

Visioning Boards and Manifesting?

Should I make a “Vision Board” to manifest the life I want? (Joseph, MN)

Most of us get most of what we think we want most of the time. So in this way most of us are already manifesting the life that we had thought we wanted. This is a shocking fact that most of us deny or ignore because we no longer think that this is the life we want.

"If she dates me I'd be blissful for ever!" "If I could get a job as a university professor I'd be so happy!" What we wanted turned out not to be the endless source of satisfaction we'd hoped. So now we're typically focused on what we want next or what we haven't got yet that we want, still utterly convinced that getting the life we think we want is the path to happiness. Like a child who spends weeks or months longing for a particular toy only to cast it aside within a day or two of receiving it, our attention quickly turns to the next toy that is wanted soooo badly.

When we look we can all readily acknowledge how many of the things we wanted and got in the past didn't produce the happiness that we expected, and yet we're loath to question our current thoughts about what we want. We're scared of facing the possibility that we don't really know what we want. Better to struggle forward in hope that my wants are right this time, than face the truth that we don't really know if getting what we want will satisfy us beyond the momentary cessation of wanting that happens when we get what we thought we wanted.

But what would we do if we acknowledge that getting what we want is unlikely to transform dissatisfaction to satisfaction? Is there really anything we need to do to be satisfied? Is satisfaction unavailable now? Is it possible for us to take action, make plans, and create without dissatisfaction? Is it possible to make a “Vision Board” without believing that something is missing?

What really satisfies is richer and more subtle than any thing we can possibly think or imagine, and yet is never really absent, no matter how strongly we believe that we want something we lack.