

Here is how I create my vision boards.

1. I collect a pile of discarded magazines that I can tear apart.
2. Then I put on some gentle music and I quickly flip through the magazines and tear out any pages that have a word or image that energetically feels like what I would like to have in my life in this upcoming year. I don't think too much about what I tear out. If a page has images or words that touch me then I rip it out, put it in the pile of torn out pages, and continue to flip and tear.
3. Once I have amassed a pile of pages with images or words that can potentially go on my vision board, I go through these pages again and do a second review and either keep or discard the page. This results in a pile of images and words that I would like to put on my vision board.
4. Next, I use a pair of scissors to cut out the desired images and words I would like to use in my vision board and put them aside.
5. Then, I place the cut out images and words on top of a piece of poster board (any poster board stock that is about 2-3 ft by 2-3 ft (about 1m by 1m or slightly smaller). As each image or word is added, I move the images around until the final arrangement feels right to me.
6. Once the arrangement feels right, I use a glue stick to glue each of the images or words onto the poster board.
7. With all of the images glued to the poster board I heartlink to Angel Ariel, all of the Healing Angels, my own personal angels and in prayer I invite them to work with me and through me; to guide, direct, surround and protect me; and to make this for my highest good and highest healing.
8. I then heartlink to all of the people, places, settings, situations and things that have the same energetic resonance with the images and words I have placed on my vision board and I send them a heartfelt invitation to work with the angels and enter my life in the divine right time and divine right way.
9. Finally I leave my heartlinks in place and with gratitude thank the angels for manifesting all of these people, places, settings, situations and things into my life. I offer my gratitude as though they had appeared even though they have not yet appeared. This opens my heart center to receive them when they do appear.
10. I place my vision board in a place that I can see it each day. And each day I heartlink to the angels and to all of the people, places, settings, situations and things represented on my vision board. What I have experienced year after year is that what I have put on my vision board, or something even better in accordance with my highest good and highest healing, appears in my life.