MANIFEST YOUR DREAMS
A Guide To Creative Visualization

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www.AbundanceTapestry.com
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Thank you for your consideration,

Evelyn Lim
Manifest Your Dreams

“Whatever the mind can conceive and believe, it can achieve.” - Napoleon Hill

Have you found it hard to manifest something that you want badly? Find yourself in struggle? Feeling miserable, stressed out and overwhelmed?

It just does not seem fair. You have put in hours into your business, yet you have not been able to bring in your first $1,000. Your friend who used to be last in class at school is now doing much better in achieving success. Your debt-ridden neighbour has had a change in fortunes.

Well, struggling happens to a lot of people. It can appear that no matter how hard you try, plan and work, you are just unable to achieve what you want. It can be pretty frustrating, especially when others keep telling you that goal setting is all that you need to achieve your dreams.
Perhaps, you have also been reading many goal setting books or have even gone through a number of workshops. Most of them basically tell you the same thing: set a long term goal and then, break down that long term goal into smaller sub-goals so that they can become achievable. Next, you are to break down these goals further until you know exactly what you need to do each day. So all you have to do is complete each of your tasks each day and you’re on your way to success. Easy, right?

In reality, setting goals and trying to achieve them do not ensure success. Writing down your goals is not enough and neither is planning out your action steps. Obviously, if these things were enough to get you what you want, you would have it all by now. You have already done the writing and spend a fair amount of time planning. But achieving your dreams has clearly not happened. It’s no wonder that you’ve been feeling frustrated!
Well, I've got good news to share. There are important keys that you need to apply in order to change your dreams from mere wishes into realities. If you've been bothered by your inability to make your dreams come true, then this report potentially holds some answers for you!

Take creative visualization, for instance. Visualization is a powerful tool and key for success. While success can never be guaranteed, not employing visualization is like owning an important resource but not using it to your advantage. Visualization is not hard once you practice some essential steps!!!

**What is Visualization?**

To attract money, you must focus on wealth. It is impossible to bring more money into your life when you are noticing you do not have enough, because that means you are thinking *thoughts* that you do not have enough.” --- Rhonda Byrne From “The Secret”

Visualization is a technique of using your conscious mind to imprint your subconscious mind with your desire. In reality, your mind works on two different, yet totally intertwined, levels; consciously and
subconsciously. Each of the levels has its own specific purpose and function. Visualization helps you align both parts of your mind for greater success.

Your conscious mind is the logical, thinking mind that you use every day. You have direct control over your conscious mind. You can mold your thoughts, which influences your feelings, actions and eventual results.

Most of us focus on using the conscious mind while trying to achieve a goal. We use our conscious mind to plan, think and act. However, success may not come to us if we are sabotaged by our own subconscious thoughts.

Just imagine if at the back of your mind, there is a thought that says “you do not deserve to be successful” or “money is the root of all evils” or “it is just too difficult to be rich”. With a thought (or many
thoughts) like this, would you think that it will be easy for you to get what you want?

Hence, if you focus your attention only on your conscious mind, you are like trying to run a footrace with only one leg. Your success will be limited. You may not even get what you want. Your subconscious mind needs to be used as well. This is why simple goal setting is not good enough. It is only half of the full equation.

Your subconscious mind is the storehouse of your emotions, experiences and beliefs from your past. This part of your mind is the “feeling” part of your mind and it influences your behavior and thoughts in hidden ways. Although your thoughts have control over your emotions, actions and results, your “programming” from your subconscious mind is where the process really begins.

Visualization helps you tap into the power of your subconscious mind. It helps you use both “legs” in your race to your goal. When you
know how to tap into your subconscious mind, and get both parts of your mind to work together, you would be able to harness your full ability in order to get what you want more easily, quickly and completely.

Just imagine having whatever you visualize come to you effortlessly. Visualizing is not wishful thinking that has no power. Instead of daydreaming, you'll be consciously manifesting your desires and bringing them into your life. You take control over what goes on in your mind. Wouldn’t you start dreaming bigger and better things for yourself? Wouldn’t you start living life on your terms?

Visualizing what you want is really not anything new or a “trick” that you need to be fearful over. When you use visualization to achieve your goals, you’ll be among great company. The technique has been used for centuries by leaders such as Napoleon Bonaparte, business moguls like Andrew Carnegie and even sports stars like Michael Jordan and Wayne Gretsky.
The dreams that you visualize don’t have to be solely on material goals. In fact, it is important to realize that focusing on getting material goods alone will not yield long term satisfaction. Possessing a limited edition watch or an expensive sports car do not necessarily make you happy. You only think you are happy but in reality, happiness built on material goods often does not last long. Just recall the things you have and how long they have lasted in bringing you joy.

Hence, it is important to ask yourself what your heart-centered desires are. You would want to manifest what you would like and not what you are unsure about. Having clarity helps to bring your dreams forward faster and more easily. Visualization can be applied to just about anything. You can change your attitude, your weight, your relationships, your feelings, etc. You can visualize for a beautiful day, a positive outcome or receiving meaningful support from your friends.

**Why it works**

“We don't attract what we want, we attract what we are.” --- Unknown
Your subconscious mind works on unseen levels. Have you ever heard the phrase “everything starts in the mind”? The mind that is referred to is the subconscious mind. Your subconscious collects information from your daily experiences. It collects messages you hear, situations you experience and feelings you have. It holds onto these pieces of information and forms the basis of your deepest beliefs.

Whatever your subconscious holds as true is what you see manifested in your life. Remember, your subconscious programming is the first step in the chain of events that leads to your results. If you want to take a good look at what your subconscious believes, look at your life around you. Everything you are experiencing is a direct result of your programming.

If you can gain mastery over what goes into your subconscious mind and reprogram yourself for success, then your ability to manifest
your dreams is enhanced. Visualization is a powerful tool for reprogramming. It taps into your main “command center” and reroutes how you live your life. That’s why change cannot be lasting unless you create the change in your subconscious mind.

Your subconscious mind primarily responds to the feelings that are evoked by experiences. The key difference, however, between the conscious and subconscious parts of your mind is that the conscious mind responds to reality, daydreams and memory in completely separate ways. On the other hand, your subconscious mind responds to those three things as the same thing.

The subconscious mind has the same emotional response to a memory of an event as it does to the event when it takes place in real time. The more you think about a particular event or circumstance (and evoke the feelings associated with that event) the more you program your subconscious mind. It doesn’t matter if you’re remembering an
event, experiencing it, or visualizing it. Your subconscious mind is effected in the same way.

When you use creative visualization to picture your goal coming to fruition, you are relying on this property of the subconscious mind. As you visualize and feel the emotions of your goal coming into fruition, you are programming your subconscious. You paint a vivid picture in your mind.

Explained in quantum physics terms, you manifest because of the Law of Attraction. The Law of Attraction states that "That which is like unto itself is drawn." This means that you attract the same vibrational essence that corresponds with your being. Hence, you would need to be in vibrational alignment with your desire for it to manifest.

Through reprogramming and thereby altering your vibrational state, you’ll have your subconscious mind as an ally in your path to
success, rather than be tripped by your past programming. By virtue of the law of attraction, you will attract the resources, people and events that will make your goals a reality. If you’ve ever had a problem that you feel you can’t get rid of, it is because you’ve been manifesting what you have been programmed to believe in.

“Desire is the starting point of all achievement, not a hope, not a wish, but a keen pulsating desire which transcends everything.” - Napoleon Hill

In just a moment, we’ll get to some powerful visualization exercises that will help you manifest your goals. However, first you need to understand the importance of mental attitude when you are doing the visualization exercises.

Although your subconscious mind is the basis for your life experiences, your conscious mind has a powerful effect on how you perceive those experiences. Your mental attitude can make or break your efforts to reprogram your subconscious mind.
Remember, you need both “legs” to get to the finish line. If you start these exercises with the attitude of “this is never going to work” your conscious mind is crippling the process. You’ll end up even more frustrated and disappointed.

Positive thinking is important, and it is especially vital when you start this process. Hence, become aware if you have any self-sabotaging thoughts. Self-sabotage simply means putting yourself in the way of your dreams and goals.

It is a known fact that many of us tend to think negatively. It is crucial that you correct any myths that you may have. Thereafter, get your conscious mind in line with your goals and give the following exercises a shot. By keeping an eye on success, it will make all of the difference.

Visualization Exercises

"Your imagination is your preview of life's coming attraction." - Albert Einstein
The following visualization exercises are effective in reprogramming your subconscious mind for success. When you do these exercises consistently, you'll begin to see changes in your life. You'll be using both your conscious and subconscious minds together in order to manifest your goals.

The key factor in using visualization properly is to have a clear list of intentions before you begin. You need to know what you really want before you can direct your focus. Although being specific is generally a good idea, you also do not want your dreams to be too narrowly defined. Being too specific can narrow your options. Perhaps the Universe or God have better things in store for you. You would want to leave some room for possibility if this is the case.

Why the need for specificity? Just imagine if you are in a restaurant. In your hand is the menu. There is a wide selection of things you can order. You realize that you can have many choices. You flip through the pages to and fro. Eventually, you must at least
come into some idea on what you would like to eat, in order to make an order. If you don’t, there is no way that the Universe can know what your desire is.

Visualization works when you immerse yourself in the “daydream” of your future life. You bring to life the picture of your dream. Remember that the subconscious mind doesn’t know the difference between a memory, a real time event, or a fantasy. It responds emotionally to each in the same exact way. Need an example? Think about a sad memory from your past. Even though time has passed, you’ll no doubt feel powerful emotions associated with that event.
The Visualization Meditation

"Feeling is the language that speaks to the Divine Matrix (the Universe). Feel as though your goal is accomplished and your prayer is already answered" - Gregg Braden

The simplest way to start using the power of visualization to manifest success is to practice daily visualization meditation. You can start with just a few minutes a day and then work up to longer periods of time.

Start your meditation session by picking an event, circumstance or experience from your list. It’s important to start with baby steps. So choose one that is believable but challenging enough to work on. Also, avoid working on too many dreams at the same time. You want to practice focusing your energy on just one or the few items in terms of priority.

Make sure you are wearing comfortable clothes and are in a place where you can relax for ten to fifteen minutes. Obviously, you do
not want distraction while you are engaged in visualization exercises. Hence, turn off the television, unplug the phone and just relax.

   Begin by closing your eyes and clearing your mind of all of the worries from your day. It is best to do this exercise whenever you can feel most relaxed. This is your time to focus on the future and to visualize your success. Hence, choose to sit quietly either in the evenings or first thing in the morning.

   Start by thinking of your dream. Immerse yourself in the experiencing of attaining it. Visualize having a life of freedom. Picture your family having a peaceful and fun-filled evening together. See yourself meeting the man or woman of your dreams and sharing a happy life together. You are going to be “living” in your mind’s eye. Imagery is the language of your subconscious mind. So try to see your dream in pictures.
Make the mental image as vivid as is possible. Flesh out the details of your experience. What is the weather like? What are you being? What are you doing? Most importantly, feel the feelings that you associate with attaining your goal. The idea is to have lots of fun in the process. Get excited, feel your heart sing with joy and tune into a surge of positive emotions. Get connected with the feeling of what it means to you if you get what you want. The emotional response to the process is very important, so get your feelings involved.

During the meditation, if you have any negative thoughts or feelings about your goal, do your best to put them aside for the time being. Don’t worry about how you are going to afford the new car or the new house. There is no need to bother with the details at this point. It is not your job at this point to figure out how it is going to happen. That is the job of the Universe. Your only job is to visualize your success completely and reprogram your subconscious mind.
Nevertheless, if you have any negative beliefs, thoughts or emotions, do note them down. You would want to address these as soon as possible outside a visualization exercise. In fact, if you suspect that you have a ton of negative beliefs, you may want to correct these before any active visualizing activity. Otherwise, you would be manifesting more of these rather than what you truly want.

Some people find it helpful to do their visualization meditation right before bed. The subconscious mind doesn’t sleep, and if you program images into it before you go to bed, it will work on the “problem” for the rest of the night. Remember, your subconscious mind works in unseen ways to help manifest your beliefs and desires. Hence, if you do this exercise at night before bedtime, you will give your subconscious more time to bring your goal into reality.

Make Your Visualization Sessions Fun

There are several things that you can do to make your creative
visualization sessions fun. You already know how important it is to use the power of pictures to assist in manifestations. However, if you have left your creative mind languishing for a long time, you may need a little help in getting started.

A little imagination can go a long way in making visualizing exercises fun-filled….and far from boring. I have put together some tips to help you have lots of fun in your creative visualization sessions:

1. Spark Off From A Single Idea. You do not need to have a very clear picture at first. Starting off with a single idea is fine. Just follow your heart and see where it leads you. Allow your imagination some freedom as you follow your heart. Do not over-think or analyze. Nor feel like you have to restrict yourself when visualizing the things you want.

If you wish to have a cottage in the mountains, picture yourself working in your pristine garden outside of your home. Like to lose weight? Picture how many heads you will turn when you sashay down the street with your new toned body. And if you are dreaming of going
back to school, do not just picture a diploma – instead, visualize yourself in the graduation ceremony receiving an award for outstanding student.

2. *Set Aside Time.* Up till now, you have not set aside a small part of your day for visualizing and daydreaming. As a productive and valued citizen of modern society, you have previously viewed activities such as these a waste of time. After all, what direct benefits can you show for when you allocate time for creative visualizations?

Well, this way of thinking is far from the truth. When you understand how thoughts become reality, you will realize how important it is to schedule time aside for visualization and visioning work.

In fact, giving your creative mind playtime is important. When you apply concepts that are aligned with the natural laws of attraction, you will find manifesting what you desire less of a struggle. Hence, far from being wasted, the minutes you allocate to doing creative visualizations can be highly effective.
Hence, become less in resistant in having to allocate time. Allow yourself the mental space to relax and play. Spending some time even as little as ten minutes each day can draw great benefits.

3. *Relax into your session.* Even though you may have allocated time, it is hard to have a good visualization exercise if you are feeling uptight. Start by making yourself comfortable. Once you start to go deeper into relaxation, you will be far more able to invoke the powers of your creative abilities. You are more likely to have fun in a relaxed rather than an uptight state.

4. *Break Down Your Mental Image.* From a single mental picture, give your imagery more sizzle by making your descriptions more vivid. Add more details. For instance, fill the picture of a beautiful garden paradise with smiling flowers, singing birds, a cascading waterfall and lush greenery. Enhance it further by visualizing fluttering fairies, talking squirrels, giant mushrooms, magical lanterns and sparkling stars that fly in the breeze.
5. *Share In A Group.* Group energy can add not just fun but more power! Some classes take you on guided imagery sessions. You turn your creative visualization into social events. The advantage is getting connected with a group of like-minded folks who are more likely to encourage you in your dreams.

**Vision Board**

"Dream lofty dreams, as you dream so shall you become. Your vision is the promise of what you shall one day be, your ideal is the prophecy of what you shall at last unveil."

- James Allen

Sometimes people respond better to visual images rather than images that are created in their own minds. If you are one of these people, using a **vision board** may be the right method for you.

**Vision boards** are helpful tools for surrounding yourself with the images of the life that you want to leave. Creating one is simple to do, and you can edit your board as you achieve your goals, or as your goals change.
Start with the list of dreams that you created earlier. The next step is to find images that correlate with these dreams. This can be done over several days, and you can continue to collect images after your board is “done.”

Gather some magazines, images from your computer, pictures of you on vacation and sort through them. You can use images and words together to define your desire. Make sure to include your own picture on the board as well. See yourself among the things, circumstances and people that you desire to be around.

Collect your images and words over the course of a day, or a few days, and then let your pile sit for a while. Return to it after a day or two, and then sort through your pile again. Pay close attention to your emotional response to each image or phrase. Only select the images and phrases that you feel excited and passionate about. You
want to get an emotional charge out of looking at your vision board, so choose your images wisely.

After you’ve collected the appropriate images, it’s time for a little art project. Pull out your glue stick or your thumbtacks and post your images, words and phrases all over a piece of poster board or on a bulletin board. Make sure the board is big enough that you’ll notice it each day.

Group like pictures together so you can create an overall image of that portion of your life. However, once again, the idea is not have a vision board that looks “too crowded”. Focus is key! Too many things to focus on at the same time can mean dispersed energy.

Each day, take a few moments to look at your vision board. Obviously, you would want to have the board in a place where you’d be reminded to look at it often. Remember to connect with joy or any other positive feelings that your images conjure as you look at your
board. The repetition on the subconscious level will begin to reprogram your subconscious mind.

Just like a muscle, the more you train your mind, the more you are going to benefit. If getting what you want is important to you, then you should do this on a daily basis.

You need to learn how to break out of old habitual patterns of limiting thinking. It is important that you find ways to help you stay positive. By shifting your paradigm, you will find it easier to manifest for a life of abundance.

"Have in your mind that which would constitute a miracle for you. Get the vision. Suspend disbelief and skepticism. Allow yourself to take the journey toward real magic." - Wayne Dyer

I have provided you with a gist of what you need to know on manifesting your dreams. There is a lot more to visualization and visioning. Having all the elements in place can potentially make
manifesting what we want much less of a struggle.

Just imagine being free from any financial worry. Imagine being able to work as and when you want to and wherever you wish. Imagine having your dreams come true; with a life filled with love, abundance and meaning. Yes, it can happen for you – through aligning with your heart and mind - are powerful beyond measure.
Need more information? Here are some resources. In my book, **Abundance Alchemy: Journey of Gold**, I write about my personal journey and share important tips for the alchemy of “turning lead into gold”. My book is also available on Amazon. [Click over here to buy printed copy.](#)

Learn the important keys to bringing your heart-centered vision into reality. Align with your passion and purpose. Make your entrepreneurial dreams come true by leveraging on the universal Law of Attraction! Find out more here => [Life Vision Mastery.](#)

Love and Abundance always,

**Evelyn Lim**

Life Coach, Vision Board Counselor and Intuitive Consultant