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GUIDED MEDITATION TO SUPPORT YOUR INTENTIONS, FOCUS, AND EMPOWERED LIVING

*Offered by Michele Rae, MA, RPH, NBC-HWC**

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Imagining YOUR Ideal Future Self: A Guided Meditation

[Imagining YOUR Ideal Future Self](#)



As we go through changes and transitions in our life, it is valuable to take a few minutes to relax and open our attention to who we are becoming. ***This 8-minute guided meditation relaxes you into imagining your ideal future.***

Who do you wish to become as you grow, heal and develop? What does it feel like in your body to be empowered, clear, and peaceful?

During this meditation you will be invited to ask your future self a few questions. What does your wise future self in your imagination offer you for next right steps to move forward into your power? What clarity arises as you imagine living and realizing your full potential?

Spend time in gratitude bringing coherence and balance to your mind-body-heart. This is a gift you can give yourself whenever you have a few moments to be still and energize your life!

https://soundcloud.com/michele-rae-964138052/future-self-meditation?si=a838e0f98f764d739a6d0e36aa2894f7&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing



Michele Rae is a Transformational Coach, Spiritual Teacher and Nationally Board Certified Health and Wellness Coach.

She is the founder of her coaching practice The Center Within and has an office in Bloomington. She is the author of ***Living From the Center Within: Co-Creating Who You Are Becoming***, and graduate faculty at the Humphrey Institute and Center for Spirituality & Healing at the University of Minnesota.

Her passion is supporting individuals and service groups making empowering choices that have the most positive outcomes for themselves and the greater collective. She delights as clients step more fully into their power and release what no longer serves while creating a life they love personally and professionally.

Want to learn more? Be in touch!

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