

Inspired Life Formula with Nina Lockwood

Module 3 Access Inner Wisdom

Exercise 2: Download from Your Future Self

This is Nina Lockwood, welcome to the Inspired Life Formula. You're listening to Exercise 2 of Access Inner Wisdom, the third module of the Inspired Life Formula. This exercise is called: Download from Your Future Self. You'll need your journal for this one, because you're going to write down the conversation between yourself as you are now and yourself in the future - that future you that is awake and wise, compassionate, insightful, fulfilled, living from her deepest truths, living in total alignment of body mind and spirit. In reality everything exists simultaneously, and everything is happening at the same time so this more evolved and wiser you already exists at that level of being. And your future self has much to tell you. We'll start this exercise with a series of questions, and once you've completed those you can ask your own, either at the end of this exercise or at some other time. You're going to transcribe some of it in this exercise by dropping out of the mind into that felt sense of your being where everything is already connected and already known, asking a series of questions and writing down the answers. You might want to experiment with changing the way you write, the size of your writing, or even writing with your non-dominant hand. If you don't have your journal nearby, stop the recording, find it, get a pen and get ready to receive dictation!

Okay, shall we begin? Let's start by having you focus your attention inward, closing your eyes and letting your body soften and come into a resting state as much as is possible for you. Take a deep breath in and out. Do this three times and then let your body settle into a natural rhythm of being that feels comfortable and natural.

Set your intention to receive the information that you need from your future self, that you receive the energetic download, so to speak. Do this with a light touch, as if you were playing a game where there was no need and no interest in needing to figure out how this is going to come about. Your intention is very powerful and your consciousness will support this intention by connecting you energetically to this vibration of your future self.

As you rest in this inner directed state, ask this future self this question: What are the most important lessons I've learned in my lifetime? You might want to keep your eyes closed until something comes to you, and then you can open your eyes to write it down. As best you can, let one word come, and then wait for another, without second guessing or trying to figure it out in advance. Don't go back and try to rewrite it. You may need to stop the recording until you're finished writing.....

Then close your eyes and ask the following question: what have been my biggest fears and how did I overcome them? Again, wait until something comes to mind then open your eyes and begin writing. Do your best to remain non-judgmental as you write, and if nothing comes to mind, write down what you imagine your future self would say to you.....

When you're ready, ask another question: where should I be focusing my attention at this point in my life? You may want to stop the recording until you're finished.

And when you're ready, ask the following question: what is the vision, the big picture, for my life? Then take whatever time you need to let the answer come to you.

And now, ask a further question: what are the biggest lessons I've learned from challenging or difficult events in my life?

And again, another question: Is there a theme, or a red thread that runs through my life?

Finally, ask any other questions that are on your mind. They can be about anything, from the deepest subjects to those little things that you just can't figure out.

When you're finished, thank your future self for making itself known to you and sharing her wisdom. You may be surprised at what you find when you go back and read what you've written.