

# TIMELINE

## IMPRINT YOUR FUTURE WITH SUCCESS

Notice there in front of you from this present moment... the timeline of your future.

And on this timeline you are going to visit several different places in your future.

You are going to experience the outcomes that you wrote down previously, as having already happened on this timeline of your future. So perhaps you notice it as a path or a beam of light or a thread or something that simply guides you out into these future moments.

When I count to three, you'll float up out of the present moment into the future and you'll feel yourself floating towards that one month in the future moment. 1, 2 3 (snap) light, floating, gently, softly all the way out on your future timeline.

Now you feel your feet touching down at that point that is one month in the future.

And at this point one month in the future, you notice that there are some things that are different, things that have changed about the way you feel, the way you think, the way you behave. Now notice the outcomes that have already happened at this point in the future... those things that you wrote down a month ago about what it would be like financially, career wise, health wise and spiritually, they've already happened.

Notice right now how it feels to have already accomplished those things, to feel this way... to have met your outcomes. And notice that it happened almost effortlessly.

Notice how you are able to move forward easily, naturally, and effortlessly to have these outcomes.

Notice your health, your finances, anything that's changed in your career. Notice your spiritual self and how you're feeling more peaceful.

And just take a nice deep breath right now... and let yourself absorb it all (INHALE) .... (EXHALE) and notice how good it feels. It has already happened... it is real.

On the count of 3 float up out of this moment and go two more months in the future, so that you will now be three months in the future... from the present moment.

1, 2, 3, (snap) float up light, light, light, float right up... And float through the days and the weeks a couple more months into the future.

Now begin to float down, slowly, gently floating down to that point that is three months in the future.

As your feet touch down, everything becomes very real.

Those outcomes that you wrote about three months ago have now already happened.

You have already accomplished those things that you had set out to accomplish.

Now in this future moment of three months in the future, you notice it as real, having already accomplished it.

How good does it feel to know that it was easier than you imagined it would be.

Opportunities came to you easily. You were prepared and intuitive.

And in some ways it almost seems like your luck has changed, that you got very lucky, very fortunate.

Find something that shows you proof of your financial outcome. Something that you have accomplished financially... perhaps a paycheck or bank statement ... or an investment statement.

Hold it in your hands, see it, feel it. Good

And now notice emotionally what it is about you that is different at this point in the future, perhaps it is your confidence or the way you can express yourself better... or the way that you're more connected, and more in rapport with people.

Or perhaps the best thing you feel is about your personal integrity and how good it feels to have this kind of integrity as you reach your outcomes.

Now float up out of that future moment.

1, 2, 3, (snap) Float right up... and you are going to go three more months in the future so you're at the six month mark in your timeline from where you started.

Float through the days... and through the weeks... let the music carry you... take my voice with you and go all the way out to that point in your timeline that is six months in the future.

Let yourself float down... let your feet touch down... and let it all become real.

Notice that the outcomes that you wrote about six months ago, have all happened.

Perhaps some of them are a little bit different than what you've expected and some of them are greater or better than what you wrote at the time. Maybe you actually are experiencing even more magnificent outcomes than what you expected.

And notice how interesting it is that all it took was you to set the ball in motion... and now you have achieved something even greater than you imagined.

Notice financially how things are going better than you expected, find something that proves to you that you reached or exceeded your financial outcome for six months.

Notice emotionally what it is about you that tells you that you've matured or grown... that you feel worthy and deserving... that you have cleared any negative emotions or any old negative beliefs and allowed yourself to have that outcome.

Notice in your spiritual life if there is something that has changed... something about the way you see the world or experience others... or something about your relationships that is more real, more enlightened.

Notice how easily you have reached these outcomes.

(PAUSE)

Notice your health, your body, the strength and condition of your body. Perhaps some old aches and pains or health problems have completely cleared up and you have an abundance of health and strength.

Now at the count of three float up out of this future moment. 1, 2, 3, (snap) float right up. Float up out of it.

And float out into six more months in the future, so that you are now at a point that is one year in the future.

And at one year in the future you begin to float down your feet floating down, touching down and this moment becoming very real.

Notice so many things that have changed one year in the future. The outcomes that you wrote down a year ago are all happening beautifully... you have well exceeded these outcomes... financial, career, health... emotionally, spiritually.

You actually achieved something greater than you even set out to achieve.

So find out now... really explore... and find out what it is that you're doing that makes you feel this good... what it is that allows you to live life with this much satisfaction.

Notice how much money that you're making and how you've invested it, what you've done with it.

Find something that is proof of that. (pause)

Notice in your career, the changes that you've made, the opportunities that have been presented to you and how intuitive you've become, to know when those opportunities are right.

Others may think that you've gotten lucky, but you know you are simply wise.

You have allowed your inner mind to use those resources to guide you, to allow you to achieve something that you set out to achieve.

And notice yourself emotionally. Notice what it means about you to have released your limitations, to have released your fears... to completely accept that it is your right to be abundant, financially, physically, mentally... to bring the right people into your life, the opportunities, the

adventure, the health, the state of mind, everything that you need to allow you to be abundant, independent, strong and secure.

(INHALE) Take a deep breath (EXHALE) and let it out.

And as you breathe in right now I want you to breathe in this future moment at one year in the future. (INHALE) as you breathe it in and it becomes you it may feel as if there's a light, or a color, or an energy that you're breathing in.

(INHALE) Take it in and feel it as real.

This is who you are, you accept and allow this on every level.

Breathe it in again (INHALE) and feel it (EXHALE).

Stronger, brighter, more confident with every breath.

Now breathe it in again (INHALE) Good. (EXHALE)

And float up out of that future moment and begin to float back slowly and gently on your timeline.

Floating back... feeling the wisdom and the power you bring back with you... and from your hands let light pour down onto those future moments and create a beautiful iridescence, a beautiful color, bright, beautiful and inviting.

Float all the way back to the present moment... floating all the way back now... bringing back with you the wisdom, the resources, the inner knowing, the beliefs that allow you to have the success that you absolutely deserve.

And let your feet touch down in the present moment.

Now feel your body bringing it all back, consciously and unconsciously, right back into the present moment. Good.

Begin to bring your awareness back to my voice back to the room. Bring back with you the lessons and the learnings.

In the abundance picture the colors are bright, the sounds are musical, and magical, it's wonderful there's even fragrant smells in this new image. You feel good... you can see the joy in your eyes.

Your body is strong and confident.

Your voice is clear and confident.

Now blank the entire thing out, reset it to the old setting one more time. Put yourself in the old picture.

It's crackley, snowy, black and white, very, very hard to hear or see anything... and now on the count of three let them switch again.

1, 2, 3, (snap) SWISHHHH. Good.

Look at yourself in that new picture... beautiful, bright... so much joy... notice what it is about... you just deserve to have good things... you deserve to have excellent opportunities... the colors are clear and crisp... the detail is precise... the sounds are magical and musical... everything is there.

You want to be in that picture.

You want to be there.

When I count to three you're going to step into that picture and feel it as real as real can be.

You're going to feel the colors, hear the sound... you're going to experience the joy... and the belief of knowing that you absolutely deserve to be wealthy.

So when I count to three you're going to step into it... you're going to be in it... experiencing it... knowing it... living it... everything will be just real as real can be.

Now... really want it.

Look at it and understand why you want that.

Notice why it is so right for you now.

And on the count of three, step in.

1, 2, 3 (snap) step right into it.

Really feel it. You are becoming so alive, so aware, and so at peace with this feeling.

You deserve to feel this good.

Everything is new.

As you look around you notice that you really do deserve to have this kind of happiness... this kind of health... this kind of wisdom... and this kind of financial abundance.

You notice how easy it is for you... almost effortless... to be doing what you love.

You deserve to make money doing what you love.

Notice if there are other people around or if you're in a peaceful moment by yourself.

Notice where you live... what you do... the things that are evidence of your success and your abundance.

And notice something about yourself... what it means about you to be abundant.

The colors are even brighter now, you're healthy, you are strong, you are confident.

Notice what it means about you now... and discover something that you never imagined, something so good, that feels so right for you.

Notice that now. You are so at peace.

You deserve this.

And now you know what it feels like to be worthy.

You can explore even more... you can be curious about what else there is to discover.

And just discover that now.

Everything is so perfect, so right, so interesting.

You feel so alive and so happy.

Life has challenges and you meet them with a wonderful intuition and a wonderful wisdom that allows you to grow and learn and become stronger, wiser.

You're easily able to accept the gifts, the abundance and the opportunities that are brought to you.

You are completely at peace ... with your abundance ... and your confidence ... and your peace of mind.

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Now, place into that ball, the wisdom that will guide you and help you to know the correct path to take... or to allow you to see the opportunity that's presented to you.

Maybe it is your ability to be intuitive, or guided... peacefully and faithfully.

Place that into that ball and watch it swirling around, notice the sound increasing... the feel and the vibration in your hands... as it may actually be getting bigger and stronger in your hands.

Now place into that ball your right to be wealthy.

Release any negative feelings about having money and put into that ball your right to be wealthy.

Whatever way that looks for you let it float into that ball of energy, increase the sound, the strength and the intensity.

Now place into that ball the opportunity that you would like to have come to you,... that will allow you to do the work that you love... that allows you to have a lifestyle that is the lifestyle you're passionate about... where work doesn't seem like work at all.

You are truly in a space of loving what you do.

And whatever way that looks for you, place that into that ball of energy. Feel it swirling, getting stronger having even more movement.

Hear the sound of that energy becoming stronger.

Feel the pressure... the pulse of it in your hands.

And now into that ball of energy, place the one quality or personality trait that perhaps you don't have yet, that you could use in order to allow you to be successful and abundant.

Find that quality that you know that would benefit you... to help you to be abundant. Perhaps it is confidence, or perhaps it is creativity, or perhaps it is self discipline or the ability to be organized.

Whatever it is for you... that one personal thing for you that you need and want... that would allow you to be more abundant ... and place that into the ball ... watch it swirling, getting stronger, and having more vibration and more intensity. Gooooo.

And feel that ball moving, swirling... getting stronger with every breath you breathe... and now I want you to begin to slowly open your hands and send that ball of energy out into the universe. See the color, the little sparkles... the twinkles as it begins to disperse in little tiny particles out into the universe.

Every little particle carries information, each molecule carries this intention and includes all of the things that you placed into that ball of energy.

Each one of those little particles... and there are thousands or millions or billions of them... reaches out in a positive and dedicated way into all of the possibilities and potential situations, people, and experiences in the universe that will allow you to have what you truly want.

Watch the stream of energy reaching out there; see those twinkles and sparkles reaching out.

And as they do you feel confident, and sure that you are able to manifest whatever you need, whatever you want and whatever you desire.

So now you allow the universe to bring back to you whatever opportunity, whatever people, whatever intuition, or skills or knowledge that you need to be abundant.

You expect and allow everything to be brought to you that will allow you to have the abundance, the health, the peace of mind, the strength and the confidence that allows you to deserve to have wealth and abundance.

Now, as you manifest abundance you understand it is your right to be abundantly wealthy.

You release any limitations, fears or anything you may have been holding back on... that has prevented you from being wealthy and abundant. You allow and expect the universe to bring you every opportunity, every person, every lesson, every learning, every teaching, every piece of information, all wisdom and all knowledge that you need and desire to achieve your outcomes.

You deserve to be abundant, healthy and have peace of mind.

