

Welcome to a guided centering, envisioning practice for the end of the year. Please find a comfortable seat, or feel free to do this lying down, however you can be feel comfortable, relaxed, and focused.

I invite you to land in this moment in December. Notice how you are landing here, how you are showing up on this day or evening.

I invite you to begin by noticing where you feel your breathing in this moment. Perhaps in the nostrils or in the rise and fall of the shoulders, chest or belly. Notice that you're breathing and notice where you feel your breathing. And allow this noticing to bring you home to the present moment.

Then begin to notice your whole body. Notice what sensations are present in your body. Notice how it feels to be in your body at this moment. And notice if there's a way you can make yourself even five or 10 % more comfortable right now, perhaps by relaxing the jaw or shoulders, releasing in some way.

Then begin to notice your energy, your energetic body. Feel yourselves vibrating. And notice how your energy feels in this moment. Do you feel energetic or sluggish, or somewhere in between. Observing without judging, just noticing.

Now begin to notice your emotional landscape. Your heart space. And if any emotions are present, noticing where you feel them in your body. And if you don't feel any emotions present, just noticing the feeling of neutrality. Welcoming whatever emotions are present, and just allowing them to be.

Now begin to feel yourself as a whole being, your mental, physical. Energetic, emotional, spiritual dimensions. Feel the many facets and layers of you. Just allowing yourself to be just as you are in this moment. Welcoming yourself just as you are in this moment.

Now, we'll take a little trip back to January. I invite you to imagine a portal - just notice what that portal looks like - maybe it's a door, or a hole, or an archway. As you step through the portal, you find yourself back in January 2024. Notice what you were doing, where you are, what it felt like, with as much vivid detail as you can remember.

And now you begin to walk and trace your journey from then to now, slowly tracing the months as you move forward. Noticing what stands out to you as you move through the timeline of your life over the course of this year. What significant events, people, experiences, feelings stand out? What was the emotional landscape of this time? What has the journey been from you then to you now? Continue walking and tracing through February, March, April, May, June, July, August, September, October, November, December, until you find yourself right back here in this moment, December 18, 2024. And with three deep breaths, we will prepare to release the meditation and move into the written or creative expression of this visioning exercise.