It's time to change the game

VISUALIZE THE REALITY YOU WANT



This is a meditation exercise. For best results, make sure you have time and space to fully immerse yourself in the experience.

Find yourself a quiet place.
Get really comfortable.
Close your eyes.
Take some deep, conscious breaths.
Relax.
Breathe easy.
Sink right in.

Now, imagine you have no body, you take up no space in the universe. You are part of everything. Everything is a part of you.

You are floating in the expanse of all life - the past, the present, and the future.

This place you are in, this vast, endless, blackness, feels like home. There is nothing to worry about here. You are completely safe. You are so loved. You are connected to the source of everything.

You are in the place of pure potential. Here you can create any reality you wish for.

Now, imagine that you are in the life of your wildest dreams. Visualise what that looks like. What are you doing? Where are you? Perhaps you're on a tropical island with your family, perhaps you're in your dream home, perhaps you're a leader empowering the world. How do you feel? What does everything look like? How does it smell? Can you hear music? Or the sound of the ocean? Picture as much detail as vividly as possible.

Immerse yourself so completely into the experience. Imagine this is your real reality. All your dreams have come true and you are living your ultimate life.

Stay in your new reality for as long as you can.

When you are ready, gently and slowly bring yourself back into the room. Gently bring yourself back into your body.

Begin to notice your breathing. Wiggle your fingers and toes.

When you feel ready, say these words out loud:

"I am ready to make manifest the reality of my dreams."

Wow. What an epic journey! Do you know, you can visit that place anytime you want? In fact, the more you visualise your ultimate reality, the more aligned you'll be to the real manifestation of it.

Hey, you're perfect. Right now. In this moment where you are.

You are enough.

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