

Creating an Effective Vision Board

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❖ **Set the Intention.**

- IET Heart Link Technique
- Guided Visualization - highest good, highest purpose
- Write down key words, images, and impressions

❖ **The Elements for a Powerful Vision Board**

- Collect images using intuition to select pictures
 - Do not judge, do not edit (yet)
 - Just collect what your heart feels drawn to
- Highest good, highest purpose symbols - Love, Light, World Peace
- Putting your self in the picture, either realistically or symbolically

❖ **Establishing Balance for the Whole Brain integration:**

- Activate the right side of the brain by choosing strong, concrete &/or metaphorical and meaningful visuals
- Enlist the Left Brain Support by including key phrases & words

❖ **Accessing the Subconscious through it's Preferred Modality: Montage**

- Integration of images and words to create synthesis & flow
- Collage techniques:
 - Planning out the board
 - Cut to fit &/or overlap
 - Gluing techniques

❖ **Working with your Vision Board**

(A tool is only as effective as the person who learns how to use it.)

- Looking at your board: gentle gazing = alpha brain state
 - Regular/daily basis to "imprint" the images as real
- Define the details as they emerge - access the brain's visual channel
 - Write detailed descriptions of what you want
- Do necessary clearing work.
 - Let your results be your guide
 - IET Sessions & mantra sounding to release blocks in cellular memory
- Put forth your intent and let it go.
 - Prayer for Grace - for making one's vessel strong enough to contain the joy coming our way and smart enough to welcome our dreams and opportunities when they appear before us.
 - Relax and Trust
- Become Leaders in Co-Creation - Live your Dreams. Stand forth & shine.

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Learn more about Kathryn's artwork at: www.learniet.com/kathryn_rowedder.asp