

Future Integration

Having learned what you've learned and experienced what you've experienced ... step into the future a day from now. Feel how you are feeling ... breathe how you are breathing ... and open into the consciousness of you a day from now ... How are you feeling ... about yourself? ... about life? ... check your body ... How are you feeling in yourself? ... Great.

Now open into the consciousness of you a week from now. Breathe how you are breathing ... feel how you are feeling ... how do you feel in yourself ... about yourself? ... about life? ... Check your body ... What about that old issue of _____? Is that here anymore or is it beginning to lessen now? (*let answer*) Great. It's you a week from now. If the issue were to arise, how would you handle it easily and wholesomely? ... (*let answer*) great! ... How are you feeling in yourself generally ... about yourself ... about life? ... Excellent!

Now open into the consciousness of you a month from now ... breathe the way you are breathing ... feel how you are feeling ... How are you feeling? ... about yourself? ... about life? What about that old issue? Is it still arising? ... If so how are you handling it wholesomely now? (*let answer*) Great ... How are you feeling in your being? ... Excellent.

Now step into the future 6 months down the line. Breathe how you are breathing ... feel how you are feeling and open into the consciousness of you 6 months from now ... How are you feeling ... in yourself? ... about yourself? ... about life? What about that old issue? Check your body. 6 months down the line over 70% of the cells in the body are already all new. So how are you feeling in yourself? ... Great!

Now open into the consciousness of you one year down the line. I know you can't see into the future a year from now – this isn't a psychic reading, but check your body ... open into the *consciousness* of you a year from now ... breathe how you are breathing, feel how you are feeling. How are you feeling? I know you know there won't be a single molecule in your body today that was here a year ago. You are literally all new ... so how are you feeling? ... in yourself ... about life? ... is there any vestige of that old issue anywhere or are you completely free? (*let answer*) Great!

Now open into the consciousness of you 5 years from now. Of course you can't see it, but if you could open into the awareness of yourself 5 years from now ... feel how you are feeling, breathe how you are breathing ... how are you feeling about yourself? ... about life? (*let answer*) Wonderful!

Now open into the consciousness of you 10 years down the line. Breathing that way ... feeling that way ... How are you feeling ... about yourself? ... about life? ... (*let answer*) Beautiful.

Now I'd like to ask the consciousness of the future you if you'd be willing to write a letter to the present you – giving yourself practical advice on how to be, what to believe, how to live your life *from* this expanded and free consciousness? (*let answer*)

If you *are* willing to let your own wisdom pour itself onto a page, you'll find you'll only be able to open your eyes only as soon as all parts of you are fully integrated and ready to carry on the healing process, perfectly, automatically, of its own accord without you having to think about a thing. And when all parts of you *are* fully integrated, you *will* be able to open your eyes and let the free, wise, future you guide you now.

So, you may open your eyes now, when you are ready, letting your own wisdom pour itself onto a page ... knowing the fact that you can even *conceive* of this consciousness means you can start from this ... starting now. And you may open your eyes and let Grace write through you onto a page.