



Ziji Up! – Future Self

What does my future self/Highest self look like?

Notice how this person stands, what this person is wearing. Get a sense of this person's essence. Notice the inside of the dwelling. What kind of person lives here? What are the colors of this place?

What did my highest, most wise self say was the one thing she most remembered from the past 20 years?

What questions did I ask my future self/Highest self and what were the answers?

Did they give me a gift?

Did they have a different name?