

# THE DIVINE UNION WITHIN



*Week #5*  
*Meeting Your*  
*Future Self*

SHAMANICHEALINGWORK.COM

© 2019-2020 by Susan Jenkins





1.

JOURNEY TO YOUR FUTURE SELF NOTES AND REFLECTIONS:







2.

AUTOMATIC WRITING WITH FUTURE SELF.

SET A TIMER FOR 10 MINUTES, AND ALLOW HER TO COMMUNICATE THROUGH AND TO YOU.

KEEP WRITING, EVEN IF YOU WANT TO PAUSE, THIS IS WHERE THE JUICIEST MESSAGES TEND TO COME THROUGH.

