



Thinking from the End

Thinking from the end means acting as if the goal you want is already yours. Think of a special goal to set for yourself. Something to help you move forward in the best direction. You can ask the Inner Master for guidance on what goal to set.

Then, in contemplation, *imagine* in every possible detail what it would feel like if you already achieved your goal. Practice seeing it, hearing it, touching it, and fully experiencing it in your imagination. Let yourself feel the joy of success right now. Each day, for one week, practice this feeling of your goal fulfilled. Allow it to build, and see what happens!

Thinking from the end can also be a technique for Soul Travel. For example, if you want to go to the Soul Plane, you can imagine what it looks like, what sounds you'll hear, and what you'll learn when you get there. Let yourself enjoy these things even before you think you've done them.

The secret of this approach is that it collapses time. In other words, it makes things happen more quickly—even instantly. You might suddenly realize that what you thought was your imagination was perfectly real all along!

—Sri Harold Klemp,
The Wonder within You, pp. 50-51