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# Reimagining Vision Boards

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Envision being cozied up on a Saturday afternoon with a group of close friends, all googly eyed, sifting through magazines filled with images of idyllic homes on stunning beaches — pictures of gorgeous couples showing affection and classy outfits adorned on perfectly chiseled bodies. Such images often make hearts flutter, as we imagine how dreamy life could be, if only we could allow it to manifest.

Common rhetoric in the world of manifestation includes phrases such as ‘thoughts create things’ and ‘energy goes where attention flows.’ Upon understanding these concepts, many frantically scramble to control the direction of conscious thoughts. Using words to ‘speak reality into existence’ and doing everything possible to direct focus on the things we want. Many tape positive affirmations around the home and upload beautiful images on their phone and computer screens. We might even create vision boards.

Our brains contain billions of neurons, and these neurons are connected in trillions of different circuits.<sup>1</sup> The unique way in which brains are wired, gives rise to our individual perspective of the world. Two people can have the exact same external experience with profoundly different internal reactions, based on the structure and patterning of their nervous system.

Hence, our nervous system has been uniquely built throughout our lives to reflect everything we have learned and experienced thus far. In a sense, we can think of our brains as memoirs of the past. When we attempt to manifest through positive thinking alone, the context from which we envision the future is often from the perspective of the past, since this perspective has been hard-wired into our existing neural pathways. These pathways often contain the self-limiting beliefs that are holding us back from the manifestation we are seeking. And these existing neural connections must be acknowledged, pruned and rewired to ensure we do not subconsciously override the consciously selected intentions and positive thoughts.

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When making the effort to create change in our lives, or ‘manifest’ dreams, it is important to reflect on and understand the context — the environment,



the relationships and the upbringing, through which our brain has been wired. Much of the most potent wiring of the nervous system occurs in early childhood. During this time, we form positive and negative associations that create guidelines for interacting with and thriving in the context of our external environment. We pay attention to the rules of our 'tribe,' or the people who raised us — in most cases our parents, siblings, teachers, etc. Examples include: *if I touch the stove when it is hot, I will get*

low frequency, subconscious brain wave state. Since the analytical mind does not become fully active before the age of seven, the events and situations we experience are imprinted into the nervous system without a filter.<sup>4</sup> Ultimately, during this stage of life, we are sponges to the environment, soaking up associations that are formed into ultimate truths. Therefore, to rewire the core belief patterns held in the subconscious from early years, it is crucial to slow brain wave frequency down to a theta frequency state.

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*burned, or if I complete my chores, I get paid an allowance.* Over time, these associations contribute to core beliefs about how we see the world.

The speed at which communication moves through the neural pathways is referred to as brain wave frequency. From the ages of 2-7, we experience the world in the slow frequency brain wave state referred to as theta frequency.<sup>2</sup> The theta frequency state is similar to a state of hypnosis. It is associated with vivid imagery, experiences and information that reach beyond conscious processing. Theta frequency is, in fact, associated with the subconscious. And is most often experienced right before we fall asleep or immediately upon waking, when we straddle reality and the dream world.<sup>3</sup> In contrast, during adult life, we move through the waking hours in a higher frequency, alert and analytical brain wave state referred to as beta frequency.

It is important to note the early associations wired into the patterning of the brain were done in the

When we consciously try to rewire the brain through activities like positive affirmations, vision boards or speaking reality into existence, we are doing so from an active, high state of beta brain wave frequency. Consciously wiring new associations within the brain through practice and repetition in this high frequency state can be somewhat effective, but we are still up against the deep wiring of subconscious patterning. Moving out of beta frequency and into a more suggestible, lower brain wave frequency state can significantly increase the power of manifestation and is easily improved with practice.

Practices for moving deeper into a state of theta brain frequency:

*At-home resources:* Binaural beats, yoga nidra or self-hypnosis recordings from the comfort of home. Before moving into a session, identify a question to explore or instill a positive affirmation. Alternately, move into a state of openness and receptivity and allow information to present itself. Have a journal





nearby, to write down any discoveries that move into conscious awareness.

*Attend a class:* Healing sound baths or restorative/yin yoga classes can move the brain from an active brain wave state to a lower frequency. It can be powerful to be guided through the experience and to have others present in a community setting. Like preparing for an at home session — set an intention, have a journal available and open to insights and messages that arise from the subconscious.

*Work with a professional:* Working with a professional is highly recommended when working with deeply held traumatic experiences. There are a plethora of resources and modalities available on Dr. Bruce Lipton's website that can help rewire subconscious belief patterns.

*Consider timing:* One of the most potent times to access theta brain wave frequency is just before falling asleep or immediately upon waking. Be very discerning about sensory inputs happening during these times. For example — routinely watching scary movies or scrolling through social media right before sleep can have negative impact. When working to reprogram subconscious beliefs, it is crucial to start and end the day in a very conscientious way.

The good news is that our frontal lobes, the part of our brain that is associated with conscious decision-making, constitutes two thirds of the human brain.<sup>5</sup> As humans, we have the unique ability to self-reflect and cultivate consciousness. This is one of the primary differentiators between humans and other species. The frontal lobe, associated with conscious decision-making, makes up 40% of the brain. Through reflection and building awareness, we can train the brain to be more aware of subconscious patterns during waking hours in the beta brain wave state.

Manifestation is not just about exploring what we want — it is also about acknowledging the limiting beliefs holding us back. Uncovering negative patterning may be uncomfortable and it is important to cultivate compassion during the re-patterning

process. The neural pathways we are working to rewire were developed to keep us safe. They were built to help us navigate through the environment we were raised in. As adults, we are no longer required to be victims of past conditioning. Envision the life you want, using a vision board or not, and take time to explore the self-limiting beliefs holding you back from fully manifesting. Through reflection, repetition and the power of neuroplasticity, we can make conscious choices to rewire our brain and ensure life reflects our desires. €



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