

## Explanation of Visioning

Visioning is receptive, like meditation. It's important to go into it without any preconceived ideas, dreams, wishes or expectations. It allows us to open ourselves to God's highest vision for our lives, whatever that looks like. It requires a high degree of trust.

Visioning asks 3 general questions:

1. *What is God's highest vision for my life?* When we've asked this question we wait to inwardly hear, see and catch what comes to us, what it looks like, and what it feels and sounds like. We pay close attention to any symbols or metaphors that appear. All this is done without judgment. We simply let it come, even if it doesn't seem to make sense at this point. The vision is already accomplished in the mind of God. It's already a complete idea in Spirit. Visioning is for self-transformation. Our part is to pray to be a willing vehicle or delivery system for the vision. We become a willing vehicle by paying attention to numbers 2 and 3.
2. *What must I embrace in consciousness for this vision to manifest?* What do I need to embody or become in order to bring forth this vision? What qualities must I embrace? What must I change about my life? How do I need to unfold spiritually? This is what we pray about – the ways in which we can grow.
3. *What must I surrender in order for this vision to manifest?* This allows us to see ourselves honestly and to step forward in trust. Spiritual growth is about releasing limitation, false concepts and all other baggage that prevents us from expressing our True Nature. It's a good sign on the path when we start to hit bottom, as it means that something is being dissolved or transformed. Our prayer includes the willingness to let go of what's no longer serving us.

Because visioning requires a high degree of trust it's important to pray first, anchoring ourselves in God's unconditional love. Once we've opened ourselves up to what this love feels like we can begin the visioning process.