

# Spiritual Visioning: A Practice for Soul-Guided Living

*When we make ourselves available to Divine guidance  
through spiritual visioning, we become instruments of  
peace, love, and higher purpose in the world.*

— Yogacharya Ellen Grace O'Brian

Spiritual visioning is a powerful process for attuning to divine wisdom and allowing the soul's highest purpose to unfold. Rooted in the tradition of Kriya Yoga, visioning is not about making something happen—it is about listening deeply and allowing what is spiritually inspired to emerge.

When you have spacious time, consider setting aside 30–60 minutes for this practice.

## 1. Prepare Your Space

Create a quiet, sacred atmosphere. Sit comfortably, relax, and allow your breath to deepen.

## 2. Enter Stillness

Begin with meditation to calm and clear the mental field. Use your breath or a mantra to draw attention inward and anchor your awareness in the Self.

## 3. Ask Soul-Centered Questions

After some time in meditation, when the mind is still, gently inquire:

- *Where do I want to see myself in 5 or 10 years?*
- *What is my highest vision of possibility?*
- *What soul quality is seeking to unfold through me now?*
- *What does living a spiritually conscious life and fulfilling my dharma look like?*

## 4. Listen and Receive

Remain in silence, simply open and receptive. Wait. Be patient. Let insights arise as words, images, feelings, or a sense of knowing. Don't force the process; *allow it* to unfold.

## 5. Reflect on the Feeling

Ask yourself how this deep vision *feels* when you consider it *fulfilled*. Peace and expansive awareness are helpful indicators that you have received a soul-inspired response.

## 6. Record Your Vision

Journal what comes. You may not understand it all at once—often, guidance unfolds over time. Notice what feels alive, clear, or resonant and brings a feeling of expansive peace.

## 7. Affirm and Anchor the Vision

Use a sacred affirmation or mantra to strengthen what you received. See it as *done*—accept it.

## 8. Act with Faith

When clarity comes, take one small step in harmony with the vision. Know that your vision is in harmony with divine will. Surrender to it and let go of limiting thoughts and beliefs. Visioning is fulfilled through spiritually aligned action that is guided by the light of divine inspiration.

*Trust the process. Return to it as often as you feel called.  
Each time you listen deeply, you strengthen your connection to the inner Guide  
and the life of awakened purpose that is already unfolding within you.  
Open to divine power, potential, and grace by adjusting your consciousness.*