



Visioning

Visioning can transform your life. Your life can expand and become more vibrant than you thought possible.

You can call forth a vision for your life from your Spiritual Self – your essence. When you call forth your vision from your Spirit, open yourself to being surprised – really surprised. The vision may not look the way you think it should. It may seem too simple and attainable. It may move you in a direction you were not thinking of going. It may look daunting and undoable.

Your vision will unfold and grow and transform over time – it is not static. Spirit is in the present, and it draws you to be in the present. You can choose to keep calling your Spiritual Self forth, listening, staying in touch, and participating in the unfolding of the vision. When you achieve a vision created from Spirit, you generally feel fulfilled; a sense of gratitude and grace stays with you as you move on in your life.

Each time you experience your vision, **decide what practical steps you are going to take so you can step into your vision.** You can ask for guidance on this from your Spiritual Self, from your Guide, and from your High Spiritual Teacher. Write down these steps. As with anything, be aware of the patterns that get in the way of taking your next step toward your vision. Use the Cycle of Transformation to move the patterns out of your path.

Creating a Vision of Your Life

1. Create a peaceful space.

Choose a quiet, safe place in which to meditate and envision. It should be comfortable; a place where you can close your eyes, feel safe, breathe, and not be distracted.

2. Choose the area(s) of your life you want to focus on.

Write down the areas you want to focus on: intimate relationships, family relationships, friends and others/community, work life/career and finances, home and residence, spiritual expression

3. Envision what you want for yourself.

Ask your Spiritual Self to enlighten you, get input from each aspect of your Quadrinity. Ask for what your heart truly wants, with no qualifications. Focus on the qualities you want in each area of your life.

4. Imagine you have accomplished your vision and check in with your heart.

How do you feel about your vision? What pleases you about it? Are you satisfied? Delighted? Is there any hesitation or disappointment? Adjust your vision until it includes everything your heart desires.

5. Choose your vision.

Say out loud, "I choose this vision for myself."

6. Honestly acknowledge your current reality.

Look realistically where you are now in your life, an honest evaluation, not underrating it or overrating it

7. Hold the awareness of both your vision and your current reality.

Acknowledge the tension resulting from the difference. Know that this tension can resolve in favor of your vision as long as you accurately acknowledge both the vision and your current reality.

8. Write out a description of your vision.

Write your vision in first person, present tense, as though it exists right now

9. Decide on practical, actionable steps you can take.

You can ask for guidance from your Spiritual Self, Spirit Guide, and High Spiritual Teacher. Write down these steps and take action.

My Vision for My Life

Write your vision for your life in the first person, present tense (I am ..., I feel ..., I experience ...) as if you are experiencing it now. Be as specific and detailed as possible.

- Loving myself I feel ...
- In my interactions with those I love, I experience ...
- In my work life I am ...
- My relationship to money feels ...
- In balancing the time I spend with those I love and my work, I experience ...
- In my home I feel ...
- Living from my heart feels ...
