
Choosing Your Reality

MEDITATION

The purpose of this meditation is to create the reality of your awakened heart, where you live a life that is loving to you and your dreams come true.

Steps: Get into your Higher Self state for this meditation.

1. As your Higher Self, create a vision of your life as you would like it to be in several years. Let yourself feel the good feelings having this reality will give you. Start with your relationships by imagining all of them bringing you love and joy. Think of your job, financial situation, health, spiritual life, recreation, social activities, energy, life-style, and place you would live. What would you love to do during the day? Allow yourself to daydream and fantasize about a life that is loving and nurturing to you. Picture the world as you would like it to be—such as a clean environment, a peaceful world, and so on. As you picture these things, you vibrate with the reality in which they happen.

2. After you have created a vision of your ideal life, imagine you are working with this vision as unmanifest energy as you did in the Universal Mind meditation on page 37. Create this higher probable reality as energy, making your ideal life into energy that is as beautiful, light-filled, and harmonious as you can imagine. You may want to make a symbol of it and play with the symbol.

3. Bring the energy of your highest probable future into your DNA. Let it change your frequency and vibration at a cellular level so that you are vibrating with this higher reality. Radiate this energy through your body, emotions, and mind.

4. Imagine several years have passed, and you are now your future self who lives in this higher probable reality. From the perspective of your future self, what is your life like? Describe your circumstances and how you feel. Speak of the future in present tense. For instance, say to yourself, "I now have _____," as you describe life as your future self.

5. As your future self, send energy back through time to assist you in getting to this reality even more easily. Ask your future self if it has a message for you.

6. When you are finished, slowly come back into the room, bringing a sense of this new reality with you.

*From Spiritual Growth: Being Your
Higher Self by Samaya Korman
p. 125, 126 (©1989, H. J. Kramer, Inc.)*
