

## Manifest Your Desires with a Mind Movie

Now you can make your own personal inspirational movie. It is your own commercial. It is a moving Vision Board with sound. This is the magic of technology. Watch it on your iPod or PC. It is fun and creative.

For a general description, go to [www.MindMovies.com](http://www.MindMovies.com) and watch the Intro. You can get 6 free samples, or go to You Tube and do a search for Mind Movies. Many people have posted theirs, although I think you should keep yours to yourself in the beginning. Sharing can sometimes dissipate creative energy and create drag. It is your personal vision, after all.

The idea is really to make your own. You can purchase the Mind Movie Kit for \$200, which is a nice package with many bonuses, or you can use software on your computer called Windows Movie Maker and do it for free. Movie Maker comes standard on many PCs. It is really an easy program to learn for doing this.

You simply **start with a list of 15-20 or so affirmations** or things you'd like to see happen in your life. 20 affirmations will make a 3-4 minute movie. It is about you. Not anyone else. You cannot do it to make your neighbor mow your lawn, for example. Picture your ideal self or life. It may help to focus on one general area (like the ideal job) rather than try to 'paint a broad stroke'.

The affirmations/statements should be:  
short,  
in the present tense, and  
positive (no 'not's' or 'can'ts, etc.)

Louise Hay's, [You Can Heal Your Life](#), is a good source of affirmations or there are plenty of ideas on the internet.

Then **find at least 2 pictures** that relate to each statement. You tell the story with pictures and music.

Using keywords (really get creative), pictures can be searched for free in:

Google Images  
[www.Photobucket.com](http://www.Photobucket.com)  
[www.Flickr.com](http://www.Flickr.com) (The best!)  
<http://office.microsoft.com/en-us/clipart/default.aspx>

You can set Google Images to search for a specific sized picture. I use large images for higher resolution. The finished product is closer to DVD quality. Medium images will just result in grainier photos, if watched full screen. Avoid small photos.

There are so many ways to tell a story with pictures. And it can really be powerful if you watch it on a regular basis. The combination of **personally chosen** images, affirmations, and inspirational music really speaks to the inner mind and heart.

## **Creating Your Story**

The first step is to create your script or story. Take your time. It may help to use the writing exercise (see below) to uncover subconscious beliefs and patterns. Once you have the patterns identified, you can create a positive statement to counter/neutralize it, and incorporate it into the MM. After you play the MM for awhile, as patterns change, you may want to add to it or modify it, especially in the beginning. After the first week or so, I'd suggest not doing too much more modifying and let it run as is for 30-60 days. You are developing a new subconscious program and each change in the program changes the pattern. Try to be consistent with it, not changing it, and watch it for 30-60 days.

### **Sample statements:**

*I am eternal, immortal, universal, and infinite.*

*I am a divine being having a physical experience.*

*My physical body is simply my spiritual vehicle on Earth.*

*I am the creator of my life experience.*

*Money comes to me easily and frequently.*

*I have more than enough money to meet my needs.*

*My income exceeds \$XXXXX per week/month/year.*

*I feel abundant.*

*I have a great relationship with money.*

*I love money.* (This might trigger all kinds of stuff. Wouldn't you want this to be more true than its opposite: "I hate/fear (having) money"?!)

*I am generous and giving.*

*I (willingly and) graciously receive...money, gifts, blessings, love, etc.*

*I focus on the divine beauty in everyone I meet.*

*I embrace the unknown.*

*I embrace/enjoy change.*

*God/Goddess/The Universe supports me in every way.*

*I am willing to recognize and appreciate the gifts/blessings in my life.*

*I love my life.*

*I completely embrace and honor my (psychic and) intuitive abilities.*

**Important:** The key with the MM is to trigger positive feeling while watching it, even a smile, or better yet, getting excited and uplifted. *It is feeling that powers intent.* Thought does nothing by itself. The subconscious mind only speaks and understands pictures. Words alone are not enough. That is why the combination of pictures, music, and words is so powerful. Advertisers have known this for years.

**A Word about Receiving:** We have been taught, "It is more blessed to give, than to receive." Is that true? Is there any reason at all to feel guilty about receiving? The answer to both questions: Absolutely not. It is just as blessed to receive, as it is to give. Giving is a masculine quality, while receiving is a feminine quality. For many, truly receiving is frightening. It is about allowing. It means being open and vulnerable. Men and women alike have trouble receiving to some degree. Giving allows a measure of control, and we often subconsciously try to control others or a situation by giving. If we wish to create or manifest our dreams, then we must be able to receive with open arms, without reservation or judgment. To do otherwise is

to limit what the Universe has to offer us. Creation is about flow. Give with gusto and receive with joy. THAT is truly divine.

**Mind Movie Advanced/Esoteric Uses:**

I wanted to pass on other ways to utilize the Mind Movie. Have you heard of radionics? It is a kind of energy healing. When the PC is playing the Mind Movie, it is acting as a radionics type transmitter. With intention, this energy can be directed & sent anywhere, anytime.

In addition to consciously viewing my MM several times during the day, I have been running my Mind Movie at night. I place a photo of myself in front of the screen (called "the witness" in radionics) as the MM plays, with the intention that the programming be sent to me wherever I am, and work on all levels.

Although not essential, if one is of a mind to do so, it also helps to call in whatever Higher Power, Highest Divine Energy, God/Goddess, etc. to bless, guide, & eliminate obstacles to the programming for one's highest benefit. Help is always given, but usually we have to ask for it.

I made two versions of the same MM. One, I watch AM & PM - this one has the same pictures & words, but uses upbeat, inspirational music. The other is used at night for radionic programming. The only difference is that this night MM uses sacred sounds & chants to further enhance the energetic effect. I used my intuition to choose the appropriate combination of sounds and frequencies.

I also place a specific geometric healing mandala (mandalas by themselves can be beneficial "cosmic" antennas) under the computer laptop, as the MM plays. This seems to help on some level. A power symbol that you can download is here: <http://www.sunnywang.com/sitebuildercontent/sitebuilderfiles/powersymbol.pdf> - print out a bunch of copies. Sit on it when you meditate, put one in your car, sit on it when you watch the mind movie, put one under your computer, etc.

Quartz crystals, crystal pendants, etc. could be placed in front of the PC screen (cleansed in salt water and/or charged by the sun first) and programmed as well - these crystals can be carried around during the day or placed in a water bottle to create personally "charged" water.

Playing the MM at night in the way above can speed one's manifestation, but there is a point where more is not better. When I first started out, my energy became a bit erratic. I decided to give it a rest during the day and not play it constantly. There needs to be down time, time for integration. Breaks are good. Everyone is different.

Another healer suggested smelling a specific essential oil or combo of oils while watching the MM. Trying to incorporate all the senses helps focus intent even more. I have used the Bio-Tuner (see [www.GuardianTrader.com](http://www.GuardianTrader.com)) while watching my MM. I have also gently tapped my sternum/thymus area. It's all good.

There are lots of possibilities for self-healing with this simple technology.

### **Basic Instructions for the Writing Exercise:**

Set aside any thoughts/biases about what you think is true, and just open to whatever is...

At the top of a blank page, start with the sentence "I do/do not XXXXXX XXXXXX because..." Here is an example statement about money – "I do not want to be wealthy because..." Then maybe do the same twist on a few items that stand out from that list. You might be surprised. Humans really are a mess of contradictions. 90% of what is "us" on a personality level is subconscious, so be prepared to do some digging. It is all about weeding the garden of the mind, so you can flourish.

For most people the first exercise starts simply with willingness: willingness to look within, to heal, etc. For example, to uncover blocks to willingness, one might start with "I am not willing do this exercise because..." or "I am not willing to heal/grow because..." or "I am not willing to be loved because..."

Then, coming from your (open) heart, not your head - allow any and all thoughts related to this statement to surface and write them down. Censor nothing. Allow the thoughts to come to you as little children, without judgment or evaluation. Keep a running list for a few days. When your mind is occupied on other things, other thoughts may surface. Write them down. Don't think, just write. There is no right or wrong. Your intention to do the exercise invites the mind to open up. Try to be the watcher. Just observe the process. Don't try to evaluate or figure out anything for now. The "Why's" and "How's" stop the flow. Just be with it. Evaluation comes later.

Be willing to write anything. Have the courage to be totally honest with yourself. Just because you put it down on paper, that does not make it true for you necessarily. The mind will conjure up all sorts of associations once it gets rolling. But once on paper, you can later go through and test (intuitively) or ask a trusted someone to test/intuit which ones are involved. The process is kind of like vomiting subconsciously, but ideally you are letting it bubble up from deep within you rather than being in the head trying to figure it out logically or rationally.

The answers may astound you.

Your thoughts are not you. They are not even "your" thoughts. They are only borrowed from the Universal Mind, like library books. Some are over due - maybe it is time to return them to the Library of the Universe?

Your brain is only a radio receiver. You can choose the station you'd like to listen to the most. (Most go along in life thinking all there is are those static AM talk stations...)

You are the center of your world. You are not the center of THE world, but you are the center of yours. What you experience and how you experience it is up to you.

You get to choose. No one can make those choices for you, but you. Even if it appears that your life is out of your control, ultimately, you are the creator of your life. Why not enjoy it?

Wishing you peace and prosperity on all levels,

Tim Armantrout

[www.GuardianTrader.com](http://www.GuardianTrader.com)