

# Your Future Self

Get into a comfortable position. Now allow your eyes to close and begin by focusing your awareness on your breath. Breathing in and breathing out. Breathing in easily and effortlessly. Then breathing 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 own inner world.

As you become more relaxed, you find yourself becoming more quiet and peaceful. Now bring your attention to the spot between your eyes: the third eye. Imagine a light there. What color is the light between your eyes?

Now imagine that light becoming a beam that extends out into space. Follow that beam as it leaves the place that you are right now, as it travels above the city, as it continues out, so that you can make out the entire area. Keep going further and further out into outer 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 wisping around it. Allow yourself to enjoy this perspective for a moment.

Now notice another beam of light very near to you, a different colour from the one you followed into outer space. Begin to follow that beam back down to earth. The beam is taking you back to earth twenty years from now, twenty years into the future. Keep following this beam down, noticing the curvature of the earth and the geography stretched out below you. As you come closer to the end of the beam, keep noticing where you are. This is where your future self lives, you, twenty years from now. Come into contact with earth and notice where you are. Notice what dwelling or nature 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? Flowers? What kind? Get a sense of this place.

Now get someone to come to the door. On the other side of the door is your future self waiting to greet you: yourself twenty 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 twenty years in the future. Take in this person- your future self. What does this person look like? Notice how this person stands, what this person is wearing. Get a sense of this person's essence. Notice the inside of this dwelling. What kind of person lives here? What are the colours of this place?

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, future self that you most remember about the last twenty years?" Take a moment now to hear the answer. Now ask your future self the following questions: "What do I need to know to get me from where I am now to where you are? What would be most helpful?" Listen to what your future self has to tell you.

Now take a moment and ask your future self your own questions. What other questions would you like to ask your future self? And now ask your future self one final question before you go: "What name, other than your first name, are you called by? A special name. It could be a metaphor or a symbol of your essence. What is this name?" Good. Bringing this visit with your future self to a close, thank this person for being here with you today and sharing so much wisdom.

Now find your way back to the beam of light and journey back up the beam, watching this world twenty years in the future grow ever smaller as you move out into space. Again you see the ball of blue and green below you, clouds swirling around it. Notice that your beam of light has intersected with a different beam of light that will take you back to this year and this location. Follow this beam of light back to the present time on earth. As you travel down this beam, notice the earth growing bigger and bigger. Moving further down the beam, notice the geography of the area, the skyline and landscape of the area, and, finally, come back to the place you are right now. Good. In a moment I want you to count from three 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 jot down things you want to remember about your journey. *Three.* 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.

Continue to reflect on what you learned today, and I encourage you to "chat" with your Future Self when trying to make difficult decisions in your life. This is something we will touch on again in future Coach's Corners. Congratulations! Good work.