotions and sensations in the body when you are doing your self-awareness exercises helps you to connect with the awareness you are raising and ground the energetic shift in your body. Ask yourself questions like:

- What thoughts am I having? How does this make me feel? What is my experience of this in my body?
- What emotions am I aware of? How does this make me feel? What is my experience of this in my body?

The time you invest in this process is time well spent and will benefit you and everyone around you. To create the conditions where you can do this it is best if you:

- create a safe comfortable space for yourself
- go through a centering process
- do a sensory check in the body
- focus on your chosen exercise
- do a sensory check in the body
- ground yourself at the end of each exercise
- record what you experience think and feel and make a note of any actions you want to take.

CREATING A SAFE SPACE

Manage your boundaries to keep yourself safe and calm. There have been many times when I have had to do this work before I go to sleep because that was the only quiet time I could get in my day. Just accept whatever time you can carve out for yourself and begin where you are.

Give yourself some time to reflect in a place where you know you will not be disturbed. This is important. If we give ourselves some quality time to listen, we will get better quality information.

CENTERING

Centering is to have our focus at the centre of our own being. It is to let go of anxieties and fears. It is to be in a state of balance and harmony. It is to free ourselves from our 'stuff'. The more we know what our stuff is, the more we can free ourselves from it. Centering is an intention to remind ourselves to keep a perspective - to not get too caught up in any one aspect of the self or the world - but instead to keep choosing to move towards the idea of a centered, balanced, calm self.

Simple examples of things that pull us out of our centre would be the demands of other people or the various aspects of the personality. We create cages for ourselves built out of assumptions, generalisations, deletions and distortions of the world around us. These can interfere with our perceptions of ourselves and others, and lead us to having relationships with the world around us that are not based on 'reality'.

One way of avoiding this is to increase the frequency of our centering practice, which will stop us jumping into those aspects of our personality which lead us into these behaviours. Another way to avoid this is to engage in conscious self-awareness exercises in a centered state. Centering helps increase our receptivity and awareness of what is really happening around us. It helps us avoid jumping to wrong conclusions.

Centering enables us to experience life in a focused and balanced way. When we are centered, we focus on our own experience of a situation rather than focusing on what other people might be thinking or saying about us. The more we stay in our centre, the less we behave in an out of balance way.

You are engaging with your own busy mind when you are trying to center yourself. The mind is like a naughty puppy tearing around and getting into mischief. Try to think of yourself as a Dog Whisperer. It doesn't matter if you have to call the puppy back a thousand times. What is important is that you are patient and consistent. Slowly you are teaching your mind how to calm down. As anyone who has ever had a puppy will know, the puppy needs to feel safe to settle.

To prevent the mind arguing with us, we have to give it facts that are indisputable. Gravity holds us on this planet. We can fall over but we can't fall out of the earth's atmosphere. 'I am supported and held by gravity' is an absolute truth that the mind cannot argue with. 'I am safe, I am supported, I am held' is an extension of this.

CENTERING EXERCISE

This is the main centering exercise to prepare you for all of your self-awareness work. Create a safe space to work where you won't be disturbed:

- Make yourself comfortable wherever you are, whether you are sitting or lying down.

- Start to notice any sounds you can hear. Notice the sounds, accept them and allow them to be without attaching fear to them.
- Bring your attention back to yourself and start to notice the body.
- Ask yourself: am I as comfortable as I can be at the moment?
- Notice your response. Accept and allow it.
- Make any adjustments you need to make to become even more comfortable.
- Ask yourself: is the breath that I am taking the breath that I need?
- Notice your response.
- Make any adjustments you need to make to enjoy gentle, nourishing breath.
- Now, push all your awareness down into the toes. Start to ask yourself: what does it feel like in the bones in my toes?
- Practice noticing. Whatever you notice, accept and allow it. It doesn't matter what you notice. What matters is how you respond.
- Respond by returning your attention to gravity and the fact that you are safe and supported.
- Affirm to yourself: 'I am safe, I am supported'.
- Now ask: What does it feel like in the tissues surrounding the bones in the toes?
- Practice noticing. Whatever you notice, accept and allow it.

- Respond by returning your attention to gravity and the fact that you are safe and supported. Let the weight of the body be supported by gravity and the core of the earth.
- Affirm to yourself: 'I am safe, I am supported'.
- Now ask: What does it feel like in the soft tissues surrounding the bones in my toes? What does it feel like in the fluids serving the tissues and bones?
- Stretch your attention. Practice reaching for new information, new awareness and new experiences of yourself.
- Practice noticing. Whatever you notice, accept and allow it.
- Respond by returning your attention to gravity and the fact that you are safe and supported. Let the weight of the body be supported by gravity and the core of the earth.
- Affirm to yourself: 'I am safe, I am supported'.
- Now repeat this process, moving through the different areas of the body observing hard tissue, soft tissue and fluids.
- When you have gone through the whole body bring your attention back to your centre.
- Go through the following process for grounding yourself.

GROUNDING

Grounding is a state of being where we feel properly connected to the earth. When we are grounded, we are fully involved in what is going on for us, right here, right now. A simple example of not being grounded would be locking the door and then not remembering whether the door is locked or not because we were thinking about something else at the time.

Fear and anxiety can make us feel ungrounded. When we believe that we cannot deal with the challenges we face, we are not grounded. When we ground ourselves, we can tackle those challenges head on by synthesising all of the aspects of ourselves as energy beings and using those resources to meet our challenges.

The more grounded we can be when we are doing self-awareness work, the more we will be able to BE ourselves in the real world.

GROUNDING EXERCISE

Create a safe space for yourself. Go through your centering exercise.

- Imagine a layer of protection around you. Let it be fantastic and strong.
- Affirm your connection to the earth as something like: 'I am an energy being in human form on earth. I am safe here'.
- Feel your body firmly connected to the earth.
- Keep pushing your intention down to the core of the earth and experience this through the body.
- Start to gently move your fingers and toes, limbs and torso, neck, head and face.
- When you feel grounded, open your eyes and be ready to engage in the world around you.

ACTION

So much can come out of doing self-awareness exercises and it is important to capture your very precious self-awareness as it emerges. When we come out our Fantastical Being exercises, we will have new ideas, new insights, new feelings that are associated with the changes in energy we have just experienced. At this point, it is good to ask yourself what actions you could take to move you towards the fantastic realisations you have had.

ACTION EXERCISE

After going through your centering and grounding exercise, ask yourself:

- What do I need to capture from this exercise?
- What could I do to keep myself in the best possible state?
- What could I do to take one small step towards bringing the changes I want to see into the world?
- What could I do to ensure this creates the best circumstances for everyone involved?

Take the ideas that come to you and record them in a way that will keep them on your agenda. Vision boards, journals, post-it notes, affirmations, visualisation, meditations, phone diaries, gratitude diaries, and all the other tools people tell us to use in manifesting are only part of the story. We have to ground that work in the real world, and we do that through taking action. Committing to taking action is very empowering.

REGULAR PRACTICE

All the exercises in this book help you to increase your self-awareness. The mind is active all the time so please remember that self-awareness is a state of being that is

best achieved by repeating these exercises on a regular basis.

You can choose how much time you spend doing this. The important thing is that you give yourself the time you need and the time you deserve to contemplate your reality.

RESOURCES

There are all kinds of tools for transforming energy available to you that you can use on yourself and/or develop whilst working with others.

Working with these transformational tools whilst, at the same time, developing your own intuition, creativity and capacity to make more love in the world will bring lasting benefits to your own life and the lives of others.

You can find a number of resources and courses to support your self-awareness, self-healing, and self-development at Fantasticalbeing.com