

Success With Vision Boards, Dreamboards and Treasure Maps & Your Brain/Mind Power...

This is a method of finding out exactly what it is that you want and achieving it by programming your subconscious mind to take you directly towards what it is that you desire this is not just esoteric nonsense is based on the neuroscience. The reticular activating system of the brain will be sparked when you teach your mind to focus on what it is that you really want and you can do this in just a few minutes per day. To make the whole process of achieving what you really really want in life a whole lot easier you can create what is known as a vision board, the dreamboard or a treasure map. This is a way of taking a visual representation of what you want, crystallising it into a physical treasure map of what you want using pictures, photographs, affirmations, prayers or simply just pictures and in doing so assisting yourself in creating a fully realistic complete, five dimensional inner world or mindful experience of having, doing and being that which you have decided you want before you actually have it in the so-called external world. By concentrating and focusing on what you want with such crystal clarity as is virtually guaranteed by creating a dreamboard and using it to help yourself to creatively visualise and feel and hear what it will be like to have do and be what you are seeking, in the present moment, by invisible law, you begin to attract that which you are seeking with immediate effect. The reason that you use photographs of yourself in the collage that you create with a vision board is so that your mind, your unconscious mind, which does not know the difference truly between what is vividly imagined and what is "real" is triggered into thinking that despite any present circumstances which you thought or felt may be holding you back nullified and you are able to tap into the belief that in fact you are unlimited and capable of achieving absolutely anything you desire without limits. A great exercise to help you decide what you want is to imagine for a moment that you truly had no limits, you can have do or be anything you can imagine. This will unlock your great creative imagination and allow you to be inspired by yourself because your mind will make you inspired to the degree that you imagine doing having and being the things which really inspire you and that in turn will lead you to achieving step-by-step those things which are increasingly inspiring to you. You may not necessarily achieve anything from creating a dreamboard/vision board. The success that you have is directly related to the degree to which you can vividly imagine completing the goals that you have set yourself effortlessly, while being on track with your true purpose, and to the degree that you can believe without even the slightest trace of doubt that you do have the capability the passion, the ability, the drive, a way to attract the people, circumstances and things that you need to achieve your goal and that you can vividly, lucidly, with peace of mind, see yourself, hear yourself and that around you, and really feel what it would be like what it will be like, and what it is like to be on the roads to being a winner, to being a success, and that you are those things.

About the Author

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