



The Ignatian Way I

Week 3

Explore life – The power of the imagination

In preparation for this session, listen to the [Week 3 podcast](#) and read the extract from [Tim Muldoon, *The Ignatian Workout*](#) (Loyola Press, 2004) pp.54-60.

Further material for reflection

1. Where are you aware of imagination already being part of your life?
2. At the bottom of page 57 running onto page 58, Tim Muldoon invites you to imagine your life as a journey: '*Where are you going? What kind of transportation are you using? Who are your companions?*' And back in the Week 1 podcast, we also offered you metaphors of rivers, fairground rides, or imagining your life as a book or film.

As we enter Week 3, which image best fits your life at this moment now?

3. In this week's podcast, Rosie mentions that when we hear the words 'God' or 'Jesus' then most of us will have some form of an imaginary response.

What emerges for *you* when you're asked to imagine Jesus?