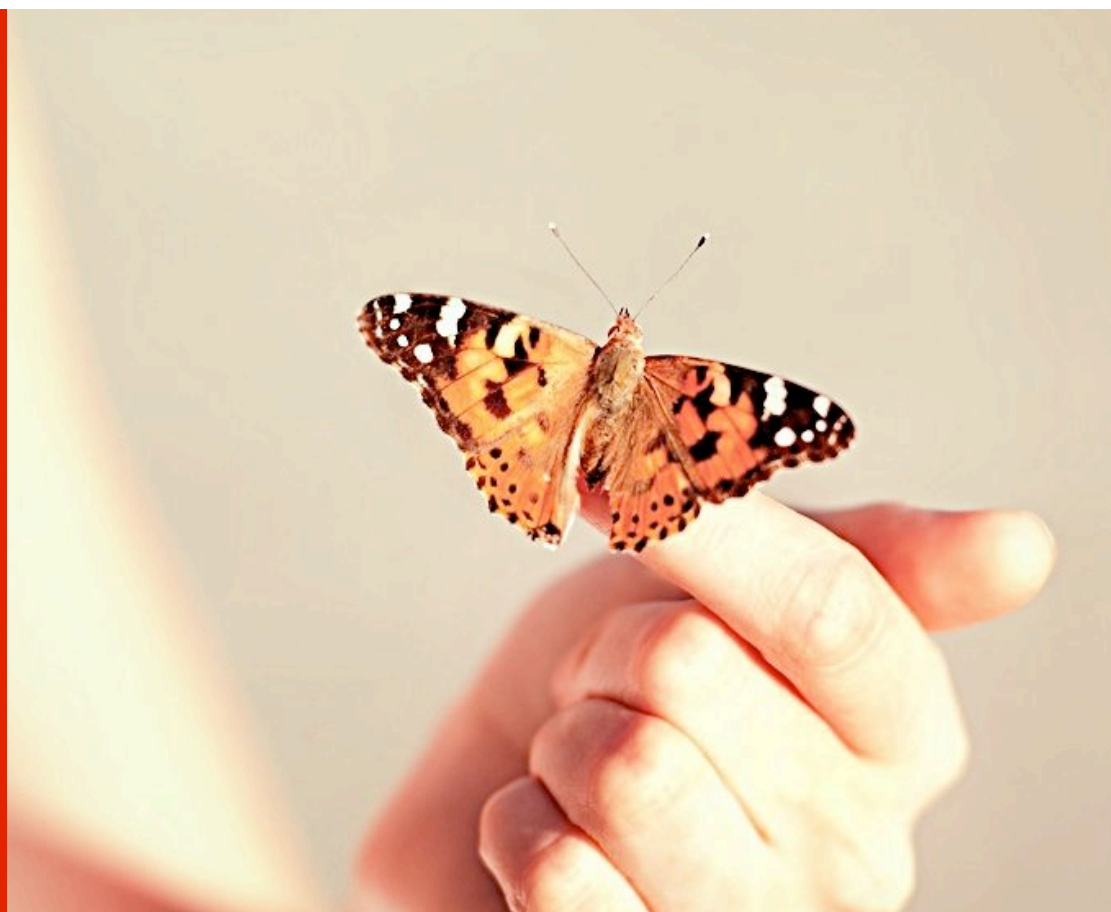


VISIONBUILDER

www.nickfreedman.com.au

Imagination is everything. It is the preview of life's coming attractions.

Albert Einstein



In order to create your ideal future, you first must imagine how it looks.

By Nick Freedman

We can learn a great deal from children about vision. They see and interact with their world through a fresh & magical lens. They experience new things each day, and as the rational part of their mind has not yet formed, they are guided by their imagination and intuitive feeling senses. They don't stop to think about whether something is right or wrong, or what their past experience tells them they can or can't do, they simply create.

They spend their days playing, learning and having fun. They dream a lot, and interact with their environment from a place of wonder and curiosity. They are deeply connected to all that life has to offer. *To a young child, the boundary lines between what is possible and not possible are blurry.*

You only need to watch a child unwrap a new toy, then make use of the box in some creative way, to know that *their world is full of endless possibilities*. As the child grows and develops, a new level of their mind emerges and they start learning how to classify life, by studying the similarities and differences between things. The external world is processed internally, by placing things into mental boxes to make sense of them and define what they are. Something is either *this or that*.

And as this stage of development unfolds, *boundary lines are created to define what is possible and what is not possible in all areas of life*. Then as more life experiences are gained and stored in the memory banks, these boundary lines become deeply embedded in the mind.

All these boundary lines define the edge of the comfort zone, where the known and unknown meet. And for some people they represent a very real perimeter which classifies what can and can't be done in life. Whatever it is that you want to create, that is not present in your life today, will normally exist outside of your comfort zone. So creating a new future requires you to tap back into the childlike imaginative state, where you look at your life, as a sea of possibility.

One of the essential processes to go through on your journey is to *imagine and then construct a picture, or vision of what you intend to create*. Your vision then provides a focal point to work towards. Using your imagination to build a vision of a different or better future reality has several benefits.



Firstly it creates tremendous clarity about what you want your life to be about, and how you'd like it to look. Many people travel through life never stopping to ask the primal question – *what do I really want from my life?* It is this question, which you will be exploring in detail on your creative journey. With progress, the answer will keep unfolding before you, with ever deepening clarity.

Your vision creates two points, which you can then work with. One point is the current state, which you recently defined in Get Clarity. The current, or present moment, is the place from which you create the future, and the more objective and clear you can be about it, the easier it becomes to cause a new future into existence. And the second point is the future state, which you imagine is possible and work on making a reality. These two points create an opening or space, where the potential for change exists, and it is in learning how to transition and navigate between these two orientation points, that you become empowered with the ability to consciously create reality.

It becomes much easier to make clear decisions with a vision, as you have a focal point in the future to aim towards.

The vision builder will help you do all of this, but before we move into the process itself, let us first explore another key question. *What needs to change?* We'll answer this question, through both a Newtonian and Quantum lens, and build the contrast, to help you make informed choices about the ultimate course of action to take on your journey of aligning the present with the future.



“Whether you think you can or think you can't, you are right”.

Henry Ford

Outside in change

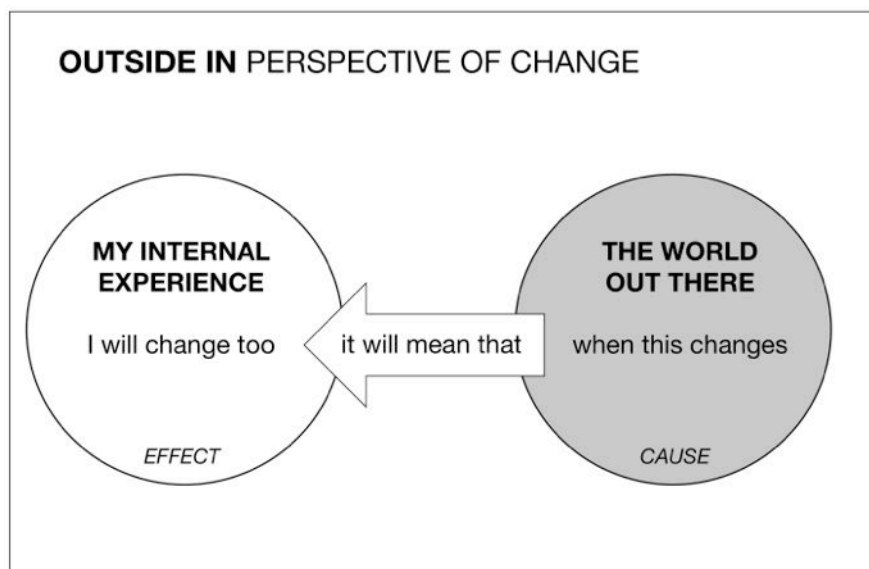
Newtonian physics, paints the picture of a world, consisting of *disconnected and separate parts, where change happens via external forces*. There is no recognition of there being any energy or spirit to the interior of things. The world is made of physical matter or stuff. This scientific body of knowledge pervades most of mainstream thought today, so has a big impact on how we make sense of life. It is so much a part of our worldview that to step back and objectify it, then question if any other options exist, takes effort. The easiest way you can see beyond this engrained viewpoint is to be open and curious about what other ways of explaining reality there are.

In a Newtonian worldview, the reason to create a vision, is to describe what changes to the *external physical world* need to be made, in order that the future resembles something different from the present. This might be an increase of money, a new house, or a different job, etc. This approach to creating a vision detailing external changes is based on the idea that you are disconnected from your world. *There is no part of you in here, which interconnects with the world out there.*

As such, many people go about creating their vision, with the misguided belief that changing their external world, will somehow impact and transform their internal experience of life also. They then pursue a course of action, by simply doing things, that will remould, alter, make different and somehow change the world, which they identify with outside of themselves.

An example would be a man that says, I am not feeling confident in my job, so if I get another job with more money and status, then I will be more confident on the inside. It's easy to see by observing this type of language and thinking, how limited this perspective is. The man with this type of orientation to his life, believes that something external to him (the job), will bring him the internal state of being (confidence) he is seeking.

What we can see from this disconnected approach to trying to change reality, that something really critical is missing.



Whatever was happening on the inside on a being level, in the old job to cause the individual to feel they were lacking in confidence will actually come with them to the new job. All the beliefs, which were tied up in the persons mind about confidence; what it is, who can have it, how you develop it etc will all remain the same. So in this instance the outer world is new, but the inner world is exactly the same. Nothing has really changed on the level of his being.

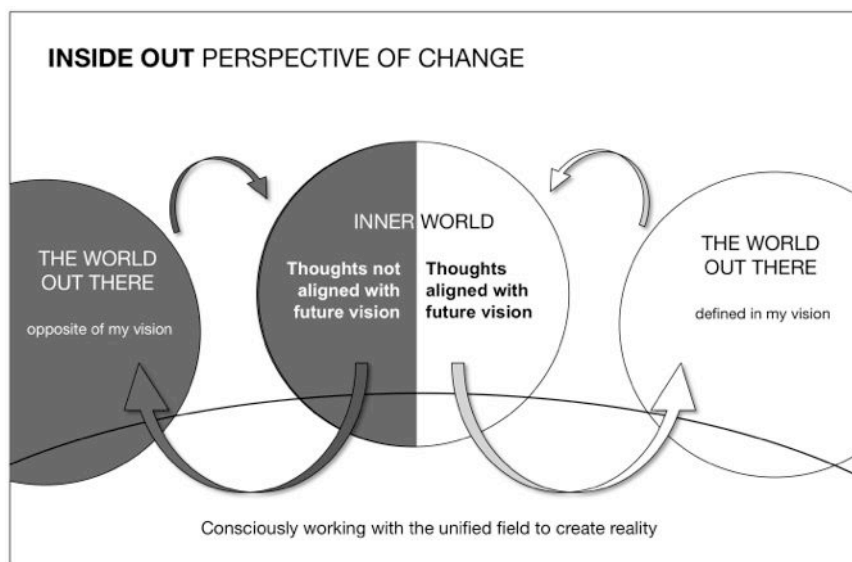
This person may experience some temporary boost of confidence, when they see their new business card with a new title on it, however when that wanes, they will still be left processing reality through the same lens or filter they had in the old job. What often then happens is the person believes that something is still lacking in the world out there, and so either goes off in search of some new pursuit hoping it will increase their inner confidence, or continues down the same path, seeing that their job in some way is the reason or cause of their low confidence.

This outside in approach to change is limited, as it assumes that the only way to change reality is to focus all efforts and attention externally.

What is required is a complete shift of paradigm, away from this separate and disconnected physical view of reality, in order for true lasting change to happen.

Interconnected reality

Quantum physics tells us a different story about reality and can help bring about this paradigm shift. We are told that the nature of physical matter, when viewed from a quantum perspective is not as clear-cut as the newtonian world previously thought. Inside the atom, a world of blurry electrons exist in a paradoxical state by being both a particle (physical matter) and a wave (energy) at the same time. This sea of energy has been called many things, one of which is the *unified field*. You can see with the scientists using the word unified to describe quantum reality, that there's an *interconnectedness or oneness* about it.



This field of potential energy connects all things together in a way, which vastly contradicts the notion of there being anything separate and disconnected about reality. Instead, in the quantum state, *all things are connected, joined, or unified across time and space.*

Furthermore, *this field is in a dynamic state of constant change*, and the thing, which causes it to change, is human thought, or intention. Quantum tells us, that when the human mind observes the electron, it changes from being a wave (energy) to a particle (physical). And as all the physical objects in the world are made up from this field, a key message from quantum states that *your mind is the thing, which causes the physical world to change, or to it put another way, your mind can be used to consciously create physical matter.*

This is a deeply empowering discovery, which vastly contradicts the notion that you are disconnected and separate from your world. In fact the opposite is true.

Quantum physics says that *You, or the I in here, is intrinsically inseparable from your world out there.* So in relationship to the question *'what needs to change?'* a whole new avenue of inquiry now opens up. Gandhi once said 'As human beings, our greatness lies not so much in being able to remake the world, that is the myth of the atomic age, as in being able to remake ourselves'. This simple quote helps us understand what was missing.

Inside out change

Let's summarise this complex science into simple terms, and then observe the individual who was seeking a new job to change his inner confidence. There are 2 ways you can view reality, both of which can be scientifically proven to be true. One says the world is made from physical objects, the other which says the objects consist of energy. You are an intrinsic part of this dynamic picture of reality, so therefore you have both a physical and energetic dimension to your existence. You exist within this interconnected field of potential energy. You are not separate from it. And this field has a reflective quality to it. It reflects thought back in the form of matter. So because what you think actually impacts what you get to experience in your life, knowledge and awareness of both the structure and contents of your mind, starts to become much more important. You first touched on this idea about *responsibility* and *connection* in the get clarity practice.

As you learned then, the concept of polarity, where 2 opposites exist as different things is a product of the human mind and does not exist outside of the mind. Right and wrong do not exist in the world of nature. Things simply exist, irrespective of the minds boxes or labels. The unified quantum field reflects all thoughts back to you.

So to further expand on the practice of developing personal responsibility, in this instance, you must be willing to accept and then change any aspect of your thinking, which is not aligned with your vision. The diagram on page 3 shows how both aligned and not aligned thoughts are reflected back to you via the field. Looking at this information wisely, you can see that what you focus on grows, so it makes sense to build a picture of the future you want, in order to have something to focus on. Which leads us full circle to our original questions:

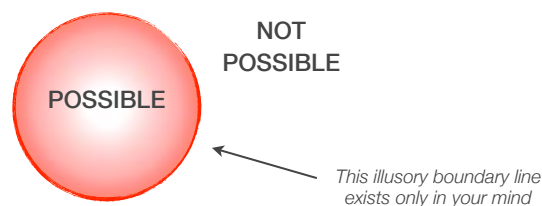
What do you want your life to be about? and What needs to change?

Unlimited possibilities

And here's where understanding quantum can give you a more balanced perspective about what needs to change. The boundaries, which define what is possible and not possible, only exist in your mind. The lines or edges which you draw up through your internal system of values and beliefs is where the work must be done. These lines which you have created to classify what is not possible, partly have origins in a scientific viewpoint which breaks the whole down into parts, then places the parts into boxes. These boxes help you make sense of reality and they also create a cage which can prevent you moving beyond what is believed to be possible today. Quantum physics says that multiple possibilities exist at the same time and it's your mind that chooses the reality it wants.

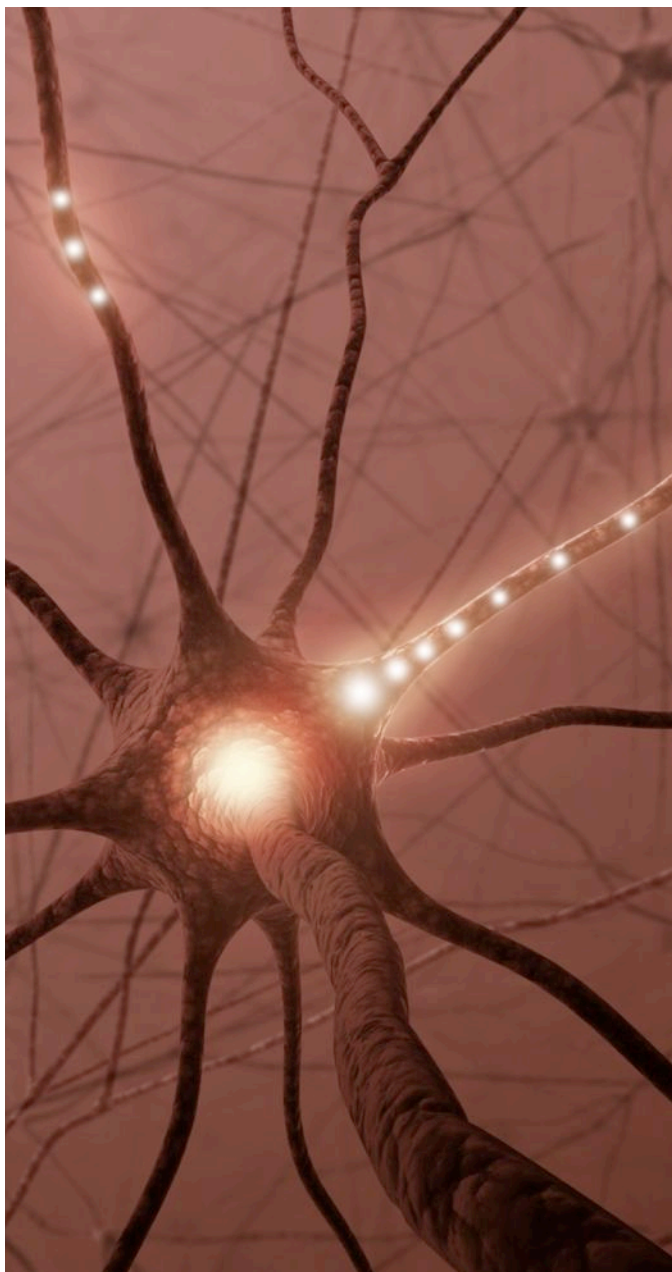
It is not possible to fool the quantum field, so it requires effort to change what's within you, in order to create what you want out there. So this is what Gandhi was pointing to and where the concept of inner work, or transformation, comes in. *When you change on the inside, your outside world changes to.*

Armed with this knowledge, the person who found a new job to increase his level of confidence can now see a fresh perspective. He is able to see that he is interconnected with his job through this field, and changing his mind about his confidence levels, will actually change his whole view about his work. *So true change comes from within and flows in an outwardly direction to create reality.* Although he may still seek some new employment, it's no longer being driven by an outside in approach of wanting to fill some lack that he feels internally, which he now takes responsibility for. Instead it is being driven by the desire to create a new future reality, which is in alignment with his highest and grandest thoughts and ideals about who and what he can become in his life.



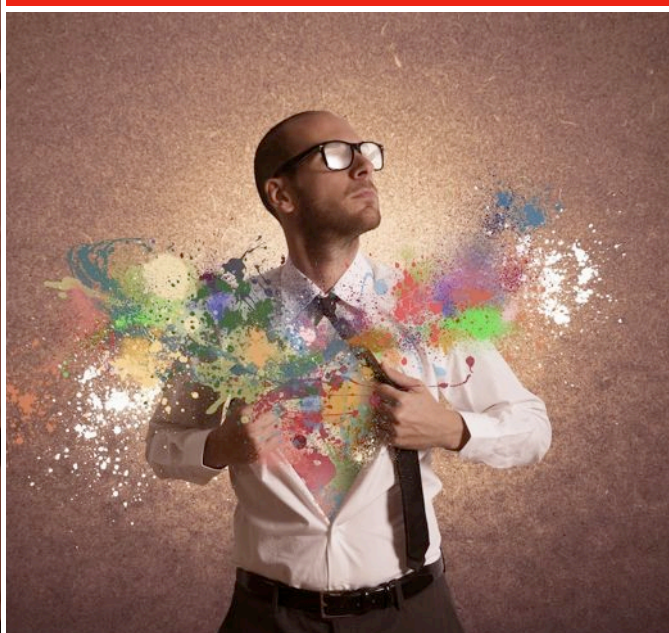
The person living his or her life this way has an *intentionally creative orientation* and has developed the powerful ability to create whatever they want in their life. They understand the principles which govern the overlapping space of quantum and Newtonian physics, and they use the tools that they've acquired to consciously create the future, which is defined in their vision. This way of life can be accessed by anyone, and although it takes some effort and letting go of old ways of making sense of the world, the potential rewards are endless and are limited only by the imagination.





"If you limit your choices only to what seems possible or reasonable, you disconnect yourself from what you truly want, and all that is left is compromise".

Robert Fritz



Review what you will have in your ideal life, then ask who must I BE to make it happen.

In order to develop this powerful type of orientation to your life, where you see a world of possibility, you will need to start embracing the idea that what is happening inside you, is creating what is going on outside of you. As such, the first place to start is the level of being.

Being is a word which has multiple descriptions. In this sense, we use it to describe the quality of who you are on the inside, which is defined by your values, beliefs, feelings and internal subjective experience. Your being is the cause of everything in your life, as you just learned in the previous pages.

Some words which you could use to describe qualities of being are happy, confident, powerful, loving, connected, wise, mindful, courageous, strong, daring, aware, humble, mature etc. You'll notice these words all point to a quality of who you are on the inside.

To complete this exercise, refer back to the table on page 7 of Get Clarity. Review the fourth column, where you defined your intentions for your ideal life. These are the end results, or final effects of who you will be and what you will do. These are outcomes. Transfer them onto the table overleaf.

Who you are being is the starting point of these intentions, as you cannot create great things from a place of disbelief, anger, resentment, resistance or any other state which is not aligned to what you want. So imagine someone with an intention to find their soulmate. They might say they need to be loving, compromising and authentic. They realise that being authentic will be a challenge, and this is where their inner work lays. Work backwards from the intentions you wrote under each life area and then write down who you'll need to become in order to make these intentions happen.

Life Area	Is this an area you have set an intention?	Transfer your Intentions from page 7 of Get Clarity into this column.	Who do you need to become in order to manifest your intentions? I am
Work			
Money			
Health			
Relationships			
Home			
Self			

Now bring your inner and outer intentions together to paint a picture of your ideal future.

Get to the heart of what you want

Now that you've completed get clarity and this first part of the vision builder, you'll have defined both your external intentions of what you will *have* in your ideal future and also who you will *become* to make this happen. This will act as the content for your vision. The primary question being explored when creating a personal vision, is 'what do I want?' It can often be hard to answer this question as little thought is spent reflecting on it. Start with what you do know and express this with as much detail as you can. As you commence your journey of making real your ideal future, the details which are unknown at the start, will unfold and present themselves.

Express yourself visually

Images are a powerful form of visioning as they can paint a picture of reality more easily than words do. Seek out images which portray what you imagine exists in your ideal future from magazines and the web. Also, to connect yourself and become one with your future, include personal photos of you in your vision. Choose the pictures of you at your best (happiest, fittest etc), which remind you of great times.

Write about your new future in detail

As well as the visual forms, a detailed written expression of your ideal life is needed. Choose one of the following methods, or make up your own, to write some specifics about your ideal future (limit what you write to 1 side of A4 paper):

- Write a story that a newspaper runs about you living your ideal life (in interview form)
- Create a speech for a dinner your friends are hosting to celebrate your success

- Write a letter to your 'current self' from your 'future self' explaining in detail what your ideal life is like and how things have changed for you
- Write a song or poem about your ideal life

Awaken your senses, in the present

When writing, pay careful consideration to all your senses: How will you feel when you've realised your vision? What does your vision look like? What can you see? What tastes and smells are present? And what sounds will you hear when you are living this reality? By doing this you are projecting yourself directly inside the vision to experience what it's like when it's materialised. Also, write in the present tense using language such as 'I have...' 'I am...' 'I feel...' etc. This makes the vision real today, rather than something you will have in the future. Doing this connects you with the energy field in current time, and helps facilitate the process.

Turn all negatives into positives

There will be things you want to move away from, such 'I don't want to get sick anymore.' Turn any negative phrases into positive and affirmative statements of intention, such as 'I am healthy and strong'. This part is very important.

Build your personal vision

Now you have the visual and written content for your vision, you can paste it together to create your vision board of your ideal life. Watch the Vision Builder learning movie for the explanation of how it all comes together. The next tool, called Milestones, will help you define what you must do to connect the present to the future, with tangible steps.

Be faithful to that
which exists nowhere
but in yourself.

Andre Gide

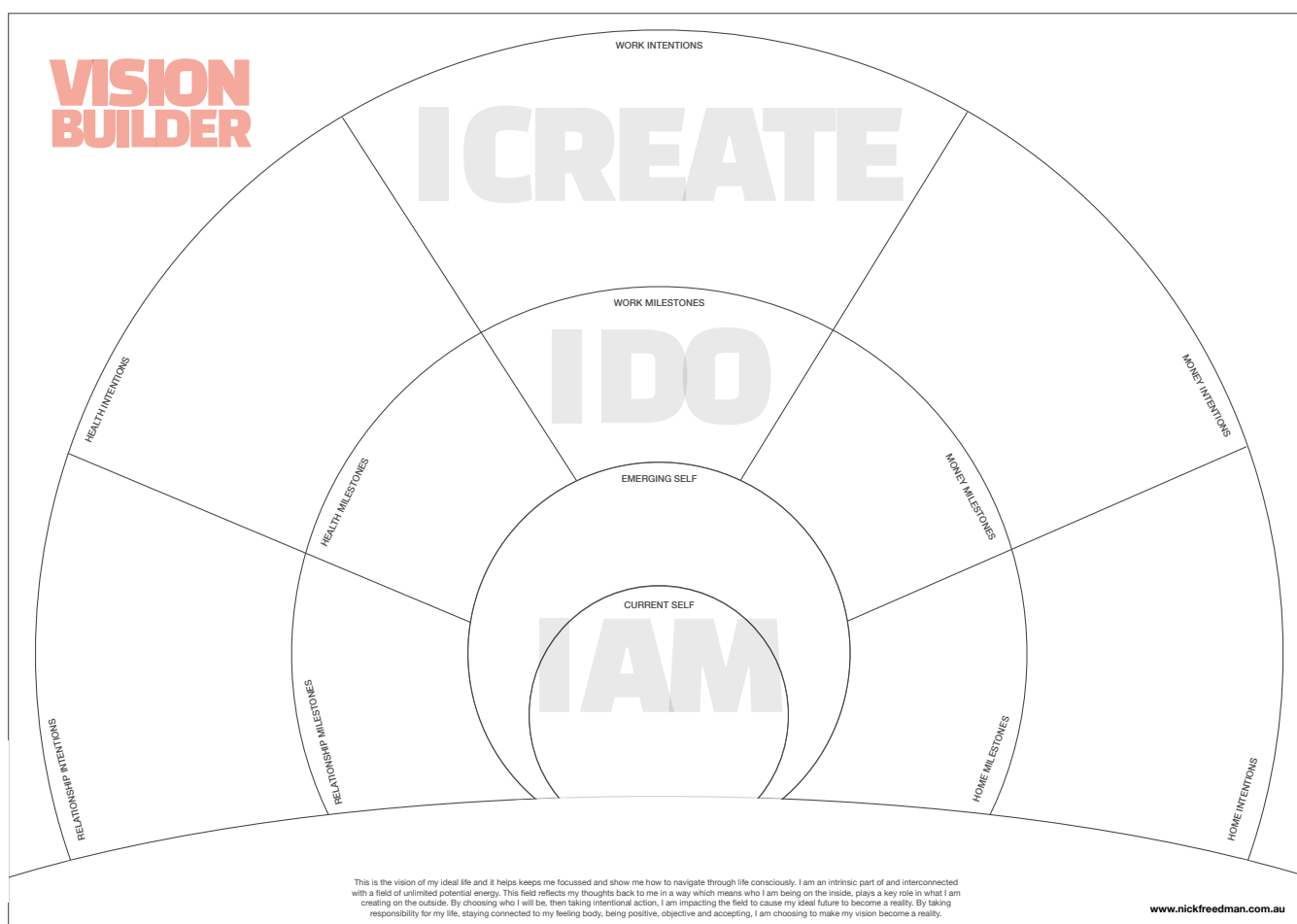


Download this PDF from the website and then find a local printer who can print this at A1 size .

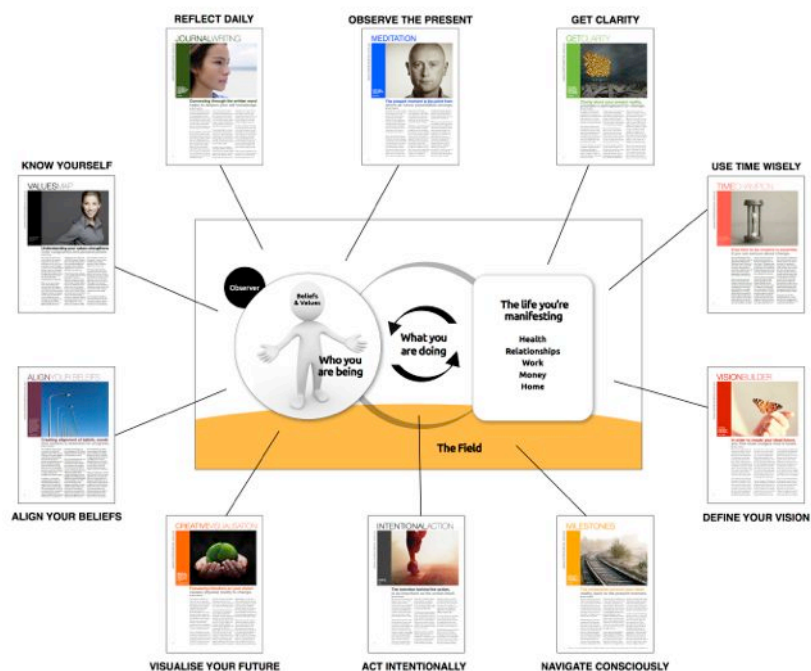
When it comes to creating your vision board, size does matter. It is vital that you have room to insert all the great pictures you want to use to help you visualise the life you are creating for yourself. The vision builder learning movie explains all the elements you must gather in order to build your future vision and how they come together onto the vision board.

Due to the size and challenges with postage you will need to organise to print your vision board yourself, using a local printer. It is quick and cheap to do. Firstly, download the 'vision board' PDF from the vision builder area on our website.

Then google 'A1 printing' or 'A1 plan printing' and add your local geographical area too. There will be a handful of printers nearby who can email the PDF to for them to print onto a large A1 sheet of paper. A suggestion is that it can be beneficial to print 2 or 3 as often your vision will change on the journey, so having spares is a good thing.



Your Manifestor Journey



Manifestor helps you play life bigger, by teaching you the skills needed to turn the vision of your ideal life into a physical manifest reality. This tool is one of 10, that makes up the complete learning journey.



Social Learning Gym

If you like to study in a social environment with others, the social learning gym is worth exploring. Spanning across 4 weeks, you'll join other manifestors in a weekly online workshop, as well as getting 1-to-1 mentoring from Nick. You can join the public program, or book Nick directly to facilitate a learning gym for you and 8-10 of your friends, (you find a venue, then we work together with our video technology).

Visit www.manifestor.tv or email clarity@nickfreedman.com.au to find out more.

About Nick Freedman

Since 2002, Nick Freedman has been designing and facilitating programs which have helped 1000s to transform their lives and businesses from the inside out. His clients include organisations like Salesforce, Yahoo, Westpac, AoL, Ronald McDonald House & Coca-Cola, as well as 100s of SMEs & not-for-profits.

To gain more insight into Nick and the inspiration behind why he built the manifestor program, watch his TEDx talk "10 questions I asked the ocean" at www.nickfreedman.com.au

