

Immerse Your Entire Being in It: Visualizing the Future



Immersed within a path of mindful living, embracing the present of each moment, with the wisdom from our past¹, it seems essential that we also remain conscious IN each moment of the thoughts (and the emotions behind these thoughts) that arise about our future, as well. As we become aware of unnecessary anxiety that may exist about the future, we might find that there are a number of reasons WHY this anxiety exists. Yet, there are ways that we can remove the fears and worries that arise from these “why’s” and replace them with feelings of joy surrounding “what ifs”, thus removing our anxiety and aiding us to create a future we REALLY want to experience.

Often times we can find ourselves completely immersed in a present day situation, gleefully (or despondently) experiencing the emotions thereof. And there is nothing wrong with that *and* everything right with that!

When we are mindful of the present, we are gifted with a brilliant level of awareness, and we’re ALLOWED to feel the gift of each of these present moments. Our feelings are our compasses!



However, in these present day situations, thoughts may arise about a future event that can interfere with our present day level of awareness and possibly generate unnecessary anxiety, worry, or upset (either adding to our already despondent emotions of the now or creating new troublesome emotions that interfere with our present jubilant emotional state). These intrusive thoughts and subsequent anxiety are not necessarily something to run from; they can actually be moments to embrace, for they are our compasses (our

feelings), and can guide us to new horizons. They are the “why’s” that can be replaced with the “what ifs.”



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Yes, the past
was then, the
future is untold,
and the present
is all we
have...now.

Yet, what we hold (as humans) is the awesome ability to REMEMBER our past (and therefore retain or restructure any beliefs that we may have established from it) and also the awesome ability to VISUALIZE our future (and therefore create or recreate anything our mind’s eyes choose to envision)!

In all of the anxiety that one can feel from the past or anticipate for the future, there really is a tremendous amount of empowerment that each of us holds in these abilities that generate all of these feelings. For it is in these VERY SAME abilities that we are (usually subconsciously...sometimes consciously) using to generate all of these negative thoughts and emotions that we can CONSCIOUSLY call on to generate positive thoughts and emotions.

For instance, when we are feeling anxiety about a future event that (of course, has not happened yet), and we have thoughts about it and generate feelings about it, we are CREATING. (It’s sort of like if we THINK about getting a “bad” grade, feel crappy about getting it, and it hasn’t even happened, we are in the process of creating all kinds of

manifestations for that “bad” grade to happen; we start to become anxious about tests, possibly fail them, miss assignments, and so on.) In this creation process, we even sometimes link past experiences with what we are anticipating.

The problem arises when we fail to recognize that we are NOT victims of our past and that we can change our future visions at ANY moment in time. We can CONSCIOUSLY, in the now, utilize our awesome abilities of this very same creation process to think *new* positive thoughts, generate joyful images and emotions, thus restructuring our future visualizations.

In that very same situation, if we were to replace that thought that arose about getting a bad grade with the thought of *I am going to pass with flying colors, and even visualize an A+ on our papers*, then we begin to create feelings of ease about our tests, we complete our assignments, and we become more conscious about how WELL we really ARE doing. We might not see that A+ *right* away, but we are more likely to definitely get grades that we can feel good about.

To make this a little more concrete, here is a real life example from my own life that happened not too long ago:

For YEARS, I'd become anxious about visiting the doctor. (Truth be told, I still sometimes am! And I have to reframe future visualizations ALL THE TIME!)

My last doctor's visit, I just KNEW that (based on all past doctor's visits) it would surely be the same: I would have to talk about what medications were working and all those that weren't, and I was just BOUND to end up on a medication that I didn't "like."

Here I was, "coupling" (linking) all of my PAST doctor's visits with a FUTURE event that hadn't even happened yet. (I realized I was coupling my past beliefs with something I was anticipating.) And so, to maneuver through this, it was important for me to, first, realize all of the DIFFERENCES in this future event from my past events.

When we are caught up in coupling, finding DIFFERENCES can be vital to overcoming this anxiety state.

This can be helpful for people that work with PTSD, anxiety disorders, and the like, but it's not just THESE people that "couple" things or feel anxiety – we ALL do this occasionally – so finding DIFFERENCES can be vital for us ALL.

I noticed THESE differences: I was more verbal with my doctor's than ever before – two-way communication was taking place, and I felt like my voice was being heard; I knew I had choices and that my doctor would talk to me about ALL medication options; there was the possibility that there would NOT be a MAJOR change in medications like I'd seen in the past, and if it WAS called for, I could feel comfortable to know I had the choice to accept or reject that change (I was in charge), and we could explore other options; finally, if any changes did occur in my medications and I happened to experience any side-effects I was uncomfortable with, I no longer was in a frame of mind to just succumb to them (I could report them immediately and work with my provider to explore a medication regimen that was more comfortable for me).

Now, that was the first part of maneuvering through the "coupling" I had been doing (noticing the DIFFERENCES). **The second part was to "VISUALIZE."** And it wasn't so much "visualizing FOR the future." There are moments from our past that we can grab on to that make us feel ALIVE, moments when we overcame something so tremendous that we can revitalize ourselves with its impact it had on us whenever we might need to. It is these moments that we can call on in this process of visualizing. So, I began visualizing the exact moment from my past when I realized I had choices². *(That epiphany that moved and rocked through me. That moment in time that changed my whole way of thinking and feeling. For that epiphany alone was the catalyst for who I am today, and I LOVE that!)* To VISUALIZE that moment could MOVE me through this future event with greater ease. AND IT DID...



With my past coupling managed and a past visualization to guide me, I could now move towards that future event. *And this is where NEW thoughts and feelings come into play.* With the past coupling anxiety

removed, I could now create FUTURE VISIONS that were free from anxiety and were joyful, calm, and were anything my mind's eye wanted (without worry or upset). I now envisioned a doctor's office that was warm and inviting, calm and relaxed. I envisioned a conversation which was enlightening (as I always hope for). I envisioned a medication regimen that would benefit me and a treatment plan involving me completely. I saw myself completely involved in my healthcare and completely CARED FOR by my doctor. And I even saw myself driving home from my visit, happy, relaxed, and completely satisfied with the outcome of the visit. *These were thoughts for my future event merged with REALLY GOOD feelings about that event.*

Now that was my FUTURE VISION, and when all was said and done, I had a wonderful conversation with my doctor, enjoyed some time surrounding spiritual conversation, created a treatment plan that I was very comfortable with, and had my medications barely tweaked, leaving it in my ball park that I could call whenever I felt I might need them adjusted. He even gave me his phone number if I had any irregular side effects that I might need to report. And when I left the office, I even decided to make a stop at the local bookstore to buy myself a present – I was THAT pleased with the outcome. It really all was just perfect. It turned out that I DID need to report side-effects, that I DID need to make some minor adjustments, and as I had envisioned (if this had to happen), I was able to phone my doctor, make those adjustments, be involved in my healthcare and treatment, and make those necessary adjustments *without* frustration and felt a feeling of cooperation and ease and satisfaction.



When visualizing for the future, it's important to remember that our present day circumstances can contribute to our visualizations, as well as any past situations we may find ourselves "coupling" with that future visualization. And it's helpful (even vital) towards the manifestations of our visualizations that we attempt to bring all of these situations into alignment.



First of all, to bring our present awareness into alignment with our future visualizations, we can “do” several things: We can meditate, move physically WITH our thoughts and emotions, write, sing, dance, draw, and just be creative to call OUT our visualization. These methods that we find to presently “do” that bring our present awareness into alignment with our future visualization can be quite crucial, as there can be times when we find ourselves feeling a certain degree of anxiety about a future event, and there IS no past coupling to realign. *We are simply becoming anxious because we cannot foresee the future, and we might be experiencing anticipatory feelings that arise from “worry of the unknown.”*

By placing structure to our future visualizations we can guide our visualizations towards creating a brighter future and removing this “worry of the unknown.”

People use methods varying from meditation (where this visualization remains in their head) to singing (where it becomes verbal and mantra-like) to visualization boards (where they can see it everyday). What is important in these present day alignments is that we are focusing on making our visions clear, structured, concrete, and unobstructed by negativity.

Secondly, if we encounter past scenarios that perhaps are coupled in some way with what we are attempting to manifest that are NOT in alignment, we can “do” things to counteract this, as well. If a past incident is in some way similar to a future event which we are trying to look



forward to, but the past event we “perceive” in a negative way, we have our present day awareness as an opportunity to find all of the DIFFERENCES in what happened THEN to what could happen LATER. We can also call upon *past visualizations* that made us feel good about how we made it through an event that can then lead us to generating good feelings about our new future vision.

On a final note, when visualizing for the future, we really don't need to anticipate (or try to visualize) the “how's.” In fact, doing so can generate even more needless anxiety.

The future is untold, right? We are only in the process of creating thoughts and feelings about it, not processing completely HOW it is going to happen.

When envisioning the future, we really need only recognize the “what,” which is the thought we formulate, which brings forth images, and generates feelings, all of which we use to guide these visualizations. These things (the “what's”) will set in motion the “how's” by our simply allowing them to manifest in perfect timing. When we come to the peak of where our visualization is set to manifest, ALL of the “how's” simply fall into place. It is their time...the *how* of the manifestation of our creation and *what* we have visualized is upon us!

I have a simple little example that just recently occurred in my life which I found to be SO COOL that I can share with you about *how* this process of NOT visualizing the “how’s” and just the “what’s” CAN REALLY work:

I was recently working on creating a vision board, originally began cutting out various pictures for my visions, and had only a very rough cardboard box cutout to put these on. It was OK, but as I went into town that very day, I was imagining in my head a board that looked like what so many others had for theirs -- you know, the ones that have a frame and are neatly square and such.

In my head, I thought of what one would look like at a store, the cost I would incur, and that I could certainly not afford it (I would need a total miracle!). Then I thought back to what I was creating, how I was grateful for what I had, and very content. I was going to make it work; it didn't matter if it was framed; it only mattered that my visions were there (clear and concrete – right in front of me)...

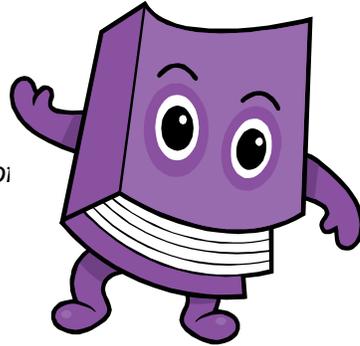
Later that day, my husband invited me to have coffee with him at the bookstore/coffee shop next to where he was working. I agreed. The woman working asked if I wanted any flavorings in my coffee. Usually I say, "No." But this time I obliged and asked what they had.

She had to pull down a large framed picture of all the flavors from behind the other hung boards, as they were re-doing their signs, and it was hidden. I picked my flavor and she set the board down in front of their fridge. As she moved the board to get my flavoring OUT of the fridge, it fell over, someone stepped on it, and the glass in it broke.

A long story short, they heard the story of my vision board I was creating, how I had been looking for a cardboard backing about that size, and when (shyly) I asked for just the backing (since they said they really weren't needing it anymore), they gave me the WHOLE thing (FRAME AND ALL) -- JUST like my vision of what I had thought of when thinking of a perfect sized framed board that I could not afford. And this one included a hanging and all!!! More than what I even expected! :-)

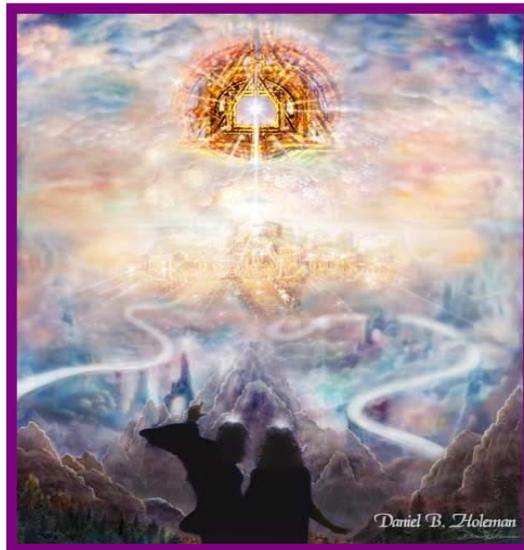
And so it began . . .

The most wonderful thing is that this occurred at the coffee shop/bookstore, and what I feel like is the most powerful vision on my vision board is that of me completing my book, publishing it, and that my vision is now inclusive of a bookstore. Guess what? They let me get a snapshot of a "bestseller" sign hanging in the store! :-) That's on my vision board now, too, and I don't know "how," but I DO know "WHAT"... I am writing.



So, we have our thoughts; we bring forth images; we have our feelings; we generate our visualization . . .

And the future will be . . .



I hope you are all visualizing a beautiful future, seeing new horizons, envisioning and manifesting a glorious life, and I hope you immerse your entire being in It!

Much Love,
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¹Wisdom from the past: Audrey Haynes writes about the wisdom from the past in “Immerse Your Entire Being in It: Wisdom from the Past” which was published in the [2008, Autumn Edition of TMH](#). As we “spring ahead” to visualize the future, we can “fall back” on the wisdom from our past, too!

²Choices: Audrey Haynes writes about choices (the ones we make every moment of every day) in a descriptive and emotional story about how choices affected her and the epiphany that manifested in “Choices” which was published in the [2008, Autumn Edition of TMH](#). What choices are you making?