**THE MAP OF YOUR DREAMS**

You’ve already taken the first step to creating your happy ever after life. Now where do you begin to create a life beyond your limitations? I suggest you start here…

You are about to embark on an extraordinary journey of love, deep connections, freedom, inspiration and empowerment, and it’s important to know where you want to take this, so you have a clear vision.

This part helps you paint that picture of yourself so clearly that you can almost taste it and defininiety you must feel it.

Create your vision so vivid in your mind that it lights your path brightly and is front of mind for you every single day.The more important thing is though, create your vision so amazing feelings and sensations in your body that it lights you up and makes you excited every single day. Because it matters the most.

During the creation of your map of dreams (vision board), bring pictures, words that are important to you. Bring pictures and worlds you want to see in your dream life, all the things that matter to you right now and in the future. All the things that you visualise your life is being and becoming.

The most important thing, HAVE FUN with it and BE CREATIVE!

Do it with passion, because passion really changes your world.

WHAT IS THE MAP OF YOUR DREAMS / VISION BOARD?

The map of your dreams is a simple yet powerful visualisation tool that activates the universal law of attraction and allows you to begin manifesting your dreams into reality. The concept of the map of your dreams is to assist you in recognising those things from your external world that will enable you to to realise your dreams.

By selecting pictures and writing that charges your emotions with feelings of passion, you will begin to manifest those things into your life. It’s simple and very effect, and has been around for generations.

It’s really important that you create the map using a majority of pictures as the unconscious mind remembers symbols easier than text.

The idea behind this is that when you surround yourself with images/symbols of who you want to become, what you want to have, where you want to live, or where you want to holiday, your dream love life, your life changes to match those images and those desires.

Most people think life get better if they ‘have’ something, or ‘get’ something - more happiness, more time, more freedom, more money, a house, a better car, more travel.. Most people believe this is creating happiness and success.

The truth is, ‘getting more stuff’ is not the answer to a fulfilling life. There is nothing wrong with having it all, but if you rely only on external things, you miss the whole point of happiness.

Happiness starts from the inside. It’s the feeling you embody in every moment of your life.

A life well lived, with love, joy and happiness consist of moments upon moments, where you experience what it is that you value experiencing.

Whatever it is for you, the question to ask yourself is this - what is your Ideal Average Day?

If you haven’t than your Ideal Average Day, please go there first and complete that exercise.

Most of people live two versions of themselves:

* The ‘surface’ version, which we take out to the world and think, is as we ‘should’ be, ‘should’ do, ‘should’ have and…
* Our ‘core self - the true selves we are meant to and desire to be.

If you want to get back to your core, go to your Ideal Average Day file.

This is your opportunity to follow your own dreams and enter the land of ‘imagination’ without limits. The place where anything is possible, the place you get to play, have fun and dream big.

There are few methods you can use to create the map of your dreams.

No matter which method you’re choosing, have a little ritual before you begin your map of your dreams. Sit quietly and set the intent. With lots of kindness and openness, ask yourself what it is you want. Maybe one word will be the answer. Maybe images will come into your head. Just take a moment to be with that. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can more clearly create your map.

You can first listen to one of the meditations I provided “Vision focus” and/or “Relax your mind and body to ask the most important question”.

Put on soft, relaxing music where your mind will be quiet and you start to feel more than you think.

Take yourself to a time in your future where you want to be, what you want to create.

A time that hasn’t happened yet, As you arrive at that time, I want you to notice what you see in your mind’s eye. What is it you see, what do you hear and how do you feel at this time in your future? What changes have you created in your life, who are you with, what are you wearing? What do you notice differently? Take your time to breathe through this visualisation, really enjoy the space and once you begin, your mind will find the images you need to include on your vision board to create the reality.

**TYPES OF MAPS OF YOUR DREAMS**

1. **The “I know exactly what I want” map of your dreams**

Do this map of your dreams if:

* You are very clear about your desires
* You want to change your environment and surroundings
* There is a specific thing you want to manifest in your life (i.e. a new home, partner, or starting a new business).

How to create this map of your dreams:

With your clear desire in mind, set out looking for the exact pictures which portray your vision. If you want a house by the water, then get out the house magazine and start there. If you want an ideal partner for you, find images that represent qualities of that person. If you want to start a business, find images that capture that idea for you. Create your map out of these images.

1. **The “Opening and Allowing” map of your dreams**

Do this map of your dreams if:

* You are not sure of exactly what you want
* You’ve been in a period of depression or grief or lost
* You have a vision of what you want but you are uncertain about it in some way
* You know you want change but don't know how it’s possible.

How to create this map of your dreams:

This project could be a lot of fun for you! Self-discovery is your journey and you will need to find pictures that express your inner passion, personality and deepest desires. What is it that lights you up? What is it that puts a smile on your face, warms your heart and gets your juices flowing? This is your point of reference to begin. By embracing uncertainty and possibilities are endless. Create your map of your dreams based on passion, creativity and play to move yourself forward and design a compelling future.

Go through magazines/internet and tear out images that bring you joy, or make you feel really good. Don’t ask why or examine those feelings, just keep going through those images. If you see a picture of a piece of fruit, that makes you smile—tear it out. If it's a beautiful mansion on a hillside, tear it out. Have fun and be open to whatever is calling out to you.

You may not understand why the image is calling out to you right away, and that’s okay you don't have to.

Go through each magazine. Tear out images that delight you. Don’t ask why. Just keep going. If it’s a picture of a teddy bear that makes you smile, then pull it out. If it’s a cottage in a misty countryside, then rip it out. Just have fun and be open to whatever calls to you. Then, as you go through
Step 2 above, hold that same openness, but ask yourself what this picture might mean. What is it telling you about you? Does it mean you need to take more naps? Does it mean you want to get a dog, or stop hanging out with a particular person who drains you? Most likely you’ll know the answer. If you don’t, but you still love the image, then put it on your vision board anyway. It will have an answer for you soon enough.

The Opening and Allowing Map of your dreams can be a powerful guide for you. I like it better than the first model because sometimes our egos think they know what we want, and lots of times those desires aren’t in alignment with who we really are. This goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passion.

1. **The “Theme” map of your dreams**

Do this map of your dreams if:

* It’s your birthday or New Years Eve or some significant event that starts a new cycle
* you are working with one particular area of your life eg. relationship, work, health.

**How to create this** this map of your dreams**:**

The only difference between this vision board and the others is that this one has clear parameters and intent. Before you begin the vision board, take a moment to hold the intent and the theme in mind. When you choose pictures, they will be in alignment with the theme. You can do the Theme Vision Board on smaller pages, like a page in your journal.

**Some things to remember about** map of your dreams:

You can use a combination of all three types of map of your dreams as you create. Sometimes you might start out doing one kind, and then your intuition takes over and shifts into a whole different mode. That’s called creativity. Just roll with it.

- Your map of your dreams might change as you are making it. I was just talking with a friend of mine who said that she had been making a map of your dreams for the New Year. The theme was all about what she wanted this year. Then, as she pulled pictures and began to lay them out, the theme changed into a simpler one about her everyday life and the moments in each day. It surprised and delighted her to experience that evolution. You might find that you have little epiphanies from making a vision board.

I hope this helps you to make an amazing map of your dreams just in case you aren't sure how to make it happen right away!