



ADVANCED LEVEL RITUAL: VISION BOARD—MANIFESTING YOUR LEGACY

A vision board is a visual representation of your legacy and your heart's desires—an externalization of your hopes, dreams, aspirations, and intentions. By taking these dreams out of the internal patterns and systems in your head, you can bring them into an interactive field. You can invite the Universe to participate, listen, and help enact your vision. Manifesting is one of the most powerful ways to enact change in your life; it's drawing upon the sacred feminine in all of us (all genders) that doesn't require *doing* anything, it requires *being*—a powerful calling out to the Universe to make it happen for and with us.

The images, words, and phrases that you put on your board serve as a reminder of your commitments in your legacy and what you want most in life. In addition to an “I am” mantra, visualization is one of the most powerful things that you can do to bring what you want into your present reality. It's also a fun way to celebrate your commitment(s) and to create a visual representation of what you wish to manifest.

Collect magazines that represent you through imagery and words, find inspiring phrases and quotes to keep you motivated, and add the pictures of the people and things you love most. Once you have a good collection of all these items, cut them out and place them on a trifold board (like the ones kids use for science fairs). Make sure you use some form of adhesive that can be unstuck, too, so that over time, as the vision changes, you can update what you wish to see manifest. Avoid the temptation of using your computer to print out images—the journey of discovery and *taking your time* with your board is part of your healing and growth. Don't rush through this journey.

Imagine all of what you see on the board is possible and right around the corner. Begin to notice in your body where the feeling of *anticipation* resides in you. Hang out with its dimensions inside and imagine you can call all of what you want in life here into the present moment. Feel the anticipation of it coming. What you create on your vision board is sacred, so keep it where only you and your Infinite Source can see it. Trust that what you request will be answered with your highest interests in mind. Make it a sacred pact and allow it to be something that continues to transform, as you do, throughout your life. As things manifest, save the images in a folder so that you can celebrate and appreciate how far you've come, and introduce new visions to the board.