



## **5 Step Blueprint for Accessing Knowledge from the Future Today**

### **Step 1:**

Prepare your mind to access the future. The way to do this is to believe that you can project your consciousness into the future. If you have an underlying belief that you cannot you will have to work on ridding yourself of this first.

### **Step 2:**

The best way to overcome disbelief is by practicing within a shorter time frame so you can check for validation. Check your calendar to see what you're doing in one or two days from today. Pick an event that's coming up you have experienced before such as going to see your doctor, meeting a friend for lunch, going to have your hair cut or attending a staff meeting at the office. These are only examples you can choose anything you like as long as it's not far off in the future and you're familiar with it.

### **Step 3:**

Close your eyes and in your mind's eye create the opening scene of you visiting the doctor. You get to the doctor's office and park the car. Now ask yourself, "What happens next?" Do not create the

scene allow it to appear in your mind's eye spontaneously. What do you "see?" Then ask again, "What happens next?" Keep doing this while paying attention to exactly what each person you see during the doctor's visit says to you. Keep asking and noting the surroundings and the conversations you have with each person until you've completed the doctor's visit. You will feel as if you're making it up – that's normal.

#### **Step 4:**

After you open your eyes jot down everything you remember. Did anyone say anything to you that stood out? Was it unusual or memorable for some reason? Was there a television on in the waiting room? What was on the TV? What did the doctor tell you? Your notes are a very important part of this exercise so don't skip this step.

#### **Step 5:**

Go to your appointment (or whatever the event is you chose that wasn't far off into the future). Bring your notes with you. Scan through them in the car before you go into the doctor's appointment so you'll be familiar with them. Now watch and listen. Be as observant as possible. You will amaze yourself with some of your "hits!"

**Congratulations! You've just made contact with your future.**

Practice with this at five times on events in the near future to validate the knowledge and information you receive. In most cases your knowledge will not be received

“verbatim.” But you will find that the things that came to you beforehand that seemed unusual or that stood out are the events that do transpire.

**Once you have become comfortable with the fact that you can receive knowledge from the future try this exercise:**

*To connect to your future go into a state of relaxation or meditation. When you are ready see yourself in front of three doors:*

*One says One Year from Now; another Five Years from Now; the next Ten years from now; and the last one Twenty years from now.*

*Knock on the door which is far enough out into the future to answer the question you have in mind which you formulated ahead of time.*

*When the door swings open you will see your future self. Your future self will invite you in for a chat.*

*Notice what the future you is wearing. How do you look? Are you healthy?*

*Make note of the room you're in. Is it a different place than where you live now? Does your future self give you a tour?*

*What else can you learn about your future life from your surroundings? Be observant and look for clues. Make mental notes to remember everything. Reinforce this intention by saying to yourself that you WILL recall this experience in full detail.*

*Ask your future self what you wish to know. Wait and listen to their answer. Keep asking questions until you are satisfied.*

*Your future self brings you to the door and tells you that you are welcome anytime you have questions about your future.*

*Become aware of being in your body back where you started and your surroundings again.*

*Open your eyes. Jot down every detail immediately so you won't forget anything.*

*How was your experience? What did you learn?*