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Las Vegas Edition

May 2005



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Visioneering

by Nannette Prohs

There are many ways to work towards abundance, and each method has its virtues. I suggest trying what you are drawn to. The following is one refreshing approach for creating success in our lives through the mental/emotional sphere.

Author Carlos Castaneda wrote that the human body is an excellent transmitter. When you are sending out a request for abundance from the Universe, it is helpful to compare the process to the workings of a radio transmitter.

Imagine you are a radio transmitter. You have a certain frequency, or transmitting power. Your desire is the 'transmission.' Interference with the transmission is 'static,' which lowers the power and modifies the transmission.

Your Frequency: You have a gener-

al energy frequency, dictated by your accepted beliefs and the current mix of your thoughts. Start with where you are now. Honestly address what is going on inside of yourself and get in touch with your own reality. This is an ongoing process. Facing issues that are not pretty or pleasant can release blocked energy and clear the way to abundance. Not facing them can stagnate your progress.

To create a strong frequency for attracting abundance, it is necessary to tune in to beliefs, feelings and thoughts that are in accord with your desires. Choose to think thoughts that support your desires, and let go of those that do not. Lynn Grabhorn has an excellent book and CD set, *Excuse Me, Your Life is Waiting*, which helps the listener become aware of the thoughts and feelings that help or hinder success. Lynn insists that you think about what you 'want' and not what you 'don't want.'

Your Transmission: Get out your pen now and write down your goals. Carry this piece of paper with you everywhere. Read it when you get up and when you go to sleep. In his book *The Seven Spiritual Laws of Success*, Deepak Chopra suggests reading it before going into meditation.

A fun addition to pen and paper is what I call *Visioneering*. Create a New document in Microsoft Publisher, Word or any software that you can use to make flyers. Go on the internet and collect photos of what it is you desire. Look for photos that represent the lifestyle you would like. Make a collage of these photos, and add some text to it, written in the present tense. 'We own a lovely 1500SqFt cabin on a lake in California.' 'Our two children

visit often with the grandkids.' 'Our home is harmonious.' What are your dreams?? Get really specific. Use all of your senses. The next step is to contemplate this collage for five minutes every day for 21 days. It is helpful to have some music playing that puts you in the feeling mood of this dream

becoming reality. For convenience, I put my Publisher file and the MP3 file in the same folder on my desktop.

When you keep your frequency tuned in to abundance thoughts, beliefs and feelings, your transmission will be 'sent' to where energy becomes matter. An additional item of importance to some people is to state: 'Let

God's will be done.' A study performed by Oprah Winfrey on plants showed that plants grew better when the people praying for them included this sentiment.

Your Action Plan: Define success on your own terms. Clear up the static from your transmitter. Focus on thoughts and feelings of abundance. Put your desires out there for the Universe to hear. Watch your wonderful life unfold!

I often use this 'transmitter' technique with clients of mine who are open to creative manifestation. When looking for a home, write down exactly what you are looking for, and then allow yourself to feel upbeat about the possibilities. You will be surprised!

Now go get the pen.

Nannette Prohs is a successful real estate professional, and founder of **Merry Millionaires**, a unique *Visioneering* support group that meets the 2nd & 4th Tuesday of the month. (702) 498-2445. See *The Calendars* and page 34.



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