



Visioning 2: Imagine Your Transformed Self

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Purpose:

Take time to reflect on your ideal future self, find clarity and begin to visualize and actualize that self. Understand how your own self-development and health of your internal reality connect to the health of our collective internal reality and the condition of our shared external world.

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1. Introduction:

Throughout our life experiences, we go through many transformations as we accumulate new experiences and lessons, find new directions, navigate challenges and accomplish successes. We are and will always be changing. As conscious beings, we are equipped with the abilities and senses to imagine the next version of ourselves and to focus our attention and intention on pursuing whom we seek to become. This is the path of self-development, a path we walk when we become conscious of our experiences and begin actively seeking to learn, grow and heal and for our individual and collective wellbeing. This path is about connecting the part of you that wants you to thrive, to overcome resistance and adversity, ultimately leading you to the greatest good. As we transform for the greatest good, we heal ourselves and the people and world around us. Self-development is lifelong!

When we stop and envision the version of ourselves we seek to become, we gain clarity on what we can do in our lives to achieve that desired reality and flourish. The path of self growth is a path that leads to greater mental, emotional, physical and spiritual health and wellbeing, as well as leading us to access our full potential for love, personal growth and success in our lives. We begin awakening to our most authentic, expressive and passionate self. Imagine living in a community, society and world full of people who are committed to the greatest good for others and the most happy and authentic expression for themselves. By becoming aware of your transformations and pursuing compassionate growth, you are building this type of community. Your personal healing and growth are directly connected to the healing of our world, in a time where we are experiencing great dis-ease around the planet.

Our external reality mirrors our internal reality. This can be understood in two ways. First, what we hold inside us, in ideas, stories, beliefs, values, awareness and so on, are what create our perception of our own reality each day. Our internal world also creates our reality through influencing the people we surround ourselves with, the opportunities we see and seek, and the physical spaces we shape and choose to spend time in, all in relation to our identity. We have the power to transform internally to perceive and create a thriving reality for ourselves.

Second, society is made of many individuals and their internal experiences. The sum of our internal worlds create a collective experience together. When we share values that align with one another, we co-create shared spaces and experiences

that reflect our alignments. We hold common relationships, we build social systems, political and economic structures and we design physical spaces with shared purposes. Our collective internal realities, who we are on the inside, shape and form our external reality, the world we live in together on the outside..

“Our environment, the world in which we live and work, is a mirror of our attitudes and expectations.” – Earl Nightingale

-[Medium.com](#)

“Everyone and everything that shows up in our life is a reflection of something that is happening inside of us.” – Alan Cohen

-[Medium.com](#)

Right now, we are witnessing a great deal of dis-ease on Earth: a changing climate, rising oceans, dangerous global temperatures, natural disasters, species extinctions, etc. We see racism, poverty, political violence and war and increases in disease and mental health disorders -- and this only scratches the surface. What we see outside us mirrors what is inside of us. Embedded in mainstream Western culture and socio-economic systems is the belief that the natural world is a resource for us to take and make a profit from. It is acceptable and a “right” to negatively impact nature or humans in the pursuit of profit. This belief is just one of the beliefs, assumptions, and values that makes up our society’s inner reality. The key point is that everything in our external world -- society, technology, economic structure, policies, and so on -- reflect and mirror this inner reality.

Many of us in Western society learn that we live in a world of “things” instead of a world of “relationships.” Our social, political and economic structures are built upon and reaffirm the idea that we are individuals, disconnected from other people and the natural world, instead of being a part of a web of interconnected relationships. This story of separation from each other and the natural world allows us to create and justify systems, structures and relationships which reaffirm and even require separateness. In this way, Western culture produces identities of separateness in people, and by excluding other life and the natural world from our sense of self, we experience less moral priority and social responsibility for those things. In this culture, people may feel they can take advantage of others or the Earth without giving back and society may justify or reward that behaviour. Cultural values

manifest in our society and sculpt the external world, but are upheld within our internal belief structures as part of our consciousness. In this way, human consciousness shapes the physical world.

Would society allow a person to take all the water, air, nutrients or otherwise from a living person's body? Not likely, since they would die. And yet, corporations have been legally entitled and justified in over-extracting or destroying water, air and nutrients all people depend on for life all over the world for hundreds of years. To end this destructive behaviour, we must no longer separate ourselves from nature and one another. The dis-ease we see in the world -- climate change, poverty, racism, mental health issues, for example -- is feedback from our external world, letting us know our internal worlds are not in balance with the greatest good of all things. The dis-ease of our external world is showing us the dis-ease within our collective internal worlds.

"Everything is interconnected. If you do not yet see it, assume it until you can prove otherwise" -(anonymous).

The power of recognizing this interconnection is that we can consciously work to elevate, empower and transform our inner reality and it will be reflected as change in the world. In fact, we must do this to truly transform our world. Every time you do positive internal transformation work, not only will your life improve, but you become a beacon of change and improve our collective wellbeing. You will inspire and excite others with that energy, too -- it is contagious. In doing so, you help shift culture and heal our collective inner worlds. Internal work is one of the best tools for changing the world which you can do, right now, while reaping amazing benefits in your life.

As individuals, self development is our opportunity to become the best version of ourselves and live more authentically in the world. We embark on a journey of connecting deeply to all of life, in a way that can bring harmony to lives and the planet. In doing your part, you contribute to a global shift whereby the human community can, as a whole, live our best version of ourselves and access the greatest good. If you learn to live lovingly with yourself, others and the natural world, your reality will change and others will want to live lovingly as well. When we collectively start living with self love, love for all others and the natural world, our collective reality will change to reflect that.

There are four keys to transforming yourself for the better and realizing your full potential:

- Frequently connecting to your vision of who you seek to become
- Choosing to live by your values and the truths of your heart
- Creating clear intentions from your heart-guided visions and living and embodying them in your daily lives.
- Your ability and willingness to overcome and embrace adversity as an opportunity for growth.

The activity below will build on these keys. It will be similar to the previous one, [*Imagine your Transformed World*](#), only it will focus on imagining your transformed self, as we move toward your own inner healing and transformation. You will again connect to your internal visions for clarity, begin to express them in physical reality and then practice manifesting your intention to create the future you want.

As you pursue and embody your self-development journey and transformations, remember this:

“You are not a problem waiting to be solved. You are potential waiting to unfold.” -(anonymous)

2. Practice

In the process below, you will explore your vision for the ideal self you seek to become, bring your clear intentions into a physical expression and practice harnessing your internal power of visualization. This creates the momentum in your life for your vision to become reality. This work of the self is a lifetime endeavour -- your visions and intentions will change over time with your experience, so don't feel pressured to “have it all figured out.” This activity begins an intentional process of [*self-actualization*](#) (Raypole, 2020) and opening up the inner and outer transformations you seek in life.

2.1 Visionary Meditation (5-10 minutes):

Note: If you would like to enhance your meditation, you might visit a safe natural space you enjoy, surround yourself with a plant or many in your home, in a garden, or hold some part of the natural world such as a rock, pine cone, leaf or something else you can find. This will increase your connection to the Earth and may also offer enhanced visions.

In this meditation your task is to breathe, connect to your inner visions and imagine a transformed version of yourself. When we connect to our imagination, inner visions and dreams, we access endless information, ideas and internal wisdom. When imagining our future ideal self, we must connect to our heart, as it offers the best guidance on the path to the best version of our self. The heart speaks to us through intuition and through feelings like love, joy and passion. When we learn to connect and trust our heart's guidance, an ancient and evolved part of our human body, we find it leads us to experiences we grow and flourish in. Like the brain, the heart is itself an intelligent system. When we lead our lives from positive, love centered emotions, we attract what we need with less effort. As you do the meditation below, allow yourself to really *feel* what comes through, paying attention to the sensations of your body and chest. You may be surprised what comes into your mind as you do this.

Read all the instructions before beginning:

Find a quiet space you can be alone or sit undisturbed. You may also enjoy listening to soft meditation music (like this) or nature sounds. If you cannot find a quiet space, consider using earplugs in a place you will remain undisturbed. Sit comfortably on the floor, a chair, or lay down. You could also sit or lay on the Earth in a natural space you have access to.

Start by closing your eyes and letting your eyes, face and body become soft. Take ten deep, slow breaths in and out. Continue to breathe slowly and deeply.

As you allow yourself to become calm, place your attention on your heart, right in the center of your chest. Ask your heart to help guide your visions, to show you what is important to you, and to reveal to you what your transformed, more ideal

future self looks like. Here are some things you might think about as you tap into your internal source.

Imagine your ideal self in 5, 10 or 20 years....

- Where are you, what do you see around you?
- Who is with you?
- What work do you do that benefits the world?
- How are you in service of others?
- What qualities do you have?
- What do you value?
- What skills do you have?
- What is your relationship to the Earth?
- How do you feel most often? What emotions are most present in your life?
- Where do you live?
- How do you view yourself?
- What is your relationship with yourself?

When you feel ready, finish with a few deep breaths and express gratitude for the visions, ideas and feelings you experienced while in meditation. Thank your internal wisdom and heart for their guidance. You may find it helpful to jot down a few notes of what came to you. Next, move on to the Visionary Expression Exercise below.

Visionary Expression (20+ minutes):

In this activity, you will create something to express your vision for a transformed self. While this work should be done alone at first, feel free to share and talk about your vision with others. In doing so, you own it.

When we tap into our imagination, we channel information from the non-physical vision space into our physical reality. As creators we can bring our visions closer to our reality by bringing it into our world, even if what we imagine cannot be done immediately. In our non-physical vision space of consciousness, things can happen instantly, but in physical space, we are bound by the laws of space and time. However, before something becomes manifest in physical reality, it must come from consciousness- a plant does not grow without the consciousness of its DNA, cells, molecules, atoms responding to each other and its environment in favour of its

growth from seed to flower. In our mind, we might realize we want to become a happier, healthier version of ourselves, but without a clear intention and action in our lives aligned with our intention, it may take much longer to create this reality for ourselves.

As in the previous exercise, you will be taking our visions, ideas and dreams and inscribing them into the physical world through your own self expression, as an intentional way of beginning to manifest your dreams into reality. It can be hard to believe we can manifest our dreams, simply by writing about them, or drawing them. But remember, every new house starts with a visionary intention, a designer connected to that vision and a sketch before it becomes physically manifest in the world. When we connect to our visions, we can create intention aligned with our vision and thus create energetic momentum toward it becoming reality.

If you completed the visioning meditation above, you have already done some of the visioning work needed to complete this activity. If you did not, spend extra time reflecting on the prompts below. You will represent those visions, ideas and inspirations in a way you would like to express them, so you can return to them or be reminded of them in your daily life.

The way you choose to express your vision of your future self is up to you. You might: Write a song or piece of music, draw or paint, create a collage of related inspiring images or quotes, write a clear journal entry or story, write a poem or performance, the options are endless! Whatever you choose, gather the materials you will need before starting. You may also choose to complete this over a few days or a week, depending on how you choose to express. When you are done, keep your creation in a place you can be reminded of it, like a room, on your phone, or on your wall or fridge. Revisit it from time to time, or daily, to reconnect to that vision and the good feelings you have for it. You may also choose to share your creation with your other team members.

Instructions:

Now that you have your materials, give yourself as much time as you like to work on your expression. Start by becoming quiet and relaxed in a space inside or outside, where you can feel free, safe and inspired.

Now, imagine your most ideal self, your most ideal life as your future you. If you did the meditation above, you will already have some answers. As ideas and images come up for you in this brainstorm, write down some key words, small sketches, voice recordings or otherwise to store your ideas for a moment. Be as clear as you can be and allow yourself to have no limits, expectations or judgements of your ideas.

When you are done your visionary exploration, then begin your chosen method of creative expression to clearly represent your imagined future self. Take as much time as you need or would like to create this, but set a goal to finish within a week so your ideas and visions do not lose their power or fade from your memory. When it is finished, put it somewhere you will see or hear it either daily or every other day.

Here are some questions to help you guide your self-visioning. Imagine your ideal self in 5, 10, or 20 years....

- Where are you, what do you see around you?
- Who is with you?
- What work do you do that benefits the world?
- How are you in service of others?
- What qualities do you have?
- What do you value?
- What skills do you have?
- What is your relationship to the Earth?
- How do you feel most often? What emotions are most present in your life?
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- How do you view yourself?
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2.2 Visualizing: Manifestation Exercise (5-10 minutes)

Now that you have connected to your heart-centered vision, and you have real images of ideas, dreams and intentions for your future self in physical form, you can practice manifesting those visions into reality through conscious intention and visualization. This manifestation practice will offer you a way to take what is now clear, your vision and intentions, and direct energy toward that vision coming to fruition, while empowering you to live a more inspired, passionate and connected life.

If you did not do the Manifestation exercise at the end of *Visioning 1: Imagine your Transformed World*, visit that exercise to read a bit of background for why we are moving into a visualization exercise and come back.

Instructions:

Find a quiet space you can be alone or sit undisturbed. You may enjoy listening to soft meditation music ([like this](#)) or nature sounds. If you cannot find a quiet space, consider using earplugs in a place you will remain undisturbed. Sit comfortably on the floor, a chair, or lay down. You might also sit or lay on the Earth in a natural space you have access to.

Start by closing your eyes and letting your eyes, face and body become soft. Take ten deep, slow breaths in and out. Continue to breathe slowly and deeply.

As you continue to breathe, let all the images, all the ideas, all the positive emotions from your visions above come up. See them in your mind, feel them in your body. Imagine every part of your ideal future self. Wish, with all your love and intention that this vision of your future self comes true. Let yourself stay in this space for a few minutes, or as long as you like.

For the last few minutes, continue deep breathing and imagine as if your wishes for your future self *have* all come true. Notice what it feels like to imagine you are already your ideal future self. In this space, practice *feeling* as if the future you want has already happened. In your mind and body, cultivate a feeling of gratitude for whatever might have led you here.

Spend as long as you would like in this meditation. Most people begin to feel real shifts in their being and new powerful feelings as they spend more time in their meditation. Repeat as many times as you would like or as your vision changes.

In doing this process, you are orienting your mind, body and emotions to your future self, which with practice will begin to pull that reality into existence. With consistent practice doing this, such as a few times a week, you might begin to experience unexpected and unexplainable coincidences (often called synchronicities, by Carl Jung) that support what you are calling into yourself. New people, new opportunities, new mindsets, it is all possible. If you notice these happenings, start recording them in a journal so you can see their pattern over time.

Thank yourself for the time you allowed for your connection.

3. Dive Deeper

The links below are complementary resources for you to explore topics of interest in greater depth.

- Explore HeartMath Institute, a non-profit research group building research on the intelligence of the heart and tools to optimize it's health in body and emotion, as well as reaching coherence with the brain and body.

4. References

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