

free soul



Intention Circle Start Up Packet

Power of the Future Materials

Brief Intro to the Power of the Future

Guided Meditation Script 1:

Bright Future Vision - through Soul Resonance

Guided Meditation Script 2:

Short Future Vision - infused by Self Love

The Power of the Future

While the concept of Power of the Now is being taught in several different spiritual paths and has become quite popular, the Power of the Future is not very well known.

This is a very brief introduction to the immense and complex Power of the Future.

We live in a paradox: we have begun to understand that outside of the illusion of our physical reality there is no time: There is only the vast, eternal NOW. Yet we also live inside this three dimensional physical environment and so we experience everything within the context of linear time.

I find it helpful to understand the paradox in this way: We do live with a past, a present and a future, but they all happen simultaneously.

We can think of the past as the accumulation of the personal stories we remember about ourselves and what we have learned about life. We have learned to use the past to form our expectation of what is going to happen next. And in that way the past actually serves us as a guide to what is coming, and helps us to be prepared.

When you look more closely, you can see that everything we remember, we remember in the NOW. The past *ever only* happens right now. The challenge for most of us is that we don't believe we can change the past, so when we see it as set in stone, it limits how we see ourselves.

The future on the other hand is the possibility of all that CAN happen, so it serves as the realm of the potential. Again, if you look closely, you can see that what we think of as the future we *also ever only* imagine in the NOW moment. The *power* of the future lies both in our ability to access the power of choice, and in the fact that what we see as the future always affects us in the NOW.

The idea that our past had an impact on us, or that it determined who we became, doesn't hold up when we understand how reality works. Our memories of past events in and of ourselves did *not* have an impact on who we became and what happened to us. The past only matters, because all our formative experiences caused us to create a new future in our mind. When something significant happened to us it spawned an

expectation and imagination of it happening again and that changed what kind of a person we imagined becoming and what kinds of experiences we would have. We began to see ourselves in a new way. And it is this new future we created that still has an impact on the NOW.

A quick illustration:

If you believed something terrible was about to happen to you tomorrow, you would be affected by that imagined future right NOW in a very tangible way. Your ability to focus, your emotions, your heart rate and your biochemistry would likely change quite dramatically.

If on the other hand you believed that something absolutely wonderful was going to happen tomorrow, you'd also feel affected by that right NOW, but in a very different way.

The Power of the Now and the Power of the Future are intertwined. It is in the NOW moment that we have a choice. We can choose what kind of future we envision, and we can also choose a different thought, a different emotion or a different viewpoint instead of our habitual response to an experience.

The Power of the Future becomes more evident when we become aware that at every moment we are impacted by the future we expect is coming our way. We may not notice that, but it is still happening. A future filled with positive experiences usually lets us tap into our expansive human capacities, whereas a future filled with negative experiences usually replays our limited patterns of the past.

When we deliberately practice creating a different future, when we nourish a different expectation and imagination of our future, and bring it to life, we are using the Power of the Future, even if we are not aware of it. Every time we choose a new belief, adopt a different attitude, or make an empowered decision, we are tapping into that immense power.

If you would like to work more in depth with the Power of the Future, you can check out Tomma's program "My Brightest Future": www.thefreesoul.com/my-brightest-future.

BRIGHT FUTURE VISION

through Soul Resonance

Take a deep breath in and allow your mind to go quiet.
Let yourself relax... and allow yourself to trust.

We're now bringing ourselves into resonance with our soul.
We will use several emotional qualities to create this resonance.
As we call up these emotional qualities, allow yourself to .

Begin by feeling a beautiful sadness or sorrow,
Next call up a feeling of tenderness,
Now feel your compassion and caring,
Let yourself be aware of your own goodness and truth,
Feel your courage and bravery,
Sense your innate capacity for trust and confidence,
And notice how you are able to take the chance to be wrong... and to learn from that,
feel yourself relaxing into that knowing... and feel your knowing growing...
Now feel a soft gentleness arising...
and let it culminate in a sense of joy...
Sense the inner smile that that expresses this joy.

Allow this joy to infuse and envelop you like a magical shimmering cocoon.
Let it bring up the feeling of love...
feel the love you have for the world and feel the love you have for yourself...
Let this cocoon lift you now and let it begin to carry you into the future

Allow the awareness that there are countless possible futures waiting for you:
dark ones, mediocre ones, and bright ones,

and at this moment: choose - out of pure curiosity - to let this cocoon carry you
into the brightest possible future that exists

This brightest of all futures is already alive right now at the fringe of what is possible.

In this brightest future lives a bright future you.
And this bright future self loves you.

It remembers you as part of it's story of the past. Of what used to be.
Allow yourself to feel this love streaming right into your heart right now...

And now feel yourself getting closer and closer and closer to this bright future...
And now you land and let the cocoon open...

And first *feel* this bright future that surrounds you.
Feel the energy, feel the vibration that dominates here,
feel the emotions that come up here...

... and now take a look at your bright future self
if you can't see them clearly, *feel* your bright future self,
sense what kind of a person this is,
notice how excited your future self is that you are here
how much they love you.
Take that in, breathe it in...
Feel it in your body...

And now let your bright future self take you by the hand and show you some of the
things that are most important for you to see, to feel, to sense,
If you like, slip into the body of your future self, and see the world through their eyes...

Let them show you the parts of their life that are different from yours,
Let them show you what has come to fruition
Let them show you what has fallen away

there may be a new belief that is more expansive than yours
there may be a new attitude that serve them more,

their most common thoughts may be different from yours,
their most common emotion may be different from yours,

some of the choices they make may be more nourishing to them,

Relax, breathe, take it all in, enjoy this magical visit in your bright future!

... (Pause longer)

And now, knowing that your bright future self loves you, that it is here to help you create this very future you have just seen...

gently... bring your awareness back into this room, feel your feet on the floor, wiggle your toes... stretch your fingers...
and when you are ready, open your eyes.

SHORT FUTURE VISION

infused by Self Love

Gently close your eyes.

Let your body relax.

Take a deep breath in...

and sense that there are countless possibilities that exist in this universe of how the future could unfold... and simply become curious about what a very bright future might be like... and allow yourself to begin to *sense* this bright future.

To let this bright future come to life, and to fill it with more substance, we will deliberately begin to calibrate to a higher vibration by bringing in the powerful qualities of self love.

So first I'd like you to breathe in and feel the quality of safety and security right now. Deliberately infuse your future with more safety and security everywhere, as you imagine yourself feeling so much more safe and secure.

Next breathe in and feel the quality of pleasure. And imagine being able to allow for much more deliciousness, pleasure and fun in your life.

Next breathe in and feel the quality of honesty and vulnerability. Begin to deliberately infuse your future with more honesty and vulnerability. Imagine feeling so safe that you can be completely honest and much more vulnerable.

Next breathe in and feel the quality of trust. What is it like to trust so much more deeply... in other people... in life... and in yourself? Imagine and sense what your body feels like as you are able to trust more.

Next breathe in and feel the quality of intimacy and caring. And deliberately imagine yourself creating many moments of intimacy that flow out of a deep well of caring.

As life become more beautiful, more precious, more wonder filled... how much fear comes up that you could lose it again?

So next, breathe in and feel what life is like with less fear of loss. And imagine what it feels like to be living with all this beauty and wonderfulness, and at the same time with less fear of losing it.

And finally breathe in and feel the quality of a deep knowing. Diminished are the moments of worry and doubt. Diminished are even the moments of hope. And deliberately imagine your future grounded in many moments and stronger states of knowing.

And now use your breath to let these qualities expand into the world around you.

And let the world of your bright future fill in now with colors and beauty... sounds... and flavors... with wondrous experiences... new discoveries... exciting progress... amazing world solutions... with aliveness... goodness... healing... and resilience.

Imagine this world. Make it as bright as you can dream it.

Bring it to life.

Take your time... enjoy your exploration!

Sense that in this bright future you can be more of who you truly are.

Take a deep breath.

Then... gently... bring your awareness back into this room, feel your feet on the floor, wiggle your toes... stretch your body a little... take a last deep breath in... and when you are ready, open your eyes.