

Walking Meditation

Stepping into Your Future

Instructions

The Walking Meditation is designed, so that when you finish a sitting meditation and you step into your life with your eyes open, you can stay conscious instead of leaving your energy in the place you were sitting, thereby returning back into the automatic programs that typically define you. Now, you can take your energy with you and practice embodying your future while you move and walk.

There will be certain points in the meditation where you'll be standing and acknowledging your creative fourth center. By acknowledging your fourth center, the intersection of the soul and the heart, that place of wholeness, you begin creating a magnetic field.

Once you get clear on your intention, you are putting information - and all frequency carries information - into the field.

Then the music will change, and you'll begin to walk with intention. And by carrying an elevated emotion with you, and by maintaining

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your intention, you will be stepping into your future.

There will be a bell and the music will change. Then I will ask you to stop and rest your attention in the fourth center again, bringing up an elevated emotion, and then radiate that information into the field.

By combining a clear intention with an elevated emotion, you are drawing your future to you and creating from a fifth dimensional level of consciousness. Once you move into a new state of being and broadcast a whole new electromagnetic signature, that energy then collapses space and time, and you are bringing your future to you. In other words, you don't have to walk to create it - it's coming to you!

There'll be another bell and the music will change, and I'm going to ask you then to walk into your destiny again. Once again, you are to embody your future, and to remember that future from a new state of being. As you remember your future, you are creating neurological and genetic changes in your brain and body, and you are teaching your body what that future will be like in the present moment while you bring that energy with you.

A bell will ring, and the music will change again. You will become heart-centered, and you will then broadcast a signature into the field. And now this is where I'm going to ask you to affirm your

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state of being. That means that you are going to acknowledge and affirm who you already are.

And by you changing your energy, by you elevating an emotional state, you will accept, believe and surrender to the thoughts equal to your emotional state, and you'll begin to program your autonomic nervous system into a new destiny.

Throughout this meditation you will hear me say: "I am..." and then it's up to you to fill in the blanks - I am abundant, I am healthy, I am whole, I am a lucid dreamer, or whatever you desire. But you have to move into that elevated state of being first so that you can then program your brain and body subconsciously.

Then we will finish the meditation and you will have the opportunity to open your eyes and take that energy with you throughout the remainder of the day.

Dr. Joe



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