Jane was a senior at UCSB and lived a happy life with her seven housemates. She often felt anxious and worried about what the future had to hold for her after graduating. One day, she was lying in bed trying to fall asleep and started having visions from her future. Of course, this felt like a dreaming sensation at first. She wondered, “Am I just half asleep?” and pondered what could possibly be going on.

For many nights after this, Jane kept seeing visions when she would close her eyes to sleep at night. She would see flashes of herself traveling in different countries, images of her three kids playing on playgrounds and her work life in a big corporate office. She felt her palms sweat and heart beat fast and wondered what could possibly be going on.

This sensation occurred night after night until Jane finally realized that she could see into the future. Not anything she wanted to, but snippets of the future. She decided she would go out and see if it was just her own future or if she could see into other peoples’ futures. She went to meet her friend, Anna, and asked if they could just lie down together and be in silence. As they did this sort of meditation, Jane thought about Anna and began seeing Anna many years from then. Anna was living a luxurious life and working as the CEO of a successful nonprofit in Malibu. Jane was conflicted. Should she tell Anna about her luxurious life? What if this future-telling wasn’t legitimate? What if Anna was freaked out? Jane kept it to herself and continued in this pursuit of understanding her newfound power.

Her power gave her confidence, excitement and happiness in her life. She was excited for everything to come. But then she started realizing that most of her thoughts throughout the day revolved around what would happen in the future, and became absent in her present life. She would wander from class to class, not paying attention to the environment or the people, and many of her friends said they felt like she was becoming distant. She lost touch with everything she truly cared about or loved about her present life—solely focused on what was in store for her in the future and patiently waiting for those things to happen. She no longer spent time with friends, or enjoyed eating great food, or thought about her present life.

One day, Jane came to the shocking realization that four months had passed and she had become a distant, solitary friend and housemate. She panicked, thinking about the time she had wasted pondering her future. This is when she decided to go see Myra, a spiritual healer, who taught her how to channel her energy at night only, and be present and mindful in the present.

Jane is living a wonderful life now; in the days, she is able to fully enjoy her life. She contributes to every conversation she has and fully engages in her daily activities. However, at night she can still look at glimpses of the future and be hopeful of what is to come.