



THE POWER IS YOURS

# VISIONARY

# 101

MEDITATION FAQ + PEP TALK

# JESSICA SNOW

# VISONARY MEDITATION 101

## THE POWER IS YOURS

Let's start with a life-changing question.

Who do you want to drive the action of your inner life?

Who should inspire your imagination? Who do you think should be in charge of your conscious thoughts and, perhaps even more importantly, those looping thoughts that play in the background when your mind is elsewhere? Who would you like to instigate and color the visions that fill your head and shape your experience?

Who do you want to be in charge of your precious, one and only inner life?

You or someone else?

Your inner landscape—your intuition, your imagination, your creative intelligence—is truly the ground from which the rest of your life springs. When you become one who dreams while awake, you get access to incredible reserves of practical magic and life becomes way more fascinating.

Your ability to be visionary is one of the few things that is truly yours, and it is a slipstream to a realm where you are sovereign and free and profoundly generative.

Being visionary allows you to experience whatever you want and open yourself to a whole inner universe of magic and wonder.

### **You have everything you need inside you right now.**

The gifts of meditation are available to you right now and at any time. You don't have to believe a thing. You don't have to pledge allegiance to anything. You don't have to give up anything you don't want to. You don't have to bow down to anyone else. All you've got to do is breathe and show up, and it's all going to unfold for you.

### **Diving into your visions at least once a day is the antidote for stress.**

Modern life rewards continuous productivity, but that's not really natural. Wherever your meditation takes you, whatever adventures it offers, always, in the background, very important parts of you are getting a chance to rest, relax and release tension. When you make your inner work a daily practice,

you are automatically treating yourself to a fresh slate and a soothed heart as you then step out into your real life.

### **Visioning is a two-way street.**

The most futuristic forms of meditation include that deep ability to listen and also an instinct to plant your own seeds in the fertile gardens of your inner worlds. Give yourself permission to move with power and creativity in your meditations. Remember that you are there to receive, but also to add in your signature something to the proceedings.

### **You can always go back in.**

If you receive a symbol or other information in a vision and you don't quite "get" what it means, the best course of action is to go back into meditation and ask what it means. And then listen not only while you are in that visionary space, but also as you move through daily life. Answers are often found in funny places.

### **Expanding your imagination is deeply pleasurable.**

We are constantly being fed aspirational imagery that most of the time has NOTHING TO DO with what would actually make us feel great. We are bombarded with stimulation that tells us what will make us happy, but often does the opposite. Without our permission, this aspirational information has atrophied our singular imaginations. The good news is, you can take your power and your imagination back. This work will help you stretch your imagination in the direction of things that feel really good to you, so you can create the kind of life that makes you really happy instead of the kind of life that other people might think makes you happy.

### **You can engineer your own magnetic resonance with future events.**

Here is one of the most revolutionary aspects of visionary work. When you give yourself what you are after in your meditation and feel all the feelings you associate with it, over time you create a magnetic attraction in your outer life with things that bring you those same feelings. This is straight-up practical magic, and it is awesome.

### **Visionary magic loves to be noticed and admired.**

Perceive and enjoy meditation miracles, big and small. When you experience synchronicities between your inner and outer worlds, revel in them, enjoy them, wonder about them. The more you do this work, the more you'll get a sense of the "personality" of your meditative states, and you'll see they really like it when you bathe them in attention and adoration.

**All of this or something even better.**

This is the best phrase to add to any creative or manifestation meditation, or really any meditation in general. Often, from where we are, we can't even imagine what would thrill or heal us the most. So we do the best we can in our vision and then add this magical phrase, "All of this or something even better," giving the Universe the go-ahead to elevate and make its own perfect improvements.

**It's ok for things to be weird, funny and strange in your visions.**

This is a new, real-world style of meditating, and it is very human, which is good because we are very human. And sometimes, your subconscious needs to get weird to get your attention. Don't fight the strangeness, embrace it. You are encouraged to be wild, outlandish and exuberant as you do your inner work, in the privacy of your own interior space, to stretch your inner and outer lives into new frontiers of delight.

**Radical friendliness is crazy important.**

Nothing will impede your experience like that inner critic we all have inside us. We all have a part of our big brain that loves to churn out preferences all the time. And the antidote for that judgmental bad boy is insane friendliness, also known as equanimity. So whatever comes up for you, in you, as you go about your inner work, **everything** is met with kindness. Whatever happens in meditation, you are its friend. Sit side by side with even the most difficult realizations, as if you are old friends (which of course you are), and in time, your radical friendliness will allow them to transform into something liberating and new. The more habitual your radical friendliness becomes, the more wild and free your visions will become.

**Forgiveness is everything.**

Experiment with the idea that we are all fundamentally flawed AND totally deserving of unending forgiveness. In daily life, without even realizing it, we are carrying around a big old bag of hurt. Visionary meditation creates the ideal environment for forgiving others (which paradoxically frees us), but also for forgiving ourselves. You can always add the following phrases to any meditation to create an environment where forgiveness can flourish and do its thing. "I forgive all of this completely, and it just doesn't matter anymore. I forgive everyone and everything, and it just doesn't matter anymore. I forgive everyone and everything, including myself, and it just doesn't matter anymore."

**Magic is real and everywhere.**

The more you believe in magic, the more it will show up in your life. You would think we would all jump at the chance to believe this is true, but for some reason, most of us have a hearty resistance to magic being real. But

think of all the things none of us can explain and all the times “coincidence” steps into your life at just the right time. So the suggestion as you start your futuristic practice is to just keep an open mind and experiment. Stay awake in your meditations and in your regular life. Always be recognizing patterns and symbolic connections, and let yourself be amazed.

**Presence is being awake to your life in real time.**

Being here now means shining the light of your awareness on what is happening inside you and all around you **right now**. In this very moment, even as you read these words, bring all of your attention to what is happening for you **now**. As Joseph Campbell said, “enlightenment is the lighting up of where you are”. The more you practice cultivating presence in meditation, the easier it is to do in real life. And the more present you are in real life, the more power you have access to.

**Once you get used to it, being still feels really good.**

The modern world loves to see you moving. It loves to see you climbing, aspiring, hunting and spinning. And that is great, as long as you mix in some conscious stillness. Once you've been meditating for a while, you'll even get to experience a zen-calm stillness even in the midst of great productivity. You'll also be able to bend time, stretching a good moment out and really getting the most out of it, and in harder times, you can witness your breath and keep the flow of time moving.

**Whatever is happening, there is always a safe haven inside you.**

We all carry sanctuaries inside us. We just forget to use them in the bustle of daily life. When you get your visionary practice going, you will be able to instantly access these home bases inside you anytime just by breathing and deciding to do so.

**Your subconscious and the collective unconscious will never let you down.**

When you breathe, get still and ask, the deeper realms will never leave you hanging. They will always send up a message for you to work with. You may have heard of the metaphor that the subconscious mind is the sea and the conscious mind is the boat. Or that the conscious mind is just the tip of the iceberg, and the glacial mass that stretches down fathoms below the surface is the subconscious. Or you may have heard of Jung's postulations regarding the existence of a collective unconscious, a great multiverse of archetypes and source material that all of us share. Either way, many wise people have concluded that the subconscious and the collective unconscious are really driving this whole affair. So why not give yourself access to these fertile realms of infinite intelligence? Meditation, creative work, dream work and visualization make these deep domains accessible.

**You're an animal.**

You are a human being, and a human being is an animal. And an animal is a part of nature. Therefore, you are a part of nature. And so it is your birthright to call to you and let flow through you all the subtle and elemental powers of the natural world. Meditation helps you do this. It is impossible to be disconnected in the interconnected world of nature. Even in a city, you can look up between the buildings and see the sky. Remember that all that we perceive as “man-made” originally came from the earth. Even our biggest urban sprawl is just a thin layer on top of the great mass of this planet. No matter how it feels when you are in your man-made walls, when you meditate, you are always returning to your natural self and reclaiming your place in the family of things.

**Becoming the witness is a liberation.**

We have this nice big brain that loves to categorize and explain and measure things. And above all, the mind is a reactor. A stimulus arises and the mind jumps into action, judging, developing preferences, developing a critique. And because of all of this, we suffer. We feel bad when our mind “doesn't like” something—we think we are our thoughts, we get carried away, we make it worse. Even when we “like” what's going on, we cling, we want more, we worry about losing what we have. When you embark on a visionary lifestyle, something interesting happens. When a stimulus arises, and you are the present-moment witness to your own life, there grows a little protective space between you and habitual reactions. You get to take a breath, see things in a new way and then respond in a fresh manner.

**Everything is vibration.**

Once you get the hang of this new style of practice, you'll be able to tune your energy up or down. You'll be able to calm or raise your vibration at will, which will greatly influence what kinds of events and experiences will show up in your life.

**There is nothing that you encounter that is devoid of meditative value.**

Once you've cultivated a hearty meditation practice, something interesting begins to happen. The beneficial states and effects you enjoy while meditating begin to seep and spill over into your regular existence. Suddenly, washing your hands, taking a walk, arranging flowers, everything takes on a new liveliness, bringing insights in droves. Driving in traffic, enduring a dull meeting, waiting in line at the store—even these things begin to become colored by the wakefulness you cultivate in your practice. And sometimes, even if only for a few moments, the whole ordinary world leaps into a deeply meaningful vibrancy, and you realize there is nothing that does not add to your enlightenment. This is one of the great, beneficent mysteries of this work. Wherever you find yourself, whatever is happening, whoever is with you, these

can become your objects of meditation. And by making them so, you turn absolutely everything in your life into opportunities for insight and grace.

### **It's not all unicorns and rainbows.**

Every time we get still in meditation, some layer of existence is revealed. Some days it is glorious, magical, elevating, but other times it is an opening of our eyes to something more difficult. And the more we learn to be with anything that shows up –whether we ‘ordered’ it or not – the more wonder and less resistance we offer, the more we learn one of life’s greatest truths: that everything, without exception, will morph, pass, change. So we stay present even when we order a rainbow but get a storm. Because we know it all has value. It all brings insight. It all has an intrinsic beauty. And it will all change, eventually the storm will give way to the rainbow.

### **There are no rules except those you create for yourself, and even those are sometimes made to be broken.**

Here's a little weird advice: Don't go overboard pursuing a “perfect practice”. If you feel you need a break from meditating or other spiritual work, honor that and give yourself that break. Rules are great to help you create a container for your practice and to give it structure. But also know there is such a thing as skillful rebellion. When I say you are the creator of your spiritual journey, it means that you and only you will be able to know when and how you need to meditate. You are now part of a long lineage of spiritual renegades who are creative and able to think for themselves. Don't blindly follow one guru. Don't let other people's ideas about it supersede your own. Trust your gut. You already are and will always be your own best teacher.

### **You deserve to be comfortable.**

We humans are sensory creatures. We feel it all. When we settle down to meditate, sensations become very strong, they take their place center stage. In this visionary style of meditation, we hypothesize that committing yourself to an uncomfortable sitting posture or depriving yourself of a pillow or blanket to comfort yourself as you meditate does not automatically elevate your practice.

We also like to look at the window of time we set aside to meditate as a time when we are going to be almost outrageously kind and sweet to ourselves in every way. We honor ourselves for showing up. Treating ourselves well when we do inner work affirms that it is ok to feel good and treat ourselves well in regular life as well. When our meditation feels like an indulgent mini-break, we are much more likely to benefit from it; because we then show up for our practice more often which opens us to the states where real magic can happen.

**Leaving space for the reveal.**

When you turn inward and go looking for a piece of information, healing or teaching, it's only human to give things a little push, to force a quick reveal. We are human, and humans like results. However, experiment with the idea that by exhibiting a little restraint, something so much more magnificent and pure can be revealed to you over time. As much as you can, be aware when you are manipulating your visions or forcing meaning before it opens itself to you. For instance, if you are meditating and an animal arrives that the ego doesn't "like", and you trade it for some animal the ego likes better, that is a manipulation that will hide from you some wisdom the subconscious was trying to bring to you. Or if you see something in a meditation that doesn't make sense in ordinary life, the logical mind has a tendency to want to get in there and "fix things" or insert some lengthy, convoluted explanation about the scene that has nothing to do with the true meaning of the vision.

As always with this work, extend some hearty compassion to yourself if this happens. We are active, creative humans, and these controlling faculties help us a lot in ordinary life, so it's hard for us to sit back and just let things arrive in their own time. And then, in the times when you can manage to reserve judgment and just listen and stay open for a long time, you get to rejoice when the full gift of insight arrives like magic on the doorstep of your consciousness.

**You are a unique individual with a unique sensibility having a unique experience.**

Only you know what things mean to you. What an alligator means to me may not be what it means to you and almost surely is different from the meaning the collective ascribes to it. It's fine and often fun to look up the symbols that arise in your dreams or meditation in books or online, but really it comes down to your gut and that "ping!" you get when you discover what that symbol is really about for you. Learn to trust yourself and your intuition as you seek to know more about the intriguing things that arise in your spiritual work. Trust that if you were shown the first part, the hint, the rest is coming. Trust that you will not have to tie yourself in knots to know the truth. Trust that you are the exact person to divine exactly what it means for you. P.S. Having a conscious intent to know more is often all you need for tons of personal meaning to arise spontaneously if you can remain actively open enough for it to just well up and flow in.

**You can have it all. And let it all go.**

The more you meditate, the more you increase your awareness of the flowing energy that is all around us and in us. Occasionally, it may become necessary to actively acknowledge this energy to make adjustments to let

more in or let some go. The easiest way to do this, whether you are meditating or just going about your daily business, is simply to use your breath. Use your inhale to raise your vibration and draw towards and into you anything you are ready to know and experience. Use your exhale to release and let go of anything that has become stagnant or unnecessary for you. Teach yourself to use the natural inflow and outflow of your breathing to reduce your resistance to receiving and releasing. It can be very casual, nothing fancy. As the air flows in and out of your body, just realize energy is flowing along with it.

### **Innocence is free.**

One of the most spectacular things about visionary meditation is that you get the opportunity to become brand new all the time. Actually, it's not so much becoming brand new as realizing that you now have a new moment to live. There is a bright purity, a joie de vivre, that this work brings that is hard to explain but easy to feel. A strange, deep joy that shows up paradoxically in hard times as well as good times. It's that fresh slate kind of feeling as the bell rings and you transition from your meditation back into ordinary life. It's that awareness of the interconnection of all things and just feeling alive that you have as you walk out of the group meditation and the street you parked on looks so brightly different than when you arrived. It's that feeling of infinite possibilities when you open your eyes, remove your headphones and greet a new day. You see the wonder of the world and your place in it. It's why I love meditating for a short time many times a day; it is like coming back to refresh yourself from a pure, clean well that never runs dry.

### **Adventure awaits.**

Right now I encourage you to simply begin. Just dive in. Right away, right now, treat yourself to any kind of meditation. It can be as simple as closing your eyes and breathing six or seven conscious breaths and then opening your eyes and paying attention to insights or the symbolism of the things you see around you.

This is a perfect moment to begin to explore the mysteries of living in ways that feel right to you. Remember there is no "there" there. Take pleasure in the process, the seeking. There is only the infinite exploring, and it can only be done by you.

You are here.  
You are free.  
You are magic.

You will always find a free, full-length, guided meditation at  
<http://jessicasnowmeditation.com>.