



**Excerpt from**  
**The Sacred Bombshell Handbook of Self-Love**  
**by Abiola Abrams**

***Ok, Sacred Bombshell, let's jump in! Vision Boards don't work – but here's what does. Happy Wo-Manifesting. Download your sacred manifesto and [TinyURL.com/BombshellManifesta](http://TinyURL.com/BombshellManifesta). xo, Abiola***

## **Wo-Manifesting: Creating on Purpose**

Most of the time we are creating our lives by default. Wo-manifesting is creation on purpose. Being creative – or giving birth to your Self – also means the ability to manifest or create what you want in life. This book, your favorite TV show, the shirt on your back – all started as visions that were manifested and created.

Wo-manifesting, or creating circumstances as you desire them to be, is an art form – and a science. You would probably be hard-pressed to find a successful person who doesn't believe that our thoughts are powerful. The Law of Attraction mantra “ask, believe and receive” from the documentary *The Secret* sounds simple enough. For the Biblical folks it's right there in the Book of Matthew, “And all things, whatsoever you shall ask in prayer, believing, you shall receive.” Every religion has similar lessons. Right now you're probably asking: “So where are all of the riches I've been praying for?”

Wo-manifesting is a science because there is a prescribed order to co-creating with the Creator of all things. Wo-manifesting is an art because we can never understand all of the mysteries and timing of life. Leaving room for mystery is part of the magic of creation. Taking action is the fusion of masculine and feminine energy needed to give birth to your vision.

## **Your Big Brave Bombshell Bliss Board AKA Your Visionary Board™**

This is a wo-manifesting tool for creating on purpose. A Big Brave Bombshell Bliss Board (B5) is an evolved vision board that will help you take your bombshell energy to the fifth power. Viewers or readers of the inspirational movie and book *The Secret* are familiar with the idea of a vision board. In the past I've also called this process a life map, treasure map, or Goddess Dream Book. Alternately, I've made other kinds of inspiration boards and advised coaching clients to do the same. I have a self-celebration board in tribute to who I am and the things I am proud of, while my gratitude board celebrates what I am grateful for.

### **What Exactly Is a Vision Board?**

A vision board is a life creation and manifesting tool that I've made since I was a little girl, even though I didn't know to call it that at the time. You use a collage of images to create a picture of events, things, people, feelings, career choices, or whatever it is that you would like to materialize in your life. If you're a visual artist (or want to be), you can do this with some chalk,

crayons, charcoal, paints, or whatever other medium you choose to create something magnificent. I use magazines, printouts, pencils, and pens.

## Why Vision Boards Don't Work

I developed this process because for most people a vision board is not going to work. Yep, I said it. The reason is that most people just create glorified catalogues or “want boards.” That kind of board is rooted in self-image rather than self-love, and that exercise is perfectly fine – and fun – but completely different from creating a vision where you assume the feelings of your wishes fulfilled, as Dr. Wayne Dyer would say.

For this to work, you must do the work before you make the board to figure out what you really desire and why. This exercise is useless if you're not aligned with your vision. It's worthless if you glue together a bunch of cool images that are about what society says you should want rather than who you are. Let's make this about *who you want to be* not what you want to have. Got that?

## The Bombshell Board Upgrade

The power is in feeling the energy of each vision. And the corollary to vision is action. That's masculine/yang energy and feminine/yin energy together. The feminine is visualizing and feeling. The masculine is taking action. We need both.

One of the questions to ask yourself – after “what do I desire?” – is “what am I willing to exchange for this vision?” What are you willing to give? Are you willing to exchange mindfulness, time, service, money, information, attention, or transformation for your vision? For every action there's an equal and opposite reaction. If you have a vision of becoming president and you're not willing to get off your sofa, then you're not willing to exchange your time and energy for it. So under those conditions, is it going to happen? Probably not.

## B5 Preparation

I've driven across the United States twice with the trip itself as the main destination. Once on the northern route and again on the southern route, I started out in New York City and then flew back when I reached the west coast. One of my goals is to visit every state, and I think I'm at 46 states so far. Before each trip, I gathered paper maps and made note of the towns I wanted to visit, experiences I wanted to have, places that were culturally significant for me, hotels I wanted to stay in, and people I wanted to meet. I enjoy traveling abroad too, but it's important for me to have grounding in the country of my birth.

Think of this B5 process in the same way. You are creating a collage that is a beautiful map of where you're going made stronger by acknowledgement of where you've been and gratitude for where you are. Spend a week or two beforehand just collecting significant images, personal photos, and inspiring words and statements. Include your Historical Bombshell Mentors. Claim these great women as a part of your own ancestral heritage. Incorporate your own handwriting. Write out your affirmations and copy your Bombshell Laws and Declarations.

Use a big piece of cardboard or construction paper, or a sturdy photo album if you prefer. I've used this same method to create a Goddess Dream Book rather than a board. Each page had a different area that I wanted to shine in, stop playing small in, and manifest goals in. For example, there were pages for finances, for relationships, for the body, and for my career. You

can make this board or album for one specific area of your life or to represent your life in general.

Do this work with reverence, ritual, fun, and ceremony. Nurture yourself and involve all of your senses. Take an Epsom salt bath before you begin for cleansing and detoxification. Indulge in aromatherapy and clear the space with femergetic sweetgrass incense. This practice is also called “smudging” and it’s a ceremonial tradition popular in Native American and other cultures for clearing negative or unwanted energies. Light a green candle, the color that represents the energy of your heart chakra. Set the tone with jazz, classical music, or reggae rhythms. These all stimulate our pleasure center and leave us feeling “irie,” as our Jamaican sistren say.

## **B5 Sections**

The Big Brave Bombshell Bliss Board has three parts. Write at the top “I am,” or if it’s a notebook or album, write it in the beginning. The space to your far left represents your past. The space to the far right is for your present. And your future area is the center. You may be asking, “Abiola, why would I put the past there when you told me to stop looking at the past?” That past area is your self-celebration section. The area on the right – the present – is your gratitude section. The area in the middle is your vision section. Visually, this looks like:

	I AM	
My Past/Self-Celebration	My Future/Vision	My Present/Gratitude

Mix the time that you spend working on this board with taking action. Do this project with your Bombshell Playgroup, reading group, or Bomb Squad. There is strength in having others hold your vision for you. Join my joint Pinterest B5 board where we can hold the energy of vision intentions for each other.

## **Your Self-Celebration (Past) Section**

What are you proud of? The self-celebration section can include things like: your business card from that big promotion, your graduation picture, a card from your daughter, a photo of the glorious spread from last Thanksgiving, your honeymoon plane tickets, that fit and healthy body you enjoyed living in, your grandmother who adored you, or a picture of you winning that award in fifth grade. Include words like “love,” “success,” and “it feels good.” You can also include images of people who look like you and the situations you’re celebrating or images that in some other way symbolize these feel-good memories.

## **Your Gratitude (Present) Section**

What are you grateful for? Your present gratitude section may include things like: you with your BFFs in Mexico, that vegan meal symbolizing how you’ve decided to eat better, a screenshot of an email acceptance letter, your fluffy puppy, the weights you’re finally working out with, a mic to represent you speaking up, or a photo of a woman meditating to echo your own budding practice. Also include words: “I am grateful for the feeling that I am going to meet my perfect partner,” or “I am grateful that this will be the year I step up and get that new job.”

## Your Vision (Future) Section

To create your vision, ask yourself:

- Who do I want to be?
- How do I want to feel?
- What do I want to experience?
- What do I desire to have?

In your vision section you should have photos of yourself pasted with the things you are celebrating in advance. It is always today. The future never comes, so celebrate it as though this vision is real right now. This process infuses your vision with joy and meaning. You want to mix the dreams with the “reality” that has happened.

Your board should have pictures of you on it because you want to see yourself there in your vision. If you are studying to become a doctor, for example, take a picture of your face and find a picture of a doctor’s uniform and cut it out and put those together. See yourself that way. If you are writing a book, create the cover. Put a photo of your family in your dream home. See it. See it as if it is already true and your brain will start to work on it. Your mind will say, “Okay, I’ve got to figure this out because this is what’s happening. It is inevitable. There is the picture.”

## Own Your Bombshell Bliss

This board process is a flexible, fluid, and ongoing because our desires, visions, and goals are never finished. While you are creating your vision, don’t just recite flat affirmations over it. Infuse your bombshell life with the joyous feelings you will have when you are “there.” Visualize; see yourself celebrating and victorious in every scenario. This is visioning plus.

Feel free to rewrite yourself in your past section. Use your imagination. Quantum physics posits that all time is happening simultaneously. So go back and revise your past. That day when those bullies pushed you down and you decided that you were a pushover? Tell yourself a different story. “No, I didn’t just lie there and cry. I spoke my mind. This sassy little girl represents that moment. I love who I was then and I love the way I see myself now.” Rewrite yourself into your glorious future.

Allow the sections to overlap. This is you creating a vision for who you are becoming. This is you looking back and celebrating. This is you feeling grateful for right now.

