



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.

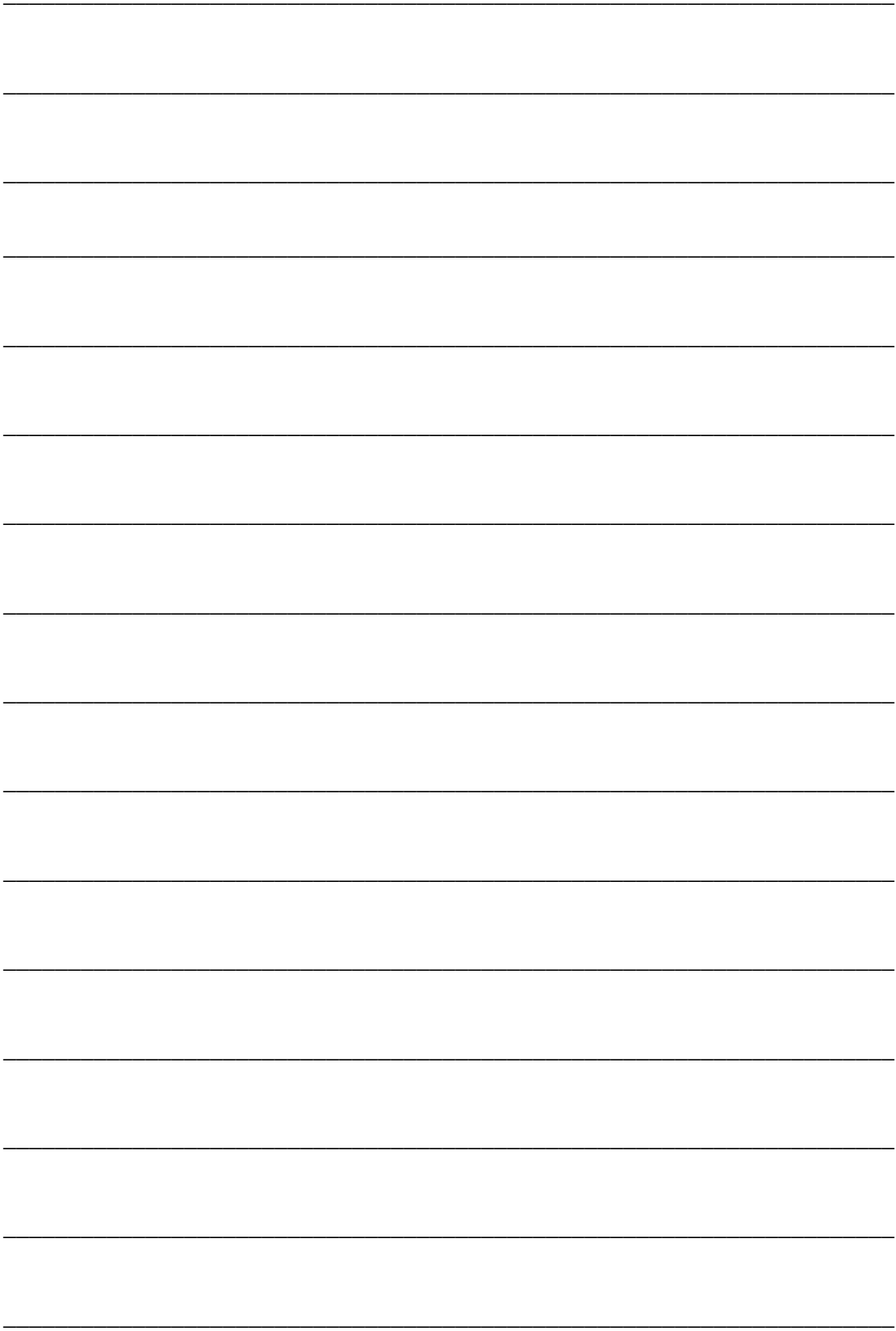
In crisis, however, we tend to condense time. Now is the only time that matters when in crisis. Changes happen so fast we lose sight of the vision for a future. We can get lost in thinking of the past or longing to go back to what was. We can stay in the moment of emotion and focus on just what is in 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?



Becoming Possibilities - 2020

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!

www.aworldofpossibility.com
