



Duration: 30 minutes

Eyes: closed

Headphones: Not necessary, although recommended. You could also listen to it with loudspeakers.

[\[Link\]](#) to the info page with the possibility to listen in

By the way: Looking to the future is similar to the *co-creation galaxy*, right.

One prefers to work with words - and the other with pictures!

What is special about this program? The beat frequency of this programme helps with visualization. The visual imagination is encouraged in this program. The special thing about this program is that the "short-after-waking state" can be artificially induced at any time thanks to neuro-technology.

Who is it best suited for? Looking to the future is particularly suitable for people who want to shape their own future, have specific goals and absolutely want or *need to* achieve these goals.

A magical power emanates from images that you long for and imagine with joyful anticipation. You impregnate the quantum field with your images, so to speak, whereupon the images (at some point in the future) physically manifest themselves in reality.

I always say: Every wish (every wish) comes true - the only question is when. Also: Be careful with your wishes. They tend to come true.

What does this show consist of? Isochronous beats and music The show starts at a calm 14 Hertz and then slowly turns to the 10 Hz plateau within five minutes. We linger there for a while until we return to the faster realms from minute 24. At the end, it's 16 Hz, wake up and thank you!

When to listen? It doesn't matter. I would do it for relaxation, and that can be at any time.

How to listen? You should protect yourself against interference from the outset.

Otherwise: a quiet corner, a comfortable position, close your eyes - and off you go!

Ideally, you know what you're going to visualize and of course don't go into the session with the motto "Let's see what I see."

What to look out for when listening? Make sure you keep control of the images!

When does an effect occur? How do I recognize it? Once the image is in place, everything is great. When it becomes reality one day, the effect is maximum. So be careful with what you visualize! It has a tendency to manifest itself, i.e. to become reality.

What can I do wrong? Changing the picture every day would be counterproductive. And censoring your mind (even subconsciously) would be fatal. Visualizing shouldn't feel like work, it should be easy and fun. The universe is not in the mood for cramp.

You can always use your visual imagination to your advantage by creating a picture of yourself or your future that you like and that you aspire to.

Even if the image seems unattainable: imagine it as accurate, sharp and precise as you can, and keep the image upright and stable.

Take a look at it from all possible perspectives.

And play with the picture: change the size, color, shape, sharpness, distance, frame, perspective, movement in the picture, and so on. Until you have the perfect picture that gives you maximum power.

Sometimes, when visualizing, you look into the world through your own eyes and see your own hands and the tip of your nose (this is called "associating")...

And sometimes you see yourself from the outside, completely detached from yourself, as if you were a neutral observer (this is called "dissociated") - depending on your preference, intuition and form on the day.

Both are possible and "right".

Ideally, you should charge your picture with emotion.

With childlike joy, love, dancing eagerness, with heart throbbing, warmth.

You must not tense up when visualizing.

An absolutely important point when visualizing is the right "letting go."

At a certain point, you even have to say goodbye to the desired image, let it go.

And the best way to do this is with sincere and great gratitude.

Gratitude is the key.

The heart is the source of gratitude, not the head!

Give thanks for the fact that the desired image has become reality before it has become reality.

Have you understood this clever little step?

If not, read the last sentence until you feel an "aha!" effect.