

Ep #78: Meditation for Closing the Past and Creating the Future You Desire



Full Episode Transcript

With Your Host

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[The Uncommon Way Business and Life Coaching Podcast](#)

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Hey, we're bringing you something extra special as a year-end gift today. It's a short meditation to help you open into your future, regardless of whether you're clear on exactly what that will be or not, and to close the book on the past.

If you do this for 30 days, either last thing in the evening or first thing in the morning, you can watch your year transform. You can repeat it at any time throughout the year when you're welcoming in new energy. Maybe there's a new launch, a new offer, a new income level, or you're moving on from a discomfort or a learning moment of some kind.

This meditation is based on the principles that we talked about in last week's episode on reinvention. So, you must listen to that first so that your brain is primed to actually move into growth rather than reverting to the status quo.

I just want to mention that even though we're beginning a new year, we're still in winter here in the northern hemisphere. If we observe nature's own patterns of reinvention, this period is when the trees and the bushes are doing the groundwork for spring. All of that potential energy is gathering. All the pathways are being laid.

When you feel that you are at that moment when the physical manifestation of your internal work is about to spring forth, when you've cut ties with the past and wholeheartedly welcomed in the change that's coming, then I recommend you move on to another meditation that I put out in Episode #36. It's called "How to Harness Spring Energy for Your Business" which we'll of course link to in the show notes.

All right, my friends, 30 days, okay? You got this.

Hello, and welcome to your meditation for closing the past and opening to the future. I invite you to sit or lie down somewhere very, very comfortable. When you're there, relax your body into the world around you.

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Feel yourself supported.

Feel how easy it is to forget your breath, to forget your heartbeat, and let that be taken care of for you so that you can be here right now.

Feel the outline of your body dissolve.

Feel your thoughts settle.

Feel your sensations heighten.

What is the sensation on the back of your body? On your hands? Your chest and heart area? Your stomach? Your legs? Your toes?

What does your neck feel like? What does your face feel like?

Now, imagine yourself feeling twice as relaxed. What would it be like to be twice as relaxed as that?

Consider how we tend to repeat similar patterns of emotions and ways of being in our lives. Which means we tend to stay in the energy of the past rather than cultivating the energy of what we want to create.

Imagine your past attached to you in some way. It might be strings of energy. It might be like dense stones, in a backpack that you're carrying on your back.

Now, imagine just taking an eraser and erasing that energy. Or taking these dense pebbles and tossing them into the ocean.

Notice where you might resist that process. Notice the things that we might want to stay tied to; the successes, the pains that help us justify our identity or our ways of being, situations or even loved ones, events that marked us, ways that we have thought about ourselves.

Recognize that whether we want to or not, we are not really connected to our past except in our mind. Our past is no more. What is, is here in this moment.

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As you feel your past dissolve, turn your attention to the future and what's ahead. You might wish to consider today. You might wish to consider this month or this quarter.

Notice if fears arise, or a sense of resignation regarding how this might look.

Direct your thoughts instead and focus on how you desire it to look. How are you showing up as your best self? How are the people around you reacting? What is happening? What emotions does that bring up? What changes in your body as you think about this?

This is the sensation of alignment with your future. Know that you can return to this sensation at any time, and being in this state will help attract what you desire. It is very powerful.

Finally, imagine opening a channel to aid you stepping into this future.

You might imagine opening doors in a hallway with a large key. Or opening windows into the sunshine. Think of all of these as portals that you are opening, that are allowing in everything that you desire.

As you open them, a light streams toward you and fills your body.

Imagine the color and the quality of that light. Imagine it filling every nook and cranny of your body, and your cells are soaking up this light.

The light then filters out into your aura, becoming magnetic, and beginning to touch the people around you.

This is you activated. You are actively calling in your future by shining like a beacon.

With this power you'll consider how you want to shine that light. What you desire in terms of actions, in terms of new choices, in terms of how you will love yourself and those around you, and what you're creating in the world.

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Know that this meditation is something you can return to at any point throughout the year, at any time that you want to align with your future. It is done.