

Frequently Asked Questions

Here you will find some of the most commonly asked questions regarding this course. If you don't find your question answered within this document, you can visit our Facebook page called Live Your Best Life with Angela Strank or email us at support@angelastrank.com.

1. What is a Visionary Board?

A Visionary Board is a visual representation of the dreams you have for yourself in the form of pictures, symbols, magazine images, etc.

2. Why are we doing this?

- To help you honor your dreams by transforming limiting beliefs that may be robbing you of your ideal life.
- To empower you to harness your inner power and believe in yourself so you can manifest your dreams.

3. How do we know which pictures to put on your board?

The pictures that visually represent your dreams and evoke a good-feeling emotional response in you are the best images to choose. Those would be the images which inspire and hold meaning for you.

4. Where should I put my finished board when it is completed?

I recommend putting your board somewhere in dream state can be so vivid. Also, our bedroom is a place of rest and relaxation. We want to be relaxed and enjoy the process of manifesting. If you have no wall space left, you may consider putting your board on the inside of one of your closet doors.

5. When will my dreams start coming true?

It takes time to create real, lasting change. In order for our beliefs to change, the subconscious mind has to reorganize your inner world to draw to you what you desire. Everyone is different and there is no set time table for our healing journey. Expect anywhere from 3-12 months before you start to see your board working for you.

6. What if I can't find any specific images that represent my dreams?

You may find other items that hold a symbolic meaning. For example if there is a specific law school you wish to attend, you may contact the school for one of their brochures. The brochure will hold energy directly related to your dreams, which is even more powerful than a picture of any law school you may find in a magazine.

7. How do I get clear on my dreams?

Deep down you know what some of your dreams are. They have been with you for years but over time you may have given up on them. Those are the dreams we want to re-awaken in you. If you are still unclear, spend a few minutes a day daydreaming and make notes of what comes up for you. Make notes of whatever comes to mind even if it seems ridiculous. As you look back over your list you might be surprised by how many dreams you have forgotten about or disregarded.

8. I tried the visualizations in this course but wasn't able to keep my mind focused. How do I get the most from these processes when I am unable to quiet my mind?

Follow the detailed instructions accompanying each meditation and process in the course. If you still have a busy mind, that's okay. Try revisiting the exercises a couple times until it becomes easier for you.

9. I fell asleep during one of the meditations or I got interrupted. Should I do the process again?

Yes. You can repeat the meditations and processes as often as you want during your access to the course.

10. I had an emotional experience when I listened to one of your processes. Is this normal?

Having an emotional response is a natural and normal part of any healing or transformation experience in life. Try not to avoid or suppress whatever feelings of physical sensations come up for you. It may help to think of your emotions as pop bubbles that rise to the surface and then are released.