

## How to Create Your Vision Seed Map

© Deborah Redfern 2007

A Vision Seed Map is collection of meaningful images of your life. They can have many themes, ranging from what you want to attract, maintain or improve in your life, projects you are working on, or goals and dreams you wish to manifest. Some themes to consider:

- Your overall life
- Values
- Purpose in Life
- Mission Statement
- Relationships
- Health
- Creativity
- Travel
- Family

### Step 1

Gather together magazines (old or new) for tearing images out of. Tear or cut out anything that catches your eye or seems to call you, including words and phrases that seem to speak to you. Be guided by your first impressions. Allow yourself to play with it, without worrying that you are 'doing it right'.

Other sources for images include photographs from your own collection. You can copy the photos if you do not want to remove them from an album. If using photographs of people make sure it is one when everyone is happy and smiling.

### Step 2

Paste the images on a background sheet. The type of background will depend on how large you want your vision seed map to be. You might use a whole sheet of poster board or an 8 ½ x 11 sheet of paper.

You can make your story board in different sizes, or take it to a copy shop to be reduced to different sizes. It can be framed and hung. You can shrink it to a wallet size and carry it with you to remind you of your priorities wherever you are.

### Step 3

The purpose is to create a vision and symbolically sow the seeds of what you want to grow in your life, so the more you see it, the better it will grow. You can use your vision seed map on a home altar for example, or use it as a feng shui enhancement in your home. For example a vision seed map on the theme of your relationships might be displayed in the relationship area of your home.

Deborah Redfern

[www.deborahredfern.com](http://www.deborahredfern.com) [www.estel.ca](http://www.estel.ca)