

Future Self Visualization

Get into a comfortable position. Now allow your eyes to close and begin by focusing your awareness on your breath. Breathing in and breathing out. Breathing in easily and effortlessly, then breathing out. Each breath allows you to become more relaxed and comfortable. Let any outside sounds only serve to allow you to go deeper inside... a reminder of how good it is to leave the noise and the stress of the outside world and journey into the quiet and peace of your own inner world. As you sink deeper down into quiet and ease perhaps you can imagine a grounding cord dropping down from the back of your spine. Imagine it going down to the centre of the earth. Deep into the earth. Imagine there is something that you can anchor the cord to, so that no matter where you go on your inner journey, you feel solidly connected to the earth.

As you allow yourself to go deeper into a state of relaxation, remember a time when you stood before a pond or a lake and it was quiet and peaceful. You may have dropped a pebble into the centre and noticed the ripples rippling out, becoming further apart until the water once again became calm and peaceful.

I'm going to invite you now to imagine that your body is like the body of water. And as you drop a pebble into the centre of your body, you can feel ripples of relaxation rippling out Waves of relaxation flowing through your body. Up through your torso into your chest and your back. Up through your vertebrae and spreading out into each and every muscle of your back. Through your shoulders and arms, up through your neck, your jaw, face, scalp. Feeling those ripples relax you as your muscles let go and become soft and loose. Feeling the ripples of relaxation flowing down the bottom of your torso, flowing through your abdomen and your pelvis, down through your calves, ankles and toes. Know that each time you drop your pebble into the centre of your body you can become more relaxed. As you become more relaxed, you find yourself becoming more quiet and peaceful.

Now bring your attention to the spot between your eyes, the third eye. Imagine a light there. What colour is the light between your eyes. Now imagine that light becoming a beam that extends out into space. Follow the beam as it leaves this building, as it travels above the city and as it continues out so that you can make out the whole area. And then the coastline. Keep on going further and further out into outer space and notice the curvature of the earth. As you keep going further and further out, find yourself enveloped by the softness and the quiet of space. Notice below you the big blue/green ball with the white clouds wisping around it. Allow yourself to enjoy this perspective for a moment.

Now notice another beam of light very near to you a different colour from the one that you followed into outer space. Begin to follow that beam back down to earth 10/20 years from now, 10/20 years into the future. Keep following this beam down, noticing the curvature of the earth and the geography stretched out below you. Good. As you come closer to the end of the beam, keep noticing where you are. This is where you're most positive Future Self lives you 10/20 years from now, 10/20 years into the future.

Come into contact with earth and notice where you are. Notice what dwelling or nature that surrounds you. Now move to the dwelling of your Future Self. What does it look like? What kind of landscape does it have? Are there trees? Flowers?

What kind? Get a sense of this place. Do what you need to do to get someone to come to the door. Know that on the other side of the door is your Future Self, waiting to greet you. Yourself 10/20 years from now. As the door opens, what do you notice? Greet your Future Self and notice the way your Future Self returns you're greeting, welcoming you into this time and place 10/20 years in the future. Take in this person and their presence – your Future Self. Now move with your Future Self to a comfortable place for a conversation.

Perhaps your Future Self offers you something to eat and drink.

Really settle in and make yourself comfortable for a conversation with your Future Self. There are some questions that you might want to ask your Future Self. Begin by asking the following two questions. 'What is it future self that you most remember about the last 10/20 years, what stands out in your memory?' Take a moment to hear the answer. Your future self may answer in words or with feelings or facial expression or with an image (Pause) Now ask your Future Self the following question 'What do I need to be most aware of to get me from where I am now to be where you are? What would be most helpful for me to know to get to where you are?' Listen to what your Future Self has to tell you. Again your future self may answer in words, feelings, facial expression or with an image. (PAUSE) Good.

Ask her "What will help me to sing my true song?" Listen to her answers and let her answers surprise you.

Now take a moment and ask your Future Self your own questions big or small. You can ask your future self about a dilemma or tough situation in your life, or anything you would like to hear their perspective on. What are the other questions that you would like to ask your Future Self? (Pause) And now ask your Future Self one final question before you go. 'What name, other than your first name, are you called by? A special name. It would be a metaphor or a symbol of your essence. What is this name?' (PAUSE) Good. Bring this visit with your Future Self to a close; thank him or her for being here with you today and sharing their wisdom and for the guidance offered.

Now find your way back to the beam of light and journey back up the beam, watching this world 10/20 years into the future grow even smaller as you move out into space. Seeing again the ball of blue/green below you, clouds swirling around it. Notice that your beam of light is intersected with a different beam of light that will take you back to (Current year) at (Current location) Follow this beam of light back to present time earth. As you travel down this beam, notice the Earth growing bigger and bigger, notice the geography of (AREA) moving further down the beam the skyline of (City) and finally coming back into the room at (Current Location). Good. In a few moments I'm going to count from 3 – 1. At the count of one, you will be refreshed and alert, as if you have had the perfect amount of rest, knowing you can remember everything you wish of this inner journey.

When you open your eyes, please remain silent and jot down things you want to remember about your journey. Three, coming back to present time. Becoming more alert and refreshed. Two, stretching your body, feeling the ground beneath you. And one. Eyes open, refreshed and alert.

(Source: Co-Active Coaching/Tara Mohr)

De-briefing the Future Self Visualization

Your goal in debriefing the Future Self Visualization is to have the client begin to develop a relationship with their future self. Your job is to deepen the experience for the client, listening and creating an experience of the energy of the future self. Be open and curious. Enjoy the sense of discovery and wonder. There is not a specific place you are trying to get to.

Reassure the client that whatever the experience it was fine. The Future Self visualisation is not a psychic prediction about their life. It is not literal. Rather it is energy (resource) for them to tap into. It can be used to call them forward into their life and develop their own internal mentor.

It is helpful for both coach and client if the client takes notes immediately after the experience.

Here are some questions that are useful when coaching your client's future self.

- What does your Future Self look like? What is their essence? Their presence like?
- What has your Future Self remembered about the last 10 years?
- Describe the dwelling of your Future Self. What does it look like? What kind of landscape does it have?
- What food and drink were offered?
- What do you need to be most aware of in order to make the journey from where you are today to where your Future Self is?
- How can you sing your true song?
- What was your future self's response to the specific questions you had?
- What is your true name?

During the coaching

Notice your client's energy. Are they quiet and reverent? Bouncy and playful?

Disappointed and scared? Often as coaches we can get more excited than the client and shut down the space. Pay attention to the clues from your client. What is the energy you can bring that will deepen your client's experience?

What is the Future Self?

The future self is like an inner mentor - a voice that is unburdened by fear and untouched by insecurity. The inner mentor voice has calm that emanates love for oneself and others and that knows exactly who we would be if we were brave enough to show up as our true selves. The future self or "inner mentor" is a way of accessing that part of us, a tool to tap into and can be a personal guide to support achieving our coaching goals.

As the coach therefore when a coaching client is faced by a challenge/difficult situation we can ask "What would your future-self do?" Step into your future self's shoes and see how she/he would approach it. See how that shifts the perspective? See the situation from your Future Self's vantage point. How does the situation look from there?