

13 SEASONS | Enjoy your best self, one season at a time

Have someone read this meditation to you or record yourself reading it and play back the recording for yourself. Listen each day to the meditation in a place where you feel comfortable and where you can concentrate. As you meditate, lay down or sit with your back straight. If you'd like to have music as you meditate, we highly recommend the tracks on the [Meditative Mind](#) YouTube channel.



If you are a patron on our [Patreon page](#), you can access pre-recorded versions of this script by [clicking here](#).

Make an Informed Choice | Meditation Script

Have something to write with by your side as you do this meditation.

Your life is yours to do with as you please. It is important for you to make your own choices. Sometimes, people use meditation or prayer to seek insight into what choice to make or to confirm a choice they've made. This meditation functions a little differently than that.

With this meditation, you will connect with the timelessness beyond time. There, you will be able to explore different possible timelines and learn pertinent details about how each timeline will unfold for you.

This way, you will have more information about the consequences of different choices and you'll be more empowered to use your agency to get the results that you desire.

Let's begin.

Breathe. Let your body breathe at whatever rate feels right to you at this time.

Focus on your breathing.

Each time you breathe out, let your thoughts leave your mind. Let your mind become empty of any thoughts at all, a blank slate.

Be aware of a crossroads. There is a sign before with an arrow pointing each direction. On the left is one choice you could make. On the right is another choice you could make.

If your choice has more than two possibilities, see the road splitting off additional times to each possible choice.

Look at the sign with an arrow pointing toward each choice. Add to the arrows labels that name each choice. Recognize each choice as something you are empowered to do.

Breathe in a big breath and rejoice in your ability to choose. You truly are free to make whichever of these choices you want. They are all before you. You are not stuck or forced in any way. You are free.

With that freedom flowing through your body, look down the first fork in the path. Walk down that path and see how that choice will affect you. Notice whatever details, visuals, feelings, thoughts, emotions, or realizations come to you on this path. Whatever is important for you to know about this path becomes apparent to you now in whatever way is best for you.

Write down notes of what you learned about the results that will come with this choice.

Now, go back to the fork in the road and go down a different path. Again, notice whatever is important for you to know about this path in whatever way is best for you. You receive whatever is important for you to know.

Write down notes of what you learned about the results that will come with this choice.

If you are deciding between more than two options, you can repeat this process for as many options as you desire.

When you are done, express gratitude for the help you've received this day and use the information you've received to help you make the choice that gets the results you desire for yourself. Feel the power of your agency flow through you and create the life you desire.