

# Visionaries

## Burge Smith-Lyons

**M**any people, at the beginning of the year propose and declare resolutions or intentions for the upcoming year. There are many ways to vision your dreams for the upcoming year. But before I go into depth about the ways to create one, you may want to ask yourself, "Why should I have a vision?" The why is much more important than the how.

As long as you keep doing the same thing over and over again and expecting different results, you will keep frustrating yourself at the end of the year and saying, "Well this year went by fast and I still didn't " If what you are doing and thinking is not yielding the results you want, than it is time for a change. A change in your beliefs that you can't have what you want. Many people are afraid of their desires and stop dreaming because they give up. I see this so much in my work where people let go of their dreams because they have been denied what they want and are too tired to keep trying. We tend to give up because we feel it is no use and we don't know how to let go of the blocks that keep us from achieving what we want. Since we don't know how to let go of our limiting beliefs and blocks, most of us will give up on our dreams. We know how to do that!

**But wait!** There is a graceful way out of this abyss. You can create a vision if you can hold in your heart and head a picture of tomorrow that is better than today.

A vision can be defined as an intention and vibration that you set forth as a guide or a road map for you to feel and follow. The first step is to figure out what you want. Most of us know what we don't want. Start there first. Anytime there is contrast in your life, you can use it as a signal to alert you that this is not what you choose!! From that point, your contrast will lead to clarity. I define contrast as anything that is not what you want. Once you have figured that out, it is easier to figure out what you do want. You are

able to get clear and focused on your desires. Your clarity will lead to personal power. In other words, the power to create your life as you choose is in your grasp.

You have the ability to create your hearts desires by first of all knowing what they are and then believing you can have them. I believe it is easier to create a vision if you consider every aspect of your life: mental, physical, emotional, and spiritual. Include things like relationships, health, money, career, fun, purpose, family, and friends.

One of the ways you can create a vision is to write one like it has already happened. Write a scenario of what you have already created in your life from the point of you that you are basking in the appreciation of it all. For instance, write a vision for 2006 like you are appreciating all of this year as if you are writing it at the end of 2006. This type of vision allows the universe to hear and know that you believe it is possible and the vibration you are sending out is one of knowing, not hoping. Your vibration is one of allowing because it has already happened. This technique is quite effective for being creative in your thought process. Dream away because you are the creator of your dreams and the master of your thoughts!

Another way to create a juicy vision is with pictures and words. Some call it making a "treasure map". Kids love to do this especially. Cut out pictures and symbols and words of what you want to have in your life from magazines and glue them on to a poster board. Hang this up where you can see it everyday and allow yourself to see you actually living those pictures and words. Many people are visual and this technique helps you "visualize" the outcome very clearly.

Creating a vision with passion is a key. Whatever you do, create one that makes you feel fabulous and ener-

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