

## WE ARE IMAGINAL BEINGS

Co-Creating the New

24 October 2025

[www.spibr.org/imaginal\\_beings.pdf](http://www.spibr.org/imaginal_beings.pdf)

The caterpillar is my teacher. The cocoon in my classroom. The butterfly is my new life. And, shared ideas are imaginal; empowering us to create the new, *together*.

### PUPA

I am currently in the pupa phase of life. Pupa is that *tender* phase within a cocoon, when a caterpillar is transforming itself into a butterfly.

After the death of my daughter Allie, one year ago, I have struggled to realize my new life<sup>1</sup>. She was then, and remains today, central in my world. So ... now what? What is my new purpose in life? And, where will I find the energy to continue on and eventually take flight?

And, our world is going through a metamorphosis of its own. What are we being called to co-create? How will that be done? And, where will we find the energy to do *our* work?

### THE HAGUE

Last month, at The Hague, I was asked to co-facilitate a dialogue session along with Virginia Cannell from Brazil<sup>2</sup>. The event was focused on co-creating a new world as envisioned by *A Course of Love*. It was coordinated by Take Heart Publications<sup>3</sup>. With 45 participants from around the world, there were 1,980 relationships, making it a divinely powerful gathering<sup>4</sup>. Our specific session was focused on using dialogue to tap into the power of creation.

### THE CREATIVE POWER IN DIALOGUE

A centerpiece in my share was about the role that dialogue had played in breathing new life into Allie. Nine years earlier she had called me to her apartment. There, she talked of ending her life and asked me if I would help<sup>5</sup>. I focused on *listening* – an act of love. I did not try to convince her not to end her life, I mostly listened. After our deep dialogue, she changed. Then she began talking of *ending the life she had been living* – a huge difference compared to how our dialogue had started, when she wanted to *end her life*.

Over an eight-year period, Allie dedicated her life to autobiographical painting, enabling her to share her heart with the world. About 50 of her paintings were exhibited in the Gallery at the Santa Fe Community College. Which turned out to be one of their largest exhibitions, in terms of artistic pieces and attendees at its *opening*<sup>6</sup>. Then, with the help of three amazing women, Allie created a powerful book of her prints and words<sup>7</sup>.

<sup>1</sup> On 22 October 2024, Allie chose Medical-Aid-in-Dying (MAID). She decided on that day based on her older brother, Aaron, appearing to her in a dream and giving her that date. He had died 15 years earlier of the same life-shortening disability.

<sup>2</sup> When dialogue is *deep, authentic and empathic* it connects us to the creative power that lives within relationship itself. Dialogue is the portal (to spirit and to God); and, trust is the key ([www.spibr.org/dialogue\\_is\\_the\\_answer.pdf](http://www.spibr.org/dialogue_is_the_answer.pdf)).

<sup>3</sup> See [www.takeheartpublications.org](http://www.takeheartpublications.org) for more information on Take Heart Publications.

<sup>4</sup> *A Course in Miracles* (ACIM) says the temple of the Holy Spirit is *relationship* itself; *A Course of Love* (ACOL) says it is God.

<sup>5</sup> Allie had Friedreich's Ataxia, a progressive neuromuscular disorder that was destroying her body and would shorten her life, like her older brother who died from FA in 2010. She wasn't interested in "taking the FA ride all the way to the end".

<sup>6</sup> "Cocoon" was the title of Allie's art show – [www.spibr.org/cocoon.pdf](http://www.spibr.org/cocoon.pdf); on the second page are links to videos of the show.

<sup>7</sup> Her artistic creations is her legacy - [www.spibr.org/legacy.pdf](http://www.spibr.org/legacy.pdf) – created over an eight-year period [www.spibr.org/timeline.pdf](http://www.spibr.org/timeline.pdf).

## IMAGINAL CELLS

So ... back to the event at The Hague ... After my opening share, Virginia shared about *imaginal cells*. I had never heard of them before! Her words complemented what I had said about cocoons. Imaginal cells:

- Lie dormant within a caterpillar, holding the keys to the caterpillar's future life as a butterfly.
- Are often attacked by the caterpillar's immune system, because those cells seem to be foreign.
- Remain resistant and persistent; they clearly know what their future purpose is and they won't be stopped.
- They cluster together with other imaginal cells for protection and to co-create pieces of the butterfly.
- They feed off of the remaining pupa within the cocoon – energizing their co-creative processes.
- The caterpillar's metamorphosis occurs during a very *tender* time; if the cocoon is tampered with, it dies.

## IMAGINAL BEINGS

We are *imaginal beings*. The keys to our future lie within each of us; at times those keys are dormant<sup>8</sup>. As we awaken to our new life, we will face reluctance from within ourselves and opposition from the world. Being attacked by the world's immune system is inevitable; it is a sign that we are making a difference. Attack also feeds into a *virtuous* cycle: attack begets clustering which begets creation which begets more attacks – continuing on, until the butterfly is created. We need to cluster together during this time of *tenderness* in order to sustain the creative power that is emerging from within our webs-of-relationship. This power is sustained via dialogue<sup>9</sup>. Our communities remind us of our oneness. And, they allow us to see the outside pupa in a new way, from a place of peace, while gaining spiritual sustenance from the world around us.

Within me are imaginal *ideas* leading me to my new life. We are all *imaginal beings*, leading us to co-create a new world. And, "once this journey is begun the end is certain" (ACIM C-ep.1).



19 Oct, finally able to hold the proof of her book.



"Out beyond ideas of wrongdoing and rightdoing.  
There is a field. I will meet you there.  
When the soul lies down in that grass,  
The world is too full to talk about.  
Ideas, language, even the phrase 'each other'  
Does not make any sense."  
- Rumi



Allie's last painting  
"metamorphosis".

[https://www.spibr.org/Allison\\_Sue\\_Kittel\\_artistic\\_natural\\_burial\\_22Oct2024.jpg](https://www.spibr.org/Allison_Sue_Kittel_artistic_natural_burial_22Oct2024.jpg) (the center image, above; looks like a cocoon)

<sup>8</sup> These keys are present as *ideas*. And, both courses (ACIM and ACOL) speak of the sharing of ideas as being creation.

<sup>9</sup> ACOL says that dialogue *is* creation.