

LIFE VISIONING PROCESS

Developed by Rev. Michael Beckwith, D.D., of Agape International Center

Begin by praying in: “I center myself & recognize the Infinite, Divine – I am one in itunconditional love – step into that space absolutely knowing I’m unconditionally loved sit in the silence – let it relax & center me.....”

WHEN READY, BEGIN THE VISIONING PROCESS BY ASKING:

1. ***WHAT IS GOD’S HIGHEST IDEA/GOD’S HIGHEST VISION FOR.....***
(For my life? For this relationship? This organization? My next step? The perfect idea? Remember, you can vision for anything)
MAY GET... colors, words, images – YOU ARE DOWNLOADING, and your soul knows it makes sense
2. ***WHAT MUST I BECOME IN ORDER TO EMPOWER THIS VISION? What must I be?***
3. ***WHAT MUST I RELEASE? What do I need to let go of that no longer serves me? What limited thought or limited being that doesn’t allow the vision to expand?***
4. ***WHAT MUST I EMBRACE? What must I receive? What must I accept? A***
space is created for me to receive – what am I to receive – love? Financial freedom? The idea there’s lack? Peace of mind? People or experiences around me that no longer serve me?
5. ***IS THERE ANYTHING ELSE, any other information, I NEED TO KNOW IN THIS MOMENT?***

Pray out with a heart filled with gratitude and the expectancy of good: “I am open. I am willing. I am ready to shine. I am ready, Spirit – Use me!”

DOCUMENTING THE “DOWNLOAD” - *Some people take notes throughout each step of visioning. Others wait until the end of their session to make notes, while others choose to make no notes at all. A visioning group may also choose to capture the collective comments on a large piece of paper or posterboard.*

STAGES (OR KINGDOMS) OF SPIRITUAL DEVELOPMENT

The Evolution of Consciousness*

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Stage One: (Life is happening) TO ME:

Victim consciousness. God is outside of me making things happen in my life – testing, rewarding and punishing me. Life appears governed by external forces. I feel powerless. “Why does this always happen to me?” NO WILL

To evolve, I must give up Blame, Shame, and belief in being a Victim

Stage Two: (Life is happening) TO IT, BY ME:

As I evolve from victim-hood, I release blame, shame and guilt. I learn that God is within me and there is a law that I can use to effect changes and claim dominion over my life. I use the law effectively. I feel powerful. Visualization, affirmations and treasure-mapping are commonly used in Stage Two; effective treatment for specifics. “I can control my thoughts and my life.” MY WILL

To evolve, I must give up Control and the illusion of Power.

Stage Three (Life is happening) THROUGH ME:

Continuing to evolve, I let go of control. I have learned to establish dominion over my life and have built strong life structures for myself. Now I realize that there is more to life than this. I surrender to Spirit and let It use me. As I surrender to the indwelling Presence, It operates through me. I become Its instrument. It might be noted here that, if I don't willingly surrender, Spirit will give me a little push, or perhaps a big shove, if that is necessary. I surrender; I am a vessel, a vehicle through which Spirit speaks/acts. “It is not I, but the Father within that does the work.” Visioning is a natural at this point of our evolution. THY WILL.

To evolve, I must release vestiges of ego and separation and any residual belief that there is “another.”

Stage Four (Life is happening) AS ME:

I release the last vestiges of separation and realize complete identification with God. I know that I am It. Jesus was in this stage when he said, “When they see me, they see He that sent me,” and “I and my Father are one.” We are now transparencies for the Christ and have moved from knowing the truth to being the Truth. Mine is the Divine/Mystical Mind, at One with Spirit. I AM It. UNITY.

Note: Realization/arrival at these stages is ongoing; we move back and forth through the “kingdoms” and they represent our ongoing spiritual work.