

Vision Boards: Great Energy for Children Too

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Do you have friends or family members that know exactly where they are going and what they want for their future – more or less since the day they were born? It's almost as if they have a built-in compass pointing them in a specific direction.

Do you know where you are going - or how to create your future?

If you are a parent, aunt, uncle or grandparent, do you know how to help your children, nieces and nephews or grandchildren plan for and create their future?

Feng Shui is all about the use of positive energy in your surroundings to support you, your intentions, goals and objectives so you can create a better life and enjoy it more. One of the great tools often used to apply Feng Shui principles that help adults and children alike is a simple bulletin board and push pins.

Create the Future

There are at least three different ways you can use your bulletin board that are extremely effective, especially for children. The impact of such a board can help guarantee focus, direction and success in a child's life (adults too). It will also provide a tool for dealing with obstacles, developing self-discipline and being in-control of their lives.

“All About Me” Board

Recently a Mother met with huge success with her son when creating an “All About Me” board in his room. Because he had been struggling with health and sleeping issues, the board was designed to shift the energy in his room to being positive and supportive. On his board she placed information about his current size, height, age, grade in school, pictures of him with his friends, family, grandparents and any successes he'd accomplished during his school year.

Since the poster was filled with uplifting, loving and motivating success stories the net result was – he felt better about himself – and because his body received nurturing supportive energy, he slept better. In fact, it helped so much that this Mom and her son have agreed to update this poster every year as long as needed.

This type of board provides the child the best energy if placed in their bedroom where it can be seen easy from their bed.

“Intentions” Board

An Intentions Board, while the same physical bulletin board, has a totally different objective. It is used to help an adult or child reach intended goals and objectives that are reasonably short term. For example an Intentions Board for a small child might have things on it like a picture cut out of a magazine of a chest full of toys neatly put away to help the child focus on putting their toys where they belong, an apple or carrots to remind them to eat properly and a toothbrush so they will learn to brush their teeth regularly.

For an older child you can emphasize things you’d like them to learn or achieve such as a grade or value on their report card, house rules to remind them of family values and a number that represents the number of books you’d like to encourage the child to read in a reasonable period of time.

An Intentions Board for a child is used to help them focus energy on achieving agreed upon goals in a reasonable period of time. To provide the best positive energy for your child, this board should be placed in the northeast area of their bedroom.

Visions Board

While an “All About Me” board is used to nurture and create self confidence and an “Intentions Board” is used to focus their energy on accomplishment in a reasonable period of time - a “Vision” board is used as a leadership tool by parents to help children develop the skills necessary to provide direction and purpose for the future based on a specific set of values.

Even though a child is never too young to start this process it is obvious that from infancy to approximately age three the parents simply need to expose their children through pictures to the options life holds. Pictures of role models should be placed on their Vision board such as astronauts, firemen, doctors, scientists, teachers, artists – the list can go on and on. Cartoon drawings work well at this age. Included should be a picture of a child hugging a grandparent to focus positive energy on loving relationships and respect for adults and the elderly. Change the pictures of the role models regularly.

For school age children, help them create their own Vision board that reflects their hopes and dreams for the future no matter what they may be at that given moment. When they are young they will change their minds often – change their vision boards often too. As they get older they will understand that they are actually creating a plan for their future and that *they* are in-control.

An example of the things on a Vision board for being a doctor would be a picture of a doctor from a magazine (or their own pediatrician), pictures of the various schools they need to graduate from such as grammar, high school, undergraduate school, med school etc. You can create a faux scholarship to encourage them to get good grades so they can afford such an education. You can even put a dollar sign (\$) - so they recognize how expensive it is and encourage them to get summer jobs when they are older.

A Vision board is used to help capture their dreams when they are young so they can make them become a reality as they get older. It also supplies them a roadmap – a step by step plan - to follow which provides them self-assurance and self-discipline needed to reach any goal they choose. Place this board in the north area of a child's bedroom for the best energy for the child's future.

Whether your children are really young or well on their way out of the house – it is never too late to help them create their own plan for their future. The more they participate in the process the better the chances are that they will turn their dreams into reality.

Palm Beach County, FL area readers - are you looking for something “fun” and “creative” to do this summer? Try “free flow” painting – this spiritual painting class- much like meditation on a canvas - nurtures the heart and nourishes the soul! The class will be held the last four Wednesday evenings in July. You must pre-register and prepay the class to ensure your participation and enjoyment. Call 561-799-3443 for additional information and to register Now!

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"Everything you say, think and do matters."

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