# Module 5 Exercise

Step Three: Visioning

## An excerpt from the book, Conscious Creation

Visions from this process tend to be bigger than those that result from visualization—they tend to attract more love and more connection, and interestingly, they also tend to serve more people. Somehow in visualization it can often be all about ourselves. We manifest things that will make our life, our love, our family better. The paradox is that when we tap into visioning, the vision is bigger, more people get served, and we ourselves feel more fulfilled, more loved, more loving, and more connected. The purpose that's revealed is deeper, more fulfilling, and more permanent than any visualization coming from our own mind. Also, when we catch a vision from this deep well-spring of inner wisdom, we find that we already have everything we need to fulfill the vision. We discover we have more than enough energy, vitality, and confidence to embrace and express our unique vision into our lives and into the world.

#### Releasing Statement

I release the need to "figure things out."

## Affirming Statement

I trust my inner wisdom.

## Simple Meditation Practice

This module's meditation is an open-eyed meditation. Set the timer for 10 minutes. Find a comfortable place to sit. Once the timer has begun, simply allow your eyes to wander around the room. The intention is to simply notice. See if your eyes want to stop and stare at a particular object. Notice how quickly or slowly your eyes want to move. Trust that whatever you do, it is perfect. Once the timer has sounded, write about your experience.

What is Visioning? Exercise: "As Dr. Michael Beckwith explains in his course Life Visioning: 'In catching a vision we aren't looking outside ourselves—asking other people what we should do or telling the universe what we want to do. In visioning we're uncovering or discovering something that's already there. Visioning is a process of receiving, of listening patiently for something that we couldn't come to on our own, and then leaning into that vision more and more fully.'" (Conscious Creation, page 85)

•	What are the ways in which you have blocked yourself from receiving a vision for (the movie of) your life?
•	In what ways are you looking to others to tell you what you should do?
•	What might happen if you were to turn inward for that information instead?

"The difference between visualization and visioning is significant. Because it's centered in the mind, visualization can't help but be limited to what the mind can produce, consciously or unconsciously. And naturally, that tends to also be somewhat self-serving. In contrast, visioning opens us up to what lies beyond our powers of visualization. In her book The Artist's Way, Julia Cameron crystallizes the distinction as one between 'thinking something up' and 'getting something down.' 'If we are trying to think something up, we are straining to reach for something that's just beyond our grasp. ... When we get something down, there is no strain. We're not doing; we're getting. Someone or something else is doing the doing. Instead of reaching for inventions, we are engaged in listening to our inner wisdom, our essential nature.' The only slight modification for me, is that in visioning, we are actually 'pulling something up' rather than 'getting something down.'" (Conscious Creation, page 85)

•	What does this excerpt mean to you?
•	Has thinking ever created straining or reaching for something beyond your grasp? What was that experience like for you?

or "pulling something up" rather than using thought alone?
What might that are ato in your life?
What might that create in your life?
How might that change the way you experience yourself and the world?

•	For this exercise, we invite you to write about some of the messages (visions) have been receiving from spirit deep within you:

Key 1: Sitting in the Silence: "Here you allow your body and mind to relax, moving beyond distracting thoughts and feelings so that you can tap into your essential self, into the primary experience of your oneness with source. First, you cultivate a safe space for meditation. It can be done alone or with others—so long as it is in a space where you are physically, emotionally, and spiritually receptive. In this safe and calm space, prepare to sit for a while—at least fifteen or twenty minutes at a time. Focus on your breath to calm your body and move beyond your thoughts. As you breathe, turn your focus to your heart center. Let your breath soften your heart and ground you in divine love. Sit in silence and let the love wash over you, through you, and as you for as long as you like." (Conscious Creation, page 87)

What did you notice with this process?	
What came up for you?	

During your first session you may not feel much oneness with source. We encourage you to not give up. Don't rush to the next stage. Simply commit to the process, saying, "I will come back and try again." Then schedule another time and return to it. If after several tries you feel that something is blocking you, dip again into Steps 1 and/or 2. Return to your work on making peace with the past and overcoming core false beliefs. Do some more of that inner work. Then come back, sit in the silence, and wait for the experience of oneness.

Please spend some time writing about any other insights you received:

Key 2: Asking Questions: During this practice, focus on connecting with your deep innerwisdom rather than focusing on your mind. Simply allow yourself to be a "blank canvas" to the best of your ability. As you ask the questions, you really aren't looking for specific answers, instead you are opening to the revelations you receive from a place of inner silence. You might receive messages as a tangible instruction, and you might also receive them as a picture, a feeling, or even a scent. To the best of your ability, try not to interpret the messages you receive, you are simply a "scribe" to the messages you sense. As the questions form, return to your heart center as often as you need to, diving again into your oneness with source with the reassurance that you are wholly and unconditionally loved. You will move back and forth between sitting in the silence and asking questions.

In his book Life Visioning, Dr. Beckwith suggests the following five questions:
<ul> <li>What is spirit's highest idea or vision for (my life, this relationship, this organization)? Remember, visioning can be done for any area of life—you occupation, a relationship, your health. Start with the thing that seems most relevant, and you may be surprised by what else emerges.</li> </ul>
What must I become in order to empower this vision?

<ul> <li>What must I release? (What no longer serves you or concepts that are limited and limiting, and are</li> </ul>	· · ·
What must I embrace? (From a place of oneness embrace, receive, or accept in order to begin to	
What are my unique skills, gifts, and talents that	will help me fulfill this vision?

Key 3: Listening Consciously: Start making a list of the information you receive as you begin to meditate more, ask questions, and tune in to the messages you receive.

"The answers might come in words, or they may come in colors or images, even musical phrases. They might come later in the day, in the middle of your shower, or while you are dreaming three weeks from now. They might not make sense at first. They might even scare the living daylights out of you. But if you continue to trust that your inner wisdom has a bigger vision than your conscious mind, your resistance will fade, and the answers will become more well-defined and more resounding.

Feel free to take notes, draw pictures, use whatever form you like to record what you see and hear. For now, do not add to what you are receiving. You're like a scribe, receiving dictation. If nothing at all comes—again, be patient. Keep seeking. Do not force it. Return regularly to sitting in the silence and offering your questions from a place of oneness with source. Learning these skills and developing these practices will take however long it takes. See if you can let go of any expectations about how long it should take.

Your process is unique to you. Move from question to question according to your intuition, not your watch or calendar. Move to the next question when you feel ready to say yes to the answer you've received. The next session may bring deeper answers or more resounding encouragements. Ask a question. Listen. Ask another question. Wait patiently and listen some more." (Conscious Creation, page 91)

• What	came up for	you as you r	read this?		

What else was revealed to you during this process that wants to be record	ed?

you become, the more you will trust what you receive. The more you let go of conscious desire and listen to what comes to you out of grounded oneness with source, the less resistance you will feel, and the more perfectly your divinely originated vision will align with your thoughts and feelings." (Conscious Creation, page 92) • What does this excerpt mean to you? • In what ways, if any, are you doubting or not trusting the information that is coming up for you in the visioning process?

Key 4: Trusting the Vision: "The more you listen, the more you hear; the more confident

What core false belief or beliefs might be behind that doubt?
<ul> <li>How might you reframe or rewrite the core false belief or narrative?</li> </ul>
What might that open for you?

Key 5: Moving into Love: "As you practice sitting in the silence, asking questions, and listening, you may find yourself moving into and experiencing an ever-deeper sense of feeling love and being love. You may find yourself more able to rest in the truth that has always been there—that you are whole and perfect and one with the divine. From this place, there is no longer any real distinction between you and the world around you. Neither is there any separation between you and source. From this place you come to understand—both intellectually and experientially—that all is one."

(Conscious Creation, page 94)

•	What does this excerpt mean to you?
•	When are those moments when you experience an ever-deeper sense of feeling love and being love?
•	What is that experience like for you?

How does it begin to rewrite the script of the movie of your life?
When are those moments when you feel oneness with source?
What is that experience like for you?
What belief or story might you have to rewrite to have more of those moments?

## Questions for journaling and further reflection:

- 1. Have you ever visualized something with your mind and actualized it? What was that like?
- 2. Have you ever received a vision for your life? What was that like?
- 3. How much of what you have created as the movie of your life has been scripted by what others thought you should do?
- 4. What would it take to rewrite that script?
- 5. What else might show up for you?
- 6. As you begin the visioning process, in what ways do you find yourself trying to "get it right?"
- 7. What would happen if you let go of that attachment?
- 8. As a vision becomes clearer for you, what fears, if any, are coming up?
- 9. From what core false belief or thought does the fear arise?
- 10. How could you rewrite that script?
- 11. What might then show up?
- 12. What would that feel like?
- 13. Who are some supportive people in your life?
- 14. Who could you share your vision with?
- 15. What would sharing it open for you?


