

Visioning your life as a feeling experience

Traditional visioning methods emphasize “seeing” a particular goal or outcome as already achieved or acquired as the way to bring it into reality.

A more spiritually based approach is to focus awareness on the inner spiritual quality that you would be expressing and experiencing if you fulfilled your goals in various areas of your life. By starting with the end in mind you stay out of the details and “seek first” the inner experience of wholeness that you believe a particular situation would bring you.

The fallacy of trying to bring forth particular outcomes as a way to inner fulfillment is the assumption that any outer event or condition could actually affect your inner experience. It is of course your response to outer events and conditions that determines your experience, not the event itself. Therefore, if one can put themselves in a state of feeling joy or peace or abundance as if your dreams have already come true (in truth they have) then you are sending forth this energy into the field of infinite possibilities as a creative intention rooted in your truest self and nature. You then will naturally reflect these qualities and experiences into your life. The results may vary from your “vision” but you are most likely to get the inner experience that you’re really after.

For example:

Here are some spiritual qualities:

Harmony, wholeness, beauty, vitality, peace, joy, love, wisdom, creativity, freedom, power, unity, oneness, abundance, generosity.

Let’s say you desired to have more financial resources in your life. Ask yourself what spiritual qualities would I be expressing/experiencing if I had adequate financial resources.

You might choose abundance, freedom, joy...

So your spiritual practice would be to spend time feeling how you would feel if you had plenty of financial support

....feel abundance,

feel the joy,

feel the freedom...

really allow those feelings to come over you.

Then as you do this over time, you may get a “picture” of what financial abundance would feel like for you...it might lead you to a course of action or specific endeavor. Most importantly though, it is the realization of inner abundance, freedom, etc that will be most powerful and effective in creating a life that reflects those qualities most accurately for you.

First and foremost we are spiritual beings. By honoring our true nature and seeking first to know the kingdom of heaven within, we put ourselves in alignment with the

highest and best vision for our life, and then all "these things shall be added unto us," as would support our best life experience.

Enjoy the process and know that God's will for your life is all good!

Love and blessings,
Rev. Larry

Or as Jesus said it...

Seek first the kingdom of heaven...and all these things shall be added unto you.
(Mt. 6:33)

Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting. (John 4:35)

...whatever you ask for in prayer, believe that you have received it, and it will be yours. (Mark 11:24)