



# Manifesting from the Sphere of all Possibilities

A Guided Journey to help you create  
what you desire in life.

by

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## **Before you begin your Journey:**

1. Choose only one area of your life to work on at a time, such as, your health, your finances, your relationships, or your career/work.
2. Once you have chosen an area of your life, then focus specifically on what it is you want to be different, what do you want to create. The more specifically you are able to target what you want, the clearer it will be to Spirit what you want brought to you. You might want to write it down or draw pictures. Whatever makes the outcome more real to you.
3. For example, if you are targeting your finances, see your bank account growing, actually get a feel and a picture in your mind how much extra you want coming to you each week, month, year. See the spread sheets with your current income and expenses, then watch it change over in future time to what you are wanting the outcome to be.
4. Seeing, experiencing, *feeling* the outcome from the perspective of your future self is very important in this process.
5. This is not just a mental exercise. It requires full commitment of your emotions and emotional body as well. Feelings reside in the heart. That is where you must feel them. If you cannot immediately bring up the feeling of *gratitude*, then imagine something you are grateful for or have been grateful for. As you imagine it, the feeling will begin to grow in your heart area. Drop the initial image and expand the feeling.
6. Once you have completed the Journey, you must then take some sort of action in the physical world toward the outcome of your creation. Perhaps you do a search on the internet to get more information, or you make a phone call, or even a drive looking at new neighborhoods you would like to live in. Some people find making a treasure map, a collage of pictures and words that exemplify what you desire, to be a helpful step.
7. Practice this method, this Journey on a daily basis. Pay attention to the synchronicities that begin to happen in your life, the books that fall off the shelf with just the right information, meeting a special person who can help you design what you want, or can build what you want, having a business call you with the perfect service at the best price for what you want...The list is endless for how the

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Universe can bring you what you want in your life.

8. When you feel like it, you can change the focus of your intent for manifestation and work on another area of desire.

A separate downloadable recording of this Manifestation Journey is available at the following link: <http://gwendolynhill.com/free-downloads/>

Here is the written script for this Manifestation Journey:

- Sitting or lying down comfortably, shut your eyes, and move your awareness inward.
- Feel your breathing become more relaxed and your body let go of all tensions.
- Place your awareness in your Solar Plexus, right behind the pit of your stomach.
- Imagine yourself inside a ball of light. This ball of light completely surrounds you. You are in the center of this sphere.
- Feel and imagine the sphere expanding ever outward as far as you are comfortable. Allow it to encompass and hold within it all dimensions, all possibilities, the entire universe, if you so choose.
- Now allow yourself to see, feel and imagine your future self, however far into the future you choose to go. It could be next week, in a year, several years from now.
- Imagine and experience your future self having fully created the situation, object, ability that you set before beginning this journey. Immerse yourself in all the facets of your future self's creation.
- Completely surround yourself with the feelings of your future self, the satisfaction, the joy, the peacefulness, the happiness, the excitement and exuberance of having all your dreams come true. The gratitude.
- Now imagine your future self turning around to face you, at whatever distance from you that feels comfortable.
- As you make eye contact, feel the energy from your own solar plexus move forward

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and connect with the solar plexus of your future self. You might experience it as golden light joining between the two of you.

- As this connection is made, engage the silent intent, the movement of the energy of will from your solar plexus to the solar plexus of your future self, sending the intent of exactly what it is you are choosing to manifest.
- As you feel your will moving forward and bringing forth the energy from the sphere of light, the sphere of all possibilities that surrounds you, feel gratitude in your own heart.
- Allow the gratitude you feel to expand ever outward. You can also feel the gratitude from your future self extending toward you for all this amazing manifestation that you have set into motion. The manifestation of some of your greatest dreams.
- Continue to share this gratitude with each other.
- Feel the energy of your will from your solar plexus continue to move and expand, bringing in ever more energy from the realm of all possibilities.
- You bow to each other, in gratitude and love, with the full understanding of Namaste.
- Gently begin to bring yourself back to your present reality, coming fully into your physical body. Just rest in the feeling of being here, now, fully present and alive. When you are ready, open your eyes.

The idea for this recorded Manifestation Journey came from the Hathors through Tom Kenyon. If you would like to see the original instructions, go to this link: <http://tomkenyon.com/the-sphere-of-all-possibilities>.

The background crystal bowl music is from the cd, *Crystal Sound Magic* by Katharina Bless (used with permission.) You may find additional work of hers at: <http://www.silverdove.net/>.

This specific Journey and recording are very generic. If you are interested in having a customized Manifestation Journey recorded for you, go to <http://gwendolynhill.com/services> for pricing and procedural information.

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## About Gwendolyn

Gwendolyn has been consciously working as a spiritual coach, personal-growth facilitator, teacher, and healer for more than 30 years. Her lifelong quest has been to fully express her soul purpose through her service as a teacher/healer.

To this end she has studied and become proficient in the following areas:

- Certified educator for children and adults for over 35 years.
- Rebirther and Breath Coach for LRT
- Licensed Massage Therapist
- Body Harmony Practitioner – trained by Dr. Don McFarland
- Sound Healer and Channel – certified by Tom Kenyon Alchemical School
- Star Healing Intergalactic Energy Practitioner- certified by Kelly Hampton
- Advanced Akashic Records Practitioner – certified by the Linda Howe Center for Akashic Studies
- Advanced Certified Teacher for “How to Read the Akashic Records,” both Beginning and Advanced classes, and “Healing in the Akashic Records.” – certified by the Linda Howe Center for Akashic Studies
- Born with and personally developed skills as intuitive, empath, channel, and energy adept.



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