



Module 7: PERSONAL EMPOWERMENT: Class #4

IMPORTANT QUESTIONS FOR YOUR CLIENTS TO SUPPORT THEIR FOCUS:

1. Are you crystal _____ on what you _____?
2. Have you _____ it down?
3. Can you _____ it and _____ with your _____?
4. Have you _____ designed your _____?

PARAMETER TO CONSIDER WHEN SUPPORTING YOUR CLIENTS CREATE RAPPORT WITH A FUTURE SELF:

1. BLOCKAGES TO CONSIDER THE FUTURE

- a. _____ of the future
- b. Hold the future as a _____
- c. _____ own power to others so they will design their future
- d. _____ that they have a future self or don't understand the _____ of the future.
- e. _____ power of the possible.



2. REALIZING AND ACCEPTING THE POWER OF THE FUTURE

- a. The future is the source of all _____
- b. It is the future that clarifies _____ and _____
_____. It strengthens or weakens the _____

- c. The future _____ the reality that is observed and measured.
- d. The future gives power to _____
- e. The future reveals the _____ you.

3. YOUR CLIENTS STANCE IN LIFE

- a. Willingness to _____
- b. Opening to _____
- c. _____ self for past and present relationship with child and adolescent
- d. _____ past and present relationship with his/her Future Self
- e. _____ the respective expectations. Put things into



f. Open to _____: this is different than abundance, from a vibration standpoint. Allowing him/herself to prosper

g. Accepting the _____

MEDITATION PROCESS:

1. Ground the client.

2. Have the client find him/herself in a beautiful meadow.

3. Have the client see that out in the horizon there are thousands of bubbles of light that represent all his/her possible futures.

4. Have the client start noticing the brightest light, and with the Law of Attraction, what he/she focuses upon expands. As the client does this, all the other bubbles



pop, and this bright light floats down to the center of the Earth, and out walks the client. It is his/her Future Self.

5. Have the client feel the love. Have the client feel the peace. Have the client sense the joy and success all around him/her.

6. Have the client see all aspects of his/her life: Spiritual, Physical, Financial, Career, Emotional, Mental, Social, and Relationships.

7. Have the client step forward into time and space and connect with this part of him/her – this wise Future Self.



8. His/her Future Self has a gift for the client.

9. Have the client feel this Future self-giving him/her the energy that he/she is experiencing, so that he/she can take it back to the present reality.

10. Have the client come back gently into the room.

11. Tell the client to open his/her eyes, take a big deep breath and stretch – a big, but gentle, stretch – and relax. Tell the client to shake it out a little bit and feel him/herself here. Have the client sense his/her feet on the ground and look around at all the colors. Tell the client to look around at the aliveness and the beauty all around him/her.



Transcript of Meditation - Your future Self