

# Creating A VISION BOARD USING NEW MOON ENERGY

by Tina M. Games

Imagine being outside on a beautiful evening, looking up above and seeing dozens of stars scattered throughout the night sky. They seem to be sparkling with a magical energy that you don't quite understand, yet you somehow feel connected to it.

You sense that the stars "know" what your dreams are and what your passions are - and they're beckoning you to "follow your heart." They appear to have the answers - the answers you're searching for as you begin to ponder a vision that stems from purpose and passion.

Then you see it - the moon - with her dark face, waiting to be illuminated. She's holding your vision and she's patiently waiting for you to give life to it.

Now it's your turn. What is it that see for yourself? What is it that you most desire? What is it that is waiting to be born from the deepest part of your authentic self?

*the stars know  
what your dreams  
are and what your  
passions are*



*giving life*  
**TO THE VISION**

In order to attract what it is we truly want in our lives, we must be clear about our desires and intentions. Sometimes these can be hard to put into words. This is where a vision board will come in handy.

A vision board (also called a creativity collage, a treasure map, or a visual explorer) is typically created on a foam or poster board on which you paste or collage images that you've torn out from various magazines and printed publications. The idea behind this is that when you surround yourself with images of what you really want to have and who you want to share it with - your situation changes to match those images and those desires. The images add feeling to your intentions and clarity to your desires.

# USING Vision boards TO SET INTENTIONS

Vision boards are very powerful tools when used in conjunction with the law of attraction. When we send out a clear vibrational energy of, “this is what I most desire” – we’re activating the law of attraction and we begin to attract what it is we want.

Before you begin to create your vision board, light a candle and sit quietly with your intentions - of what it is you want to attract. With gentleness and openness, ask yourself what it is that you want to manifest. Just take a moment to be with whatever pops into your mind. This process makes it a deeper experience. It gives a chance for your ego to step aside just a little, so that you can create your vision more clearly.

The vision board, with its larger picture, will represent your desires and intentions in all their magnificence. It will show the many pieces of the puzzle – that fit together to create one over-arching vision.

## how to create A VISION BOARD

Using the law of attraction, you’ll be creating a snapshot image of your hopes, dreams and desires – and sharing it with the universe (the more we share with the universe, the more it shares with us).

For this creative project, you’ll need a piece of foam board or poster board, a glue stick, and your magazine images.



To gather your images, pull together a stack of magazines. The more variety you have, the better your chances are of finding what it is you desire. Go through each magazine and look for images that capture what it is you want to bring into your life. Cut out these images and place them in a pile (or an envelope) until you’re ready to create your vision board.

Carefully assemble the images you’ve collected on your board (in a way that works for you).

This will be a collage, so try not to leave any blank space on the board (every spot will be covered with an image – and images will overlap).

Once you’ve assembled them, glue them on the board - and put it in a place where you will see it often. The law of attraction will start to work its magic and the synchronicities will start to increase.

## TWO TYPES OF *Vision boards*

In creating your vision board, there are two versions that you can consider (depending on where you are with your clarity). Ask yourself, “Do I know exactly what I want?”

If the answer is yes, begin process number one. If the answer is, “No, not exactly – the vision is still a bit fuzzy” – then begin process number two.

### **The “I Know Exactly What I Want” Vision Board**

Create this type of vision board if you’re very clear about your intentions.

With your specific desires in mind, look for the exact pictures which portray your vision and arrange them in a way that captures a snapshot image. For example, if you want a vacation home - and more specifically, a log cabin by a lake with a backdrop of mountains, then look for the exact image that portrays this desire.

### **2 The “Opening and Allowing” Vision Board**

Do this vision board if:

- You’re not sure exactly what you want
- You have a vision of what you want, but are uncertain about it in some way.
- You know you want change, but don’t know how it’s possible.

To create this vision board, go through magazines and tear out images that delight you. Don’t ask why. Just keep going through the magazines and look for images that “speak to you” in some way. For example, you may see a gorgeous garden picture, but you have no idea how it fits into your vision. But because you’re “opening and allowing” the energy to manifest, it may turn out that you’re drawn toward attending an outdoor retreat at some point - in a beautiful garden setting.

The Opening and Allowing Vision Board can be a powerful guide for you. Sometimes our egos think they know what we want, and lots of times those desires aren’t in alignment with who we really are. So this process goes deeper than just getting what you want. It can speak to you and teach you a little bit about yourself and your passions.

## **USING *moon energy***

During a new moon phase, the sky is completely black, with the exception of little sparkles of light in the form of stars. It’s the point in every month when the moon takes a retreat and begins to grow again, redoubling her light and reflecting new creative energy on all worldly things. This is a time to ponder where you came from, how you got to where you are now and where to go from here. It’s a time to explore new ways of thinking and to prepare for a new path of travel.

This phase marks the ideal time for connecting with our inner selves and our heart’s desire. By looking for the “light” and knowing that it’s there, somewhere, waiting to be discovered – we can face our “dark moon” and reach a place where our personal reflection begins to shed its own light.

This is a time where dots start to connect and patterns start to reveal themselves – just as the stars do in the night sky. Everything has a place and everything has a purpose. Now it becomes our job to find our place in the next phase of life’s journey.

The energies of the dark moon can feel especially potent. That’s because they are. They represent the unknown and can send a magnetic pull to lure our willingness and our desire to find out - “What is it on the other side that is waiting for me?”

New Moons signify rebirth, beginnings, a clean slate, and the start of a new cycle. As you ponder your vision for the New Year, ask yourself - “Where am I in need of a new beginning? Where in my life do I want to be ‘born again?’ What is it that I am willing to let go of in order to begin a new cycle?”

Connect with that part of your life that needs a restoration and accept the reality of it. Remember, we are the co-creators of our own reality, so envision your new reality and move toward it -- with baby steps or big leaps -- it doesn’t matter. What matters is taking the steps, one at a time, with intention and heart.

**Set your intention, create a  
vision board around it -  
and release it to the Universe!**

# meet the COACH

Tina M. Games is the author of *Journaling by the Moonlight: A Mother's Path to Self-Discovery* (an interactive book with an accompanying deck of 54 journaling prompt cards).

As a certified creativity and life purpose coach, and a gifted intuitive and certified retreat leader, she is the "Moonlight Muse" for women who want to tap into the "full moon within" and claim their authentic self, both personally and professionally.

Through her signature coaching programs and retreats, based on the phases of the moon, Tina gently guides women from darkness to light as they create an authentic vision filled with purpose, passion, and creative expression

She lives on Cape Cod (coastal Massachusetts) with her husband and their two children.

