

EXAMPLE OF A CREATIVE VISUALIZATION SCRIPT FOR MANIFESTING AN IMPORTANT DESIRE

The following example (next page) was done by a student in my fall 2003 philosophy class, and is a great illustration of how to manifest your desires through creative visualization.

I had assigned all my students to write a manifestation script they could use to create the experience of something they sincerely desired. Many students were successful, and manifested, for example:

- More harmonious working conditions.
- Better jobs with better pay.
- New vehicles.
- Companionship.

It is a manifestation “script,” much like a movie screenwriter would write a script. If a screenwriter doesn’t make a producer feel what he is writing about, then he won’t sell the script. Similarly, your script needs to make you feel good about already having what you want.

Note that this student’s script is full of details that make it easy to see and feel what she desired, which is what you’re after. ***If you can feel it like it already is yours, then it will come to you.***

This student and her husband were moving from Austin to Seattle and didn’t have enough money and free time to travel to Seattle to look for an apartment before they moved. They had lived in Seattle before moving to Austin, so they already knew some of the details to imagine.

She emailed me two months after our course ended: They got exactly the apartment they imagined.

They could instead have imagined (i.e., worried about) panicking and having to take whatever they could find when they got to Seattle.

For a philosophy course: Why not visualize and manifest enlightenment, more love and peace in your life, etc? You will never get these things until you can ***take it for granted that you already have them.***

That’s how it works!

Example (468 words)

Note the proper format: basic info at top, then 3 parts: what she is manifesting (and note that she mentions two people will be doing it during the same period), the manifestation scene or visualization, and a short affirmation at the end. All on one page.

Manifestation and Affirmation

My manifestation is: Our (my husband's and my) new apartment in Seattle.



My husband and I live in a great area in Seattle right on Greenlake. So close, we can smell the lake most of the time when we are at home. I love to watch how the four seasons change not only the landscape, but also the colors of the leaves.

I love to watch the leaves falling from my bedroom window. When I lay on my side of our huge bed I just have to open my eyes and I can see the trees and pure blue sky. In the mornings, I do not need an alarm clock because the sun wakes me up and it is great to feel the sunrays on my face. It is easy to get up and start the day with such a good feeling. I have painted the walls in our bedroom dark yellow so that I can feel the sun even when it is gone. Every time I wake up in the morning, I can feel the cold hardwood floor under my feet and it reminds me of the bedroom I had as a child.

I love to drink tea in the morning. There is something about sitting down in the morning, drinking a cup of tea, or hot chocolate (!), and just starting the day totally relaxed.

Our bedroom reminds me of a museum or art gallery. We have so many pictures and paintings in here, and there is no order or style that we prefer, everything is mixed together. I like to look at this chaos on our wall. I prefer to look at one print by Renoir called "umbrellas" and it is amazing how it gets to me every time I look at it. It is as if I can hear the rain falling just by looking at the picture.

Our living room is much more organized, with many bookshelves and our great music collection, but it still has not lost its coziness. There is nothing better then lying on the couch and feeling the heat from the fire on a cold winter night, or watching a movie together. It is a nice distraction. I prefer to sit on our balcony in the summer. The air is clean and fresh and not humid at all. If I close my eyes, I can shut off all the other noises and concentrate on the birds, and it seems as if they sing just for me.

Every time I enter our apartment, I not only have this great feeling of being home, but I also feel the energy that flies through me. It is as if I would enter a room that is filled with light.



Affirmation: Our perfect apartment is waiting for us in Seattle.