

MEET YOUR FUTURE SELF

I recommend you do the first visualization and answer the questions, then allow at least a couple of days before you do the second, which will give you an instant way of connecting with your Future Self in any given moment.

Visualization 1

Get into a comfortable position. Allow your eyes to close and begin by focusing your awareness on your breath, breathing in and breathing out. Breathe in easily and effortlessly, and then breathe out. Each breath allows you to become more relaxed and comfortable. Outside sounds only allow you to go deeper inside: a reminder of how good it is to leave the noise and stress of the outside world and journey into the quiet and peace of your inner world.

As you relax, you will find yourself becoming quieter and more peaceful. Now bring your attention to the spot between your eyes: the third eye. Imagine a light there. What colour is the light between your eyes? Now imagine that light becoming a beam that extends out into space. Follow that beam as it leaves this building, as it travels above the city and continues out, so that you can view the entire area. Keep going further and further into space and notice the curvature of the Earth. As you keep going further and further out, you find yourself enveloped by the softness and quiet of space. Notice the big blue-green ball below you with the white clouds swirling around it. Allow yourself to enjoy this perspective for a moment.

Now notice another beam of light very close to you, a different colour from the one you followed into space. Begin to follow that beam back down to Earth. The beam is taking you back to Earth 20 years from now, 20 years into the future. As you come closer to the end of the beam, keep noticing where you are. This is where your Future Self lives – you, 20 years from now. Come into contact with Earth and notice where you are. Notice what surrounds you. Now move to the dwelling of your Future Self. What does it look like? What kind of landscape does it have? Are there trees or flowers? What kind? Get a sense of this place.

Now have someone come to the door. On the other side of the door is your Future Self, waiting to greet you – it is you, 20 years from now. As the door opens, what do you notice? Greet your Future Self and notice the way your Future Self returns your greeting, welcoming you into this time and place 20 years in the future. Take in this person, your Future Self.

Now move with your Future Self to a comfortable place for a conversation. Perhaps your Future Self offers you something to drink. Settle in and make yourself comfortable for a talk with your Future Self. There are questions that you might want to ask your Future Self.

Begin by asking: ‘What is it that you most remember about the past 20 years?’

Bringing this visit to a close, thank your Future Self for being here with you today and sharing so much wisdom.

Now find your way back to the beam of light and journey back along the beam, watching this world of 20 years in the future grow ever smaller as you move out into space. Again, you see the blue-green ball below you with clouds swirling around it. Notice that your beam of light has intersected with a different beam of light that will bring you back to the present. Follow this beam of light and as you travel down it, notice the Earth growing bigger and bigger. Moving further down the beam, notice the geography of the area, the skyline and landscape, and, finally, come back into this room. Good. In a few moments, I’m going to count from three down to one. At the count of one, you will be refreshed and alert, as if you’ve had the perfect amount of rest, knowing you can remember everything you wish of this inner journey.

When you open your eyes, please remain silent and jot down things you want to remember about your journey. Three. Coming back to the present, becoming more alert and refreshed. Two. Stretching your body, feeling the ground beneath you. And one.

Eyes open, refreshed and alert.

Post-visualization questions

01

What did your Future Self look like?

02

How did they seem/feel?

03

Where did they live?

04

What are the colours, sights, sounds, smells of their home?

05

What is it that you most remember
about the past 20 years?

06

What do you need to know to get yourself from where you are now to where you are going? What would be most helpful?’

07

What were the answers to any other questions you asked?

08

What name do you want to use for them?

In between visualization questions

Lie or sit somewhere comfortable where you know you won't be interrupted. Revisit your Future Self as best you can, and ask them the following questions:

01

How do they spend their spare time?

02

Who and what do they most love in their life?

03

Do they have a favourite painting/song? (If so put the painting up/
play the song every morning.)

Visualization 2

Make yourself comfortable and allow your eyes to close. Begin by taking long, slow, deep breaths. Breathe in through your nose and hold it ... then breathe out through your mouth.

Just allow yourself to be aware of your breathing: easily, naturally and freely.

I'm now going to invite you to take a mental inventory of your body. Beginning at the top of your head, become aware of any tension or tightness you might find. Give that tension or tightness a colour and let it drain out from the tips of your toes and the tips of your fingers; just allow that tension or tightness to drain away. Moving down your body, bring your attention to your neck and arms. Again, if you find any tension or tightness, just let it drain away. Now take your awareness down along your back, into your abdomen and pelvic area. Again, notice any tightness you might find there and eliminate it. Imagine it melting away, draining out through the tips of your toes. Notice if there is any tension or tightness in your legs, ankles and feet and just allow it to drain out through your toes. Now imagine you're like a strong and sturdy tree, putting roots down into the ground, allowing those roots to go deeper and deeper, spreading out, connecting you to the Earth.

Now bring your attention to the spot between your eyes: the third eye. Imagine a light there. What colour is the light between your eyes? Now imagine that light becoming a beam that extends out into space. Follow that beam as it leaves this building, as it travels above the city and continues out, so that you can view the entire area. Keep going further and further into space and notice the curvature of the Earth. As you keep going further and further out, you find yourself enveloped by the softness and quiet of space. Notice the big blue-green ball below you with the white clouds swirling around it. Allow yourself to enjoy this perspective for a moment.

Now notice another beam of light very close to you - a different colour to the one you followed into space. Begin to follow that beam back down to Earth. The beam is taking you back to Earth 20 years from now, 20 years into the future. Keep following this beam down.

As you come closer to the end of the beam, keep noticing where you are. This is where your Future Self lives – you, 20 years from now. Come into contact with Earth and notice where you are. Now go to the dwelling of your Future Self. You know the way. You've been here before. Your Future Self is waiting for you. Waiting to talk with you. As your Future Self greets you, notice what it is like being with this person again. Look around you. Soak up the environment. Notice the colours here.

Now is your opportunity to ask whatever questions you'd like of your Future Self. You might want to know your next step. Who you need to be right now in order to move forwards. Or ask your Future Self anything that feels right to you. (Pause) Now take a moment to listen to your Future Self's response. (Long pause)

I am now going to invite you to take a deep breath and allow yourself to step into the being of your Future Self. Allow yourself to merge into this person's body. Experience what it feels like to be this Future Self. Be aware of how you feel. Of how good it feels in your Future Self's body. What does the world look like through your Future Self's eyes? Walk around, feeling yourself move as your Future Self. Notice if there's one particular place in your body where you can feel your Future Self's power most strongly. This is the power of being your Future Self. Allow that feeling to expand, filling your whole body, entering your cells. You may want to touch that place on your body in order to anchor this feeling. Know that whenever you wish to connect with your Future Self, you can touch that place on your body and bring out these positive, powerful feelings. When you touch that place, these feelings and this experience will flood your body, easily and effortlessly.

Now, looking out through your Future Self's eyes, look at your Present-day Self. What do you notice about your Present-day Self? Looking out through your Future Self's eyes, what is it that you want to tell your Present-day Self? (Pause)

Now take a deep breath and shift your awareness, leaving the body of your Future Self and becoming your Present-day Self once again. Allow yourself to be fully present in the body of your Present-day Self.

As you look back at your Future Self, notice that this person has a gift for you: something to remind you of who you are becoming and what you are moving towards. As your Future Self offers you the gift, ask if there's any meaning to it. Is there anything you need to know about it? (Pause)

It's time to leave now. Thank your Future Self for the wisdom.

From now on, your Future Self will be an inner resource you can use whenever you need to do so. Whenever you seek guidance, whenever you need to know what your next step should be, you can contact your Future Self. Say good-bye, knowing that you will remember everything you need to from this visit.

Now find your way back to the beam of light and journey back along the beam, watching this world of 20 years in the future grow ever smaller as you move out into space. Again, you see the blue-green ball below you with clouds swirling around it. Notice that your beam of light has intersected with a different beam of light that will bring you back to the present. Follow this beam of light and as you travel down it, notice the Earth growing bigger and bigger. Moving further down the beam, notice the geography of the area, the skyline and landscape, and, finally, come back into this room.

In a few moments, I'm going to count from three down to one. At the count of one, you will be refreshed and alert, as if you've had the perfect amount of rest, knowing you can remember everything you wish of this inner journey.

Three. Coming back now, coming back to present time, becoming more alert and refreshed. Two. Stretching your body, feeling the ground beneath you.
And one. Eyes open, refreshed and alert.

Post-visualization questions

01

What's your next step?

02

Who do you need to be right now in order to move forwards?

03

Write down the answers to any other questions you asked your Future Self.

04

Looking through their eyes, what did you want to tell yourself?

05

What was the place in your body you felt her/his presence most strongly?

06

What was the gift?

07

Did it have any meaning?

Ways to start using your Future Self

01

Next time you have an internal dilemma, ask yourself,
‘What would my Future Self do?’
Connect with them and note down what they say.

02

Before going to an important meeting or event, connect with your
Future Self and go in as them. How did this feel?

03

The next time someone asks you to do something you don’t really want to do but
feel torn, consult your Future Self – what do they think?

04

The next time you are involved in a conflict with someone, or have to deal with a person who always antagonizes you, ask your Future Self how to handle it. Follow the advice and notice what happens. Note down the result.

05

Ask your Future Self what work they would be doing. Note it down below.