

Creating a Meaningful Future – Structured Client Guide

Objective: Visualize, experience, and install a **meaningful future** filled with love, joy, gratitude, and achievement.

Preparation:

- Find a **comfortable place to sit**, with your **back supported**.
 - Let your hands **rest naturally** and relax.
 - Take **deep, steady breaths**, slightly deeper than usual, but still comfortable.
 - **Close your eyes** and focus on the rhythm of your breath.
-

Step 1: Orienting to the Future Timeline

1. **Recognize that the future is yours to create**—it hasn't happened yet, but you can design and experience it now.
 2. Identify how your **timeline flows**:
 - **Runs through you** (past behind, future in front).
 - **Runs beside you** (past to one side, future to the other).
 3. **Physically turn toward your future**—this helps anchor you to your desired direction.
-

Step 2: Walking Toward Your Future

1. **Begin walking forward** in your mind, toward your future.
 2. Observe experiences **flying by you**—these are events from your future life.
 3. Identify **key emotional events** as they pass:
 - A major **achievement** (solving a problem, helping people, personal success).
 - **Love**—either given or received.
 - **Gratitude** for all that life has to offer.
 - **Excitement** and **joy**—pure, fulfilling happiness.
 - **Caring experiences**—where you cared for someone deeply, or were cared for.
-

Step 3: Collecting and Absorbing Positive Experiences

1. **Physically reach out and grab** a loving experience.
 - Pull it **into your chest** and let it **soak into your heart**.

- Feel it **pumping through your body** with the oxygen in your blood.
 - 2. **Grab another loving experience** and repeat the process.
 - 3. **Reach out and grab a fun experience**—something that makes you laugh uncontrollably.
 - Pull it into your chest and **let it radiate through you**.
 - 4. **Grab another fun experience**—maybe with friends or family, where you were filled with joy.
 - Let it **absorb into you**, filling your body with lightness and laughter.
 - 5. **Reach for a caring experience**—either being cared for or deeply caring for another.
 - Pull it into your chest and **let it merge with your soul**.
 - 6. **Grab an exciting experience**—something thrilling and unexpected.
 - Absorb it into your body, letting excitement **rush through you**.
 - 7. **Grab another exciting moment** from 10–20 years in the future.
 - Feel the anticipation and **let it flow through your being**.
 - 8. **Reach out for gratitude**—a powerful experience of deep appreciation.
 - Pull it into your chest and **let it radiate throughout your heart**.
 - 9. **Grab another moment of gratitude**, let it **fill you completely**.
-

Step 4: Arriving at Your Ultimate Future

1. **You now arrive at your most meaningful future**—the moment where you have achieved your greatest goal.
 2. See the **experience clearly** in front of you:
 - The emotions of **love, joy, gratitude, excitement, fun, and caring** flowing toward you.
 - Your **achievement is real**, right in front of you.
 3. **Step into the scene**—see through your own eyes.
 4. **Engage your senses**:
 - See everything in **perfect, vibrant color**.
 - Hear everything in **rich, immersive sound**.
 - Feel **the emotions overflowing** through your entire body.
 5. **Let it flood your system**—you are in your meaningful future right now.
 6. Take a moment to **fully experience it**:
 - I will now be silent for a few moments...
 - Allow yourself to **immerse completely** in the emotions, sights, and sounds.
-

Step 5: Anchoring Your Meaningful Future

1. **Recognize that this future is yours**—it exists and is waiting for you.
2. **Step back out of the scene**, but keep the feelings strong.
3. **See the meaningful future in front of you**—always available, always real.
4. **Turn and walk back toward the present**, seeing the experiences pass by.

5. **You may reach out and grab one more experience** of love, fun, or excitement.
 - Pull it into your chest and **let it integrate fully**.
 6. **Return to the present moment**—stop in the "now."
-

Step 6: Locking in the Future Vision

1. **Turn toward the future one more time** and look ahead.
 2. **See your meaningful future in the distance**, waiting for you.
 3. **You now know:**
 - **What it looks like.**
 - **What it sounds like.**
 - **How it feels deep in your soul.**
 4. This future is **ready for you**—it's time to go and claim it.
-

Step 7: Returning to the Present

1. **Open your eyes**, take a deep breath, and return to the **here and now**.
 2. Look around the room—focus on something **new or interesting**.
 3. Maybe **rub your hands together** or notice the temperature in the room.
 4. **Feel grounded and fully present.**
-

Key Takeaways:

- ✓ **Your meaningful future is real**—you've already experienced it.
- ✓ **You carry the emotions of love, joy, gratitude, fun, and excitement inside you.**
- ✓ **You can recall this future at any time**—it is always available to you.
- ✓ **Every step forward now moves you toward this vision.**