

WHAT DO YOU WANT?

Visualization about what you want in your life. First and foremost, it is important to know what you want in your life. We will be working with this. As it becomes clearer and clearer you may find that what you want evolves or changes. It is about deciding where you would like to go and the idea is to always to expand, seeing the new potential and possibilities along your journey. Please focus on one specific thing that you would like in your life.

If you notice any objections, resistance or fears coming up around what you want, enter that information on the worksheet *Identifying Resistance*, and then return to this exercise.

PART I

1. What do you want in your life? Please see the areas to reflect on when choosing what you want.



2. When you have what you want, what will having that do for you?
3. Imagine you have all the resources and financial support. What would you want and what will having that do for you?
4. If everything is possible and you can envision having anything you want. What will having that do for you?

You may notice when you relieve the financial or time blocks you become clearer on what you want and expand what you feel may be possible. Please reflect on your answers and choose the image that you felt the most energy and had the most meaning to you. Then select a symbol and color to represent the creational energy of that feeling of what you want.

Now take a moment, visualizing the image and breathing in deeply on a 4-count. After breathing, take one breath and hold it as long as possible and focus on the sensations in your body. Then return to your normal breathing rhythm.

PART II

The next part is how you can identify and realize when you have what you want.

5. What are the specific real-world events that will let you know you have what you want? What day would it be? Where would you be? Would anyone be around you? What are normal rituals and habits that you would have on that day?
6. What words or phrases would you say to yourself that would let you know you have what you wanted? And what tone of voice would you use to say when you say that to yourself?
7. Where would you be?
8. When would that be, and with whom do you want this?

Now create a new visualization with this additional information and connect to all your senses. What do you see? As you look at the image, do you notice if it is black and white or in color? If it is black and white, please add color. If it is in color, please make the image vibrant. When watching your film, is it still or in motion? If it is still, then put your film into motion and connect to all your senses. What would you smell? What might you taste? What sensations would you feel? What would you be touching when you have what you want?

Take a moment to look at your film and breathe in deeply again. Then create a timeline and place a marker on about when you would like to have what you want in your near future.

9. Please write down the exact date.

PART III

10. When you have what you want, it is important to reflect on the relationships around you. How will having what you want effect the important people in your life—both positively and negatively?
11. If any negative thoughts come up and you feel any sensations in your body, breathe into the location allow the blocked energy to shift.

When you feel positive sensations, then breathe in that excitement through out your whole body! Imagining the positive effects in your life and the benefit to those closest to you!

PART IV

If there is any other relevant information about what you want that was not covered in the questions above, include it here.

