

CREATING A VISION BOARD

Harnessing the Power of Seeing the Unseen

An eGuide from Schlyce



What's a Vision Board?

You have been created in the image of the Creator. You were designed by the Father to dream, imagine, and visualize the impossible and then partner with Him to bring it to pass.

A Vision Board gives you the opportunity to bring your mind into agreement with God's plans and purposes for your life. Because our minds respond strongly to visual images, creating a Vision Board is a simple yet powerful way to remind ourselves of who we are and why we are on the planet. It tangibly represents God's dreams, goals, and purpose for our life.

In it's simplest form, a Vision Board a collection of pictures, words, scriptures, and inspirational phrases arranged on a poster board that depicts a prophetic dream or vision from God. The purpose of a Vision Board is to provide physical evidence in the seen realm that your dream or vision actually exists and in the invisible realm of the Spirit. In effect, it synchronizes your physical eyes with your spiritual eyes so that what is unseen can become visible in the natural realm.

How Does a Vision Board Work?

As you focus on the vision board and meditate on it regularly, you will find your mind "catching up" with your spirit and your belief in your prophetic destiny coming to pass growing exponentially. Your dream will begin to seem not only possible but probable and you will find yourself taking steps that once seemed difficult with ease. As you continue to believe and act, you'll find the seen realm responding and aligning with your Vision Board.

What you meditate on matters. The words that say matter. Both our thoughts and words are creative. Here are just a few verses that speak of the power of our thoughts and words.

"Keep your heart with all vigilance, for from it flow the springs of life." - Proverbs 4:23

"Death and life are in the power of the tongue." - Proverbs 18:21

"As a man thinks in his heart so is he." - Proverbs 23:7

"I tell you, on the day of judgment people will give account for every careless word they speak, for by your words you will be justified, and by your words you will be condemned." - Matthew 12:36-37

"And now I commend you to God and to the word of his grace, which is able to build you up." - Acts 20:32





“Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.” - Ephesians 4:29

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” - Phillipians 4:8

“Whoever desires to love life and see good days, let him keep his tongue from evil and his lips from speaking deceit.” - 1 Peter 3:10

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” - John 3:2

Are Vision Boards Scriptural?

Vision Boards have been around for centuries. While they have gained in popularity over the last several decades, the idea of a Vision Board is God's. In Habakuk, the prophet writes:

“Then the Lord answered me and said, ‘Write down the special dream on stone so that one may read it in a hurry. For it is not yet time for it to come true. The time is coming in a hurry, and it will come true. If you think it is slow in coming, wait for it. For it will happen for sure, and it will not wait.’” - Habakuk 2:2-3 (NLV)

Thankfully, we don't have to chisel our dreams and visions in stone today. We can use paper, computers, and the convenience of modern technology to document them.

Creating a Vision Board

Creating a Vision Board is a fun and fulfilling undertaking, especially when you approach the project with child-like faith. Think back to a time when you dreamed of being an astronaut or famous inventor, and tap into that part of you that was created by God to dream. Once you're in the right mindset, follow these simple steps:

(1) Gather Materials

- Purchase a poster board. The trifold ones are best. You can purchase these at your local Walmart or office supplies store.





- Begin to gather pictures that represent or symbolize the experiences, feelings, desires, and dreams God has placed in your heart. Use photographs, magazine cutouts, pics from the Internet. Find what inspires you and be creative.
- Include not only pictures but anything that speaks to you. Consider including your name and/or your picture. Add affirmations, inspirational words, scriptures, quotes – words that inspire. Depict life goals and visions for your future

(2) Keep it Neat and Concise

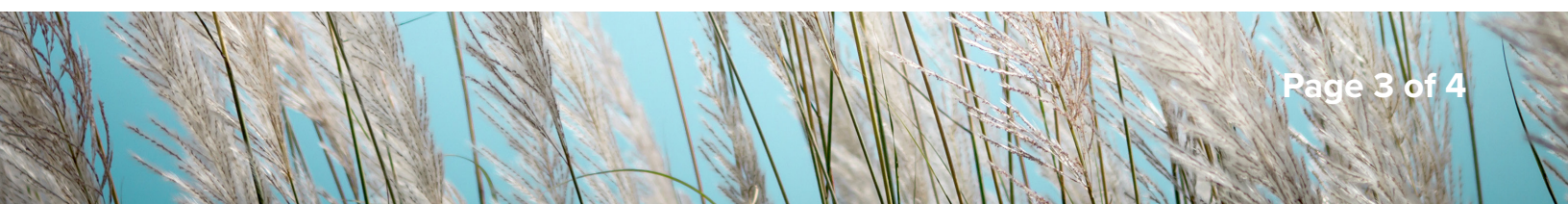
- Avoid clutter and chaos. You want your mind to be able to easily absorb it.
- Use only words and images that best represent your purpose, your vision, and inspire positive emotions.
- There is beauty in simplicity and clarity. Too many images and too much information will be distracting and harder to focus on

(3) Use One Board at a Time

- If there are specific changes that are feeling led to make in your life (i.e. fitness goals), you may want to make a specific Vision Board for that as well.
- Get creative, paste a picture of your head on someone else doing what you are dreaming of doing.
- Include “I am” statements that you can pray over yourself, such as “I am physically fit.”
- It’s fine to have more than one dream board, but it’s best to focus on one at a time until you see results.

How to Use Your Vision Board

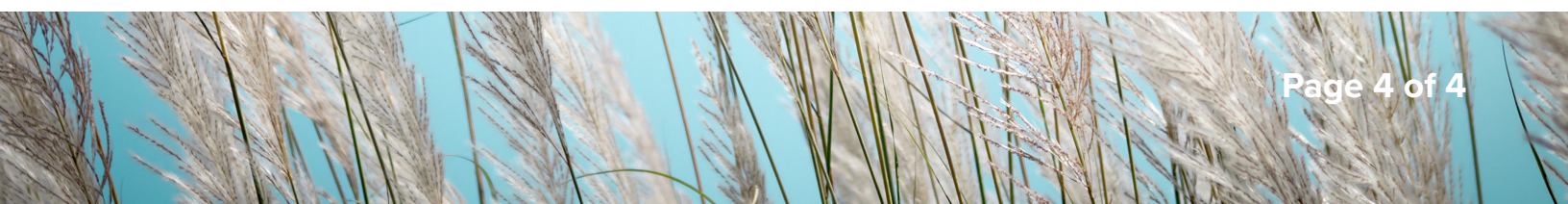
Put your Vision Board in a place where you will see it frequently. Then make sure that you schedule time on your calendar to pray over and meditate on your Vision Board. Spending time visualizing in the evening just before bed is probably the most powerful. It’s been scientifically proven that the thoughts and images that are present in your mind during the last 45 minutes before going to sleep are most likely to replay themselves repeatedly in your subconscious mind while sleeping.





As you pray and meditate on your Vision Board, you'll want to take notes and jot down Holy Spirit inspired thoughts. You may even want to get a special journal or notebook just for this purpose. It's super encouraging to record your process. Over time, as more and more of your dreams and visions come to pass, your journal or notebook will serve as a powerful reminder of God's faithfulness.

Feel free to expand and revise your Vision Board as new revelation comes. It's not uncommon to have multiple versions of your vision board over time as your vision becomes clearer and clearer. And finally, like anything else, the more time you dedicate to the process the quicker you will results.



In Her Own Words

Many years ago I had a series of supernatural encounters with God that led me to reevaluate everything in my life. At the time I was outwardly successful in many ways, but it wasn't true success. Not from God's perspective anyway.

I had no clue who I really was or the real reason I had been put on planet earth. Although I had grown up in church, my religious ideas about God hindered my relationship with Him. I hadn't been taught that hearing His voice 24/7 and seeing miracles everyday was how we were created to live.

So, like most people, after I graduated from high school, I went to college and chose a career based on my best guess at what I was good at and might enjoy. I had no idea that the Father had created me (like all of His kids) to be and do something that would uniquely reveal His goodness and glory and make the earth more like heaven.

When I experienced the presence and power of God personally, my life changed forever. It was kind of like the movie *The Matrix* when Neo takes the red pill. I woke up to a reality that always existed but had been hidden from me. As a result, I began to see things from a totally new perspective - God's.

Ever since then I've been a student of God's face and grace. I live to know Him intimately and teach others to do the same. I've learned that the real gospel is all about us becoming one with the Triune God through Christ and knowing the Father, Jesus, and Holy Spirit from the inside out. I've also learned that hearing God's voice is the most important thing in the whole wide world and that being someone who knows Him trumps someone who has just studied Him everytime.

Today, I have the awesome privilege of helping countless others live presence-filled lives of purpose. It is my joy and honor to see God's kids experience Him first-hand and move beyond religion to relationship. Bible stories without Bible experiences isn't authentic Christianity. The Father wants each of His kids to experience His love, not just read about it.

- Schlyce





WHAT'S EMERGE?

Emerge School of Transformation is a 40-lesson online course and group coaching program that empowers spiritual seekers from all walks of life to find true meaning in life through a deeper "religious-free" relationship with God.

A SPIRIT-CENTERED APPROACH

Emerge's Spirit-centered approach to self actualization was developed from the ground up by transformational business coach and spiritual mentor/teacher, Schlyce Jimenez, who's been helping individuals and business leaders find God, answer life's most important questions, and transform their lives and businesses for over 25 years.

After decades of experience helping these individuals and organizations find a higher purpose and deeper meaning for their existence, Schlyce is now, for the first time ever, offering what she's taught, coached, and mentored in an interactive online course that can be taken anytime, anywhere through the power of technology.

ANSWER THE 5 BIG Q'S

Different by design, Emerge's online curriculum is designed to lead you step-by-glorious-step into finding your own answers to what Schlyce calls "The 5 Big Q's." The 5 Big Q's are not only universal to the experience of being human, but they embody some of the most important questions you'll ever ask and answer. How you answer them has the power to transform everything in your world and launch you in the adventure of a lifetime, where you live the one and only life you've been given to the fullest.

HOW TO REGISTER

Emerge registration is only open for limited times through the year. To get on the waiting list and be the 1st to know when registration opens go to: www.schlyce.com/whats-emerge.





Over the years, I've had a growing number of people ask for ways to easily access the transformational things I live, coach, and teach.

Well, finally, the time has come. I'm thrilled to announce my new monthly subscription program called **BREAKTHROUGH PERSPECTIVES!**

This program is really unlike anything else out there. There's three different subscription levels to choose from:

Level 1 - Prayer & Meditation

Awaken your spiritual senses, see things from God's perspective, and supernaturally renew your mind as you soak in God's presence and listen to a biblically-based, guided meditations and prayers.

Level 2 - Instruction & Training

Get on-demand, encounter-focused, revelation-packed training. Each month's **BREAKTHROUGH PERSPECTIVE** topic will usher you into life transforming conversations and experiences with God.

Level 3 - Coaching & Mentoring

Everything in levels 1 and 2 plus a live monthly group coaching call.

For more information, to take a test drive, or to subscribe, go to: www.schlyce.com/breakthrough-perspectives/.