

Visualising the Future Script

Find a comfortable position. Close your eyes gently, and inhale deeply. Hold for a moment, and then slowly exhale, letting go of any tension or distractions.

Picture yourself stepping into the future that you've envisioned — a world shaped by the ideas you have written down.

As you continue to breathe deeply, imagine the following:

- Visualise the physical world around you. How has it transformed? Are there any changes in the environment, technology and society? Consider the positive developments that have occurred. Are there new solutions that have been