

song: *One Vision* – Queen

week #32

vision: (n: own it)

- the act of sensing with the eyes; sight
- the power of anticipating that which may come to be: prophetic vision
- an experience in which a person, thing, or event appears vividly to the mind

conceive, dream, fantasize, foresight, imagine, insight, perspective, see, think

"Dream lofty dreams, and as you dream, so shall you become. Your Vision is the promise of what you shall one day be. Your Ideal is the prophecy of what you shall at last unveil." -James Allen

What is the value of a vision, a conception, a notion? What does it mean to look beyond your current state of affairs, and imagine an elevated reality, an alternative solution?

"For visions come not to polluted eyes." -Mary Howitt

When we allow our minds to wander beyond our "9-5" status quo, when we entertain thoughts that others cannot understand, when we become a visionary in our own right, we give ourselves the power to create a change. Becoming a visionary in the public eye is not an easy task; as fear of failure dominates our world. Skepticism and defensive spirits sometimes hinder the creative process.

"We lift ourselves by our thought; we climb upon our vision of ourselves. If you want to enlarge your life, you must first enlarge your thought of it and of yourself. Hold the ideal of yourself as you long to be, always, everywhere - your ideal of what you long to attain - the ideal of health, efficiency, success.."

-Orison Swett Marden

Have a vision of the person you want to be! Olympian heroes would not be, without tenacious belief in their own passion, physical strength and mental focus.

Action: Create your vision for a happy life. Meditate on the exact life that you want. Imagine every detail. With time and consistency on this vision, you will have attracted exactly what you desire.



What is the value of a vision, a conception, a notion? What does it mean to look beyond your current state of affairs, and imagine an elevated reality, an alternative solution? In your Triangle Legs posture, see beyond the limitations, have a vision of what you want to achieve.

August Color: Sun Orange

It is easy to smile when you wear or surround yourself with Sun Orange. This color will lift your mood and allow you to see the brighter side of life.

August chakra: Sacral Chakra

The chakra this month is the sacral or 2nd chakra. The sanskrit name for this chakra is *Svadhithana*. Svadha which means to "sweeten". When this chakra is balanced you will be able to find pleasure in your life.