

# ***FUTURE SELF - MEET YOUR ABUNDANT SELF***

## **A JOURNEY TO GAIN INSIGHT ABOUT YOUR TRUE SELF**

Imagine in front of you a timeline... begin to notice the light or the color... or simply a feeling of a timeline that is there, stretching out from your spot in the present moment... all the way out into the future indefinitely.

You may actually see the timeline... or you may imagine it to be there... or you may simply know or feel it there.

And just think about that timeline... as it holds all of your future information, future memories, things you're going to do, and achieve and experience...

all out there on that timeline... as if that timeline is stretching out further and further, becoming longer and bigger... and it actually holds all of the information and all of the wisdom about your future.

In your future, anything is possible.

In a moment you will get to explore these possibilities... of what your future might hold.

When I count to 3 I want you to float up out of the present moment and begin floating over your future timeline.

One, two, three... float up lighter and lighter... let yourself become very light and just float and float, slowly floating out over the days, the weeks, even the months, out into your future.

Notice how you sense the time passing.

Follow that timeline down below... feeling completely free to explore and discover something that you never imagined that you could discover.

And as you float further out on that timeline notice how much more peaceful you become.

Notice how much more curious you become... and how excited you are to discover what it is... that is there... waiting for you in your future. And right now you can trust your subconscious mind... or your higher self... to take you to a point on that future timeline that is the best experience for at this time.

It will be a moment in the future where you are successful, very abundant, feeling complete freedom to be successful in the way that you wish to be successful.

And for you, that may mean making lots of money and having a lot of luxuries or it could be living in a state of complete peace and bliss and excellent health.

This abundance may mean that for you are providing for your family, and feeling secure and confident in who you are.

You can trust that your subconscious mind will take you to a perfect future moment for you to experience yourself as abundant.

So allow your mind to float, to take you on that journey as you feel yourself floating down into the timeline into that future moment. Floating down, down, down as I count from 5 down to 1 your feet will begin to come closer down to a very real moment in your future.

As your feet touch down on the number 1 it will all be very clear to you in this future moment. You can feel it, see it, hear it and be in that moment... now... as real as real can be.

5 floating down now

4 getting even closer

3 gently and softly moving down into that future moment

2 and

1 your feet touch down right there.

And the first thing you notice is how far you are into the future.

Notice if you are alone or with other people.

Notice any sounds that are there.

And really notice the way you feel in this future moment.

Now notice that right here in this future moment, you're meeting your future self.

You're actually standing here face to face with your future self.

You meet the person that you are, that is abundant, without fear, experiencing the wonderful freedom of having your finances in order, or having the luxuries of your life, having your family be happy and secure.

You are healthy and strong and wise in ways you never imagined.

So stand here and look at your future self.

Notice what's different about this version of you.

This person that you are looks so similar... but in so many ways looks different... Confident, peaceful, happy, deserving, worthy.

And in the time from the present moment out into this future moment that is "now"... so much has occurred, and so much has been transformed about your life, your thoughts, and your emotions.

Now you are standing right here looking at your future self... having gone through that transformation, and experiencing yourself as worthy and deserving... abundant and successful... without fears or limitations.

Now your future self has gained a great amount of wisdom about what it took to reach this point... to continue to grow and expand.

You know that you enjoyed the journey... knowing that it didn't mean sacrificing your happiness... that it meant being abundant in every moment.

As you look at your future self right now, know that all of the information, all of the wisdom is right here... now.

Right now I want you to ask your future self what your future self needs you to know in order to begin this journey... to begin the transformation... to become abundant and successful... deserving and worthy.

Perhaps that future self knows something about the direction you should take... the type of work or career you should put your energy toward.

Your future self may know about something emotionally, or mentally that you have been doing to limit yourself.

Right now ask your future self "what is the most important thing that I need to know now in order to bring abundance and worthiness into my life. And just wait... and listen.

(PAUSE)

And if you need more information... ask your future self now to give you more details or more precise directions about what you are to do. Take all the time you want.

Your future self is more than willing to share all of this information.

All of the wisdom of your journey is here for you now.

(PAUSE)

Now as you look at your future self... you hear those words... you experience a great sense of power that comes from having the freedom to be worthy and deserving.

Notice how good it feels to have no limitations... absolutely nothing stopping you from enjoying this abundance.

In a moment you're going to step inside of the body of your future self and you're going to experience the strength... the confidence... the freedom that comes with being successful... worthy and abundant.

So... look right in those eyes of your future self... feel this connection.

When I count to three let your body step inside... so that you'll see through those eyes, feel from that heart, hear through those ears.

On the count of three step inside of that body.

1, 2, 3 (snap) step right in there.

Now you are in your future self.

You are worthy and you are deserving of this abundance.

You've cleared away the obstacles and the challenges... you feel this freedom..

You know things about yourself that make life more interesting.

You are more focused, your memory is excellent.

You are organized.

You are energetic and you're very happy with what you've created.

Now inside of the body of your future self, find out what it is that you've actually created.

Notice what it is that you've done to create such abundance.

(PAUSE)

Discover how good it feels to have this health, worthiness, and peace of mind.

You may even want to look at something that shows you how financially abundant you've become... look at a bank statement... or your investments.

Look at those investments, right now holding them in your hand, the papers that show you the numbers and totals.

Perhaps you see paychecks of how much you're making or how much you've saved.

Or perhaps you enjoy the house that you now own, that you live in, that gives you that sense of security and confidence.

Notice those things that are representations of your abundance and your freedom to have a choice... the good foods you get to eat... the places where you get to travel and experience life with new eyes and new curiosity.

And when I count to 3 I want you to step back out of the body of your future self, so that you're once again looking directly in the eyes of your future self. 1, 2, 3 (snap). Good.

Now look at your future self and just feel grateful... thanking your future self for the wisdom and the information you now have.

Now some of this information is conscious and you are aware of it... and some of it is deep in your unconscious mind about to be discovered.

Now float up above your timeline... float all the way back... all the way back to the present moment.

And bring back with you those unconscious resources and skills... those beliefs and those attitudes about your worthiness... knowing something that you didn't know before.

Feeling more intuitive... more wise... more confident- in ways you never imagined you could feel.

And come all the way back to the present moment with these resources, with this knowledge and this wisdom.

As you float along the timeline notice a beautiful light pouring from your hands... that pours all the way down on to that future moment and all the way along the timeline as you float back towards the present moment.

Let that light be beautiful, brilliant, bright... a wonderful color, as your future becomes bright, inviting, compelling... and then come all the way back to the present moment. ©2002 wendi.com • Insight Audio Hypnosis Script Book 173

Let your feet touch down and look at your timeline.

Your future... with all the possibilities... all of the promise... all of the luxuries... the security... the confidence that you know that you deserve.

Now there are many things you are going to begin to discover now, and in the next few days, and it could be the way that you just feel more energy as you move toward your goals and your outcomes.

Or perhaps it's just a sense of freedom that allows you to move effortlessly through projects that you previously felt stuck on.

Or maybe it's just the way that things don't bother you so much like they used to... stress rolls off of you and you feel energized more every day... and you have the peace of mind to move forward with confidence and security.

Now take a nice deep breath (INHALE) and take in the energy of your timeline (EXHALE) and send love all the way into your future . Good.

Begin to bring your awareness back to my voice, back to the room...