BECOMING
A Possibility Path Course
Lesson 2

Five Years From Now

Time rules our lives in so many ways. We Time Travel from past to future, from days to months, and from moment to moment., often without realizing it. We even Time Travel to our ancestors and those who have come before or were there to create who we are today! We are constantly in a state of moving through time.

In crisis, however, we tend to condense time. Now is the only time that matters when in crisis. Changes happen so fast we lose sight of the vision for a future. We can get lost in thinking of the past or longing to go back to what was. We can stay in the moment of emotion and focus on just what is in front of us that we can forget there is a future to come. We can forget to use the Hammer of Hope tool to see the bigger picture and find hope for what is to come.

Taking just a moment to tune into time as it comes and goes can help us ground in not only who we were and are today, but who we are Becoming. As we move into the future, where wisdom, grace, and a little bit of hope lives, may we remember that this too shall pass and that time is timeless.

1. GROUND - SIT WITH NOW

Find a quiet space and take a few moments to just sit and be. Take a few deep breaths and feel your feet get very heavy. Breathe deep into the ground and feel yourself in the here and now. Be in this day, here, in your body, now.

What are you dealing with and what is going through your mind today?

- How do you feel here, now, today?

2. FEEL INTO IT

Find a quiet space to sit with yourself for a moment. Take a few deep breaths and relax into the space of now. Then take one more deep breath and imagine your mind going to tomorrow. What is coming tomorrow? Then feel into next week, then next month, then next year…the world, those you love, the feelings that are coming through.

What comes through?

Now take a deep breath and feel into the concept of YOU 5 years from now. Don't use your mind, use your emotional and intuitive self. Ask to be shown the version of yourself 5 years from now. Just imagine. Feel into it. Be with it.

- How does it feel?
- What thoughts come to you?

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3. BECOME IT

Take another deep breath and feel into the You 5 years from now. What id different about you? What do you look like? What do you feel like? Sit and just imagine the You that you are becoming.

In the time that you go through so much has changed. You have changed! You have learned and grown and gotten through so much! Your figure self has much to teach you.

Take another breath and ask this You from 5 years from now for one piece of wisdom to help you through today.

What does this Future You that you are becoming today have to share with you?
What advice does she have to give?

Listen. Learn. Connect and then take a moment to reflect.
And when you are ready, write down what you have learned.

TIMELESS WISDOM

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Becoming Possibilities - 2020

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These energetic experiments are set up for you to find your own answers in your own way. Allow the thoughts to come and go as they please. The insights may come later in time after you complete this assignment that is okay too! Enjoy it and let the insights flow. This is all a process and the process is infinite, as you are!

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