



Visioning Journal

Including
Visioning Guidelines,
Images & Guided Meditation CD
By Becca Pronchick, CPCC

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Visioning Meditation

Visioning is a guided meditation technique that opens us up to our inner wisdom. Centering in silence, establishing awareness of higher consciousness and opening to intuition and guidance is a way to access new and often surprising insight. This technique may be used in conjunction with your daily spiritual practice, or with groups or teams of people for personal or professional planning and implementation.

Visioning may reveal images, words, phrases, colors, sounds or feelings. At times nothing may be revealed. Remaining open and receptive to whatever comes or doesn't come opens a channel for inspiration to flow without judgement, knowing that more and more will be revealed. Use this journal along with the CD.

How To Begin

Do a few gentle stretches to loosen up your body and begin to center yourself and get in touch with your breath.





Visioning - Guided Meditation

(You can also listen to this meditation on the CD)

This guided meditation may be used as often as you choose for general guidance and clarity or for a specific issue, such as health concerns or decision making. Have a paper and pen nearby for journaling after your meditation.

Getting Ready

- Bring your attention into this moment, letting your awareness settle into your body... Bring the breath into your belly... Feel the breath expand the space around your heart... Open and soften the muscles in your shoulders and neck.
- Allow your face, jaw and scalp to relax. Relax the muscles around your eyes. Allow your body to be supported by Mother Earth, relaxing into that support.
- Feel yourself surrounded by unconditional love and light, inviting the Divine presence to be with you in your practice - protecting, guiding and supporting you. Rest in that space of peace, harmony and connection to your Source.

The First Question

- When you feel ready ask: "What is the vision for my life?" You may ask a specific question or simply remain open to whatever comes or doesn't come.
- Notice any thoughts that arise and let them flow without judgement. Stay in touch with your breath. Listen with an open heart. You may receive words or phrases, images or feelings. Allow the sensations to flow through you without effort or attachment. You might repeat the question and listen for the still small voice within you.





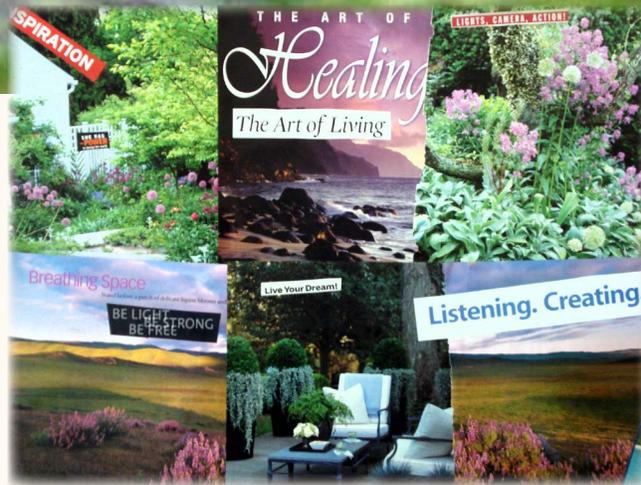
The Second Question

- Take your time, relaxing more and more into the peaceful center of your being. When you feel ready ask: “What am I to release to fulfill this vision?”
- Remain open and receptive to whatever comes. “What am I to release that no longer serves me? What thoughts, habits or behaviors am I to release to fulfill this vision?” Now take a deep breath and let that go. Another deep breath, letting out a sigh... And again – sigh...

The Third Question

- Take your time. You are doing very well. In that open & receptive space, when you feel ready, ask, “What am I to embrace to fulfill this vision? What am I welcoming into my experience? What new thoughts, habits or behaviors will support me in this vision?” What comes may be familiar or it may be a surprise. Take a deep breath and relax even more, opening to your inner wisdom and intuition. You may ask, “What is my next step? How may I take inspired action to fulfill this vision?”
- Knowing that you will remember everything you want to remember, feel free to open your eyes and jot down ideas as they come to you. Then close your eyes, take a deep breath and settle back into the meditative space.





Step Into the Vision

- And now allow yourself to step into the vision. Invite your imagination to show you the details. See yourself standing tall, arms outstretched, fully embodying the vision. Look around at your environment. Notice who you are with, what you are wearing, how it feels in your body.
- Ask for more information. Stay open even when you feel nothing is happening. More and more will be revealed each time you open up and listen to your inner guidance and wisdom. Trusting that this inner guidance is always for your highest and greatest good.
- Finally give thanks to your guidance, allowing that gratitude to fill your being.

Moving Forward

- Take your time, deepen your breath, wiggle your fingers and toes. Allow yourself to stretch and slowly and gently open your eyes. Feel free to write in your journal, allowing the guidance to continue to flow into your day, into your dreams and into your life.

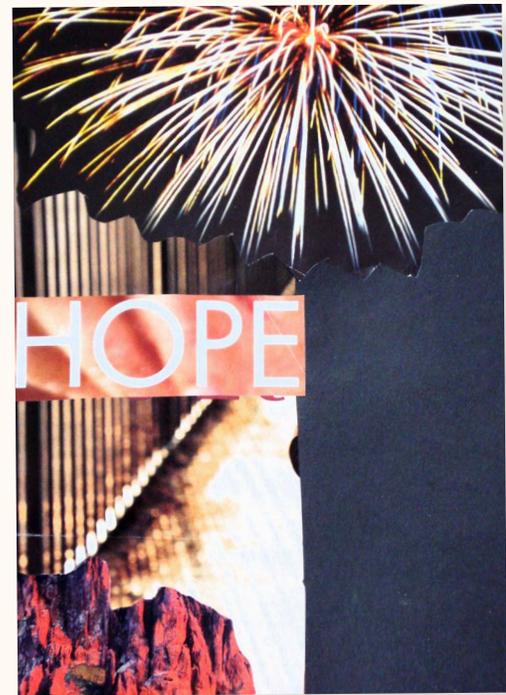
Record Your Insights

- Following your meditation you may record your insights in your journal and/or share the vision with a trusted friend or coach, who will help you affirm your greater good. This is a powerful process. More and more will be revealed each time you turn within and listen.



The Questions ~

1. What is Spirit's vision for my life?
2. What must I release to fulfill this vision – what am I releasing that no longer serves me?
3. What must I embrace to fulfill this vision – what am I welcoming into my experience?
4. What must I BE for this vision to be fulfilled – what qualities will support me in this transformation and growth?



Practice Makes a Difference

Following your visioning practice each day, you may begin to notice more great ideas popping into your head, as well as people and opportunities arising as if by magic to fulfill your vision. It is a powerful practice to imagine yourself stepping into the vision, looking around to notice the details and observe how it feels in your body.

The universe responds to wherever you focus your attention. Visioning will bring you into alignment with your highest good and fondest dreams and will bring groups of people into alignment with a collective vision. Over time you may continue to develop your vision and bring each new opportunity to compare to the vision, helping you to discern which choices to explore further.

To put your vision into action, during your meditation, you might ask for clarity and guidance about taking your first step to move in the direction of your dreams.





Converting Vision Into Inspired Action

You can use visioning to gain clarity and guidance. The practice of visioning is a process. Once you begin to receive information, the most powerful way to proceed is to take the first step with inspired action.

Action is required to get the energy moving. Action draws in all the resources and circumstances required to fulfill your vision.

- During your visioning meditation, ask clearly for guidance about your next step and listen for the answer – accepting what comes with an open heart.
- Following your meditation, make a list of choices and possibilities about what happens next in the process.
- You might also imagine six months from now and see how the vision has unfolded.
- Make lists of all of the potential people and resources needed to fulfill the vision.
- List every element of the process or project and continue to add to and revise the list. Enjoy!
- As you begin to take inspired action, observe the emotions that arise – continue to release negative emotions and open to greater and greater inspiration and creative ideas. You are cultivating your intuition and inner wisdom.
- Keep going, keep taking the next step and the next, setting time aside to journal. Breathe!
- Create a Vision Board with images and words received in your meditation.
- Share your vision with trusted friends, your coach, or supportive colleagues. Be very discerning about who you share your vision with – choose only people who will listen openly, offer only feedback that is welcome and help you hold the vision. Visioning together with a group is also very powerful and surprising.





Creating Your Vision Board

I have been creating collages since I was a small child. Vision boards are a creative way to support your vision with inspiring words and images. It's simple. Pull images and words out of magazines, cut them out, and arrange them on poster board. Just like the meditation process, your vision board might have a particular theme, such as your health, a trip you would like to take, an aspect of your career, your home or a creative project. You can collect images from cards, calendars, magazines, catalogs or the Internet. Sit down with all of your materials, including poster board, scissors and a glue stick.

1. Center yourself in meditation. When you feel your intention is clear, begin to pull images out that attract you. Stay as relaxed, open and playful as possible.
2. Begin to cut or tear out the images and words that appeal to you, enjoying the process - perhaps listening to some beautiful music.
3. In whatever way you feel moved, begin to arrange images and words, or just images if you prefer, on the poster board. You may feel inspired to go back and look for a particular image, color, word or pattern to fit your vision - keep going.
4. Observe the thoughts, feelings, memories and sensations that arise. Stay as open as possible while you are creating. Acknowledge and accept your own emotions and reactions without judgment. Observe your self-talk and be gentle with yourself.
5. You might choose to leave your materials out and come back to the project over the next few days.
6. When you feel complete, gently begin to lift the pieces up and glue them down, arranging as you go. Allow the collage to evolve on it's own - accessing the right side of your brain, including your inner child and creative aspects.
7. When finished, choose a place to hang your vision board where you will see it often. With gratitude and celebration, notice as your intentions begin to appear in your life.





Overcoming Resistance to Your Vision

"All the flowers of all the tomorrows are in the seeds of today." Chinese proverb

As you begin to vision, you will undoubtedly encounter resistance. This is a natural part of the process of change, and one reason that the releasing stage is so important. Give yourself permission to acknowledge and release the past. This is very powerful. Forgive yourself and others. Many seemingly simple actions can support you in moving through resistance:

- Clean out your closets.
- Donate or sell items you are no longer using.
- Write a letter of apology; decide whether it will be beneficial to you and to the recipient to send the letter or simply write it and then tear it up or burn it.
- Call someone and ask for forgiveness for a wrong you have committed. Be open to however you are received - offering a space for forgiveness - apologize with an open heart and willingness to release the past.
- Create a ritual to complete and release the past - perhaps listing memories that you would like to release and burning them as a gesture of release.





Release & Forgiveness Through Journaling

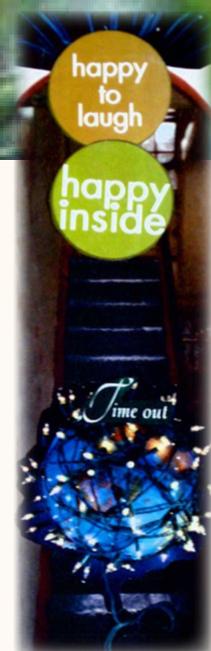
Guidelines

1. Come to journaling with an open mind, an open heart and no judgment.
2. Keep your journal and anything that is shared with you confidential.
3. Date every entry.
4. Treat yourself as gently as a small child as you write.
5. Be honest and open with your feelings and experiences.
6. Select a style of journal and pen that pleases you. Be playful. Draw.
7. Center yourself, breathe, pray or chant before you begin.

Methods

1. Morning pages - Write three pages every morning on whatever topic comes to mind, without editing. For more information, read *The Artist's Way* by Julia Cameron.
2. Dialogue - write a question and respond from the point of view of your body, a parent or your higher power. Try writing the question with your dominant hand and write the answer with your non-dominant hand.
3. Stream of Consciousness - write quickly, keeping the pen moving on the paper, with no thought for punctuation, corrections or pauses.
4. Affirmations - write your chosen affirmation over and over again, and perhaps write the responses (blurts) that come to mind as you write. Continue until you feel a shift in your awareness.
5. Jumping Off Lines - begin with a phrase that gets you writing, such as:
If I could just take today off ...
Every now and then, I allow myself ...
I've always known ...





Release & Forgiveness Through Journaling

Methods continued ~

6. Dream journal – write down everything you remember as you awake. Ask for the meaning of the entire story; remember that all characters in the dream are aspects of yourself.
7. Lists – things, topics, ideas, feelings, questions – let it flow.
8. Journal following a meditation or labyrinth walk to record insights and realizations.
9. Brainstorm – Pick a topic and give yourself permission to include any and all ideas that pop into your mind. You can return to explore more fully at another time.
10. Journal following your visioning meditation.

References

Balance Your Body, Balance Your Life by Dr. Edward Taub

Life's Companion, Journal Writing as a Spiritual Quest by Christina Baldwin

The Artist's Way by Julia Cameron

The Power of Intention by Dr. Wayne Dyer

You Can Heal Your Life by Louise L. Hay

Visioning In My Own Practice

I have been visioning as I've created this journal and CD set. The musician and music came to me as I was visioning. The design and photographs came to me as I woke up one morning and couldn't wait to record my ideas. I am visioning as I move through the process with the graphic artist and share this journal with clients and friends. I am taking action and continuing to vision through each step in the creative process.



Would You Like to Find Out More?

I hope that you are finding the Visioning Journal helpful in your practice. Would you like some assistance and support for your visioning? Perhaps you would like to gather together a group of friends or colleagues for a visioning group. Becca is available to assist you with visioning, coaching and strategic planning in person or by telephone. To find out more about any of these options, return the form below, or call today!

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I am interested in ___ Personal Visioning ___ Group Visioning ___ Visioning Classes

Name _____

Business Name _____

Address _____

City, State, Zip _____

Country _____

Phone _____

E-Mail _____

If you are interested in coaching, please answer the following questions:

I would like to focus my visioning on _____

My vision will result in _____

Becca Pronchick, CPCC





*A Place For Your Own
Vision/Journaling*





A List of Good Things In My Life







What is the Vision For My Good Health?





