

Having Energy vs. Hoping Energy

How to embody the future you want instead of wishing for it

Quick recap

This coaching class focused on developing visioning skills and the practice of "having" versus "hoping" energy. Annie led discussions on how to imagine desired outcomes as already achieved, sharing personal examples, including how she used this technique when dating Eben Pagan. Hristo shared his success using Neville Goddard's meditation techniques, reporting immediate results with money flowing from unexpected sources. The group practiced exercises in pairs, with Ali and Sarah-Jane providing coaching to each other on visioning techniques. Key insights included the importance of feeling neutral and grounded when envisioning desired outcomes, rather than feeling excited or surprised, as well as the practice of anchoring future visions to present states through everyday activities.

Summary

Focusing on Vision and Imagination

Annie and Ali discussed the importance of focusing on vision rather than current challenges, with Annie emphasizing that imagination is crucial for creating a path forward. Ali shared how they've been applying this concept, particularly in their role as a cashier where they've learned to find value and practice social and emotional intelligence. Annie encouraged Ali to continue finding joy and value in their current work, framing it as an opportunity to practice important skills regardless of the role.

Cashier as Coaching Opportunity

Annie and Ali discussed how Ali could leverage his cashier job as a coaching opportunity. Annie suggested that Ali reframe his role by explicitly identifying himself as a coach who works as a cashier, and suggested asking customers about one issue they wish they had more power over. The conversation ended with Annie planning to lead a check-in exercise with the group about staying focused on future outcomes rather than getting stuck in current difficulties.

Visualization and Intention Setting Discussion

Annie led a discussion on setting intentions and visualization, with Hristo sharing his experience of meditating on money and noticing immediate results, including reconnecting with high-value clients. Hristo explained his approach, which involves imagining desired outcomes as already achieved, focusing on feelings and details, and assuming the wish is already fulfilled. Annie emphasized the importance of vivid imagination and treating future goals as already realized, drawing parallels to everyday actions we take for granted.

Manifestation and Abundance Practices

The group discussed the importance of imagination and feeling as a way to manifest desires, with Hristo sharing a personal phrase about money flowing easily. Sarah-Jane shared her experience creating an abundance playlist and connecting with concepts around imagination and vulnerability, noting how everything was coming together for her. Hristo made a distinction about maintaining a normal, grounded state rather than being overly excited about desired outcomes, emphasizing that when something becomes a "given," there's no surprise or excitement about it. The discussion concluded with Annie encouraging Sarah-Jane to continue with her abundance practices and asking Natalie if she had anything to report, though Natalie's response was not captured in the transcript.

Surrendering to the Present While Visioning the Future

Annie and Natalie discussed the concept of surrendering to the present while holding a vision for the future, with Annie sharing insights about the hero's journey

and the metaphor of a caterpillar transforming into a butterfly. Annie explained the difference between "having" energy and "hoping" energy, emphasizing that having energy precludes hoping and is more effective for manifesting visions. She suggested practicing by anchoring future visions with everyday activities, using the example of how she applied this concept in her relationship with Eben.

Manifestation and Visualization Techniques

Annie led a discussion on the concept of "having versus hoping" in relation to manifesting desires. She shared personal examples of using visualization techniques, including practicing being with a potential partner and imagining standing on stage at a Madonna concert. The group then practiced visioning exercises in breakout rooms, with participants learning to describe future desires in the present tense to create congruent states. The session concluded with feedback on the coaching exercises, with Sarah-Jane praising Ali's coaching techniques and Hristo sharing insights about bringing future visions into the present moment.