
12 Guiding Principles

The following 12 Guiding Principles are the cultural DNA that shapes Imagine the Next™. We commit to embodying these principles and allow them to inform our collaborations and community engagements. We realize this is a journey, one of a lifetime. We are all doing this work, and we are all in different stages of integrating and embodying these principles. Our work is to offer a place to rise to the occasion of fully integrating these principles.

(1) Alignment

I give myself permission to Be.

I commit to personal and collective practices to raise and sustain a high frequency.

I allow for ease and simplicity. While my work may feel effortless, this does not mean I am not doing anything.

I let go of resistance--thoughts of struggle, competition, and 'hard' work--and instead allow for the highest fulfillment of my potential.

My first work is aligning with the highest intention for the greatest good of people, planet, and spirit.

Affirmation: **I AM.**

(2) Uncertainty

I take no thought. I agree to let go of what I think I know.

Being right is a waste of time.

I am willing to shift from seeking attainment and achievement to experiencing fulfillment, beauty and bliss.

Uncertainty is the key which opens the gate to the field of infinite potential.

I stay curious. I jump into the unknown.

I trust original thought. I fully imagine the what before demanding the how.

Affirmation: **I AM OPEN.**

(3) Awareness

I am in the Now, in the present moment.

I am willing to "wake up" every day by developing my self-awareness.

I appreciate my place within the constellation.

I observe, accept, and release patterns of the ego with self-compassion, humor, and deference.
I practice gratitude.

I strengthen my emotional intelligence and trust my heart's intuition as true knowing.

I merge completely with my Higher Self.

Affirmation: **I AM IN MY KNOWING.**

(4) Discernment

I develop keen insight and heart-centered perception, understanding the difference between judgement and discernment.

I can play with perspective to alter how I view myself, others, and situations.

I strengthen my social awareness, shifting from *Me* to *We* and cultivating compassion for others.

Beyond likes and dislikes, I give and receive nuanced feedback about what is effective.

I remain observant of our community culture and speak when adjustments are needed. I make conscious choices.

Affirmation: **I AM WILLING TO SEE THIS DIFFERENTLY.**

(5) Authority

Me and God are One.

I give myself permission to no longer play small.

I am resolved to reclaim my sovereignty and become a spiritual adult. I act as my own mother and father.

Creativity is not rebellion; true creativity liberates. I release resistance to directives and feedback and respect leadership.

I commit to upholding a peer governance structure based on a shared culture, rather than rigid rules.

Affirmation: **I AM ENOUGH.**

(6) Integrity

I am committed to that which is *real*, as in that which amplifies life force rather than depletes energy.

I am my Word. I am authentic, respectful, and direct in thought, speech, and action.

Rather than adhere to moral standards of “right” and “wrong” set by any doctrine, I set intentions “for the highest good of all.”

I understand that my personal and career development is not about compliance but my commitment to excellence in pursuing passion, purpose, and positive impact. I serve as a conduit for original concepts, ideas, projects, and creations.

Affirmation: **I AM REAL.**

(7) Embodiment

I am here on Earth to delight in the full range of physical experience. I honor my emotions expressed through the body. I honor my body by experiencing the pure joy of physical senses. I appreciate that I have a body through which I take my movements.

I commit to regular breath, movement, and meditative practices that balance and strengthen my body, mind, and spirit.

I am willing to cultivate my refinement: becoming more subtle, sensitive, poised, and graceful. I honor physical presence with my focus and eye contact.

I practice *embodied technology*, refusing to lose touch with myself and consciously using devices as creative tools.

Affirmation: **I AM GROUNDED.**

(8) Rhythm

I liberate myself from the inhumane pace and productivity demands of industrial society. I celebrate a personal and collective return to the pace of nature.

I give myself permission to pause. From stillness comes all movement.

I move with organic rhythms. When I feel stuck, I can flow like water. I do not force things ahead; my worth is not equated to how much I do.

I understand the perfect efficiency of inspired action.

Affirmation: **I PAUSE, I MOVE.**

(9) Space

I respect how the environment affects our frequency, and how my frequency affects our environment.

I commit to holding the space. I help create a coherent intersubjective field that allows for creative inspiration. I honor the womb.

I understand that it is our collective responsibility to sustain the beauty and frequency of our space. I am conscious as to how I navigate and move through space.

Affirmation: **I HOLD THE SPACE.**

(10) Balance

I honor the differences between masculine and feminine energy. I understand how integrating these polarities into androgynous oneness reflects the universal human and the process of co-creation.

I remember the pulse of creation by watching the breath: inhale and exhale, expand and contract. I am as enthusiastic about contraction—feedback, revision, and letting go—as I am about expansion. This is how I recognize what wants to manifest.

I allow time and space for chaos—disruption and play—as well as for structure. I see structure as synergy, as conscious collaboration for mutual benefit.

I am part of a community that supports collective harmony while encouraging individuality and diversity.

Affirmation: **I CREATE, I RELEASE.**

(11) Resonance

I listen. I am becoming sensitive to sound current.

I do not rely solely on words to express ideas. I use movement, visuals, and sounds to inspire.

My work is attunement and refinement: creating deep, profound reverberation.

I am not interested in “quality over quantity” so much as frequency over productivity. I shift from thinking of progress as production to knowing progress as process.

I understand scale as positive impact.

I trust the creative process is not linear but an upward spiral reaching infinite power and potential.

Affirmation: **I ATTUNE TO INFINITE POTENTIAL.**

(12) Oneness

I understand that polarities are born from separation consciousness. I commit to integrating polarities as the path of the universal human in unity consciousness.

I go beyond good and evil, beyond right and wrong. I am inclusive.

I see myself in others.

I transcend separation and recognize the oneness in all that is.

Affirmation: **THAT I AM**

Curriculum Framework

All of the work at Imagine The Next™ is inspired by the universal creative process, which we have received and framed into four cohesive phases: Consciousness, Creativity, Movement, and Plant. These four phases inform all of our classes, workshops, and collaborations.

CONSCIOUSNESS

Participants learn how to take no thought from the mind, to find their connection to the quantum field of infinite possibilities, to “be” in consciousness and to enter a powerful state of “being” in the present moment. They throw themselves into the unknown: entering the void, embracing the unknown. They engage in practices to let go of what they know, how they interact with themselves and their world, in order to cultivate their connection to higher consciousness and elevate their frequency so they can create from this place.

Modalities: Breathwork, Meditation practices, Yogic sciences, Sound healing and Voice work, Postmaterial neuroscience discussions, Nature immersion, Constellation work, Somatic body scanning

CREATIVITY

Participants release false assumptions about creativity, coming to recognize creativity as how they embody and animate universal consciousness through their unique prism. They accept that what they create is not theirs, rather that they were the channel for it to come through so it can be embodied on the earth plane. They liberate their authentic self, learning to trust their heart’s intelligence and express through the body. They discover their unique gifts they can use to serve the world.

Modalities: Ecstatic dance (similar to 5 Rhythms and Dance of Liberation), Painting, Sculpting, Journaling/Automatic writing, Poetry, Archetypal work and Storytelling (and Story Liberation), Theater/Improv, Theatrical exercises of Freeing the Inner Voice and Shadow, Photography, EFT, Nonviolent communication, Psychomagic, Tarot

MOVEMENT

Participants are given the time and space to retreat and integrate their transformation before emerging into the world. They are asked to create and share their creative concept: they simplify and communicate this seed they have received without compromising its high-level original consciousness, creativity, and frequency for it to eventually scale into a tree, a forest, an ecosystem. And they emerge as butterflies, the ultimate embodiment of their creative seeds.

Modalities: High frequency studio time, Flow State (i.e., how to create Time and take inspired action), Embodied technology classes, Inspired personal and visionary statement writing, Power of the Word (i.e., power of sound current to attract people to your mission), Leadership training for conscious creatives