

# Vision Board Immersion



One of the fastest and most powerful ways to shift your reality and engage in active reality creation is to immerse yourself in a new vision.

When you immerse yourself in a vision that you love and enjoy, you begin to resonate and vibrate on the frequency of that vision.

Every scene, idea, inspiration, and experience is found on a unique wavelength, on its own frequency. Once you are connected to that line of energy, to that wave, you begin to transport your consciousness to experience this experience and dimension.

Every dimension of experience is simply a wave function that you can align with and choose to enjoy.

The explanation to this phenomenon in depth is found on my book "Beyond Limits" - for now you can apply this idea without having to fully understand it.

What we want to do with this vision board that is different than most vision boards is create a story and base the vision board around it.

Most vision boards are simply a scattered array of photos that are designed to induce a state, a vibe, an energy in you to connect you to the feeling and frequency you wish to experience.

The problem is that after a while you'll forget the frequency you were in when you created the vision board and it will be harder to connect to what the images are trying to signal to you.

The images themselves receive the meaning that you give them, the story behind them.

Therefore to create a great vision board you will use the vision you have for your ideal reality -> Distill it into the ideal & perfect day -> and then write it in bullet points.

For example:

1. I wake up in my wonderful apartment in NYC at 6:00 am, overlooking the whole city and the rising sun
2. I get to my morning routine of walking and deep breathes
3. I head into my office and begin working on the {x} project that I have been focused on for the last several weeks...

And so forth -> where each bullet point signifies a time of the day, and a clear image can be created for that event.

When you create a vision board in this chronological order it becomes much more simple to recreate it in your mind, as your mind works with stories and events that

make sense.

Having just images is not enough to immerse yourself fully to the vision - you want to have a board where the story enlivens you.

You can use MIRO for this purpose or Canva - simply write a bullet point, and a picture above it.

Then a picture of the next bullet point below it - and the bullet point below it - and so forth.

I recommend having between 8-15 bullet points and pictures to keep it sweet and simple. You can have several vision boards - though i recommend to start with the ideal day vision board first.

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