

## CHAPTER 8: CREATING A NEW FUTURE

“this moment, you can have a new conversation and create a new future for yourself...”

People are involved in conversations for possibilities all the time. Yet, they are not aware that they are engaged in these conversations, and these conversations are happening loosely without understanding the impact of these conversations. It is a practice to develop, to be present or alive to the future you are creating. When you get it (*when I use the phrase ‘get it’, I do not mean you understand what I am saying. I mean you get it in your body, after having experienced it. You have embodied it*), you realize that you are creating your future anyway and feel this in all parts of your being: mind, body and soul. And if you are creating your future anyway, you might as well create a future of choice. Right now, in this moment, you can have a new conversation and create a new future for yourself—in any area of your life. Because you are always only one conversation away from creating a new future.