

Vision Quest Journal

Day 2: Clarifying Your Vision

Tap back into this moment, and then take a glance at your life so far.

Where have you been side-tracked by drama and trauma?

When have you forgotten your soul aspect of self?

When have you forgotten your connection with God?

Can you see the big and small moments in your life where you might have gotten off track?

Can you remember the vision that your soul-self, your higher self, has for you for this life?

What is your soul-self trying to tell you or show you or guide you to do? Write it down. How does it sync with what you wrote yesterday?

Now take some time to look over what you wrote yesterday and today and come up with your own Sankalpa, a Sanskrit word meaning: an intention, resolve, or heartfelt desire. This is going to become your vision, your intention for this course.

You are here for a reason. There is no doubt about that. And it doesn't have to be some big over the top reason and sometimes it's the small reasons, the small visions, the small intentions that mean the most to the ones around us.

Whatever is coming up for you, now it's time to stop letting the ego get in your way and begin living from the soul-self aspect that wants to bring more meaning and fulfillment to you in this human life by bringing your intentions to light.

As you move throughout your day today, allow your vision to playfully and creatively come to you, maybe giving you bits and pieces as to how you may want to bring this vision this intention to life.

ACIM says, "What foolish goal can keep you from success when He Who calls to you is God Himself?" (ACIM, W-100.9:5)