



VISIONING AND ANCHORING

Visioning is soul aligned and rises from within filled with an injection of whole bodied feeling. It activates the cells and supports the growth of new neural pathways when aligned with power words and thoughts. It is short like a film trailer and yet impactful and full of symbolism. The visioning is aligned with your top goal that ultimately feeds all others.

Visualising is created from the mind and connected to ego, is more aligned to hopeful therefore has less impact and is usually lengthy or too many visualisations being focused on. This waters down energetically to a trickle rather than a flowing river.

Do you want to impact and participate in your life like a trickle or a mighty flowing river that knows where it is going and flows over and around obstacles?

Before asking the questions do the hand on heart breathing aligning with the words, I AM all that I AM.

REFLECTIVE QUESTIONS

Name them to claim them.

What clues has my journey revealed to me thus far?

Can I afford 1 minute x 3 a day to utilise my visioning in order to continue to enhance my life and outcomes?

POWER QUESTIONS

Trying out the old is only demonstrating to me where I have placed my limitations.

In the outcome of my aspirations what symbols (images) or points in time hold power for me?

What are the power scenes in my aspired outcomes?

What does my soul need me to know about my vision?

Does my 1-minute life trailer feel so powerful that I feel anchored in it?

You are creating a short trailer/scenes that encompass the successful outcomes of your major goal.

RUN THE VISION

Write down your answers and create your vision. Sit quietly and connect with hand on heart breathing if required, now allow the 1-minute scene to run through your mind.

How does it feel?

What level of feeling and power does it hold? 1- 10, 10 being the most powerful. Adjust as required until your feel a 10

Time to fuel up your visioning by aligning to holding it in the morning (before getting out of bed and get distracted) Again during the day, taking a quiet moment and last thing at night before going to sleep, this will take it deep into your sleep state.

Make this a non-negotiable, after all it is only around 3 minute a day!

FURTHER TASKS

Revisit your rules of the game.

Sunday complete your weekly landscape creation.

Note: If you want to take it one step further you can also write your vision out starting with I am so happy, grateful and appreciative now that I.....

Or you can introduce this practice down the track to further enhance the visioning.