

## **Far Fetching**

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### **FORMAT:**

Dyad visualization and acting-as-if process.

Duration: 30 minutes

### **PURPOSE:**

This process solidifies a vision of goals into the mind as if they have already happened. It is a very powerful tool for making interesting things happen.

### **SETUP:**

Partners sit facing each other, chairs spread evenly and randomly throughout the room.

### **INTRO / BACKGROUND:**

Often we have vague goals that are in alignment with our destiny but they never seem to come to pass, perhaps because we don't know how they could ever come together, perhaps because we think we do not deserve such a thing. Whatever the reason, we can shift into a context of being as-if it has already happened, and then work our way backwards to figure out how we got there.

This process should only be done after people know their Destiny, and are free to access possibilities for themselves and others.

### **INSTRUCTIONS / PROCEDURE:**

- 1) Have both partners do this at the same time. Say, "Bring into your mind two goals that you have, one personal and one professional. The personal goal can be about your family, your home, your relationships, your physical fitness, and so on. The professional could be about your career, your projects, your income, your education, and so on. Close your eyes and bring the image of these goals into the foreground of your mind."
- 2) Ask, "How long have you wanted these things to happen?"
- 3) Ask, "What are the stories and reasons and excuses why you do not make these things happen?"
- 4) Say, "Please keep your eyes closed." Say, "Who would you need to become in order to have these things happen?"

- 5) Say, "Please keep your eyes closed. Get a clear picture of these two goals in your mind. Please put your hand up when you have the pictures clearly in mind. We are just waiting for a few more people."
- 6) Say, "Good. Thank you. Please slowly open your eyes. Please share with your partner what your goals are and who you would need to be for them to occur. What are the qualities you would have to have?" (10 minutes)
- 7) Say, "Please stop. Now, make sure that you know what your partners two goals are. If you do not know, please find out now."
- 8) Take some sharing.
- 9) Say, "Okay now. Let us play fantasy. Please close your eyes again. Imagine that it is now six months later. Both of your goals have happened. Both of them have completely come true. You have shifted to be whoever you needed to be to achieve your goals. You experience great delight in knowing that your goals have been accomplished. Now you just happen to meet your partner again. When you are ready, open your eyes, shake their hand, say hello, and tell how it happened. How did you get here from there. Just make it up. Share with all the passion you would feel if these things actually happened. Really put yourself into it. Use your imagination to fill in the details; picture it fully; make it believable; experience it totally. Please begin. Have fun with this."

**DEBRIEF:** (5 minutes)

Take some sharing.

Far Fetching brings the future into the present in a way that sets up conditions for that future to exist. It "starts the ball rolling."

What you have IS what you want.

What you have is a result of what you do, but what you do is a result of who you are. Far Fetching is a way to shift who you are to be in alignment with your vision of what you want.