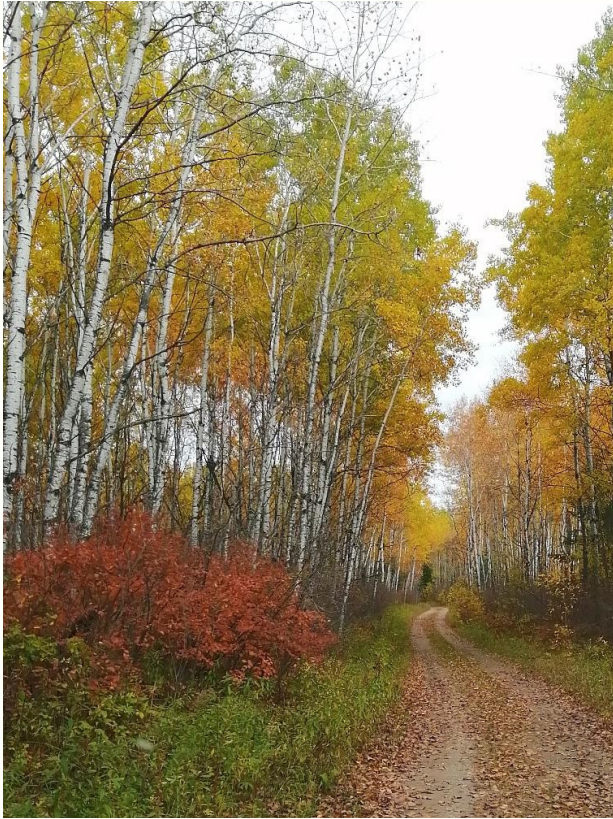




WISDOM FROM YOUR FUTURE SELF

An Empowering Gift Awaits



Imagine a person whom you deeply admire and wish to emulate. What if you could sit down with them and receive their wisdom? What would you ask? What would they share? Let's go and see!!!

(Please have a journal handy so you can make notes at the end.)

I'll invite you to sit comfortably with your feet on the ground and when you're ready, gently close your eyes.

Setting aside your To Do list and responsibilities, bring your attention into yourself, relax your neck and shoulders and focus on your breathing... making each one smoother... deeper... more rhythmic than the one before.

With each inhale, seek out any tension... with each exhale release that tension... welcoming in relaxation, openness, receptivity...

A few more inhales and exhales... dissolving any remaining tension and, with your next wonderful, energizing breath, you pick up the aroma of rich earth and damp moss.

Your feet scuff across ancient bedrock, crushed dried twigs, and fallen pine needles, releasing their fresh, healing scent, and you breathe in even deeper.

Outfitted in your most comfortable exploring clothes and well-worn hiking boots, you head out from your weekend campsite along a path that you've been eager to explore.

Aware, of your gentle passage through their domain, birds twitter your approach, accompany you for a while, and then flit off on a mission known only to them. You smile as a squirrel chitters in the canopy above.

Your attention is drawn to movement in the leaf litter... a vole. You watch it for a while, seeing no apparent pattern to its journey and you wonder... what would it be like to wander just for the sake of wandering, with no agenda, no goal... and so you do...

What fun it is to follow your body's inner guidance as it leads you to the loveliest sun-dappled patch, an ageless tree peppered with lichen.

Your fun side kicks in... what if it were a map?

You look at it from all angles and set your mind free to play.
What if it were a map to a treasure?

Peering even more closely, you see it... a golden speck
embedded within the vegetative landscape.

Taking a detailed mental picture, you excitedly venture forth,
determined to find that golden treasure.

Time seems left behind as you meander around boulders,
skip across tiny streams, and duck beneath low-hanging
branches. You sense that you're nearing someplace special...
your step quickens and your heart expands with curiosity.

You round a jumble rock, placed by mysterious hands and,
just ahead, your eyes take in a small and beautiful lake.

It's perfect... the same warm, gentle breeze that tussles your
hair, sculpts ripples into its surface. You breathe deeply
again, feeling very connected to everything through that
delightful breeze.

As if by magic, you notice that footprints have appeared in
the path ahead and you deeply sense that they are there to
guide you, so you curiously and playfully begin to follow
them...

They are a perfect fit for your own natural gait... They even turn out at the exact same angle! You have no doubt that
they are a loving gift, meant just for you.

A few rocky steps, carved by time and water, invite you down onto the beach.

As your foot lands on the first step, a wave of tranquility passes through your entire body. You arrive at the second
step, reaching out to touch an ancient tree and you feel calm... relaxed... your curiosity is building... whose footsteps
led you here? A third step... you hear the gentle lapping of water on shore, notice a small flock of geese pass
overhead... It feels like coming home.

You can barely get your boots and socks off quickly enough... so eager to dig your toes into the warm sand.... sand so
soft that you can barely feel it. You pick up a handful, letting it sift through your fingers and back to earth.

As your eyes scan, you notice a campfire against an awe-inspiring backdrop of trees and bedrock, and then the
movement that you were anticipating... there... a gentle person welcoming you... You know this person... they look
just like you... and completely understand you and everything you've experienced... you're meeting your Future Self.

As you approach one another, you can't help but notice their vibrancy and vitality. The energy is palpable as their
loving words meet your ears... "So good to see you." "I'm so proud of you" You feel so safe and full.





You both sit down near the small, crackling fire and look out onto the lake. You relax into a sense of deep comfort and familiarity as you sit next to this brilliant and empowered being who is now where you'll be in a week, a month, a year, 10 years... You take note of the loving, powerful, unique traits that you admire and would love to embody yourself.

Knowing that it's perfectly welcomed, you turn to your Future Self and ask...

What do I need to know to get me from where I am now to where you are? What would be most helpful? Then take some time to receive the answer.

Now ask your Future Self...

Knowing what you now know, is there one piece of advice you can give me? Take in what your Future Self has to share.

What do I need to pay attention to most right now in my life? Take a moment to hear the answer...

And a final question... Is there anything else that would be good for me to know?

Expressing deep gratitude to your Future Self for sharing their wisdom, and knowing you can reconnect anytime and anywhere, you arise, say your good-byes, and head back towards the stone steps and the familiar path beyond.

As you near your campsite, a sparkle draws your attention... a gift, specially placed by your Future Self for you to find, nestled between the embracing roots of a mature tree. It's perfect and you gratefully receive it.

Back at camp, a gentle breeze blows across your face, beginning your return to present awareness.

You take a full and deep breath as you sense the solid earth beneath your feet.

Another breath as you roll your neck and shoulders, noting the ease with which you can move.

You are hearing the sounds in your world as you twirl your wrists and wiggle your fingers, and when you're ready let your eyes gently drift open.

What a Wonderful Visit with the Wise You!

Now take as much time as you'd like to share this experience with your journal.

What message did you receive from your future self?

What gift did you receive from your future self?

What might it mean for you/why do you think you received it?

What else would you like to ask your future self? Close your eyes now, go back to that beach and ask.
