

## *Visioning*

A process through which we empty our mind of our small ideas and open our heart to hear Life's idea that wants to become manifest through us.

Have paper and pen ready to write down whatever comes to you after each question is asked. You may hear words or see images or colors. DO NOT JUDGE what you receive, simply write it down. This is not a "thinking or figuring out" process. It is to be open to inner wisdom and allow that inner wisdom to guide you. Eventually all will be made clear. You may want to start a visioning journal and vision weekly for different areas of your life.

Preparation: a short meditation to ground yourself and open up. Following your breath is an easy practice.

Ask these Questions and be open to whatever you receive:

- What is the highest idea or vision for my life? (or Life purpose, a project, situation, person, relationship, organization)
- What does it look like? What does it feel like?
- What are the highest qualities to be anchored here? (Love, joy, creativity, etc)
- How must I grow to embody this vision?
- What qualities do I need to release to be more available to this vision?
- What will this vision require of me?

Is there any other information I need to know at this time?

Visioning is subtle. It requires openness to Spirit to allow the information to flow in. It may require time for the vision to become clear and to manifest, so continue to vision on a regular basis. There is no need for judgment or figuring it out. Spirit is the guide and co-creator of your life. Open to the vision.

(The above is based on the Visioning Process developed by Dr. Michael Beckwith)