

# Wouldn't it be Nice

## Why imagine the future

*In order to carry positive action, we must develop here a positive vision.*

*~The Dali Lama*

The concept “where attention goes, energy flows” is becoming a foundational principle for conscious living. In other words, we do not typically realize wonderful things in our life when our energy is focused on thinking about why nothing good ever happens for us. To realize something different, a new wonderful state in our lives, we must first allow ourselves to imagine this wonderful thing happening and experience an emotion similar to the one we would experience once this thing were to occur. So this exercise, “Wouldn't it be Nice” is designed to open our hearts and minds to a positive vision.

## How to imagine the future

Experienced manifesters, might correct me and indicate that we need to imagine and describe the future as though it has already happened. This way we convey certainty about its occurrence. I have found, however, that the ‘new’ manifesters, it is very challenging to access this level of certainty about a future that you might not yet believe in. As a result, the manifesting language can emboldened cynicism and strengthen doubt in an unknown and perhaps unimaginable future. This experience, however, bridges the gap. It allows us to play and hold the process of imagining lightly - a very good mental state to be in. Additionally, without the need to believe that the imagined future will actually occur, it is easier to let our imagination keep expanding. This is why I like this exercise.

The way to do this is to set aside 10 – 20 minutes per day. Find a quiet time and space to be with your thoughts and perhaps a journal. If you can, close your eyes so you do not get distracted. Begin the process by taking a few breaths and imagining yourself in a beautiful place, a favorite place, perhaps. Let yourself feel as though you are there. This will put you in the proper mental state for this exercise. Then begin imaging with the phrase, “Wouldn't it be nice...” You can keep your eyes closed or begin writing these things down in your journal. With each visionary statement you write or say (in your mind), pause to feel what this wonderful thing would feel like! “Wouldn't it be nice if my credit card balance was \$0.” “Wouldn't it be nice if I had a second home on the beach in the Caribbean?” “Wouldn't it be nice if my son and I could have a loving and civil conversation.” Whatever it is, give yourself permission to put it on the list and to feel what it might be like. For best results, practice 10 min per day on as many days per week as you can.

**NOTE:** Keep every “Wouldn't it be nice” statement in the positive. Specifically, avoid phrasing things in the following way, “Wouldn't it be nice if \_\_\_\_\_ would go away or not happen.” Negatively phrased statements do not work well for this exercise.