



Vision Board – Basic Guide

A Powerful Tool to Create the Life You Want

A vision board is a simple and yet very powerful visualization tool to activate the laws of attraction by manifesting your dreams into reality.

So what is a vision board? A vision board is a collage of pictures and words of all your unlimited dreams, fantasies and goals are collated and written on a board or poster. It can have pictures, emotive words or phrases of things you would like to have, how you would like to be and how you would like to feel about any area of your life.

The purpose of a vision board is to activate the law of attraction so that on an unconscious or conscious level, you begin to attract situations that bring you closer to the things you have depicted on your vision board.

So then what is the “law of attraction” you might ask? The law of attraction states that we attract into our lives the things we give our attention to, whether it be positive or negative. So why not deliberately create which is one of Abraham-Hicks quotes.

Since “Everything is energy and energy is everything” and “Like attracts like” then to attract what you want you need to develop the “energy” of these things. The “energy” is most powerful in an “emotion and thought”. The Vision board evokes a feeling and produces a vibration to attract those things on your vision board and mostly without you even knowing. The reason why we need to direct our energy is because we don’t all have positive belief systems.

Your may have been programmed when you were younger with statements and judgments such as:

- Money does not grow on trees
- You have to work hard to be successful
- You can’t be spiritual and wealthy
- Rich people are crooks
- It’s better to be poor and happy than rich and unhappy
- You can’t have everything you want
- Life is not a bowl of cherries
- Only educated people have money
- I don’t deserve to receive
- I am not good enough to have that lots of money

www-the-virtual-healer.com

HOW TO MAKE AND USE YOUR VISION BOARD

You will need:

- Large Poster size cardboard, pin board, whiteboard or poster board
- A large assortment of magazines with colourful photos or access to the internet to search for pictures to print on a colour printer.
- Glue, double sided tape, blue tac or sticky tape.
- Scissors
- Coloured pens or white board makers
- Optional Extra stickers or decorations if



Step 1: Go through your magazines and tear the images from them. No gluing yet! Just let yourself have lots of fun looking through magazines and pulling out pictures or words or headlines that strike your fancy. Have fun with it. Make a big pile of images and phrases and words.

Step 2: Go through the images and begin to lay your favourites on the board. Eliminate any images that no longer feel right.

Step 3: Glue or stick everything onto the board. Add writing if you want. Make it visual. Your subconscious mind works in pictures and images, so make your vision board as colourful and visual as possible. Create Emotion. Each picture or word on your vision board should evoke a positive emotional response.

Step 4: Optional: Leave space in the very center of the vision board for a great photo of yourself.

Step 5: Hang your vision board in a location that gives you maximum exposure to it and where you feel most comfortable placing it. Make the intention of your day to feel good. This will assist with the success of achieving your goals on your vision board.



EXAMPLE OF THE LAW OF ATTRACTION

Jim Carrey's Check. As a struggling young comedian trying to make it in the make or break city of Hollywood, Jim Carrey was just about ready to give up his dream of becoming a professional actor and comedian. He had just performed at an open mic session at one of the nightclubs in Los Angeles and had been booed off the stage by his audience. He sat by himself at the top of Mulholland Drive and looked out at the city below him—the city that held his future success or failure. He then pulled out his check book and wrote himself a check for \$10 million dollars and made a note on it: “for acting services rendered.” He then carried that check with him in his wallet everywhere he went from that day forward. By 1995, after the success of his blockbuster movies: Ace Ventura: Pet Detective, Dumb and Dumber, and The Mask, his contract price had risen to the price of \$20 million dollars.

www-the-virtual-healer.com

