



***Manifesting Your Vision***  
***Define it! Design it! Divine it!***  
***By Jules Kennedy & the Guides***

In this 90-day Manifesting Your Vision course we are taking a focused, self-directed approach to bringing what you want into your life. We say self-directed but manifesting in this way is also co-created. It is you, the others around you and your Higher Power directing this show. We always co-create the vision with the unseen forces in the Universe. This is the Define it, Design it, and Divine it way toward manifesting your vision into reality. This process requires some daily work and attention, but it should be fun for all that participate. Enjoy!

This course is taught in three parts. The first section is Define it: Becoming Clear. Part two is Design it: Activations/Alignment & Psychic process. The third section is Divine it: Co-creating the Vision.

Each section is one month long, or rather four weeks of practice. There will be five lessons in each week and two online audio meditations—for a total of seven exercises each week. This makes for approximately 90-days of creation time to really bring in, rework/reinvent the manifestations coming to life in your world. It is important to do these lessons as they work for you in your life, but giving each one a 24-hour period to incubate is usually the best way to do each one.

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Before starting the 28-day practice with Part One of Manifesting your Vision there are four aspects of being that must be regularly visited in daily practice. They are:

- 1.) Breathing. Spend a few minutes several times per day focusing on the breath. Take deep breaths in and then exhale just as deeply. In Yoga we practice the breath in various ways, for different types of result. Breathing is innate to the body but we don't always breath in as deeply as we should. Regular focus in this area will make for healthier living and make it easier to pay attention to the creation (manifesting) process.
- 2.) Meditation. Closing your eyes, setting a timer (the meditation bell app is a good one) and just letting the thoughts flow without attaching to them is one way to meditate. You can also watch the flame on a candle for concentration, or meditation can be active like walking meditation or during exercise (when running or walking imagine your foot giving energy to the Earth and bringing the energy back up through your body with each step).
- 3.) Focus. Give time each day to focusing on your goals, your well-being and prayer (in whatever way you do prayer—positive thinking perhaps). Then let go and do your day as you normally would. Once you begin this process it may shift everything, some goals may drop away or become manifest, but you are now in the process of manifesting your ideal creation for your life. Flexibility and focus are essential to this lifestyle.
- 4.) Positive Emotion. Do everything also to stay in positive, feeling good emotion. Don't neglect the sadness or anger, but find ways to work with it and make life the best it can be at any given time.

**Information page:****About Jules Kennedy:**

Jules has been doing psychic readings and channeling of other-worldly sources since 1985. Jules recently received an M.A. degree in Transformative Leadership, and is now a doctoral student in Transpersonal Psychology at Sofia University. Her educational efforts are coupled with a work history of years in traditional social work, counseling and various other positions. She is clairvoyant, clairaudient, a channel and a sensitive-empath (can sense feelings and discomfort within others.)

Jules specializes in psychic development/awareness, channeling, and light work technique. She has clientele world-wide; many of these clients have been with Jules for years. She is a certified Light Body practitioner and an author of several titles.

**About Utopian Vision & Destiny by Divine Design:**

*The Utopian Vision* came into being as a third dimensional construct to bring forward universal TRUTH from various realms, dimensions, experiences and beings. Through the mediums of the written word, lectures, seminars and individual counseling, *The Utopian Vision* facilitates and assists individuals in grounding this truth in their hearts. *The Utopian Vision* has relocated its base in Colorado and is expanding its vision to meet the upcoming needs of this changing world consciousness.

**How does manifesting in this way come to be?**

\*\*\* Start to know the psychic process, discover the paths of creation that are possible for you and choose the one of highest light. Begin to design and work on the most appropriate destiny possible based on desire, logic, psychic foresight, and physical/emotional/mental balance.

## Manifesting Your Vision Outline

### Part One: Define it--Becoming Clear: Working with Destiny

It is necessary to become clear on all aspects of what you are manifesting, and learn ways to stay clear and what might be blocking you from bringing forth your desires.

It is necessary to become clear on all aspects of what you are manifesting; learn ways to stay clear, and discover what might block, inhibit or enhance what you wish to manifest. Below are some aspects that you will learn about manifesting during this first month.

#### I.) Introduction to psychic process --- a look at how manifestation works

---visualization as a manifesting tool

---understanding the psyche, how it enhances/detracts from manifesting desires

---looking at your three goals through visualization of energy and senses

#### II.) Intuition and spiritual guidance

---Methods of connection to higher guidance:

---intuition, alternate consciousness states, visualization and automatic writing

---How to recognize and direct the flow of information

#### III.) Looking at goals and creating initial steps to those goals

---Quality behind the goals

---Light Work technique to enhance creation

---Removing obstacles from within visualization to enhance easier creation

Week one we will be *Making Your List*. Week two is an introduction to, *Doing the Psychic Work*. In week three we will be *Refining the List* and in week four is *Building the Vision and Foundation*.

#### Week One

Top 10 to Top 3 List  
Qualities from Desire  
Goal Setting & Intention  
Action-Do Something  
Using Visualization

#### Week Two

Signs & Signals  
What is Light Work?  
Intuition  
Imagination  
Psychic Awareness

#### Week Three

Changing Beliefs & Thoughts  
Desires: Want & Don't want  
Gifts, Talents & Skills  
Becoming Clear  
Pulling it all together

#### Week Four

The 3-fold Path  
Highest Light  
Detachment  
Who Am I?  
Rewrite Vision

Recommendation: Do one exercise each day for five days and then break for two days before starting the next week of five. This will give your mind a break, and your manifestations a chance to build up.

Recognize the small steps (any steps) that are showing that you are "building" upon your manifestations, but remember to breathe and let go. Obsession does not work when manifesting!

**Manifesting Your Vision: Part One, Becoming Clear****Week One: Day One****Top Ten Desires/Wishes-narrowed to the Top Three**

**\*\*Top 10 List:** list ten things that come to mind that you want right now, no matter how seemingly insignificant or hugely important (and perhaps unbelievable—but let’s make them believable).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Think on this top ten list for a time (maybe even half a day or so) and then single out the top three, those which seem the most important to you. We work with three to get started. Your lists will probably shift and change as you go through this course, but that is the way of this Universe. It is important to stay open and flexible, allowing things to shift and change as they will. Remember the Higher Mind, the Universal Powers that Be, knows more than we do at our human three dimensional level. Whatever you think about, and ask for, will come to be in its highest manifestation if we allow the shifts in creating to take place as they must. Our wish list becomes a guideline for this creation, and allowing it to become even better is crucial to the highest manifestation and representation of our life and energy as a being on this magnificent planet.

You may need more room than just one line for each

Your top three most important desires from the list above:

- 1.) \_\_\_\_\_
- 2.) \_\_\_\_\_
- 3.) \_\_\_\_\_

Concentrate on these “wants” for the day, and modify as you see fit.



What do we mean by “qualities?”

## Week One: Day Two

### Qualities Behind The Wishes

A quality is something which your goal or desire will give to you and others such as (but not limited to): love, peace, respect, beauty, passion, joy, relief, dislodge anger or sadness, challenge, abundance, safety, trust, meaning, depth, privilege, connection to the Divine, painlessness, honor, pleasure...and anything else that may underlie what it is that you desire.

\*\*Qualities of your 3 desires:

Wish

Qualities

1.

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2.

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3.

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These qualities could be used as your intentions in the next exercise, so give this thought for a day. Add whatever comes up for you. Give this time to really set in your mind and heart. Change or add to your desires or the qualities your manifestations may provide for you as needed. This is never a static activity. We live in a Universe of constant change, so you can tweak anything within this process as you feel it is needed.