

COVID GLOBAL PANDEMIC

PROCESS GROUP:
MARCH 26, 2020

FUTURE SELF VISIONING



COMMENTS FROM ZOOM CHAT:

WHERE ON THE EMOTIONAL SCALE ARE YOU?

- 10:20:51 From Abdallah: I am feeling Optimistic!
- 10:21:07 From Sherrill: overwhelm
- 10:21:11 From Brenda: hope
- 10:21:16 From Joelle: Feeling Positive Expectation
- 10:21:18 From Jude: Expectant, hopeful
- 10:21:20 From Lynn: I feel hopeful and generally quite patient with the situation.
- 10:21:25 From Marlene: I'm feeling discouraged.
- 10:21:27 From Shirley: discouraged
- 10:21:30 From Sheri: feeling crazed without my own space to work
- 10:21:33 From Laurie: frustrated
- 10:21:35 From Giulia: doubt
- 10:21:35 From Pauline: loving the time to be present
- 10:21:41 From Erin: Optimism
- 10:21:45 From Karen: Worry
- 10:21:46 From Laurie: annoyed
- 10:21:48 From Luis: Reflective and Hopeful... And time for webinar :)
- 10:21:49 From Iryna: Between Impatience and optimistic
- 10:21:50 From Marion: Feeling strange peace... it will be ok
- 10:21:52 From Shawn: Different feelings in different contexts: worried for my kids, patient in my own life, interested in opportunities to help
- 10:21:55 From Shelley: Hopeful during the day, different at 4am
- 10:22:00 From Kirsten: worried
- 10:22:07 From Sheri: ping ponging between bliss and stress

10:22:09 From Rhoda: Hopeful!
10:22:14 From Franka: hopeful
10:22:24 From Estelle: Joy hope but it changes throughout the day
10:22:25 From Laurie: sad
10:26:13 From Lisa: intensely creative with a manic flavor... now now now go go go faster faster faster energy
10:26:43 From Jane: In the moment. I can only manage me today
10:43:01 From Sheri: Echoing concern for elders and lack of family presence and touch. My husband's great grandmother is 104 in a nursing home.

PREFERRED MODE OF TIME TRAVEL TO FUTURE SELF:

10:49:07 From Shelley: boat
10:49:07 From Jude: Eagle
10:49:10 From Joelle: Eagles back
10:49:11 From Brenda: eagle
10:49:13 From Estelle: Glass bubble
10:49:19 From Iryna: Unicorn
10:49:24 From Erin: bubble
10:49:26 From Laurie: phone booth
10:49:27 From Sheri: Pegasus
10:49:34 From Lynn: The cool tunnel that STARGAZE used
10:49:37 From Kirsten: sparkles type firework
10:49:37 From Pauline: balloons
10:49:40 From Lynn: STARGATE
10:49:40 From Karen: antelope
10:49:50 From Shirley: Motorized Surfboard
10:50:02 From Neida: stairs
10:50:13 From Donna: hot air balloon
10:50:16 From Karima: like a genie...blinking

GIFT FROM YOUR FUTURE SELF:

- 10:50:20 From Rhoda: Suspended animation
- 11:10:46 From Jude: COURAGE
- 11:10:47 From Abdallah: Wisdom!
- 11:10:51 From Shelley: stone
- 11:10:53 From Kendra: patience
- 11:10:56 From Rhoda: the gift was a BOOK....created by ME!
- 11:10:57 From Estelle: stone
- 11:10:58 From Donna: Wine and confidence
- 11:11:01 From Ellen: Faith
- 11:11:03 From Lynn: clarity, compassion, love and a healed relationship with technology
- 11:11:06 From Kirsten: a reciprocal hand on each other's chest
- 11:11:10 From Brenda: eagle feather to remember and smokey quartz crystal for communication
- 11:11:11 From Erin: You are a light in the world
- 11:11:14 From Lisa: I got a felted wool ball that I can put around me... stand inside of with my arms and legs sticking out!
- 11:11:29 From Laurie: love, calm, peace
- 11:11:29 From Shirley: A photo of me with energized tribe and kids around me, happy and engaged in life.
- 11:11:36 From Ellen: Newspaper with good news about how world has changed for the better

KEY MESSAGES FROM YOUR FUTURE SELF

- 11:11:42 From Estelle: You are safe, You are Loved, Trust Yourself
- 11:11:43 From Erin: You are not alone
- 11:11:44 From Donna: celebrate yourself
- 11:11:45 From Abdallah: Lessons...
- 11:11:52 From Lisa: You choose
- 11:11:56 From Lisa: It's about joy
- 11:11:59 From Brenda: you have made the right decision
- 11:12:04 From Marlene: Part of a loving community
- 11:12:04 From Shirley: Happiness DOES DRIVE Success
- 11:12:04 From Kirsten: take time with your calm

11:12:06 From Paula: begin
11:12:09 From Iryna: A multifaceted gem in the shape of a Merkabah
11:12:11 From Nieda: be calm be smart be safe
11:12:12 From Lisa: Now and forever you are held and ok
11:12:13 From Laurie: You are way stronger than you know. Your faith and trust will be strong soon. Be the gift of you. Be the true you.
11:12:25 From Jude: You have everything you need; Trust yourself and your process; You are worthy of being seen and valued; I see you
11:12:33 From Shelley: Keep your feet in your roots
11:12:33 From Karen: eat well, exercise, and be present
11:12:35 From Karima: a wink... worry less/ almost ignoring me because everything is fine.
11:13:04 From Shelley: Your face to the sun
11:13:10 From Shirley: You are Lovable and Worthy
11:13:20 From Abdallah: Life is short, so pray more and play more...
11:13:22 From Iryna: Stay heart centered, grounded and present
11:13:26 From Nieda: beauty within yourself
11:14:19 From Erin: share your light with the world
11:14:28 From Pauline: Focus, take this time to get on it
11:14:33 From Estelle: Stay focused, keep moving forward, anchor spiritual practice
11:14:35 From Lynn: let go of more paper clutter!
11:14:35 From Brenda: keep building your skills.... keep moving towards the work that speaks to you
11:14:38 From Kirsten: step on stage with all that is you
11:14:39 From Laurie: put energy towards my plans to open a healing centre
11:14:41 From Ellen: Use this pause, reset!

SUGGESTED ACTIONS

11:14:52 From Iryna: Continue developing workshops
11:14:56 From Estelle: Rest, relaxation
11:15:00 From Estelle: Fun!
11:15:05 From Shelley: Take an annual soul-battical
11:15:15 From Jude: Eat well, exercise, be out in nature, be with your grief, WRITE it down
11:15:31 From Ellen: Yoga
11:15:33 From Estelle: Use the tools you have

11:15:42 From Shelley: Play more
11:15:49 From Jody: visit your tree family in the forest
11:15:50 From Brenda: keep connected to those people who love you, build you up
11:15:54 From Ellen: Reach out to people who are alone.
11:16:23 From Lisa: Turn down the intensity rheostat... even just a fraction each day.
11:16:23 From Kirsten: Laugh loads and often
11:16:34 From Shirley: Ignoring the BIG ISSUE won't get you there.

RECOMMENDED READING FOR GENERATIONAL TRAUMA:

It Didn't Start with You: How Inherited Family Trauma Shapes Who We Are and How to End the Cycle By Mark Wolynn <https://amzn.to/2QODzis>

RESOURCE LINKS:

1. Recordings for this and all past gatherings. Visual Tools and dates of next gathering:

<https://www.shift-it-coach.com/communitysupport/>

2. How to book free one-to-one coaching sessions with Christina.

<https://www.shift-it-coach.com/free-coaching-covid/>