

Future Choice Meditation

This technique is one of my own and is not really a past life procedure, but it has to have a place somewhere and it is certainly too alternative for conventional hypnotherapy. I suppose this could be considered as a future life exercise.

Choices

Future Choice Meditation is about helping an individual to make a single decision, when presented with two distinct alternative paths. Perhaps, for instance one choice is ruled by the head, the other by the heart.

By alternative paths, I am talking about those life-changing decisions, and an example would be a person presented with an opportunity to work overseas or to stay where they are and take the promotion that has been offered in their current job.

Pros and Cons

Each of the two alternatives our client may be faced with will have their merits and downsides, so many in fact that it just makes the final decision almost impossible.

So Why Ask A Past Life Therapist?

You may be wondering what any of this has to do with the likelihood of a potential client approaching you as a past life therapist for help with their dilemma.

This is where the spiritual understanding of certain individuals comes into play. People who are on some sort of spiritual path also believe in life plans, karmic balance and the like, so they believe one of these directions might be their destiny, the right path that they should be taking.

Therefore they may want to understand their previous lifetimes to see how they have an influence over their current decision. Or they may even see you with your hypnotherapy hat on because they are feeling down and indecisive and need a boost of confidence and focus.

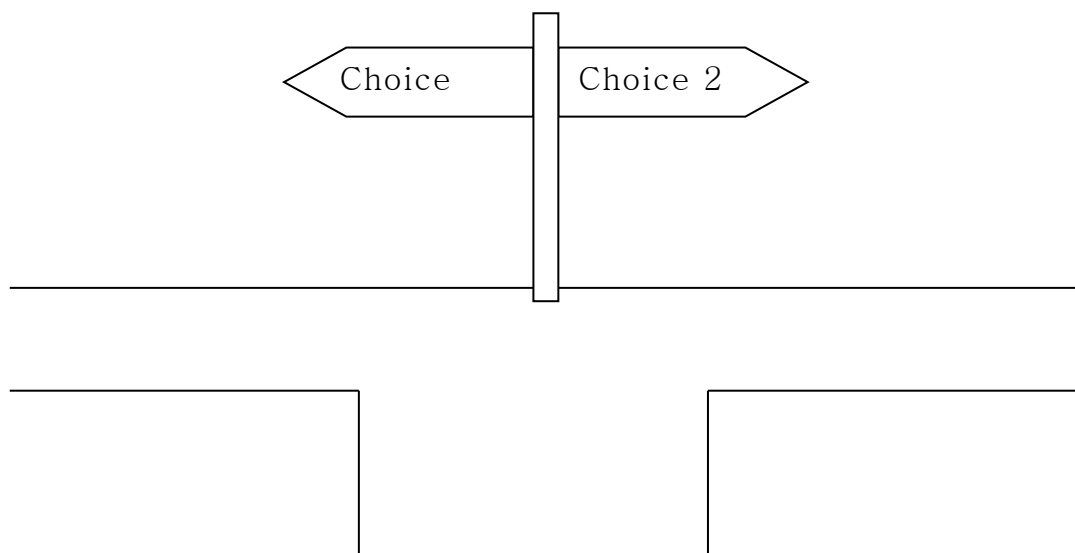
Once you have explored some past lives and perhaps cleared some blocks which may have been holding your client back, you can then take them on the Future Choice Meditation journey to help with their decisions.

The Future Choice Meditation Journey

This is a purely symbolic journey which will allow the greater part of our being – the subconscious, soul, higher self or soul angel – whatever it is, to communicate and show the right path. We can use very profound symbolism to show your client the outcome of both the choices.

You start this journey from the safe place – the chair in the garden or wherever. You then have your subject find a path which leads off, perhaps through a wood or another landscape of some sort. You can have them choose the format if you wish, or if you feel more comfortable, suggest a theme. I always use a forestry type woodland scene with a wide gravel path.

At the end of this pathway there is a T-junction with a signpost.



Have your journey taker imagine on the signpost a word that represents each of the two choices as discussed earlier. Using our earlier example, one way could point to 'overseas' and the other direction could be marked 'promotion'.

Now direct your subject to choose a direction and get them to turn down that pathway and describe everything they come across. When they have done that, have them return to the signpost at the T-junction and then go the other way and do the same thing.

The contrast between the two experiences is usually quite profound and that leaves your client in no doubt which path they should take. One way will be bright and positive, the other darker with negative symbolism.

Once the decision has been made, have them return back down the main path to the safe place.

Optional Extras

To help with the message you can have your traveller look for certain things. These additional symbols will give their subconscious the opportunity to drive home the message.

For instance you could have them look for some small token or gift, some object which symbolises everything about the nature of the direction they are exploring. They may find a chalice perhaps, a golden goblet representing wealth and stability. If they are exploring the path which is less suited then something more sinister may be presented like a pair of handcuffs or a ball and chain symbolising being restricted and trapped.

Another good one is to have them find something specific which you can actually suggest like an old leather bound book which they open to display a message about their quest.

They may even meet their spirit guide or a guardian angel who has a message for them.

Here is a small extract from a case where I used this technique. Like all case studies, permission has been granted and the names have been changed.

Robyn's Story

Robyn was in her late 20s and came for past life regression. She found a very significant life where she was a very rich and arrogant man who thought he was invincible and above the law. When I moved her forward to a significant event she found herself, as this man, facing the gallows. The person that was being executed before him was his secretive business partner and she, as the well-to-do man, was next.

It would seem that in putting trust in the other person this brought about his final downfall.

The message here was one of vulnerability and being under the control of others. Robyn decided that she would need to do things differently now if she was to heal this feeling of vulnerability that had always been with her. She felt she must have the courage to choose her own path in life rather than letting others control her.

In her present life there were certain things that she wanted to do now, but they were not encouraged by the people around her, and she felt restricted and controlled.

I then took her on the T-junction future choice journey and when she reached the signpost and allocated the words of each direction, she found that she had already answered the question.

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One way she called 'Calm' and it represented this:

"To feel happy with myself regardless of where I am or what I do."

The other direction she called 'Wretchedness' and she explained the meaning of this direction:

“ Being dictated to by others. Putting their needs before my own.”

I asked her to take the path to Wretchedness and this is how she described it:

“It is dark, the trees are bare, the branches stick out and they are cutting me.”

I asked her what that represented:

“Other people's thoughts.”

I then asked her to look for a symbolic object at the end of the path, and when she did, describe it and say what she felt it represented.

“A dark stone, hard and impenetrable. Hardening of myself, isolating myself. I become the stone, controlled by others.”

I then had Robyn retrace her steps and take the ‘Calm’ path.

“Very light and bright, pleasant, a few trees, grass and it is summery and breezy.”

I asked what it represented.

“It's pleasant, very relaxed – enjoying it for what it is.”

I asked her then what does she have here on the ‘Calm’ path that the other direction does not have?

“Freedom – it’s spacious, open, airy, light. It shows that I need to see beyond the people immediately surrounding me, beyond their thoughts, be more open to the world, not hemmed in.”

She then looked for another symbol at the end of this path.

“It's another stone, but this is a beautiful purple, light, not so cold, reflecting. The light radiates out – like I should.”

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In Robyn's case the choice was clear even before she explored the two directions, but this is not always the case. More often it is the nature of each direction and what is encountered along the way, which highlights the best choice to make.

Here is a script for this. Again, very generic as it will be dependant on the theme used. The possibilities are endless.

Future Choice Meditation Script

Start from the safe place. Once again it is best to choose a garden or something similar with an outdoor theme.

I want you to leave the chair now and walk behind it, and on the other side of the garden you can see a wide pathway. This pathway leads you out of the garden and into a woodland. This is a pleasant wide open pathway through the woods ... the sun is shining down on you and you feel comfortable, calm and relaxed.

As you walk along this pathway I want you to think about the choices that you have, and of the decisions that you wish to make. The pathway now leads you to a T-junction and as you approach the T-junction ... you see a signpost there, and the signpost points to the left and to the right. Tell me when you see the signpost in front of you.

Wait for a response.

The two directions here represent your two choices and you can explore each direction to allow your mind to symbolically show you which feels the right way to go. As you look at the signpost you see words on the signpost symbolising the choices that you have.

So look at the signpost now and tell me what the two directions are called.

Wait for a response.

And now choose which direction you would like to go in ... which choice.

Wait for a response.

Thank you ... now make your way down in this direction ... in the direction indicated (client's 1st choice). And as you go down this pathway you become aware of how this feels and what you see. Please describe your surroundings to me as you go down the direction indicated (client's 1st choice).

Wait for a response.

Now tell me how it feels in this direction. Be aware of all feelings, emotions and the energies that you find in this direction.

Wait for a response.

Thank you. I want you now to look for something special ... a symbol of some sort. Something that your mind will show you now ... that will help you understand whether this is the right direction for you or not. Look for this symbol now ... it could be anything. Tell me when you have found it.

Wait for a response.

Please describe the symbol ... this object. Tell me what it means to you.

Wait for a response.

Thank you. You may now turn around and walk back along this path, back to the T-junction where you find the signpost. Make your way up the path and tell me when you have reached the signpost.

Wait for a response.

And now it is time to walk in the other direction, in the direction of (client's 2nd choice). Make your way now down in this direction ... in the direction of (client's 2nd choice). Become aware of how it feels walking in this direction ... your feelings and emotions. Be aware of what you see around you. Please describe your surroundings to me.

Wait for a response.

Thank you. And now once again look for a symbol ... a symbol which represents this direction. Something ... an object that will help you understand the nature of this direction ... this choice. Tell me when you have found it and then please describe it to me.

Wait for a response.

Thank you. And now it is time to return once again ... and you are returning now back to the T-junction with all the knowledge that you need for the choices that you now can make. Tell me when you have reached the T-junction and are by the signpost once again.

Wait for a response.

Now that you have explored the two choices ... you can make a decision. Tell me what the decision is.

Wait for a response.

And now it is time to return back up the main path through the woods towards the garden and the comfortable reclining garden chair ... your safe place. Make your way back down the pathway ... approaching the garden, ... into the garden now and back to the comfortable reclining garden chair.