

Time Folding: Fly Forward with Your Future Self





Why to grope in the dark, if we can turn on the light.

Contacting the future self is easy and joyful,
and can give a lot of information about the current situation and the next steps.

Besides the inspiration and the reliable source,
it's specially helpful for putting things in proportion.

I actually ask and listen to my future self all the time.
Even for really tiny things... Why should I try forever to figure it out,
if she already has all the answer?



Before we start:

1. I recommend that you somehow record what is coming up here.

Writing by hand is always the best; It goes deeper and fly higher, by activating more parts of the brain.

But typing, or voice recording (on your phone, for example), can work well too.

You are welcome to print out this guide, and use its designated spaces as a workbook.

2. You can choose to work on your life as a whole,
or focusing on one, or more, specific areas or aspects.

To begin with, I would suggest to decide on one issue - one life area or aspect, and keep focusing on that through the entire exercise.

3. The detailed you make it, the more clarity you'll get. Do the hard work... It worth it.

Ready?

Let's start.



1. Set your focus

What issue / life area / life aspect I work through today?

2. Face the present

1. what is the situation right now, regarding the chosen issue?

2. How is it feeling? What is it bringing into my life?

3. Would I prefer it to be different? If yes, in which way? What needs to change to make it perfect?

3. Design your past

1. What in the past brought about the present situation? Which behaviors, circumstances etc.?

2. If I could start everything from scratch **using the wisdom and the experience I have today**, what would I do different?*

* Answer this question as if you're now at that past – use present time, and make positive statements.

For example: I'm eating healthy food, I'm putting money aside etc.

4. Co-create your future

This is the real game.

1. Relax, breath, open up, and invite your desired **ideal** future version, at the age of your choice.
2. How far from today are they? Tomorrow? A few weeks (how many)? Months? Years? Set the time/age clearly.

my desired **ideal** future version, at the age/time of my choice:

3. It can be just an inner conversation, or you can physically change locations in the room when switching roles between the present and the future versions.

If you choose to make it more physical:

- a. Get up. Once you get up, you become your future version, while your present time version is "staying seated" at the original spot.
- b. **As a future self**, walk around the room and find your location and position. Are you standing? Sitting? Lying down? Standing high on a chair? make yourself comfortable, feel stable.
- c. Look at your "present time self", and tell them everything about your (future) current situation. Remember: you're an ideal version - thus everything is open and possible!
- d. Voice-record yourself, if you feel like.
- e. once you're done, sit back as a **present time self**.
- f. Come back to now. process the information you've just heard, and ask question. Remember that this future version already went through



everything that hasn't yet unfolded for you... so they have all the answers - ask ALL your "how to" and "how did you" questions!

If you choose to perform it as an inner conversation:

- a. Let the future version telling you their story. Ask them questions, and get clarity.
- b. Remember that they already went through everything that hasn't yet unfolded for you... so they have all the answers - ask ALL your "how to" and "how did you" questions!
- c. Go back and forth as many times as needed.

Main points in future version story:



Answers and clarity:

4. The last step will be: Merging.

If you physically switched positions:

- a. Finish sat down as the present time version, make notes of everything you just heard and make sure that all the answers are clear for now.
- b. When you feel ready for a conclusion, get up and walk slowly toward your future version. Feel the path, you like it to feel smooth. If not, you may want to ask more questions, or just to remember that for the next time.
- c. Once you have made the whole distance to your future version, stand in front of them in a way that you guys are facing each other.
- d. See your future self clearly. You can close your eyes, if you like.
- e. Get ready for a merging, Step into your future self and merge with them. Feel and sense the full experience of being at this place.



Hi, I'm Inbal Lichtbrown.

I feel so fortunate to meet you here.

How was your experience?

I would really love to hear,
and also, how you are feeling these days?
and what else I can do for you?

I would truly appreciate if you take the time to [share with me here](#) <3

I've been escorting people along their self healing and actualization journeys since 2000, supporting them at all levels - Physically, emotionally, mentally, energetically and spiritually.

Together we uncover the real self and reveal the individual uniqueness, special gifts and superpowers. We enhance inner freedom, and develop a reliable, stable inner core, enabling fulfilling, easier, joyful life.

This profound, fundamental self integration work is done through the practicing of the natural ancient wisdoms, which helps to explore and decipher old mechanisms, shed unnecessary conditioning, dissolve personal glass ceilings, and establish a direct, clean connection to the source, to the heart of existence, that resides in each one of us and in the universe as a whole.

Questions? More information?

[Visit my website](#)

Or

[Contact me](#)

Waiting for you on the other side!