

# GUIDE FOR SPIRITUAL LIVING

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TIMBER  
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31 WAYS TO  
AWAKEN  
Your Spirit

UNLOCK YOUR  
DREAMS WITH

*Visioning*

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# Time to Vision

*Reality is that which is permanent and can only be found in mind.*

— “Barkerisms,” page 45

*There comes to each the logical and exact result of one's own receptivity.*

— “The Science of Mind,” page 442

SATURDAY JANUARY 2, 2016

Many students of truth enjoy the practice of visioning. They count on exploring the Infinite Mind in deep quiet for the new vistas available to them, only sometimes they have a limited slant on what they are doing. I have heard people sit in visioning to *get* something, and in these cases they are using visioning as a tool to *acquire* rather than as an opportunity to *become*. I once heard a colleague skilled in this art say that there need be nothing in the world of form that can show up as a result of visioning. It is enough that we take the quiet time with the Infinite.

I think that often the Western mind, so experienced in creating new, recognizable objects and circumstances, almost cannot imagine resting in the warm silence of simply being. There should be an end result, shouldn't there? Well, perhaps not, at least not in the foreseeable future. I think that the entry into visioning can create an unnoticed opening in us that can bear creative fruit in an unimagined way down the road.

Perhaps the desire to see with the eyes of God is enough reason to engage in visioning. Perhaps it is not necessary to find a tangible result. Perhaps a quiet, maybe imperceptible deepening is enough, something that lies in wait, so to speak, only to spread before us in blossoming possibilities we had never considered.

## AFFIRMATION

**Yes, I know there is a great depth of Spirit** within me awaiting discovery. In quiet ways I am drawn into the fullness of my own heart's inquiry. What I long to know comes to me in the most magnificent ways.

# *Unlock Your Dreams!*

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*Illustration by  
Mrs. Opossum*

# USING VISIONING & VISION BOARDS

*David Goldberg & Rick Finbow*

What do you want to create in your life? Visioning and vision boards can help you succeed whether you're trying to make incremental changes like walk 15 minutes a day or big changes like move abroad. Here's a fresh look at these important spiritual practices.

## VISIONING

It has been said that when we pray we "ask," and when we meditate we "listen." The spiritual practice of visioning brings both prayer and meditation together, allowing you to gain insight into Spirit's highest and best vision for your life in general or for a particular aspect for which you would like additional insight or clarity.

Visioning involves going within, either alone or in a group, and listening for the highest outcome for any activity, organization, project or union. It often includes a guided meditation where the facilitator asks questions such as, "What is the highest unfolding for [this project, organization, etc.]"

Michael Beckwith, one of the pioneers of visioning as a spiritual



practice, defines it as “an intuitive process for opening and sensitizing consciousness to receive Spirit’s vision for one’s life.”

Mile Hi Church in Lakewood, Colorado, teaches that visioning is “catching God’s idea. There is a spiritual ideal, a perfect prototype, undergirding everything that IS. In visioning we make ourselves available to become that idea. We are the conduits for the vision to be revealed. In visioning we are not telling God what we want. We are sensing into a Divine idea for us (or for that thing for which we vision) that is so wonderful it is beyond our imagination. We are opening the way for that which is unlimited to come into view — into our experience of life. We are volunteering ourselves as a place in consciousness that is available to allow the perfection and wholeness of the one life to become manifest.”

### THE PROCESS OF VISIONING

Invite a group of eight to 10 people to come together for the express purpose of visioning, whether for an individual or an idea. If there is a need or desire to have more people involved, conduct more groups rather than expanding one group. There is power and synergy in the small group process. A facilitator familiar with the process explains why the group has come together and what the focus of the visioning will be.

The facilitator then gently guides the participants through the process with some version of the following questions.

1. *What is Spirit’s highest and best idea for the person, project or organization?*
2. *What must we become to allow this vision to unfold?*
3. *What must be released to create room for the greater good?*
4. *What must be embraced?*
5. *What else do we need to know in this moment?*

While a question may be added, visioning is more effective with fewer, focused questions. All participants should have pad and pen nearby to capture what comes to them. Ideas will take the form of words, sounds, pictures, feelings and colors, among other things. The key is not to judge what comes. Just capture it as best you can and be in the silence between questions.

After everyone has answered the questions, the facilitator invites everyone to share their responses, usually a question at a time. Another





group member captures all of the responses and then common themes and threads can be determined and further explored.

It is absolutely appropriate to bring the same group together again (and again as necessary) to ask the exact same questions. There is no magic number. Continue to work the process until the group feels complete.

It is also meaningful to vision for others. When we vision for people with whom we don't have a strong personal connection, we're more objective in allowing whatever Spirit has in store for them to come through. We may have no idea what the merry-go-round we pictured means, yet the person for whom we are visioning knows exactly where it fits into her life. Small groups of four to six work best.

### VISION BOARDS

A vision board (also called a Treasure Map or a Visual Explorer or Creativity Collage) is typically a poster board on which you paste or collage images that you've torn out from various magazines.

The idea behind this is that when you surround yourself with images of who you want to become, what you want to have, where you want to live, or where you want to vacation, your life changes to match those images and those desires. Or, as we say in Religious Science, change your thinking, change your life.

## Catch Your Perfect Vision

*Find the objects of your heart's desires and  
put them on paper. Watch your life shift!*





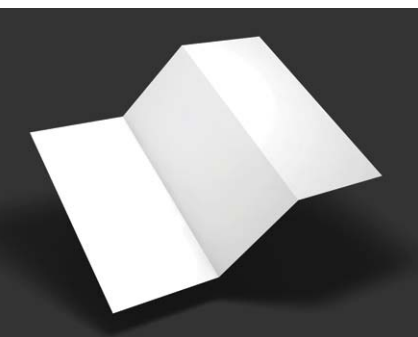
Many of us have done collages. With vision boards, you're taking that same concept of collages and bringing your consciousness into the picture. So, rather than following an assignment of "My Summer Vacation," you are following your own heart and intuition about what you want to create, both for your vision board and in your life.

*Here are a few pointers for starting the process.*

1. Decide what the focus of your board is going to be. Is it what you want in the future in general or do you want to focus on a specific area of your life like relationship or career? Either is fine. It helps to have a direction when you start.
2. What is the theme of your board? Inspirational and spiritual? Professional? Perfect vacation? This will help you focus your search for images and words.
3. How are you going to use your vision board? Do you want to hang it on the wall in your bedroom, place it on your personal altar or use it as the wallpaper on your phone or computer?

### GET CREATIVE

There are as many different approaches to vision boards as there are people who make them!



#### *1. Use a trifold poster board.*

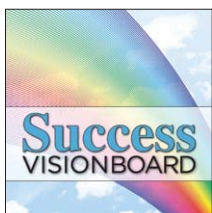
One of the first things we did together was to create vision boards on the trifold poster boards available at any office supply store. We tore out pictures and cut out phrases for hours. We then got our glue sticks and tape and started to create the layout. We added some whimsical touches with the help of pipe cleaners, feathers and other scrapbooking materials and *voila* — two great vision boards. We looked at each others' creations and

then in relatively short order the boards were relegated to David's garage and Rick's laundry room, respectively. That's when we started to explore other ideas.



2. *Build a portable tabletop altar.* David remembered when he was on a pilgrimage with a church group to walk the labyrinth at the cathedral in Chartres, France, that one of the activities was creating a portable tabletop altar. The portable altars can also be described as mini-vision boards. The process is the same. You can use something as simple as a blank greeting card of any size or shape or you can purchase pre-made cards with accordion folds, giving you several sides and opportunities to highlight the aspects of your practice that you're working with at the moment.

For example, David was working with the concepts of worthiness and intentionality, so he cut out pictures and words that supported him from those perspectives. He included images from France and Europe that reminded him of this particular pilgrimage. He then had the card in front of him when he did his prayers and meditations, helping him to deepen in his work. Once the trip was over, he chose to keep my card. He folded it back up, placed it in a special folder and it traveled home with him beautifully and easily.



### 3. *There's an app for that!*

There are a myriad of app choices. Try some out based on your technological expertise and how you want your vision board to serve you. Rick's favorite is Jack Canfield's Success Visionboard. It's free, easy and lets you use your creativity in a lot of ways. You can use your unique pictures, images and words and also set it to music that you love.



### 4. *Create a Pinterest board.*

Pinterest.com allows you to discover and save inspirational sayings, pictures and more on your own personal boards. Boards can be private or you can share them with the world. Check out Science of Mind magazine's board: **Spiritual Living at Pinterest.com.**

*Try one of these new vision boards,  
and we hope and trust yours won't  
end up in the laundry room.*

