

Crystal Ball Visualizations

“With your eyes closed, everyone take a deep breath (pause)... Try to feel where your body is in touching the back of your chair, where your thighs are touching the seat, where your feet are touching the floor... Now imagine you weigh 1 pound. You feel so light that you start to float upward, out the window of this room, up into the sky, higher and higher, until you’re 100 miles above the earth... Take a deep breath... the air is clean and fine to breathe (pause). Now, with your eyes still closed, think of your favorite color. Imagine you are lying on an incredibly soft cloud of this same color. It makes you feel calm and peaceful. You start to feel your cloud descend very slowly and smoothly... It’s like you’re in an elevator that takes you back down to earth... It’s the most relaxing ride you’ve ever felt... Take another deep breath... In... and out...”

“You feel your cloud land gently on a bed of grass. You sit up and notice you’re in front of a house... This is the home of your future self... That self is 6 months older than you... That self has 6 months more of life experience, 6 months year more of wisdom, 6 months more of confidence... Now slowly come to your feet and look at the front of your future self’s home... What does it look like? How tall is it? What color is the house? Are there plants or trees in front?... Now go to the front door... Ring the bell... [Sound the meditation bell]... Take a deep breath here (pause)... Your future self opens the door, greets you, and welcomes you in. Look around... What do you see? (pause)”

“Your future self invites you to sit down. Make yourself comfortable... Now ask your future self the following question: “What is your strongest memory over the last 6 months?” Listen carefully to their response. (longer pause) Ask your future self a couple more questions: “What do I need to know about myself now so I can get to where you are? What advice can you give me that will be most helpful for me to hear now?”

Sound the bell. Invite participants to open their eyes and jot on an index card the answers to these questions—your future self’s strongest memory; what you need to know about yourself; advice your future self would give you (extra long pause). Have participants close their eyes once again.

“Return to the home of your future self. Ask one last question: “What name, other than your first name, are you called by?” It could be a nickname, an animal, an symbol, or something that captures the essence of that wiser, more confident person. Remember this name. Thank your future self for being there for you.”

“Now make it back out to the front of the house. Lie back down on your colored cloud. Take another deep breath...(pause) Feel your very comfortable and relaxing cloud slowly rise back up into the air, floating up and up until you’ve reached 100 miles above the earth... (pause) Now, imagine that you are floating back down, smoothly and gently, back down to earth, back through the window of this room, back to your chair.”

Sound the bell. Invite participants to open their eyes and jot down on another index card the special name of their future self. Have participants take one more deep breath together as a group. (pause)