

Spiritual Practice: Visioning

“Our experience is the logical outcome of our inner vision...”
—Ernest Holmes, *Can We Talk To God?*

Rev. Dr. Michael Beckwith of *Agape International* refined the centuries-old custom of vision-casting into a modern spiritual practice. The idea is to allow God to give us direction and information through the intuition of our “higher wisdom self.” We achieve a light meditative state and ask questions of the Divine. We allow Spirit to answer the questions through the images, ideas, words, symbols and other information that spontaneously come to us.

Here is a suggested set of the five general visioning questions that we might ask:

1. What is Spirit’s highest vision for... (my life, this situation, my financial freedom, my marriage, my career, our new home, etc...)
2. What is my role in this situation?
3. What must I release in order for the highest outcome of this situation to come about?
4. What Spiritual Quality must I embrace for the highest outcome of this situation to come about¹?
5. What else, if anything, would Spirit like to share with me about this situation?

¹ Often this will be a quality of God such as Abundance, Love, Light, Wholeness, Joy, Peace, Beauty, Wisdom, Harmony, Life or Power.