

Vision Quest Journal

Day 3: Allowing Your Vision to Transform

The difference between prayer and meditation is that when we pray we are usually asking for something specific. Meditation is going into a state of being in which we open up to our connection with God or a higher power. Through meditation we become inspired and usually come back to life with a renewed sense of creativity.

The last 2 days we have been working on creating our sankalpa or heartfelt intention. Through sankalpa we also learn how to train the mind so that the will becomes “alive”. In other words you become very self-aware of how your daily life can support this will.

You may be familiar with the phrase, “not my will Lord but yours”. Now we need to remain open to what God has in store for us. We know what our sankalpa is. We know how we want to get back on track and what we may want for ourselves and for our lives. But now we need to remind ourselves that what we may envision needs to meld and transform along the way. We need to be open to this happening and know that God will help us bring something to the table that might be even more perfect than what we first imagined.

Place your hand over your heart and repeat this little prayer with me:

“God, I feel as if I am re-connecting to my soul vision. I ask that you take this vision and place your loving hands upon it. Let my vision serve my loved ones, my friends, the world and my self in the utmost way. Inspire me to bring this vision to light in the most perfect way possible. Amen.”

Now sit for a few minutes in meditation with the intention for inspiration to come for your vision. The inspiration may not come during meditation. Allow the meditation to simply quiet the mind. The inspiration may come immediately after or hours or days after. When it does, be prepared to write it down.

Prayer = Asking. Meditation = Allowing.

Know the difference between praying for your vision to come to pass, and meditating and allowing your vision to be brought forth through inspiration.

Use both prayer and meditation to bring your vision to light.