

A Visualization Process by Don Cottle, at Keepers of The Flame, June 2015

Before the visualization, read words of George Bernard Shaw to set the mood:

"This is the true joy in life – being used for a purpose recognized by yourself as a mighty one... being a force of nature instead of a feverish selfish clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake.

Life is no 'brief candle' to me. It is sort of a splendid torch which I have a hold of for the moment, and I want to make it burn as brightly as possible before handing it over to future generations."

... I want to be thoroughly used up when I die...

... Life is no 'brief candle' to me...

*(Prep the participants for the visualization) "Remove everything from your laps, uncross your legs, feet flat on the floor, make yourself very comfortable in your chair, etc., and when you are ready, gently close your eyes"*

"Feel your breath flowing slowly in and out **pause** ... Breathe slowly in and out **pause** Notice with each exhale your chest and abdomen tend to become more relaxed. **pause** Let go of the muscles in your back and let your shoulder blades glide down a bit **pause** Now relax your arms and shoulders and your neck. **Pause...** Let that relaxed feeling move from the top of your shoulders all the way down to the tips of your fingers and tips of your toes **pause...** Relax your head, your eyes, your lips, your jaw **pause...** let all your cares and any stress you may feel, simply float away

**pause** ... I want you to create a picture in your mind, you are alone, walking along a beautiful beach **pause** ... You feel very secure, warm and comfortable... and it's the most beautiful and peaceful beach you have ever seen **pause** ... there are palm trees, the water is light blue and the sand is pure white, and you are barefooted... feel the pleasure of the warm sand on your bare feet **pause** ...

...listen to the inviting sound of the surf and waves breaking gently **pause** ... see the pelicans skimming very close to the waterline and hear the sounds of sea gulls and other shore birds **pause...** Feel the gentle sea breeze and smell the fresh ocean air **pause...** It's a very tranquil and restful place **pause...** You are completely at peace with yourself, and profoundly enjoying your walk **pause...**

... the sun has just set and the orange and pink and blue colored clouds of sunset, are rapidly turning to darker shades of purples and grays **Longer Pause...** Soak in these amazing colors because it's one of the more spectacular sunsets you have ever seen **pause...** as the sky turns completely dark, you continue your walk, ... alone with your thoughts, and the sounds of the surf, and smell of the fresh ocean air **pause...**

It's a moonless night, you look up and notice the first stars have started to appear in the darken sky **pause** ... gradually, the few stars turn into hundreds and then thousands and then more thousands **pause** ... feel a sense

of awe at the vastness and mystery of the universe **pause** ... as you continue your walk, notice in the distance someone has built a fire in the sand **pause...** it's surrounded by people seated in the sand, silently enjoying the warmth of the inviting flames **pause** ... You sense, at a deep intuitive level, that this is a place, you belong **pause** ... You know that you have come to claim your place at the fire **pause...**

You continue walking and, in a short while, you arrive at the fire **pause...** you feel secure and completely welcome, and you take your place in silence, with all the others sitting comfortably around the warm, glowing fire **pause...**

No words are exchanged **pause** ... it's a time to JUST be longer pause... ... JUST be. Pause...

As you gaze into the fire, feel a deep sense of gratitude for all your distant ancestors, who once sat around a fire much like this one and depended on fire for their existence and survival **pause** ...

As your mind drifts forward in time, ponder your legacy and the legacy of all the others on whose shoulders you are standing today **pause** ...

...contemplate some of **life's great questions** **pause** ... *What is my purpose???* **pause** ... *What will my legacy be???* **pause...** *Who am I really???* **pause** ... Place these thoughts in your subconscious mind for future reflection **pause** ...

As you continue to enjoy sitting at the warm fire, let your thoughts drift to 1957 **pause** ... Imagine what it must have been like to attend Bob Norse's first meeting of The Executive Committee/TEC Milwaukee **pause** ... a time before personal computers, smart phones, copy machines, FAX Machines, excel spread sheets, and before the time of the Internet and INSTANT world wide communication **pause** ...

Imagine the foresight and personal sacrifice of two guys, who a few years later, put everything on the line to expand Bob Norse's vision of TEC **pause** ... Fred Chaney and Bill Hall... risked every dollar of their collective net worth, to develop and expand the TEC concept **pause** ... And Bill Williams who joined them later and devoted his life to TEC, and many others who followed **pause** ...

Contemplate the legacy of the many TEC/Vistage legends who are no longer alive, who contributed so much of what we are today **pause** ... our late colleagues who passed their splendid torch to us **pause...** and, were "thoroughly used up" ... in their devotion and dedication to TEC/Vistage **pause** ... Pat Hyndman **longer pause** ... Bob Thompson **longer pause** ... Harry Dennis **longer pause** ... Don Cope **longer pause** ... Armand Kamesar **longer pause** ... Cope award winners Jim Moffat and George Haleska **longer pause...** and others **pause** ... feel a sense of deep gratitude for their enduring legacies in the work we love... **pause** in the work we do.

**Pause...** Ponder how George Bernard Shaw's important philosophical questions apply to **your** legacy: *...will I be thoroughly used up when I die?* **pause** ... (repeat) *will I be thoroughly used up?* **longer pause** ... *will my splendid torch, which I have a hold of for the moment, burn as brightly as possible before I hand it over to future generations?* **longer pause:**

**Longer pause:** ... Continue to think about these profound questions, with your eyes closed... **pause** as you very slowly... very slowly... begin to bring your thoughts back into the room... **pause**

...When you are ready, open your eyes and come back into the room and please, **no talking** until everyone is fully back with their eyes open **pause**  
...

OK... turn to the person next to you, **Pick a Partner,** and **briefly** share **your** **ONE** most important **"take away"** or one **"To DO"** or one **"Ah\_Ha"** that you experienced from this process... approximately **one minute each.**